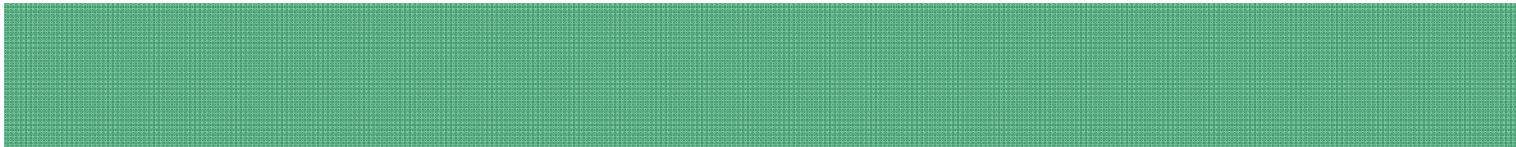




Forest View Dental  
1111 Valley Road  
Appleton, WI 54915



# The Forest View MAY 2009



## *MAY* *Happy Mother's Day* *Newsletter*

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

**Forest View Dental**  
1111 Valley Road  
Appleton, WI 54915

**Phone:**  
(920) 733-1111

**Fax:**  
(920) 380-4056

**E-Mail:**  
[forestdental@aol.com](mailto:forestdental@aol.com)

**Web Site:**  
[www.forestviewdental.com](http://www.forestviewdental.com)

**Special Interest:**



## Inside

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# Celebrate Memorial Day May 25<sup>th</sup>

## Don't be Passive About Plaque

Plaque is a sticky, colorless film that continually forms in between and on the surface of the teeth. Often undetected, plaque attacks the teeth and gums with the acid it produces from bacteria in your mouth. The bacteria uses the sugars from foods and beverages along with saliva, to thrive and multiply. Repeated acid attacks increasingly erode the enamel, eventually causing tooth decay and cavities.

When plaque accumulates beneath the gum line, the associated buildup of bacteria and tartar can cause irritation and inflammation of the gum tissue and can lead to the development of gingivitis and gum disease. Irritated and inflamed gums appear red and may even bleed. Continued plaque accumulation can contribute to structural damage to your teeth and the bone supporting the teeth and gums, as well as other health complications.

Plaque is controlled by brushing and flossing daily at home and with regular dental cleaning. If dental plaque accumulates and is not removed, it can harden and turn into calculus or tartar.

To prevent excessive plaque buildup in between dentist visits, keep the following suggestions in mind:

- **Avoid sugary and starchy snacks.**
- **Eat a balanced diet.**
- **Refrain from using tobacco products.**
- **Limit the number of snacks you eat throughout the day.**
- **Brush your teeth twice daily using a fluoride based toothpaste.**
- **Floss your teeth daily.**

**M**emorial Day, originally called Decoration Day, is a day of remembrance for those who have died in our nation's service. Memorial Day it is about coming together to honor those who gave their all.

Memorial Day was officially proclaimed on 5 May 1868 by General John Logan, national commander of the Grand Army of the Republic, and was first observed on 30 May 1868, when flowers were placed on the graves of Union and Confederate soldiers at Arlington National Cemetery. The first state to officially recognize the holiday was New York in 1873. By 1890 it was recognized by all of the northern states. The South refused to acknowledge the day, honoring their dead on separate days until after World War I, when the holiday changed from honoring just those who died fighting in the Civil War to honoring Americans who died fighting in any war. It is now celebrated in \*almost every State on the last Monday in May.

Since the late 50's on the Thursday before Memorial Day, the 1,200 soldiers of the 3rd U.S. Infantry place small American flags at each of the more than 260,000 gravestones at Arlington National Cemetery. They then patrol 24 hours a day during the weekend to ensure that each flag remains standing. In 1951, the Boy Scouts and Cub Scouts of St. Louis began placing flags on the 150,000 graves at Jefferson Barracks National Cemetery as an annual Good Turn, a practice that continues to this day. More recently, beginning in 1998, on the Saturday before the observed day for Memorial Day, the Boys Scouts and Girl Scouts place a candle at each of approximately 15,300 grave sites of soldiers buried at Fredericksburg and Spotsylvania National Military Park on Marye's Heights (the Luminaria Program). And in 2004, Washington D.C. held its first Memorial Day parade in over 60 years.

