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## 11 DAYS DELETED FROM HISTORY HOW THE BRITISH CHANGED THEIR CALENDAR SYSTEM AND CAUSED CHAOS



For centuries, Europeans used the Julian calendar, created by Julius Caesar in 46 B.C. It was based on the solar calendar, so most of Europe thought it was the most accurate calendar. However, over the centuries, dates had "drifted," and many important days, like Easter and the spring equinox, were no longer falling on the dates they were supposed to.

To compensate, the new Gregorian calendar was developed and put to use by Pope Gregory XIII in 1582. It helped put things back in order and eliminated the extra day every 128 years.

However, not everyone adopted the Gregorian calendar right away, such as the British. That meant that Europeans were using two diverging calendars for over 200 years. Talk about confusing! People realized that as the world started to expand and as countries became more connected, having a single calendar system was critical.

Finally, the British chose the year 1752 to make the change. But, in order to make it work, they had to "jump" forward. For instance, 1751 could only be 10 months long — starting with March and ending with Dec. 31, 1751. But even that adjustment didn't quite bring the English up to speed in time to make the shift. They also had to cut 11 days from 1752. The unlucky dates that were cut were Sept. 2–14, 1752.

The people were not happy. English historians found research that British citizens chanted "Give us our 11 days!" in the streets. The phrase became so popular that some politicians even campaigned with that as their slogan. Several other historical accounts state that many people were worried that by cutting the calendar, their own lives would be cut 11 days shorter. There was a lot of confusion and chaos, but over time, dates fell where they were supposed to, and everyone lived their full lives, those 11 days included.

# FINDING THINGS TO SMILE ABOUT Tackling Progress and Change One Step at a Time

It's been a slow and steady process of getting used to our new normal here at Newman Springs Dental Care, but with the dedication of our team and the willingness of our patients to keep our office as clean and safe as possible for everyone, we're making great progress every day.

The same health procedures and protocols that we detailed in last month's newsletter are still in place. So, if you haven't been to see us for a few months, expect a screening process, different entry and exit practices, and staff dressed in layers of protective gear during your visit.

It saddens us to announce that due to the unpredictability of the world at the moment, our annual Halloween candy buy back and Dentistry From The Heart events will not happen in 2020. For the safety of our team, volunteers, and members of our community, we will wait patiently and plan to resume these events in 2021. We thank you for your understanding.



Just because we can't celebrate all of the events we love doesn't mean there aren't other causes for celebration! We're always excited to welcome new members to our No Cavity Club, and lately, we've had a handful of young brushers who are doing a great job taking care of their teeth. Also, if you come and see us during your birthday, we'll celebrate by breaking out a cupcake for you to enjoy. We really appreciate the little things in life, especially during these tough times.

And finally, I'm humbled to announce that in celebration of the New Jersey Dental Association's 150th Anniversary, I've been honored by Monmouth-



Ocean County Dental Society for outstanding service to the component society. I served as the past chair of Children's Dental Health Month for Monmouth-Ocean County Dental Society and have also served as the editor for their newsletter, which provides minutes and critical information for members with some advertising that supplies passive income for the Society. They're a wonderful organization that I'm so thrilled to have had affiliation with.

From all of us at Newman Springs Dental Care, stay safe, stay healthy, and keep smiling!

*-Dr. Mitchel Friedman*



**We are now open for regular appointments!**  
You can now book your appointments online via our website at [BestLincroftDentist.com](http://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.

## 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!



## CONGRATULATIONS TO DR. FRIEDMAN!

### New Jersey Dental Association's 150TH ANNIVERSARY HONOREES

In celebration of NJDA's 150th Anniversary, Dr. Mitchel Friedman is being honored by Monmouth-Ocean County Dental Society for his outstanding service to the component society. Dr. Mitchel Friedman was the past chair of Children's Dental Health Month for Monmouth-Ocean County Dental Society (M-OCDS). He has served as the editor of the M-OCDS newsletter, which provides minutes and critical information for members with some advertising that supplies passive income for M-OCDS.



## GARDENING, GOLD, AND PHOTO SHOOTS



It's fall, which means social media will soon be saturated with pictures of your friends enjoying "classic" fall activities. Photos of leaf peeping, apple picking, and the occasional scarecrow run rampant. But rather than following the herd, you can make your family the trendsetter of unique fall activities! Here are a few outdoor endeavors your family will love.

