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CORN MAZES DATE BACK TO ANCIENT GREECE?

Exploring a corn maze is a great way to get outside and enjoy the fall season with friends and family — but who came up with the idea of wandering around a corn field for fun? As it turns out, outdoor mazes are an ancient tradition, and the American corn maze of the '90s sprouted from the mazes of 17th-century European gardens. Don't believe it? Here's a quick tour of corn maze history.

THE MINOTAUR AND THE MAZE

Have you heard of Theseus and the Minotaur? This ancient Greek legend tells the story of the hero Theseus, who ventured into an elaborate maze to kill the half-man, half-bull imprisoned there. The monstrous Minotaur was known to eat heroes, and the labyrinth was known to trap them, but Theseus managed to slay the Minotaur and find his way home with the help of a string that he unspooled as he walked.

This story isn't the first recorded example of a maze or labyrinth — according to the World History encyclopedia, "[L]abyrinths and labyrinthine symbols have been dated to the Neolithic Age in regions as diverse as modern-day Turkey, Ireland, Greece, and India, among others" — but it's perhaps the most famous ancient tale. If you've ever navigated a Halloween corn maze staffed by ghouls and ghosts, you can see the parallels!



GARDEN ART TO GET LOST IN

Mazes formed from bushes began popping up in European gardens in the 17th century. They were a popular artistic feature of upper-class gardens in England, more for looking at than solving. One famous example is the half-mile-long Hampton Maze, which was planted in 1690 and still stands today.

THE CORN MAZE: AN AMERICAN INVENTION

Garden mazes eventually hopped the pond to America but didn't become interactive puzzles until Don Grantz, Creative Director of the American Maze Company, came on the scene. In 1993, Grantz created the "first ever cornfield maze for private and public entertainment" to attract college kids in Pennsylvania. Today, every small-town corn maze is a descendant of his "Amazing Maize Maze." To learn more about that wacky history, visit AmericanMaze.com.

BUILDING SMILES ALWAYS BE LEARNING

At Newman Springs Dental Care, we are firm believers in striving to consistently better ourselves and our practice for our patients. Our patients rely on us to provide optimal care and services when it comes to their dentistry — and we strive to deliver the best!

For two weeks in August, I was at Fort McCoy, WI for Global Medic 21-02. As a member of the United States Army Reserve for five years, I serve on the 7301st Medical Training Support Battalion (MTSB). I train year-round to observe, train, and evaluate medical units to make sure they are equipped and ready to deploy with the proper training, mindset, and skills.

This training takes place for two weeks and runs 24 hours, all day, every day. It incorporates a lot of role-playing and tactical exercises that simulate a war zone. We work in conjunction with the Airforce responding to "injects" that simulate an attack, which creates situations requiring a prompt response. Various units around the country were present at the exercise, including veterinary and dental. We reenact what would actually happen if we were at war with another country. We employ an element of surprise as the units don't know when an 'inject' is going to happen. They are then evaluated on how they respond to the given situation and meet certain criteria to be eligible for deployment.

We simulate active fires, as if the enemy is crossing the barracks and coming into their campsite. We also acted out mass casualty events such as a plane crash and real life situations such as COVID-19 outbreaks and cyber attacks. Patients are provided Role 1 support, which includes immediate stabilization such as controlling the bleeding using tourniquets, establishing airways and stabilizing the c-spine. Later, the injured are transported to Role 2 which includes Minimal Care detachment, the Field hospitals or Battalion Level Hospital centers that are set up. Injured soldiers go through the triage process, just as if it were actually occurring in a battlefield. This exercise was long and intense. I worked closely with other soldiers who are medics, nurses, doctors. It was incredible and I was able to take away many valuable lessons working closely with these health care providers under very stressful scenarios. At the end of this exercise, I was awarded The Army Achievement Medal (AAM). AAM is awarded to soldiers who



stood apart in their devotion to duty, superior technical and tactical knowledge and professionalism. I consider myself very lucky to have received this honor.

I recently took Ultimate occlusion Level 1 of The Clinical Mastery Series in New Jersey. After finishing over 10 modules of online learning, it was exciting to go in-person to learn from some of the best in the industry. I am also starting

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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



Dr Rana Sayroo

MEET DR. RANA SAYROO

Dr. Rana Sayroo, a native of Tampa and graduate of King High School, received her undergraduate education at the University of Florida. Go, Gators! As a child, Dr. Sayroo always enjoyed going to her family dentist. The quality care she received from her childhood provider, along with positive family influences, encouraged her to pursue a career in dentistry.

