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The Forest View

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Special Interest:



- Inside:**
- Creating The Perfect Garden!
 - What Not To Wear- A Dolphin Story!
 - What's Whitening for Life!?



Creating The *Perfect* Garden!

FUN FACTS:

Spring ends and summer begins on June 20, 21, or 22 in the Northern Hemisphere. Trees and shrubs are often at their freshest, and there are more flowers during June than at any other time. June is especially the month of roses. In the Southern Hemisphere, fall ends and winter begins during this month. The start of winter brings cold, rainy weather to that part of the world.

Activities: When June comes, green fruit is just beginning to appear in some regions. Bees move from flower to flower, gathering nectar. Baby birds of some species have hatched in some regions, and their parents are kept busy bringing them food. From early Roman times, June was believed to be the best time for marriages. It is still a popular month for weddings.

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Gardening can be cheap and fun as well and if done regularly, does not really need to take up a lot of time. It is a great advantage for the homemaker to have a green thumb. When winter is severe and there is no greenery around, it is good to turn towards the home or office to find a patch of greenery for some relief. As a hobby, indoor gardening is found to be greatly relaxing and stress busting. One of the most fun and rewarding aspects of gardening is starting plants from seeds. Gardens can be created today with no or little money, so of the best gardens have been created with no money at all.

Depending on the climate and plant there are many different types of soil that can be used, water that is needed and light or shade that is required, all of these factors need to be considered. Make sure the location in your garden can provide the proper environment for the plant to flourish. Select a garden location that gets plenty of sunlight a healthy garden need six hours of direct sunlight everyday. One of the first things to consider when choosing a plant for your garden is to determine if it is suitable for your area.

Looks can be deceptive, so to see if your soil is dry enough to water, try the finger test. The plant should be watered thoroughly when the top half of the soil is dry. When planting new plants you need to water them for weekly until the plants become acclimated to its new environment. If leaves show signs of wilting, but the soil is moist, you can mist the foliage lightly. How often you water will depend on the conditions in your home more humidity means less watering. Water should seep from the drain holes in the pot and the plant should feel "heavier" after watering. Roots around the edge of the pot are a sure sign of being pot bound.

Many people use silk plants because they don't want to be bothered with real plants, they don't want to take care of them and they don't have to worry about them dying. One of the benefits of silk plants is that you don't have to replace or maintain the plants. It is very easy to take care of silk plants, clean them with a wet rag and make sure they are looking good so they maintain the illusion that the plants are life like. For a plant to grow successfully it must be planted in the right growing conditions. For example, shade-loving plants aren't going to be flourishing if planted in an area where they're going to get full sunshine. They should also do well with bright, indirect light.

One of the major benefits of compost is that compost provides natural nutrients for the plants to feed on. Utilizing compost is an inexpensive way to better the soil. When the compost is ready you can use it for new gardens or already established gardens.

Every element that makes up a plant, as well as everything in our bodies, and everything in the soil in which we grow is chemical. Indoor plants are also a way to start new growths and give them a better chance of survival.



What Not to Wear: A Dolphin's Story

Fashion emergencies are rarely life threatening, but a bad bathing suit almost turned deadly for a dolphin in Sarasota Bay.

Dr. Randy Wells, Chicago Zoological Society's intrepid dolphin researcher and leader of the world's oldest dolphin research program, recently stumbled upon a most unexpected sight. He observed Scrappy, a 10-year-old Atlantic bottlenose dolphin, swimming with something tangled around his body. Upon closer examination, researchers made an amazing discovery--- Scrappy was wearing

a Speedo! Dr. Wells worried about the effects the bathing suit might have on Scrappy's health (not to mention his self-esteem!). It seemed that the drag from the nylon suit could cut into the dolphins body at his flippers. So when it became clear that an unaided "de-brief" would not happen, Dr. Wells and his Chicago Zoological Society team, based at Mote Marine Laboratory, stepped in to take care of this real-life "Fashion Emergency."

Dr. Wells led 30 people on five boats out into the bay in search of Scrappy. They eventually got the dolphin out of the water and found that one of the Speedo leg holes had slipped over the dolphin's rostrum (nose) and had cut more than an inch into the base of each of his flippers. Dr. Wells and his group removed the bad bathing suit, gave the dolphin



antibiotics, and released him back into the bay with a small tracking device. Since the rescue the research team has been checking up on Scrappy every day to make sure that he looks healthy (and appropriately naked), and he seems to be doing well.

Fashion jokes aside, this story illustrates the responsibility that we all have. Our actions directly affect the animals and natural areas around us. The things that we dump into the water here in Chicagoland can eventually make their way down the Mississippi into the Gulf of Mexico and Sarasota Bay!

So, keep sad Scrappy in mind before you go dumping anything into the water...

...or put on an overly tight bathing suit!

SHOES



"As Gandhi stepped aboard a train one day, one of his shoes slipped off and landed on the track. He was unable to retrieve it as the train was moving. To the amazement of his companions, Gandhi calmly took off his other shoe and threw it back along the track to land close to the first. Asked by a fellow passenger why he did so, Gandhi smiled. "The poor man who finds the shoes lying on the track," he replied, "will now have a pair he can use."

SOME THINGS YOU CAN'T CHANGE...

A young man named Nasreddin planted a flower garden, but when the flowers came up so did a great crop of dandelions among them. Wishing to eliminate the unwanted guests, Nasreddin consulted with gardeners near and far, but none of their solutions worked.

Finally, Nasreddin traveled to the palace of the sheik to seek the wisdom of the royal gardener himself. But alas, Nasreddin had already tried all the methods the kind old man recommended to him for eradicating such troublesome weeds.

Silently they sat together for a good long time. At last, the royal gardener looked at Nasreddin and said, "Well, then, the only thing I can suggest is that you learn to love them."

This news is all about you...

With Heartfelt Thanks For Your Referrals

There's no question that we have the **BEST** patients on the entire planet.

Our business is built on word of mouth advertising. We sincerely appreciate your faith in our office and we are happy to reward our patients who reward us. Please ask about the **Forest View Referral Rewards** program at your next visit!

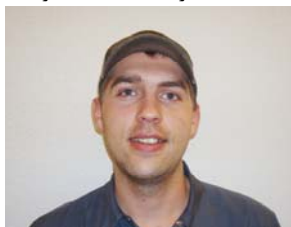
We would also like to thank and congratulate the **Forest View Dental Post-Treatment Survey Winner – Vern DeMotts!** Vern won a **\$50** gift card for helping us improve our services. Please ask us how you can participate at your next visit!



Thank you sooooo much!

Welcome New Patients!

Here is the winner of our **Forest View New Patient Survey, Isaiah Hanback!** Isaiah won a **\$50** gift card as well. We'd like to welcome all of our New Patients publicly, and wish you all the best!



We love giving recognition to our new friends and our wonderful existing patients who are kind enough to refer their friends and relatives to us! We're all helping each other, which is the whole point of all this! Right?

What's New in the Office?

This is our inaugural issue of '**The Forest View**' newsletter. We hope to be able to provide you with fun and interesting information as well as tell you what is going on in our office. This month we are starting a new program called '**Whitening for Life**' which is designed to reward our patients for their loyalty to our office. The offer above is the kick off to this campaign. If you would like more information about this new and exciting program, or you have already done whitening in our office and want to know more about joining for **FREE**, then call us at (920) 733-1111 today.

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) 731-1111

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

Limited Time Offer!

Patient Quiz!

This Month's Quiz Question!

It regulates our daily movements, but it feels no interest in our lives. It directs us when to come and go, but does not care if we pay attention. What is it?

Quiz Answer: A clock