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AN OLYMPIC MEDAL — FOR ARTS

From 1912–1952, the Olympics awarded medals for arts and sculpture, though most people do not remember this. In 2012, the first book in English on the topic was published, “The Forgotten Olympic Art Competitions” by Richard Stanton.

Stanton dug through decades-old, crumbling files that were packed away in Switzerland in order to uncover the origin of this forgotten Olympic tradition. Apparently, Baron Pierre de Coubertin, the founder of the International Olympic Committee (IOC) and the modern Olympic Games, saw art competitions as integral to his vision of the Olympics.

Stanton told Smithsonian Magazine of Coubertin, “He was raised and educated classically, and he was particularly impressed with the idea of what it meant to be a true Olympian — someone who was not only athletic, but skilled in music and literature.” Coubertin thought that without the arts, it couldn’t be a true Olympic event.

However, Coubertin had no luck convincing local organizers from Athens, St. Louis, or Paris that art competitions were necessary. At the 1912 Stockholm Games, Coubertin finally secured the Olympic fine art competitions. There were categories for architecture, music, painting, sculpture, and literature, but every work had to somehow be inspired by sports.



Judges didn’t have to award gold medals if they were disappointed by all the submissions, but 1912 was a success. With 33 artists in participation, a gold medal was awarded in every category. (Coubertin even won for his poem, “Ode to Sport”! He disguised it with a pseudonym.)

As the Olympics exploded into a beloved international event, the fine arts competitions rarely caught people’s attention. Not all categories won gold medals, if any at all. There were significant winners, however. John Russell Pope (the architect of the Jefferson Memorial) won a silver at the 1932 Los Angeles Games for his design of the Payne Whitney Gymnasium, constructed at Yale University. Other famous participants include Italian sculptor Rembrandt Bugatti, American illustrator Percy Crosby, Irish author Oliver St. John Gogarty, and Dutch painter Isaac Israëls.

Even if the art competitions are not a part of the games anymore, they are fascinating to learn about! We’ll definitely think about them the next time the Olympics (finally) roll around.

OUR TOWN IS WORTH THE EFFORT TO US, PATIENTS AND COMMUNITY MATTER THE MOST

One of the most important things to us here at Newman Springs Dental Care is the community that we live in — the community that we serve. It’s a place full of friends and neighbors, patients and coworkers. It may not be the biggest place, generate the most tax revenue, or pull in the most tourists, but it’s the place where we most want to live, and the people who live here are a big part of the reason why.

We’d like to highlight some of those people in this issue, especially our prize and health care scholarship winners! Those scholarships of \$500 each go out to high school students who will continue pursuing an academic interest in dentistry, internal medicine, and other areas of health care! The 2021 winners are:

- Savana Scalice (Middletown High School North)
- Victoria Medl (Middletown High School South)
- Andrew Kim (Holmdel High School)

We’re confident that these young people will go far and proudly represent the next generation of those called to serve others through the healing arts.

We’re also happy to announce two more names, the VIP dinner winners who got \$100 gift cards to local restaurants this summer:

- Kaitlin Deitz (in May)
- Seth Gelberg (in June)

We love to be part of this community, but we can only do so much. That’s why we ask for your help every year with Smiles for Life, which helps us raise money that’s much needed and would go unsupplied without your efforts. A huge “thank you” to everyone who was involved, both to those who donated (and got to whiten their smile as a result) and to those who gave for no other reason than

to help out the region they call home — after all, half of those donations stay locally and support Red Bank’s Parker Family Health Center!

Lastly, we turn to a more personal side as we announce that Newman Springs Dental Care’s team member, Laura, recently wedded her fiance, Frank! We wish these two the absolute best, and we just know they’ll have a wonderful life together. Be sure to congratulate them if you see them!



—Dr. Mitchel Friedman



You can now book your appointments online via our website at BestLincroftDentist.com and on our Facebook page: [Facebook.com/NewmanSpringsDental](https://www.facebook.com/NewmanSpringsDental). It’s easy and convenient. You can even check availabilities to choose the date, time, and provider (Dr. Menon or Dr. Friedman) that works with your schedule. Returning patients may also choose their dental hygienist (Laura, Pauline, or Melissa).



SCAN ME



Patient of the week Gail



**Dr Friedman, Linda, and Laura
June birthdays**



**Dr Aparna Menon with
scholarship winner Victoria Medl**

STAY COOL THIS SUMMER EDUCATE YOURSELF ON HEAT-RELATED ILLNESSES

When thinking about extreme and deadly weather, most people conjure up images of massive tornadoes in the Midwest or hurricanes and flooding in the Southeast. But you might be surprised to learn that the deadliest extreme weather event is excessive heat. In fact, according to a study from the National Oceanic and Atmospheric Administration (NOAA), heat causes more deaths each year than floods, lightning, tornadoes, and hurricanes *combined*. Since 2020 was the second warmest year on record and all the other years in the top 10 have occurred since 2005, it's time to wise up about heat-related illnesses.

HEAT-RELATED ILLNESSES AND RISK FACTORS

According to the Centers for Disease Control and Prevention (CDC), heat-related illnesses are caused by "exposure to extreme heat where the body becomes unable to properly cool, resulting in a rapid rise in body temperature."

