



Forest View Dental
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The Forest View APRIL 2009

APRIL Showers Newsletter



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Special Interest:

Here is your **FREE** Monthly
Newsletter from your friends at:
Forest View Dental



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Soft Drinks Aren't So Soft

Whether you drink regular or diet soft drinks, they both can damage your teeth. Here are two different ways damage can occur.

First of all, most soft drinks are very acidic, containing both phosphoric and citric acids. These acids can erode the enamel, and as the enamel dissolves, the underlying tooth structure (dentin) is exposed.

Dentin is much softer than enamel, and it is very susceptible to sensitivity and cavity formation. Since the enamel is the protective layer of teeth, its erosion can even cause the biting edges to crumble.

Secondly, regular (nondiet) soft drinks typically have 9 to 12 tablespoons of sugar. The disease causing bacteria that lead to cavities survive by eating sugar. As this sugar is digested by the bacteria, more acid is produced. These acids further dissolve the enamel and increase the problem.

Therefore, when soft drinks are consumed, the destruction of tooth structure can be devastating. If several of these beverages are consumed throughout the day, the teeth are continuously bathed in acid.

An occasional soft drink is not likely to be a problem. Drinking through a straw will redirect the drink to the back of your mouth where it is less likely to contact the teeth. Brushing and flossing or rinsing with water immediately afterwards are also good ways to decrease the exposure of enamel to acid.

Moderation is very important when considering what beverages to drink. Keep in mind that consuming sweet drinks like soda at a young age also creates a taste for all things sweet, which is ultimately very destructive from a dental perspective. Children and adults alike can avoid this damage by drinking more water, milk or diluted fruit juice.

April Fool's Day



It's time to check your level of gullibility. Come the first day of the fourth month, it is wise to never let your guard down. Pranks, tricks and jokes take place all around you. The tradition of April Fools' pranks is not entirely clear, but the best theory is that it had to do with what may have been a different kind of joke: resetting the calendar in midstream.

In 1564 the reformed Gregorian calendar was adopted, changing the celebration of New Year's Day from March 25 to January 1. New Year's celebrations originally lasted from March 25 to April 1. However many were either unaware or resistant to the change and were chastised by having jokes played on them.

The weakness of the calendar-change theory is that it fails to account for an historical records of traditions linking merriment and tomfoolery to this time of year dating back to antiquity. The Romans, for example, celebrated a festival on March 25 called Hilaria, marking the occasion with masquerades and "general good cheer." Holi, the Hindu "festival of colors" observed in early March with "general merrymaking" and the "loosening of social norms," is at least as old.

The earliest known type of April Fools' prank occurred 200 years or so after the adoption of January 1 as New Year's Day. In France the object of the prank was known as the poisson d'Avril, which translates to April Fish. The significance of the fish has to do with April being in the zodiacal sign of Pisces. Compared with today's pranks, the most popular types of jokes to play upon the April Fish were rather mundane: sending invitations to parties that were not actually being held.

Recent Well-known Pranks

Spaghetti Trees: The BBC television program Panorama ran a famous hoax in 1957, showing the Swiss harvesting spaghetti from trees. They had claimed that the despised pest, the spaghetti weevil, had been eradicated. A large number of people contacted the BBC wanting to know how to cultivate their own spaghetti trees. It was, in fact filmed in St Albans.

Left Handed Whoppers: In 1998, Burger King ran an ad in USA Today, saying that people could get a Whopper for left-handed people whose condiments were designed to drip out of the right side. Not only did customers order the new burgers, but some specifically requested the "old", right-handed burger.

Taco Liberty Bell: In 1996, Taco Bell took out a full-page advertisement in The New York Times announcing that they had purchased the Liberty Bell to "reduce the country's debt" and renamed it the "Taco Liberty Bell." When asked about the sale, White House press secretary Mike McCurry replied tongue-in cheek that the Lincoln Memorial had also been sold and would henceforth be known as the Lincoln Mercury Memorial.



National Arbor Day is April 24th

The last Friday of every April honors one of our greatest natural resources—trees. On January 4, 1872, J. Sterling Morton first proposed a holiday for tree-planting in Nebraska, which was accepted and later adopted by other states.

The “arbor” in Arbor Day is the Latin word for “tree”. “Arbor” is also associated with the Old French derivation, erbler, which means “garden”. This English variation is generally used in connection with the trellising structures known as “garden arbors”.

Today, Arbor Day is recognized as a national movement towards awareness that we may need to cultivate nature a bit in order to preserve it. The observance of National Arbor Day has even spread to countries outside of the U.S.

Eggcellent Choice!



DEVILED EGGS

Ingredients:

- 8 eggs
- 1/2 teaspoon prepared mustard
- 1 tablespoon creamy salad dressing
- Salt and pepper to taste
- 1 pinch paprika

Directions:

Place eggs in saucepan and cover with water. Bring to boil. Cover, remove from heat, and let eggs sit in hot water for 10 to 12 minutes. Remove from hot water and cool. Peel and cut in half lengthwise. Remove yolks and combine with mustard, salad dressing and salt and pepper. Mix together until smooth. Refill each egg half with the yolk mixture and sprinkle with paprika.

