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# Cook the World

## A Global Dinner Adventure Awaits

Are you tired of the same spaghetti night or pizza delivery? It's time to shake things up and turn dinner into a family adventure. Instead of hopping on a plane, grab your aprons and "travel" the world through food. Each week, choose a country, find its most famous dish, and cook it together, no passports required!

### Step 1: Choose your destination.

Begin your journey by selecting a country that excites everyone. Maybe your kids are obsessed with anime (hello, Japan!) or you've been craving something spicy from Mexico. Every culture has a dish that tells a story, like Italy's cheesy lasagna, India's vibrant butter chicken, and Greece's fresh tzatziki and gyros. Choose one that feels doable and prepare to embark on a new flavor adventure.

### Step 2: Cook up some fun.

Now it's time to bring the world to your kitchen. Gather your ingredients, play music from the country you're exploring, and assign roles. One person can chop, someone can stir, and someone else can handle the playlist (very important). Kids love getting

hands-on, and it's an excellent way to help them learn about teamwork, creativity, and patience. Talk about where the dish comes from, what people might traditionally serve with it, or how it's eaten in that culture. Before you know it, your kitchen will smell like another part of the world.

### Step 3: Eat, share, and celebrate.

When the food hits the table, make it special. Light a candle, add a little decoration, and let loose. Take that first bite together and talk about the flavors. What's new, what's surprising, and what's delicious? Create a "family food passport" where you write down the country, the dish, and everyone's rating or favorite moment. It's a great way to remember your culinary travels.

### Step 4: Keep the journey going.

Once you start, it's hard to stop! Turn this into a weekly or monthly family ritual. Each dish brings a new story, a new skill, or a fresh memory. You'll end up with full bellies and a collection of shared experiences that span the globe.



# Meet Arlee

## YOUR FRIENDLY GUIDE TO A SMOOTH DENTAL EXPERIENCE

Hi! I'm Arlee, and I'm the treatment coordinator here at Newman Springs Dental Care. I've been part of this incredible team since September 2024, and I absolutely love what I do every day. My role is all about making sure your visit goes smoothly, from checking you in and helping you understand your treatment plan to reviewing costs and guiding you through financing options if needed. I like to think of myself as someone who removes obstacles so you can focus on your oral health with confidence and ease.

Before joining the dental field, I worked in mental health, serving as a corporate director of admissions and handling marketing and outreach for different programs. While that experience might seem very different from dentistry, it taught me how to communicate clearly, work with people one-on-one, and make complex processes feel simpler. Those skills turned out to be perfect for helping patients navigate insurance, financing, and any questions about their care.

My interest in dentistry started a long time ago. I've always loved the feeling of freshly cleaned teeth; there's just nothing like it! Growing up, my family couldn't always afford regular dental visits, so I quickly realized how important oral health is to your overall well-being. Once I had access to regular

cleanings, I fell in love with the process. Being able to share that love with patients and help them feel comfortable and confident about their care is one of the most rewarding parts of my job.

One of my favorite aspects of working here is getting to know every patient. I'm a people person, so being in a busy, interactive office environment is perfect for me. I love learning about your life, easing any anxieties you might have about treatment, and making the process as stress-free as possible. Whether it's explaining a treatment plan, reviewing your insurance benefits, or helping with financing, I strive to make every interaction easy, transparent, and positive.

I also feel incredibly lucky to work with such a compassionate and talented team. From Dr. Menon, Dr. Sayroo, and Dr. Hochstein, to our hygienists, dental assistants, and front desk team, everyone here genuinely cares about our patients. I especially enjoy watching the practice grow, seeing new specialists come on board, expanding services, and constantly improving patient care. Being part of a team that supports one another and works together toward the best outcomes for our patients is inspiring every day.

Outside of work, I'm all about staying active and spending quality time with my family. I've been



married to my amazing husband, Ryan, for nearly 15 years, and we have a sweet and energetic 7-year-old pit bull/boxer mix, Lucy. We love traveling together, visiting family in other states, going on hikes, biking with Lucy, spending time at the beach, and just enjoying life outdoors. I also enjoy playing beach volleyball, rock climbing, and practicing yoga!