There are several kinds of heat-related illnesses. The least severe are heat rashes, sunburn, and heat cramps, and the most serious are heat exhaustion and heat stroke. While anyone can experience these illnesses if they overexert themselves in hot weather, some groups are more at risk than others, including:

- Children under the age of 4 and adults over the age of 65
- People with preexisting medical conditions, such as diabetes or heart disease
- People who are overweight
- People taking certain kinds of medication
- Individuals who are intoxicated or drink excessively

SYMPTOMS TO WATCH OUT FOR

Both heat exhaustion and heat stroke have many of the same symptoms, including headaches, dizziness, nausea or vomiting, and passing out. But other symptoms help differentiate the two. Heat stroke victims will have hot, red skin that may be dry or damp, and they'll likely have a fast, strong pulse. By contrast, victims of heat exhaustion will have cold, pale, and clammy skin and a fast but weak pulse.

Heat stroke is a medical emergency requiring professional medical attention immediately. You should also seek medical help for anyone exhibiting the above symptoms who is also throwing up or whose symptoms are getting worse or last longer than one hour. For a complete list of symptoms and treatment for all heat-related illnesses, visit [CDC.gov/disasters/extremeheat/warning.html](https://www.cdc.gov/disasters/extremeheat/warning.html).

Stay cool this summer and prevent heat-related illnesses by seeking shade or staying indoors on hot days, avoiding exerting yourself in the heat, and drinking plenty of water!

GET YOUR TRAIN OF THOUGHT BACK ON TRACK

RECOVERY HACKS

Have you ever been in the middle of a conversation, presentation, or debate, stringing together thoughts in a way you hope is coherent and insightful when — poof! — you lose your train of thought? It's frustrating. You just want to make yourself understood, but your brain has other plans. What if there were a way to keep your train of thought on track? Well, the good news is that recovering your train of thought is easy with the following hacks in mind.

REPEAT, REPEAT, REPEAT YOURSELF.

Paraphrasing your last few thoughts out loud can help you remember where you were going. Think of it as retracing your steps: You go back to the last words you remember saying, and more often than not, you'll find your direction again.

TAKE A SHORT PAUSE.

Pausing briefly is a great way to make recovering your train of thought seem natural. This hack works really well if you're answering a question and you need time to think, and you also don't want to be bogged down by a chorus of "ums" escaping from your mouth.

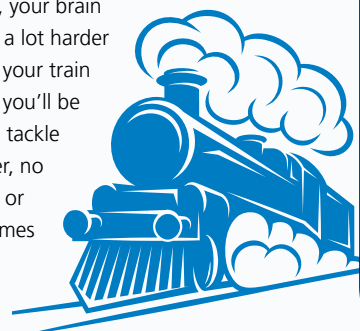
WRITE IT ALL DOWN.

This hack works well when you know beforehand that you'll be speaking with someone or in front of people. Even if you never refer to your notes while speaking, simply writing down a road map for your train of thought can help you recover from a detour and speak more confidently.

REMEMBER YOUR OVERALL POINT.

The easiest way to drive your train of thought into the weeds is to forget your overall point — or not to have an overriding point at all. Always have a short, overarching point you can use to recenter yourself and get back on track.

With these hacks, your brain will have to work a lot harder to make you lose your train of thought! Now you'll be more prepared to tackle any subject matter, no matter how deep or technical, that comes your way.



NEWMAN SPRINGS DENTAL CARE
VIP WINNER

**May:
Kaitlin Deitz**

**June:
Seth Gelberg**

**CONGRATULATIONS ON WINNING
\$100 GIFT CARDS TO LOCAL
RESTAURANTS**

For referring the most patients in
May and June.

Spread the word among your
family, friends, neighbors,
and coworkers!



SUMMER VEGETABLE GREEK SALAD

Ingredients

For the vinaigrette:

- 2 tbsp red wine vinegar
- 1 tsp Dijon mustard
- 1 garlic clove, minced
- 1 tsp dried oregano
- 1/2 tsp honey
- 1/2 tsp salt
- 1/4 cup extra-virgin olive oil

For the salad:

- 1 head romaine lettuce, chopped
- 1 cup grape tomatoes, halved
- 1 small cucumber, seeded

Inspired by CookieAndKate.com

and chopped

- 1 cup yellow bell pepper, chopped
- 1/4 cup red onion, finely chopped
- 1/4 cup fresh parsley, chopped
- 1/4 cup Kalamata olives, pitted and halved
- 1/2 cup feta cheese, crumbled
- Optional protein choices: 1 cup cooked chickpeas or 6 oz Genoa salami

Directions

1. In a medium bowl, whisk together vinegar, mustard, garlic, oregano, honey, and salt. Slowly drizzle in the olive oil, whisking until well combined.
2. In a large serving bowl, toss together the romaine, tomatoes, cucumber, bell pepper, red onion, parsley, olives, and feta (as well as the chickpeas or salami, if desired).
3. If you plan to serve all the salad at once, drizzle the dressing over the salad to lightly coat, then toss to combine. Otherwise, store the vinaigrette and salad separately, then dress each portion before serving.