

INSIDE this issue

- p.1** We're Keeping Busy and Grateful as We Head Into 2021
- p.2** 3 Bad Oral Health Habits to Stop Immediately
- p.3** Zesty Orange Cranberry Sauce
- p.3** A Number of Importance
- p.4** 5 Ways to Winterize Your Garden

5 WAYS TO WINTERIZE YOUR GARDEN AND BE AHEAD WHEN SPRING BLOOMS



If you want your garden to thrive when spring comes, then taking proper care of it through winter is essential. Here are five ways you can adequately prepare your garden to survive the chilly season and put yourself ahead of the game come spring.

- 1. CLEAN UP ROT.** Old plants can harbor disease, pests, and fungus. Insects feeding on your plants during summer and fall may leave eggs behind, so removing spent plants from the soil prevents those pests from getting a head start in spring. You can also bury old plants in your garden to reintegrate organic matter and improve soil health.
- 2. PREPARE YOUR SOIL.** Many people reserve this for spring, but winter is a great time to use soil amendments like manure or compost. Adding these nutrients now means they have time to start breaking down and enriching your soil. You also won't have to wait until your garden dries out in spring to get this step done. Just remember to cover the bed with plastic to prevent winter weather from washing your work away.
- 3. PLANT COVER CROPS.** Sowing cover crops like rye, vetch, legumes, or clover is a great way to help prevent soil erosion, break up compacted

areas, and increase organic matter. Try to plant your cover crops about one month before the first killing frost.

- 4. DIVIDE AND PLANT BULBS.** At this time of year, spring bulbs have long since died, but other flowering bulbs, like lilies, may have recently bloomed. About three weeks after they've displayed, dig them up and plant the ones that were crowded during the growing season away from other plants. Dig 4-8 inches away from the plant's growing stalk, lift it out gently, and immediately transplant it elsewhere.
- 5. HARVEST YOUR COMPOST.** Material composted over the summer is likely finished and ready to use. Top your garden beds, amend deficient soils, or fertilize your lawn and landscaping with it to jump-start growth for spring.

As the weather gets colder, it's tempting to adopt a hibernation mentality and avoid getting outdoors to take care of your garden. But if you don't want to be back at square one when winter thaws and spring arrives, put the work in now. You and your crops will be thankful later.

WE'RE LOOKING FORWARD TO A GREAT 2021 Thank You for Your Continued Support

We've nearly made it to the end of 2020! I know it's been a tough year for everyone, but the entire team here at Newman Springs Dental Care is so grateful for each other and all our wonderful patients for sticking with us and helping us see this year through. We're thrilled to say we're now busier than ever, and we have your support to thank for that. In fact, we're so busy that we're now hiring! We're looking for both part-time and full-time customer service positions and dental assistants, so if you're interested in becoming a member of the Newman Springs Dental Care team, we'd love to hear from you.

We continue to prioritize health and safety in our office by having a virtual reception room and utilizing our new "pay by text" feature. Our goal is to make the time you spend with us both safer, easier, and more convenient than ever before, and we've been receiving great feedback about both of these new technologies.

This is also the time of year when we always remind our patients about their dental benefits — remember, it's "use them or lose them." If your dental plan has certain benefits you haven't taken advantage of yet this year, then be sure to schedule a visit and make the most of your plan before it restarts and you lose any unused benefits on January 1.

Another reminder we always share at the end of the year is about our referral contest. As we have in past years, we would like to award a free television to the patient who refers the most friends, family, coworkers, and neighbors to us! If you spread the word about Newman Springs Dental Care, you could set yourself up with a brand-new, state-of-the-art, 43-inch smart TV. So, keep sending people our way, and we'll announce the winner during the second week of December.

And finally, we are sad to announce that after several great years together, Dr. Suri has wrapped up her time here at Newman Springs Dental Care. She has moved to Long Island where her husband is training to become an oral surgeon. The commute was long and unpredictable so she decided it was no longer possible to be a part of the Newman Springs Dental Care team. We wish Dr. Suri and her husband all the success in the world and thank her for the hard work and dedication she's given to our team and our patients. You will be missed Dr. Suri!

We wish everyone a happy holiday, time with loved ones, and a better 2021.

-Dr. Mitchel Friedman

WE HAVE NEW CONVENIENT HOURS TO FIT YOUR SCHEDULE!

Monday: 8:00 a.m. – 7:30 p.m.	Friday: 8:00 a.m. – 2:00 p.m. (two per month)
Tuesday: 8:00 a.m. – 4:30 p.m.	Saturday: 8:00 a.m. – 2:00 p.m. (two per month)
Wednesday: 7:00 a.m. – 3:30 p.m.	Thursday: 8:00 a.m. – 7:30 p.m.
Thursday: 8:00 a.m. – 7:30 p.m.	Sunday: Closed

We've extended our hours to make sure you have the time you need for the dental care you need. If you want to schedule a Friday or Saturday visit, call our office to find out which dates we're open.

**Have you been diagnosed with obstructive sleep apnea?
Do you find your CPAP machine intolerable?
Is your snoring affecting your sleep or your spouse?**

You have options to treat your sleep apnea, including a comfortable, effective oral dental appliance from Newman Springs Dental Care.

The next time you're in, ask us about these devices and how insurance can be used to cover them.