Being part of Newman Springs Dental Care is incredibly special! I'm proud to help patients feel cared for, understood, and supported every time they visit. If you see me at the front desk, know that I'm here to answer questions, ease concerns, and make your experience as smooth and comfortable as possible. I can't wait to see or meet you!

*Arlee Trembley*



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

# EARLY DETECTION, HEALTHIER SMILES

## The Preventive Role of Dental X-Rays

Dental X-rays may feel like a routine step during a checkup, but they play a crucial role in keeping your smile healthy. While a dentist can spot many issues through a visual exam, some problems develop below the surface, out of sight, out of mind. X-rays allow dentists to see

inside the teeth, beneath the gums, and into the jawbone, revealing concerns long before they cause pain or visible damage.

### Early Detection, Easier Treatment

One of the greatest benefits of dental X-rays is early detection. Cavities, impacted teeth, infections, and bone loss often begin without you noticing. When these issues are caught early, treatment is typically quicker, less invasive, and more affordable. A small cavity identified on an X-ray can be treated with a simple filling, while an undetected one could eventually require a root canal or even tooth extraction.

### Gum and Bone Health

X-rays are essential for monitoring gum and bone health. Gum disease often starts below the gumline, where it can damage the bone that supports your teeth. Dental X-rays help dentists spot early signs of periodontal disease by showing bone changes that aren't

visible during an exam. This allows for early intervention, which can prevent tooth loss and support long-term oral stability.

### Child and Teen Dental Development

For younger patients, X-rays are a powerful preventive tool. They help dentists track how teeth are developing and identify issues such as overcrowding, missing teeth, or teeth that haven't erupted properly. Catching these concerns early allows for timely orthodontic planning and can reduce the need for more extensive treatments later in life.

### Safe, Modern, and Patient-Focused

Many patients worry about radiation exposure, but today's dental X-rays are extremely safe. Digital X-ray technology uses very low levels of radiation, and protective measures are always taken. Dentists also customize how often X-rays are taken based on each patient's needs, risk factors, and oral health history.



## Feed Your Smile

### VITAMIN SECRETS TO A GRIN THAT SHINES FROM WITHIN

The next time you smile, remember that it's not just about feeling good. It's also a window into your inner health. When your body gets the vitamins and minerals it needs, you not only feel your best, but your teeth and gums stay healthy, too. Although regular brushing and flossing are essential for good oral health, obtaining proper nutrients is often an overlooked part of a well-rounded dental care routine. So, before you grab your toothbrush tonight, reach for these vitamins that support a stronger, brighter smile.

#### Vitamin D

Vitamin D is a powerhouse when it comes to healthy gums and teeth. It helps the body absorb calcium, which fortifies your enamel and jawbone, and also reduces inflammation, a key component of gum disease. Getting enough vitamin D can reduce your chances of gingivitis and periodontitis. Unlike many vitamins, the primary source of D comes from sunlight, but you can find it in eggs, some dairy products, and oily fish like tuna.

#### Vitamin K2

Adding probiotics to your diet helps your gut naturally produce vitamin K2. You can take probiotic supplements or find this healthy bacteria in foods like yogurt, kimchi, and sauerkraut. Vitamin K2 activates a protein called osteocalcin, which helps your bones,



including those in your teeth and jaw, absorb calcium and other essential nutrients.

#### Vitamin C

Vitamin C helps keep gums healthy and prevents tooth decay. Gum disease can be serious, but vitamin C can help keep inflammation in check and support the maintenance of strong, healthy gums. You can find vitamin C in many fruits and vegetables, such as broccoli, spinach, bell peppers, cantaloupe, citrus fruits, and tomatoes.

#### Vitamin A

Vitamin A protects and repairs the soft tissues in your mouth, like your gums and the sensitive part of your teeth under the gums. It also plays a vital role in saliva production. If your mouth is too dry, food and bacteria are more likely to build up and cause plaque to form. Try adding carrots, sweet potatoes, spinach, or bell peppers to increase your intake of this protective vitamin.

A healthy smile starts within, so feed your grin with vitamin-rich foods.

