



February 2010

Feb 14, 2010

In this Newsletter:

Valentine's Day is February 14th!

By FamilyFun Magazine

Did you know that.....

- Alexander Graham Bell applied for his patent on the telephone, on the Valentine's Day, 1876.
- In Wales, love spoons of wood were carved and given as gifts on February 14th. Hearts, keys and keyholes formed the favorite theme of decorations on the spoons, which together symbolized- "You unlock my heart!"
- It wasn't until 1537 that St. Valentine's Day was declared an official holiday. England's King Henry VIII declared February 14th a holiday in 1537 for the first time.

Here's a great recipe.....

When Cupid invites guests over, this is the beverage he serves. For the first time ever, he has graciously agreed to share his magic recipe--which also happens to make an excellent dessert drink for Valentine's Day dinner.

Ingredients

- 12-ounce can pink lemonade concentrate
- 1 cup raspberry sherbet
- 12-ounce can of lemon/lime soda (we used 7-Up)

Instructions

1. In a pitcher, mix the lemonade concentrate with the recommended amount of water.

Side Note

NEED A LAUGH?

While I was making a huge batch of snickerdoodle cookies, I asked my ten-year-old to read the recipe and ingredients off the box to me, doubling them as he went along. He did as he was told....

(Full Article Below)

2. In a separate pitcher, combine the sherbet with 1 cup of the lemonade mixture.
3. Add the soda, stir, and serve. Makes 3 cups.

Thank You!!

By Kimberlee Williams

Many thanks to all those who donated to YCAP and the Newberg FISH programs last year! Your food donations over this past holiday season brought in over 150 lbs of food, and provided at least 115 meals for those in need!! WOW!!

5 Benefits of Encouraging Your Child's Imagination

By Reader's Digest

As a parent you might never guess all the ways a good imagination benefits your child. It helps a preschooler:

Develop social skills

As children play pretend, they explore relationships between family members, friends and co-workers and learn more about how people interact. Playing doctor, they imagine how physicians care for their patients. Playing house, they learn more about how parents feel about their children. Imaginative play helps develop empathy for others. If children can imagine how it feels to be left out of a game or to lose a pet, they are better able to help those in need. They become more willing to play fair, to share, and to cooperate.

Build self-confidence

Young children have very little control over their lives. Imagining oneself as a builder of skyscrapers or a superhero defending the planet is empowering to a child. It helps them develop confidence in their abilities and their potential.

Boost intellectual growth

Using the imagination is the beginning of abstract thought. Children who can see a king's castle in a mound of sand or a delicious dinner in a mud pie are learning to think symbolically. This skill is important in school where a child will have to learn that numerals symbolize groups of objects, letters symbolize sounds, and so on.

Practice language skills

Kids who play pretend with their friends do a lot of talking. This helps boost their vocabulary, improve sentence structure and enhance communication skills.

Work out fears

Playing pretend can help children work out their fears and worries. When children role-play about the big, bad monster under the bed, they gain a sense of control over him and he doesn't seem quite so big or so bad. Imaginative play also helps kids vent confusing feelings they might have, such as anger toward a parent or rivalry with a new sibling.

To encourage your youngster's imagination, read to him every day. Books offer children the opportunity to visit other worlds and create new ones of their own.

Make your own soil.....

By Weekend Gardner

Want to make your own potting soil?

Here are two good recipes for you to try:

Recipe #1

Mix all together. This mix is a good general mix and can be used for anything. It is good for starting seedlings, and if you want to use it for planters or containers, add some granular fertilizer to the mix.

- 1 part sphagnum peat moss (shredded)
- 1 part composted bark
- 1 part vermiculite
- 1 part sharp sand or perlite (I prefer perlite rather than sand)
- 1 tablespoon (15 ml) dolomitic lime per two quarts (2 liters) of mix

Recipe #2

This is another good general mix, but it is also good for seedlings that you're potting up as it contains some nutrients in the compost.