She continued her education by attending Virginia Commonwealth University, where she earned her Doctor of Dental Surgery (DDS) degree. During her time at VCU, she spent countless hours volunteering for Mission of Mercy projects where she had an opportunity to provide high-quality dental care to many underserved areas in

Virginia. Dr. Sayroo decided to further her education by completing her general practice residency at Monmouth Medical Center in Long Branch, New Jersey. This program utilized a multidisciplinary approach to providing comprehensive care for a diverse patient population.

Dr. Sayroo strives to practice ethical and evidence-based dentistry in a patient-focused manner. To further her knowledge and stay up to date with the changes that occur in dentistry, she takes continuing education credits. She is also an active member of the American Dental Association, the Academy of General Dentistry, and the New Jersey Dental Association. Her goal is to provide advanced dental care in a comfortable and

pleasant atmosphere, similar to the environment she experienced as a young child.

When she is not treating patients, Dr. Sayroo enjoys working out, spending time with family, traveling, and baking. She even practices baking different desserts based on the recipes that were passed down from her grandfather who owned his own bakery in Florida. She was also a part of several dance teams, while obtaining her undergrad, and still practices traditional Indian dance styles.

Dr. Sayroo is excited to be a part of Newman Springs Dental Care and strives to uphold the goals and visions of this established dental office.

2 FUN FAMILY CARD GAMES TO PLAY WITH 1 DECK



Whether you're hanging out at home or camping with the family, card games are a great way to relax. A single deck is versatile and easy to pack, so if you have one on hand, try these two games that go beyond the classics like War and Go Fish.

- Slapjack (2+ Players, No Jokers):** The goal of this War-style game is to win all of the cards. To start, deal all of the cards face down, then have everyone form their cards into a pile without looking at them. Each player then flips a card face up into the center. Continue doing this until one of the cards played is a jack.

When that happens, the first person to slap the jack wins it and the cards beneath! They add them to their deck, and play continues until one player has all of the cards. To keep things interesting, if you accidentally slap a card that isn't a jack, you have to give up one of your cards to the player with that pile, and if you run out of cards, you can reenter the game by slapping the very next jack.

- Spar (2-4 Players, No Ace of Spades or Cards Below 6):** This easy game is played with just 35 cards, and the object is to win the last round (aka trick). To start, deal five cards to each player. Then, have the person to the left of the dealer lay one of their cards face up. Each person in the circle then plays a card in the same suit if they can or another suit if they can't. Whoever has the highest card in the original suit wins the trick and starts the next one! The winner of the fifth trick wins the game. If you want to keep score, award three points if the winning card is a six, two points if it's a seven, and one point if it's an eight or higher. Then play again!

We found these games on BicycleCards.com, but you can learn about them and dozens of others by checking out "The Ultimate Book of Family Card Games" by Oliver Ho from your local library.

... CONTINUED FROM COVER

a nine-month Advanced Aesthetics Program at NYU in September. As a practicing dentist, it is crucial that we are always learning. Continuing Dental Education (CDE) is the best way to be in par with the latest in the field, so that we can deliver the best to our patients who trust and believe in us. This program is an integrated approach to full mouth rehabilitation with emphasis on prosthodontics, periodontics, orthodontics, implantology and occlusion. This training is far more advanced than what is taught in dental school or residency. I will be working on rebuilding teeth that are destroyed, and this is crucial to me because restoring and building confidence in my patients — that is huge!



I am a lifelong student, and I believe when you stop learning, you stop living! You have to keep learning because there is so much more to learn, and you have to incorporate that into your practice to produce fantastic results for your patients.

-Dr. Aparna Menon



NEWMAN SPRINGS DENTAL CARE
VIP WINNER

July:
Elise Capelli
August:
Gregory Grunston

CONGRATULATIONS ON WINNING \$100 GIFT CARDS TO LOCAL RESTAURANTS

For referring the most patients in July and August.

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



ONE-PAN VEGGIES AND CHICKEN

Inspired by Tasty.co

Ingredients

- 1 sweet potato, cubed
- 1 lb Brussels sprouts, halved
- 2 apples, sliced
- 4 chicken thighs
- 4 tbsp olive oil
- Salt and pepper, to taste
- 3 cloves garlic, minced
- 1 tbsp rosemary
- 2 tbsp thyme

Directions

1. Preheat oven to 400 F.
2. On a baking sheet, add potatoes, Brussels sprouts, and apples. Layer chicken thighs on top.
3. Drizzle with olive oil. Then season with salt, pepper, garlic, rosemary, and thyme.
4. Turn chicken over and add seasoning to the back side. Return skin-side up before baking.
5. Bake for 30 minutes, and broil for 5-10 minutes afterward.