## TEAM UPDATE



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SOLUTION ON PAGE 4



## MOUTHWATERING MINI CHEESECAKES

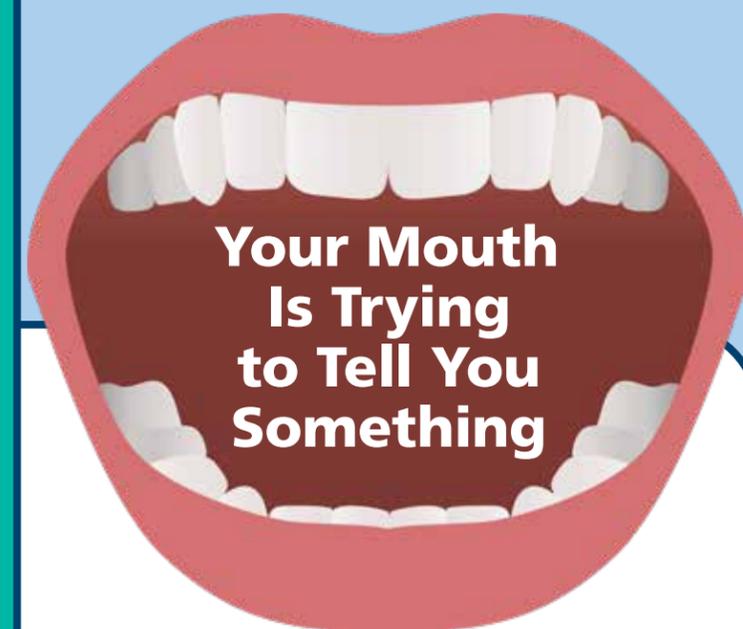
### Ingredients

- 12 oz package vanilla wafers
- 16 oz cream cheese, softened
- 3/4 cup white sugar
- 2 large eggs
- 1 tsp vanilla extract
- 21 oz can cherry pie filling

### Directions

1. Preheat oven to 350 F.
2. In two 24-cup miniature muffin pans, line each space with a paper liner.
3. Using a food processor or resealable plastic bag, crush vanilla wafers into a fine crumb.
4. Press 1/2 teaspoon of crumbs into each paper liner.
5. In a mixing bowl, beat cream cheese, sugar, eggs, and vanilla until light and fluffy.
6. Fill each miniature muffin liner with this mixture, almost to the top.
7. Bake in the preheated oven for 15 minutes or until the cheesecakes are set.
8. Cool completely in the pan.
9. Top each mini cheesecake with about a teaspoon of cherry pie filling before serving. Enjoy!

Inspired by AllRecipes.com



## EARLY SIGNS OF DENTAL TROUBLE

Dental problems don't usually show up without warning. Your mouth often gives small clues that something isn't quite right, and catching them early can save you from pain, stress, and costly treatments later on. Here are six early signs of dental problems you should never ignore.

### Lingering Tooth Sensitivity

If you feel a sharp twinge when drinking hot coffee or eating something cold, lingering tooth sensitivity may be to blame. While mild sensitivity can be normal, ongoing discomfort often points to worn enamel, cavities, cracked teeth, or exposed roots. When sensitivity becomes frequent, it's a sign your teeth need professional attention.

### Bleeding Gums After Brushing or Flossing

Seeing blood in the sink might not seem alarming, but healthy gums shouldn't bleed regularly. Bleeding gums are one of the earliest signs of gingivitis, a mild form of gum disease caused by plaque buildup. Without treatment, it can progress into more serious gum problems that threaten your teeth and bones.

### Persistent Bad Breath

Occasional bad breath happens to everyone, but persistent bad breath is often a sign of an underlying dental issue. Bacteria trapped in cavities, gum pockets, or infections can cause odors that brushing alone can't fix. Chronic bad breath is your mouth's way of asking for help.

### Changes in Gum Color or Shape

Healthy gums should be firm and pink. If your gums appear red, swollen, or shiny, or start pulling away from your teeth, it could indicate infection or gum disease. Receding gums expose sensitive tooth roots and increase the risk of decay and tooth loss.

### Jaw Pain or Morning Headaches

Waking up with jaw soreness or frequent headaches can be linked to teeth grinding or clenching, often done unconsciously during sleep. Over time, grinding wears down enamel, cracks teeth, and strains jaw joints, leading to long-term damage if ignored.

### Spots or Discoloration on Teeth

White, brown, or dark spots on your teeth can be early signs of decay. At this stage, damage may still be reversible with proper treatment. Waiting too long can allow cavities to develop, requiring fillings or more invasive procedures.