Monthly Fun

Earth Day is April 22nd

Word Search



- April
- Fool
- Prank
- Easter
- Bunny
- Eggs
- Hunt
- Spring
- Flowers
- Earth
- Baseball
- Conservation
- Arbor
- Tree
- Recycle

N N E N A C K N A R P
 T H F O O L T O P H G
 N T E L S G N I R P S
 A R Y L O L U T I S S
 B A E N C W H A L O E
 B E O T N Y E S A W L
 L G A H S U C R O C O
 T G O L L A B E S A B
 N S O H G O E V R N U
 N B E O R R F N G R P
 C B A V T E S O F R A
 R E A T T T T C A P T

Thoughts

A true friend is someone who is there for you when he'd rather be anywhere else.
Len Wein

Activity Tip

Make an Easter Basket

Turn a strawberry basket into a colorful Easter basket—perfect for sprouting Easter grass in, or housing a cotton ball chick, and making a small centerpiece.

What you'll need:

- 1 strawberry basket
- Pipe cleaners for handle, optional
- Colored paper or ribbon strips
- Scissors
- To fill basket: 'grass', shredded paper, etc.

How to make it:

Weave strips of paper or ribbon in and out of the holes in the basket. Make the handle out of pipe cleaners, if desired. Fill with some Easter 'grass' or shredded paper, then add some small goodies. You could even grow some real Easter grass in your basket.

What's New at the View...

Thank You For Your Referrals and Welcome New Patients!

Our business is built on word of mouth advertising and we'd like to thank everyone who was kind enough to recommend our services to their friends and family.

Ryan Vande Berg is the **Winner of the \$50 New Patient Survey Drawing**. Ryan became a valued member of our family this last month and we would like to welcome him publicly. We wish him and every other new member of the Forest View Family all the best!



Ryan



Mia

Mia is the **Winner of the \$50 Post-Treatment Survey Drawing** for taking the time to help us improve our service to everyone in the Forest View Family. Thank you for your time and your help! Also, **Thank You** to everyone who took the time to give us feedback on our service!

You are Awesome!

What is Whitening For Life?

We feel that every patient in our practice deserves to have a smile they can be proud of. We are excited to offer our patients a unique program we call **Whitening for Life**.

When you come to our office for your preventive examination, x-rays and cleaning, we will provide you with custom bleaching trays and materials for a one-time enrollment fee. Then, at each recommended preventive visit, we will give you a complimentary touch up kit of bleaching gel. This ensures that you will be able to keep your teeth bright and beautiful for life!

All we ask in return is:

You keep your prescribed regular Continuing Care Appointments*.

Your long term dental health is as important to us as it is to you. Our patients have found that these six month visits help greatly reduce emergencies. That is why we are happy to provide this extra bonus for our patients who are committed to their dental health.

Provide at least 48 hours notice* if you need to change an appointment. In order to provide exceptional services like Whitening for Life to all of our patients, we ask that you give us the courtesy of advance notice for schedule changes.

Maintain your account in good standing*.

Now that you know what Whitening For Life is...**What are you waiting for?**

*Call for further details

What's New in the Office?

As always, our team tries very hard to make sure that the service we give you is as current as possible by taking every opportunity to improve ourselves and also help others improve. This last month, Dr Grotenhuis went to Chicago for a seminar about Advanced Orthodontics. Instead of focusing on himself, Dr LaSelle took the opportunity to share some of his knowledge by helping Dental Students from Marquette University improve their dentistry at the Tri-County Dental Clinic. He enjoys mentoring the Marquette Dental Students almost as much as volunteering to help the community by doing dentistry at Tri-County Dental Clinic.

Now for something very new and exciting! First, we would like to **THANK** all of our Forest View Family Members for choosing to visit us because without your support we would not be able to provide the level of service that you have come to expect from us. Now for the new part, we have the opportunity to welcome a new group into our Family! We would like to extend this very warm welcome to the new Forest View Family Members who have joined with us from Apple Valley Dental Center. We will endeavor to make your transition into our Family as pleasant as possible. Please call us if you have any questions.

Please tell us what you think of our newsletter. If you would like to tell us you love it or ask us not to send you a copy please call Karen at 920-380-4055 or email us at forestdental@aol.com and we will take care of **You**. Drs. Tom LaSelle and Tom Grotenhuis

Special Offer!

Join 'Whitening for Life'

Receive a whitening kit
and
Custom whitening trays for only **\$99**.

Call Us Today!

(920) 733-1111

to schedule your appointment and get started
on your beautiful smile!

Limited Time Offer!

Sudoku Puzzle

	8				1	6	5	3
	4	6		9				
2				5	6			
		3	2	7			1	
8		4				2		6
	1			4	3	5		
			7	8				4
				6		7	9	
4	9	7	1					6