### GET GARDENING.

Fall is the time for harvest, but if you want to enjoy flowers in the spring, it's also a time for planting. The cooler autumn air is easier on plants, but the soil is still warm enough for roots to grow before the ground freezes for winter. Tulips, daffodils, and hyacinths are all spring bulbs that need to be planted in the fall. Do a little research with your family to determine the best time to start planting in your area.

### PAN FOR GOLD.

Here's one that's really off the beaten path: Take your family on an adventure panning for gold! Start by planning a road trip out to an old ghost town. Many of them have great tourist attractions that include gold panning. You probably won't get rich, but it will still be a fun story. If you're not able to make the trip, you can always create a gold panning operation at home! Visit [MessForLess.net/panning-for-gold-activity](https://www.MessForLess.net/panning-for-gold-activity) for a great step-by-step guide on how to go panning for gold in your own backyard.

### PLAN A FALL PHOTO SHOOT.

It's time to freshen up those family pictures hanging around the house. The changing leaves provide a beautiful background for any family portrait. Better yet, the cooler temperatures mean that an outdoor photo shoot won't be nearly as uncomfortable as it would be in the summer. You can take your pictures by the trees in the front yard or make a daytrip of it. What about pictures at the corn maze or pumpkin patch? It's never too soon to start planning this year's holiday card.

Spend this fall outdoors and create great new memories with your family!

## IS YOUR FACE MASK CAUSING YOUR JAW PAIN?

### CAUSES AND SOLUTIONS FOR JAW PAIN

Dentists are experts in teeth and gums, but they also attend to their patients' jaws, as they play an integral role in the overall health and comfort of the mouth. If you're experiencing frequent jaw pain, it could be due to a number of things.

#### TEMPOROMANDIBULAR JOINT AND MUSCLE DISORDERS

These disorders are the most common cause of jaw pain, and they affect nearly 10 million Americans. You may experience pain in the temporomandibular joints, the hinge joints on either side of your jaw, due to excess stimulation of the joint, a displaced disc, or arthritis of the disc, which can come from grinding your teeth, clenching your jaw, or sustaining a facial injury.

#### RESIDUAL PAIN

Your jaw is connected to several other parts of the body that may experience frequent pain or discomfort. Cluster headaches typically manifest as pain behind or around one of the eyes, but this pain can often radiate down to the jaw if it's severe. Sinus problems could be the culprit, as these air-filled cavities are located close to your jaw joints. If they become infected by a virus or bacteria, the

excess mucus that results can put pressure on your jaw joint and cause pain. A severe tooth infection, like a dental abscess, can also radiate away from the mouth and manifest in the jawbone.

#### PROTECTIVE FACE MASKS

As people have begun to wear protective face masks more regularly, evidence is mounting that when the tight elastic that wraps around the ears tugs down, it draws the ears forward and compresses the disk of your jaw. To combat this, stretch your jaw before putting on your mask to give the disc extra space to move up and down.

For immediate relief of consistent jaw pain, apply a moist heat or ice pack to the area. You can also use your fingers to massage the sore areas of your jaw, such as the area right before your ear where the joint is located. Rub in a circular motion with your mouth closed, then repeat the motion with your mouth open. This is a great way to relieve tension and pain. Also, avoid chewy foods if you're experiencing jaw pain, as they can make it worse. If you are experiencing any kind of jaw or mouth pain, call Newman Springs Dental Care right away, and we'll help you find relief.



NEWMAN SPRINGS DENTAL CARE  
**VIP WINNER**

**July:  
Melissa Toro**

**August:  
Nancy Wong**

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

For referring the most patients in July and August.

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

## CLASSIC PUMPKIN SOUP

*Inspired by MinimalistBaker.com*

### Ingredients

- 1 tbsp olive oil
- 2 shallots, diced
- 3 cloves garlic, minced
- 2 1/4 cups pumpkin purée (homemade or canned)
- 2 cups vegetable broth
- 1 cup canned light coconut milk
- 2 tbsp honey
- 1/4 tsp sea salt
- 1/4 tsp pepper
- 1/4 tsp cinnamon
- 1/4 tsp nutmeg

### Directions

1. In a large saucepan over medium heat, sauté olive oil, shallots, and garlic for 2–3 minutes.
2. Add the remaining ingredients and bring to a simmer.
3. Transfer the soup to a blender and purée. Pour the blended soup back into the pan.
4. Cook over medium-low heat for 5–10 minutes. Taste and add additional seasoning as desired, then serve!

