



Forest View Dental  
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# The Forest View

August 2008

## The Forest View August



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**Special Interest:**





# Back-To-School Shopping:

## *Beating The Back-To-School' Blues*

Every year, around August and September, parents of young children face one of their largest single expenses: getting their kids ready for a new school year. They extend their budget for children's clothes and school supplies, forgetting to plan ahead in the process.

Unfortunately, this expensive annual tradition has not been adapted to a time when there are more single parents and, in general, less money in the average family budget. That's why it is more important at this time to be an informed shopper than ever.

Start by taking a thorough inventory of what you already have, and develop a budget for what you still need. Then, list each item in priority, from most important to least important. By having a prioritized, budgeted shopping list, it can be trimmed easily by cutting from the bottom.

The next step is to compare prices of different items. If a store five miles away is offering low prices on blue jeans, it may be worth the drive. Buy underwear, socks and other basics in quantity when they are on sale, making sure to allow for growth. Check as many newspaper advertisements and catalogs as possible before you finally make your purchases.

Another important strategy is to remember that what you buy is as important as how you buy. Basic, durable clothing will stretch your dollars significantly. Check for strong buttonholes, secure buttons, reinforced stitching, firmly woven or knitted fabric, and basic styles.

Some important things to remember about back-to-school shopping: Children grow quickly. Look for articles of clothing with no definite waistline, like overalls. Blouses and shirts with long tails, as well as pants with elastic waistbands, also allow for kids to grow. Make shorts out of long pants, and short sleeves out of long sleeves, as your child grows. Also, straight-knit dresses make great tops for jeans, stretch pants, or skirts.

Kids like 'easy' clothes. For younger children, getting the best value for your dollar means buying clothes they like to wear. Look for articles they can manage without much help. For example, front openings, flat buttons, easy-to-reach pockets, elastic waistbands, and large necklines make it easier for kids to get dressed in the morning. Remember, the easier it is for them to dress themselves, the less stressful your mornings will be.

Save on school supplies. Before you run to the "Back To School" section at an expensive retailer, compare prices with lower priced outlets and office supply stores. You might find that the spiral notebook with the really colorful cover is more expensive and has less paper than the one with the plain cover.

Shopping for school clothes and supplies also gives parents a great opportunity to teach their older kids about spending habits. Sit down with your children and decide on a budget. Let them do the comparison shopping and point out that if they get the expensive sneakers, they have to cut back in other areas. Not only will they learn about smart shopping, they will value what you buy for them much more.

The most important strategy for Back To School shopping is to stick to the budget you set. Bring only as much cash as you need, based on your budget, and leave your credit cards at home. Shopping for less is a challenge, but with planning and forethought, you can prepare your children for another school year without breaking the family budget.



# The Loggerhead Sea Turtle



An amazing thing happens every summer on Hilton Head Island's beaches. An ancient mariner, the Loggerhead sea turtle, emerges from the shimmering water of the Atlantic and crawls ashore to lay her eggs in a sandy nest.

## Nesting

Loggerhead sea turtles nest on the beaches of Hilton Head Island and other southeast beaches between May and August. An adult female will nest once every two to four years, coming to shore up to 7 times per season to lay eggs. Nesting occurs at night. The female crawls slowly to a dry part of the beach and begins to excavate a pit with her flippers. This may take her over an hour. Then the mother turtle, weighing several hundred pounds, deposits 100 to 125 ping-pong sized eggs into the nest. She covers the egg cavity using her rear flippers and packs down sand over the nest to disguise it. When the work is done, the female slowly returns to the sea.

## Hatching

About 60 days after the female lays her eggs, the small turtles begin to hatch. They use a sharp tooth to break open the shell. All of the hatchlings join together to dig out of the nest, a job that can take several days. During the cool night, the 2 inch long hatchlings emerge from their sandy nest and scramble toward the sea. It is during this run to the sea that many hatchlings fall prey to waiting predators. Once in the water, hatchlings swim several miles off shore where they catch ocean currents. The hatchlings stay in the open water for several years before returning to nearshore waters.

