



Forest View Dental  
1111 Valley Road  
Appleton, WI 54915

# The Forest View October

Don't Forget your  
Forest View  
Rewards  
magnet!

## October The Forest View



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**Special Interest:**

**Inside:**

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# 10 Fun Alternatives to Halloween Candy

By Tammy Davenport, About.com

Halloween will be here before you know it and we all know that Halloween, to most children, means candy. My kids have already started talking about how much "loot" they will be getting this year. To help keep cavities away and maintain your child's good dental health this Halloween, remember to have him brush and floss after eating sugary treats.

## Too Much Candy

If you are concerned about the amount of candy that your children will receive, try rationing it out over a few weeks. For example, you can pack a couple of pieces in their sack lunches or give them a few pieces after school every day or every other day. You can also have each child set aside half of their Halloween candy, and later accompany them to donate it to an organization such as a battered women's shelter or a child abuse center.

## Alternatives to Candy

Instead of giving out Halloween candy this year, check out these 10 fun alternatives to give out on Halloween night:

- Sugar free gum
  - Vampire teeth
  - Halloween stickers
  - Party favor sunglasses
  - Small cans of playdoh
  - Noisemakers
  - Pencils with Halloween erasers
  - Halloween bouncy balls
  - Temporary tattoos
  - Small bottles of bubbles
- Most kids love this stuff and it won't cause decay!

## Good Oral Health

No matter what you decide to give out this Halloween, remember to follow these tips to help protect your children's teeth from cavities and maintain good oral health throughout the year: Brush twice a day with a toothpaste containing fluoride. Floss daily; dental flossers work great. Eat healthy foods and nutritious snacks. Visit the dentist for regular check ups.



## PUMPKIN PIE Recipe

### Ingredients:

- ¾ cup granulated sugar • 1 tsp ground cinnamon
- ½ tsp salt • ½ tsp ground ginger
- ¼ tsp ground cloves • 2 large eggs
- 1 can (15 oz.) LIBBY'S® 100% Pure Pumpkin
- 1 can (12 fl. oz.) Evaporated Milk
- 1 unbaked 9-inch (4-cup volume) deep-dish pie shell
- Whipped cream (optional)

### Directions:

MIX sugar, cinnamon, salt, ginger and cloves in small bowl. Beat eggs in large bowl. Stir in pumpkin and sugar spice mixture. Gradually stir in evaporated milk. POUR into pie shell. BAKE in preheated 425° F oven for 15 minutes. Reduce temperature to 350° F; bake for 40 to 50 minutes or until knife inserted near center comes out clean. Cool on wire rack for 2 hours. Serve immediately or refrigerate. Top with whipped cream before serving.

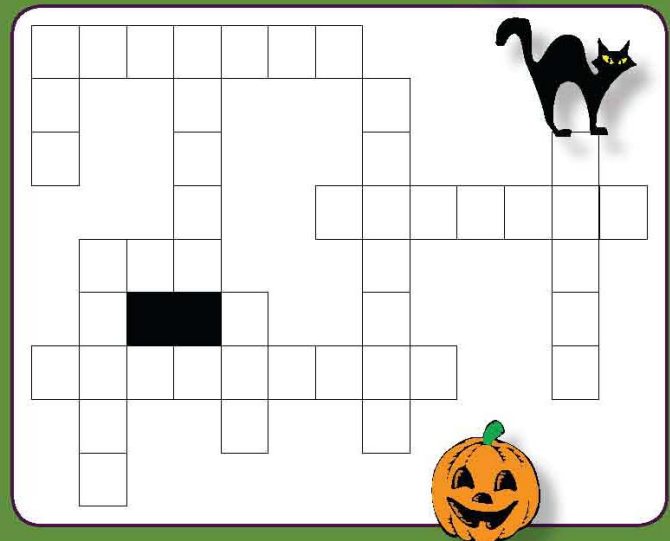
## MONTHLY FUN

### Halloween Crossword

Fit all the words into this puzzle.



- CAT
- BAT
- BOO
- TREAT
- WITCH
- BLACK
- COSTUME
- PUMPKIN
- HAUNTED
- HALLOWEEN





## Halloween: Evolution of a Holiday

As European immigrants came to America, they brought their varied Halloween customs with them. Because of the rigid Protestant belief systems that characterized early New England, celebration of Halloween in colonial times was extremely limited there.

It was much more common in Maryland and the southern colonies. As the beliefs and customs of different European ethnic groups, as well as the American Indians, meshed, a distinctly American version of Halloween began to emerge. The first celebrations included “play parties,” public events held to celebrate the harvest, where neighbors would share stories of the dead, tell each other’s fortunes, dance, and sing. Colonial Halloween festivities also featured the telling of ghost stories and mischief-making of all kinds. By the middle of the nineteenth century, annual autumn festivities were common, but Halloween was not yet celebrated everywhere in the country.

In the second half of the nineteenth century, America was flooded with new immigrants. These new immigrants, especially the millions of Irish fleeing Ireland’s potato famine of 1846, helped to popularize the celebration of Halloween nationally. Taking from Irish and English traditions, Americans began to dress up in costumes and go house to house asking for food or money, a practice that eventually became today’s “trick-or-treat” tradition. Young women believed that, on Halloween, they could divine the name or appearance of their future husband by doing tricks with yarn, apple parings, or mirrors.