To help re-educate and remind Americans of the true meaning of Memorial Day, the "National Moment of Remembrance" resolution was passed on December 2000 which asks that at 3 p.m. local time, for all Americans "To voluntarily and informally observe in their own way a moment of remembrance and respect, pausing from whatever they are doing for a moment of silence or listening to "Taps."

*\*Some southern states continue to celebrate Memorial Day on various days, i.e. June 3rd in Louisiana and Tennessee called "Confederate Memorial Day" and on May 10th in North and South Carolina.*

# May Gardening

As the saying goes "April showers bring May flowers." May is a great time to begin working on or creating a garden. The ground is beginning to warm up and rain has made the earth more supple and pliable. Here are just a few tips every gardener or novice can use in all climates:

- Get at least one great new plant before the best selection is gone
- Water regularly, if it doesn't rain
- Water newly planted plants even if rain is predicted

## Flowers

- Deadhead spring blooming bulbs, let foliage to grow until it yellows
- Give everything a good feeding, to get things growing

## Vegetables

- Keep the perennial vegetables and berries weeded
- Move rosemary plants outdoors, if they don't live there year round

## Houseplants

- Repot houseplants in new soil

## Trees & Shrubs

- Check out the azaleas in bloom for future purchases.
- Plant or transplant trees and shrubs before the heat of summer.

## Landscape

- Start digging that pond you've been talking about.
- Clean bird feeders

# Mother's Day is May 10th



## BREAKFAST MUFFINS

### Ingredients:

- |                       |                        |
|-----------------------|------------------------|
| 2 t unsalted butter   | 1/2 c raisins          |
| 2 c all-purpose flour | 1/2 c chopped pecans   |
| 1 c brown sugar       | 1/2 c shredded coconut |
| 2 t baking soda       | 2 large eggs           |
| 2 t ground cinnamon   | 1 c vegetable oil      |
| 1 c grated carrots    | 2 t vanilla            |
| 1 c grated apples     |                        |

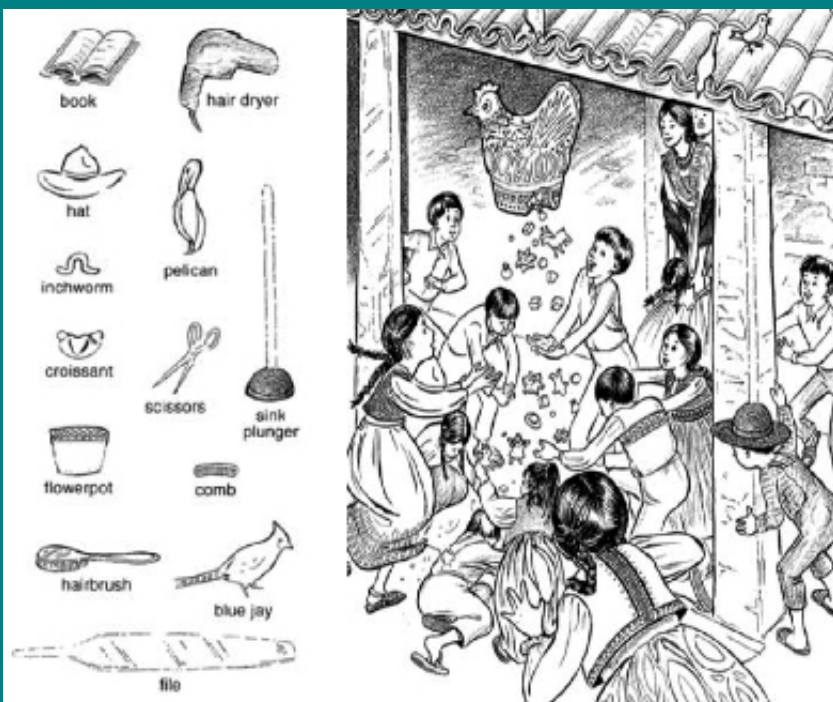
### Directions:

Preheat the oven to 350 degrees F. Coat a 12-cup muffin tin with nonstick vegetable spray. Sift together flour, sugar, baking soda and cinnamon. Stir in the carrots, apples, raisins, pecans and coconut. In a separate bowl, combine eggs, vegetable oil and vanilla, whisking until smooth. Add the wet mixture to the flour mixture and stir until the batter is just blended. Spoon approximately 3/4 cup of batter into prepared tin. Bake for 35 minutes, until muffins are golden brown.