REMINDER: DENTAL BENEFITS EXPIRE 12/31/2020

You can now book your appointments online via our website at BestLincroftDentist.com and on our Facebook page [@NewmanSpringsDental](https://www.facebook.com/NewmanSpringsDental). It's easy and convenient. You can even check availabilities to choose the date and time that works with your schedule.



Celebrating Deana's birthday



Marilyn and Robert with Ashley



Abby and her artwork

ANNUAL COMMUNITY EVENTS UPDATE

For the safety of our team, volunteers, and community, our annual Candy Buy Back and Dentistry From The Heart events will not happen in 2020. We look forward to resuming these annual community programs next year!

THE 11TH HOUR OF THE 11TH DAY OF THE 11TH MONTH



Veterans Day comes every Nov. 11. It's a national holiday that recognizes veterans who served in the United States Armed Forces and honors those both living and deceased. Historically, the day marks Armistice Day and the end of the Great War: World War I. But what is the significance of the number 11?

The armistice was signed at 5:45 a.m. in France, but it took effect at 11 a.m. that same morning — which happened to be Nov. 11, 1918. The armistice originally lasted 36 days but was extended month after month. This led to the signing of the Treaty of Versailles on June 28, 1919, when peace was officially declared.

Later that year, President Woodrow Wilson proclaimed that Nov. 11 would be known as Armistice Day to honor those who fought in the Great War. This lasted until 1954, when President Dwight Eisenhower signed a proclamation turning Armistice Day into Veterans Day.

The change was made in order to recognize *all* veterans who had honorably served their country. By 1954, the U.S. had fought in more wars — specifically World War II and the Korean War — and hundreds of thousands more Americans had served.

Unsurprisingly, there was some political drama surrounding the day. In 1968, Congress made Veterans Day a federal holiday under the Uniform Holiday Bill. The idea was to increase the number of three-day weekends in the year. Veterans Day became a holiday that would fall on the fourth Monday of October, a far cry from Nov. 11.

However, in 1978, Veterans Day was restored to its original Nov. 11 date. But why?

The answer is simple. It's a number that sticks with you. When the clock strikes 11:11, you *always* take notice. By that same notion, we all remember the 11th hour of the 11th day of the 11th month. Because of this, we'll never forget the end of the Great War, nor will we forget those who served.

3 ORAL HEALTH HABITS THAT HARM YOUR TEETH

We all have quirky habits. Most are benign, but some can be harmful. If you chronically bite your nails, chew ice, or use your teeth as a tool — three common bad oral habits — try these solutions to protect your teeth from potential damage and pain.

TEETH AS TOOLS: Our pearly whites are perfect for grinding our food and helping us speak, but that's about as far as their usability as tools goes. Opening ketchup packages with your teeth or placing a few screws in your mouth as you hang a photo can be handy, but doing so could crack or damage your teeth.

The Solution: Use actual tools! Open your condiment packets and other tricky containers with scissors. When doing home projects, use a tool belt or ask someone to hold your screws so you don't choke or damage your teeth.



BITING YOUR NAILS: If this nervous habit is one of your vices, you're not alone. About 20%–30% of the population succumbs to nail-biting, nearly half of whom are teenagers.

Biting your nails can chip or crack your teeth, and the nail pieces can get stuck in your gum line and potentially cause infection.

The Solution: The good news is that most people quit biting their nails after age 30, but don't rely on your age to kick this habit. Try applying bitter-tasting polish or chewing sugar-free gum to deter you from nail-biting. Or if your nail-biting is stress-induced, try meditating to reduce your stress.

CHEWING ON ICE: It's a mindless habit, really. At the end of our glass of water — or tooth-decaying sugary soda — we chomp on the ice at the bottom of the glass. But the combination of the hard ice and cold temperature can create small cracks along your tooth's enamel, which increases the likelihood that your tooth will crack or chip.

The Solution: If you're chewing as a way to occupy your mind, swap the ice with sugar-free gum! If you really want that ice-cold kick, drink cold water through a straw or suck on an ice cube instead.

Struggling with one of these habits? Let our team at Newman Springs Dental Care know and we'll help you find solutions and develop good oral habits.



NEWMAN SPRINGS DENTAL CARE
VIP WINNER

September:
Russell Jones

October:
Carol Armstrong

CONGRATULATIONS ON WINNING YOUR AMAZON & DOORDASH GIFT CARDS SO YOU CAN ORDER ITEMS & FOOD FROM YOUR HOME

FOR REFERRING THE MOST PATIENTS IN SEPTEMBER & OCTOBER!

The 2020 Winner of the 43-inch smart TV for referring the most patients will be announced in mid-December. Keep referring your family, friends, neighbors, and coworkers!

ZESTY ORANGE CRANBERRY SAUCE

Inspired by *OnceUponAChef.com*

Ingredients

- 1/2 cup orange juice, freshly squeezed
- 1/2 cup water
- 3/4 cup plus 2 tbsp sugar
- 12 oz fresh cranberries
- 2 tsp orange zest
- Salt to taste

Directions

1. In a medium saucepan, heat the orange juice, water, and sugar to a boil. Add other ingredients, then bring mixture back to boiling.
2. Reduce the heat to medium and cook gently for 10–12 minutes, until the cranberries burst.
3. Transfer the sauce to a bowl or jar, cover, and refrigerate until serving.