In the late 1800s, there was a move in America to mold Halloween into a holiday more about community and neighborly get togethers, than about ghosts, pranks, and witchcraft.

At the turn of the century, Halloween parties for both children and adults became the most common way to celebrate the day. Parties focused on games, foods of the season, and festive costumes. Parents were encouraged by newspapers and community leaders to take anything “frightening” or “grotesque” out of Halloween celebrations. Because of their efforts, Halloween lost most of its superstitious and religious overtones by the beginning of the twentieth century.

By the 1920s and 1930s, Halloween had become a secular, but community-centered holiday, with parades and town-wide parties as the featured entertainment. Despite the best efforts of many schools and communities, vandalism began to plague Halloween celebrations in many communities during this time. By the 1950s, town leaders had successfully limited vandalism and Halloween had evolved into a holiday directed mainly at the young. Due to the high numbers of young children during the fifties baby boom, parties moved from town civic centers into the classroom or home, where they could be more easily accommodated. Between 1920 and 1950, the centuries-old practice of trick-or-treating was also revived. Trick-or-treating was a relatively inexpensive way for an entire community to share the Halloween celebration. In theory, families could also prevent tricks being played on them by providing the neighborhood children with small treats. A new American tradition was born, and it has continued to grow. Today, Americans spend an estimated \$6.9 billion annually on Halloween, making it the country’s second largest commercial holiday.

## Halloween Candy Safety

Of course, you want to make sure that the candy your kids do eat is safe, and that means inspecting everything he brings home before they even gets a chance to eat any of it.

[To make sure your child’s Halloween candy is safe, be sure that you:](#)

- \* Check the ingredients if your child has any food allergies
- \* Look for choking hazards, including hard candy and chewing gum, if you have younger children
- \* Throw out unwrapped treats or anything that looks like it may have been opened or tampered with.



# What's New At The View...

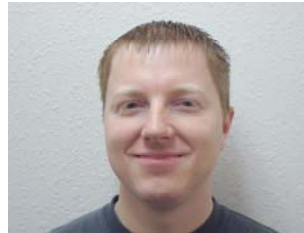
## Thank You For Your Referrals and Welcome New Patients!

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. Please see enclosed magnet about our referral reward program!

**Brian Miller is the Winner of the \$50 New Patient Survey Drawing.** Brian became a valued member of our practice 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!



Brian



Jim

**Jim West is the Winner of the \$50 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!

## What Are Mini-Implants?

With the latest technology in dental implantology, Mini Dental Implants may be the answer to missing teeth and denture problems.

Dental Implant therapy has been a big step forward in dentistry over the past 25 years and Mini Dental Implants are proving to be the most significant advancement in this field. Tens of thousands of grateful patients bear witness to benefits delivered from the opportunity to obtain a replacement for lost teeth that restores their smiles and confidence. Single tooth replacement can be accomplished in as little as two visits!

For Denture Sufferers, visit us in the morning, have Mini Dental Implants placed in about an hour, then leave our office with stable secure dentures attached to your Mini Dental Implants. Imagine eating, speaking and smiling with confidence. Your denture feels secure and is being held firmly in place thanks to Mini Dental Implants. A small miracle in implant dentistry. All this in about an hour with no cutting of the gums and no stitches to have removed. This unique procedure can be completed in one visit with virtually no discomfort.

The new Mini Dental Implant technology offers a simple and affordable approach to tooth replacement and dentures.

## What's New in the Office?

A couple of big THANK YOU's need to go out to all of you for participating in our events during the Month of September. We had a great response to our Invisalign Open-House which was held on the 26<sup>th</sup>. Forest View Family Member, Mary Mayer won our drawing for the Ipod Touch we were giving away to anyone who signed up to take advantage of the Invisalign process. We also had a great response to our call to action regarding the Best of the Valley contest through the Post-Crescent. It makes us feel so good that so many of you felt that way about us and were willing to take the time to help us. The results will be posted in next month's newsletter so cross your fingers!

Once again we are sponsoring a Fun Run. This time it is the YMCA Freaky 5k held at Pierce Park in Appleton off of Prospect Road. As an added incentive to our patients to participate in this fun activity and receive the benefits of a healthy run/walk, we are offering a free Forest View Dental T-Shirt to anyone who participates\*. Not only are we interested in the health of your mouth, but we sponsor these events to help raise the awareness of the importance of overall health. (\*Call to find out how to receive your shirt)

Last, but certainly not least, we are trying to help raise awareness of the role of Dentistry in the diagnosis and treatment of Sleep Apnea. If you snore, grind your teeth, have dry mouth or heart burn in the morning, wake up tired on a regular basis, have trouble with remembering things, or especially a combination of these symptoms you may suffer from Obstructive Sleep Apnea(OSA). We will try to keep you up to date on this important issue over the coming months to help you find successful treatment options.

## Special Offer!!!

### \*Free Dental Implant Consultation\*

Find out how you can replace missing teeth or stabilize a loose denture.

Schedule an appointment to place an implant in October and receive **\$200** off per implant!

Call Dr. LaSelle

**TODAY!!!**

**(920) 733-1111**

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

## Sudoku Puzzle

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