# Monthly Fun

## Get ready for Cinco de Mayo

Can you find these hidden objects?



## Thoughts

*Only mothers can think of the future,  
because  
they give birth to it in their children.*

*Maxim Gorky*

## Activity Tip

### Mother's Day Bath Salts

More than anything else on Mother's Day, your mom probably wants a little R&R. Bath salts are the perfect solution. This recipe is easy to make with ingredients you probably already have at home.

#### Materials & Tools:

- 3 c Epsom Salt
- 2 c Baking Soda
- 1 c Table Salt
- Essential Oils (lavender is always a good choice)

#### Directions

Mix first three ingredients thoroughly in a large mixing bowl. Add 20 drops of essential oil and continue mixing until fragrant. Store in a pretty glass jar.

# 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.

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



Darna



Stephanie

Stephanie Woyak 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!

## What are Canker and Cold Sores?

Cold sores—commonly known as oral herpes or fever blisters—tend to have a cruel sense of humor. These wicked, little social-spoilers are painful, unsightly, and seem to have a predisposition to pop up just before a first date, job interview, dance, high school reunion or wedding.

Cold sores are groups of often-painful blisters filled with fluid that appear around the lips and sometimes under the nose. Cold sores are caused by herpes simplex virus 1 (HSV-1) living inside the nerve tissue. Other causes include ill-fitting dentures, braces, the sharp edge of a broken tooth or bacteria. The National Institutes of Health reports that HSV-1 infects more than half of the U.S. population by the time they reach their 20s. Once a person has had a cold sore, the virus stays in the body and can become active throughout the person's life.

Infection tends to recur when the virus is reactivated by a trigger such as decreased immune response, lack of sleep, stress or trauma. Cold sores are highly contagious and can be transmitted orally by intimate physical contact with others and sharing eating utensils, toothbrushes, towels and razors. If the virus is transmitted or contracted, sores usually develop anywhere from two to 12 days after exposure to an infected person. Other persons with a primary infection may have flu-like symptoms such as a high fever, sore throat, swollen neck glands and mouth soreness.

Canker sores are common and rarely cause complications. Outbreaks are usually mild and do not last longer than two weeks. If a canker sore causes discomfort, your dentist might prescribe antiviral medications to reduce the frequency, duration and severity of outbreaks. Most importantly, it is best to see your dentist so that he or she can accurately diagnose canker sores and base treatment on important factors such as age, overall health, medical history and tolerance for specific medications.

How to minimize recurrent outbreaks - Eat foods high in lysine (an amino acid found in red meats, fish, and dairy products) or take supplements, Apply sunscreen to the face and lips before going outdoors, Shave with a disposable razor during an outbreak, Replace your toothbrush, Engage in relaxing activities to reduce stress.

## What's New in the Office?

Once again 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.

Like the last two years, we have decided to sponsor the Brett Younger 10K Fun Run and the Freaky 5K Fun Run organized by the YMCA. We encourage all of you to dust off your Walking/Running Shoes and participate in these awesome events. Call us to find out how to get your Forest View Dental T-Shirt for participating. Also Dr LaSelle and Dr Grotenhuis have challenged each other to participate in the Waupaca Area Triathlon on August 15<sup>th</sup>, 2009. As part of this challenge, they have decided to raise money for the Wounded Warriors Project ([www.woundedwarriorproject.org](http://www.woundedwarriorproject.org)) to help disabled veterans. They plan to match up to \$1000 of donations from our Forest View Family Members. Please feel welcome to donate any amount. We know they are going to have fun and we hope that you can help to cheer them on.

Lastly, Dr Grotenhuis was able to attend his 10 year dental school reunion at Creighton University in Omaha, Nebraska. He had a great time connecting with colleagues from years past and felt that he was able to learn some new things to help Forest View Dental improve our care.

## Spring Cleaning Offer!

Children Receive a  
Free Crest Spin Brush

during any Scheduled Hygiene Visit

with this offer!

(Limited Supplies)

Call Us Today!

**(920) 733-1111**

to schedule your appointment and kick off  
your Spring Cleaning with  
Healthy, Clean Teeth!

## Sudoku Puzzle

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