## Lights Out!

Sea turtle hatchlings usually emerge from the nest at night. They orient themselves toward the brightest horizon and dash towards the sea. Lights from buildings and streets near the beach disorient

the hatchlings and they wander inland where they often die from exposure or predation. If they don't make it to the ocean quickly, many hatchlings will die of dehydration in the sun or be caught by predators like birds or crabs. Artificial lights also discourage females from nesting.

The Town of Hilton Head requires that lights on structures visible from the beach be shielded or turned off after 10 PM from May 1 to October 31. Any windows facing the beach must also be covered with draperies or shade screens. Remember, lights out for turtles!

Dylan was rescued as a "straggler hatchling" (one which did not emerge from the nest successfully with most of the hatchlings in the nest) on August 26, 1998. Now large enough to fend for herself and having been taught how to catch food, she was released into the ocean for the first time. She got stuck in the mud and started to swim back to shore, but the volunteers steered her in the right direction again. She has a satellite transmitter attached to her back so she can be tracked wherever she goes. Visit [www.georgiaseaturlecenter.org](http://www.georgiaseaturlecenter.org) to track Dylan now and watch the video of her release!



Talia and Sydney Booher adopted a sea turtle nest of eggs on Hilton Head Island in June 2008. Visit [www.coastaldiscovery.org](http://www.coastaldiscovery.org) for adoption information.

# 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.

**Lara Camber** is the **Winner of the New Patient Survey Drawing** who became a valued member of our practice family this last month! We'd like to welcome her publicly, and wish her and all of our other new members of the Forest View Family all the best!



Lara



Paul

**Paul Werth** is the **Winner of the Post-Treatment Survey Drawing** for taking the time out his busy schedule to help us improve our service to everyone in the Forest View Family. Thank you for your time and your help!

## Winners of the Open-House Door Prizes!

Thank you for coming and Congratulations!

Carol Christensen	Mary Kay Basket
Cathy Goodman	Oral B Health Basket
Karen Lehner	C/D MP3 Player
Spencer Lynch	Rota-dent
Jeff Middlestead	Rota-dent
Tom Nagy	Rota-dent
Pam Surmd	Coffee Maker/Cup Basket
Mary Anne VanLeu	Luggage Set

## Special Offer!

We are offering professionally fitted, custom mouthguards for **\$50**.  
(Normally a \$150 value)

Call now before offer expires  
at

**920-733-1111**

to schedule your appointment and make the fall sports season a safe one!

Offer Expires 9/1/08

## Sudoku Puzzle

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

## What's New in the Office?

We have had such a great response with our Whitening for Life program that we have decided to keep the offer of \$99 Whitening Trays and Whitening Starter Kit and Free Whitening Touch-up Kits **for life** indefinitely. The positive feed back we have received has been tremendous and we would like to make sure that everyone has the opportunity to participate! If you have not had the opportunity to join this new and exciting program, call us and get all the benefits to having a **whiter, brighter smile** today!

Also in the news, we held an open-house for our new Dentist, Dr Brandon Roth on July 24 and had a great response from not only the current members of our Forest View Family, but also from a large number of new members to the Forest View Family. Drs LaSelle and Grotenhuis manned the grill and many wonderful Forest View Team Members helped out by giving tours of the practice and general information to all who attended. It was a great "Welcome Back to the Valley" for Dr Roth. He commented, "I was so thrilled by the outpouring of support by not only my family and friends, but from people I had never met before who wanted me to help them be the healthiest that they can be!"

Last, but not least, we sponsored the Bret Younger Memorial 10k Fun Run again this year and had great participation from our Staff. Dr Roth leisurely strolled to the Overall Victory in the Forest View Doctors Category while Drs LaSelle and Grotenhuis (especially Dr Grotenhuis) dragged themselves across the finish line many minutes later. We all had a lot of fun!

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, Tom Grotenhuis and Brandon Roth*