- 2 parts sphagnum peat moss (shredded)
- 1 part composted bark
- 1 part vermiculite
- 1 part sifted compost
- 2 parts sharp sand or perlite (I prefer perlite rather than sand)

2 tablespoons (30 ml) dolomitic lime per two quarts (2 liters) of mix

No-soil mixes are so much better, especially when used in containers because they are so light, drain well, and the plants love them.

Soilless mixes are also great since you're not using real soil, so you don't have the same potential to have bacteria and fungi in your mix that can be harmful to plants.

If you use either one of these recipes, your plants will do very well.

Find more useful information and tips on their website www.weekendgardener.net

Mouth Protection During Sports

Dental injuries are the most common type of injuries to the face, and 60% of facial injuries occur during sports practice. An athlete is 60 times more likely to suffer damage to the teeth when not wearing a mouth guard.



A mouth guard is a flexible piece of plastic that fits around the upper teeth and protects them from injury. In addition to protecting against direct damage to the teeth, by cushioning the lips and cheeks from the teeth or orthodontic appliances, a mouth guard helps prevent laceration and bruising. A mouth guard can also prevent serious injuries caused when the lower jaw is jammed into the upper jaw, including concussion, cerebral hemorrhage, jaw fractures and neck injuries.

There are several types of mouth guards. When choosing one, remember that a mouth guard should be flexible, comfortable, durable, odorless, tasteless, and easy to clean. A mouth guard should fit properly so

that it protects your mouth, but does not interfere with breathing or speaking.

The least expensive mouth guard is a stock one sold in sporting goods stores. They come in small, medium, and large and are held in place by biting down. The disadvantage of these mouth guards is that the fit is not adjustable and may not protect your teeth as well as a more fitted model would. Holding these guards in place requires that you bite down, so they can interfere with speech and breathing.

The most commonly used type of mouth guard is also sold in sporting goods stores. They're called "boil and bite mouth guards," because they're softened in boiling water and then formed to fit your mouth. This type of mouth guard costs a little more than the stock types, but because it is formed around your teeth, it fits and protects your mouth better. However, it still may not cover all your teeth properly.

The best mouth guard for preventing injury is one that is custom made for you by your dentist. This type is a bit more expensive, but it is the most effective at protecting your mouth, face and head. Because it is custom fit to your teeth, it's also the most comfortable to wear. When you consider that the cost of fixing one broken tooth is more expensive than having a mouth guard custom made, the value is obvious.

Whatever type of mouth guard you choose, you should wear it for any activity in which there is a chance of contact with other participants or hard surfaces. Mouth guards aren't just for football and hockey. If you or your child rides a bicycle, participates in gymnastics, volleyball, skateboarding, or any sport or activity in which a facial or dental injury might occur, a mouth guard is a necessity. Half of all dental injuries can be prevented, and a mouth guard is an important aid in protecting your teeth, face and mouth.

Snacking and Cavities

Tooth decay is one of the most common of all disorders, especially for children, young adults and seniors, and is the most common cause of tooth loss in younger people.



Tooth decay happens when the bacteria that is normally present in your mouth converts the food you eat into acid. The bacteria and acids combine with leftover food and saliva and form a sticky substance called plaque, which adheres to your teeth. Plaque begins to accumulate on your teeth in as little as 20 minutes after you've eaten. If it's not removed, the acid in the plaque will dissolve your tooth enamel and create a hole, called a cavity, which if left untreated, will cause damage to the tooth.

Snacking habits can play an important role in whether or not you or your child are prone to cavities and tooth loss. However, all snacks are not necessarily bad. The two main factors that make a food a bad snack is the amount of sugar in the food and the length of time the food stays in your mouth. The bacteria in your mouth feeds especially sugars and starches, and acid will begin to form from even a healthy food if it stays in your mouth long.

In general, a healthy snack is low in sugar and has high nutritional value. Examples of healthy snacks include vegetables, fruits, fruit juice, cheese, yogurt, milk, nuts, seeds or whole-wheat bread or cereals. Unhealthy snacks, such as ice cream, cake, cookies, chocolate, chocolate milk, candy or soft drinks, have little nutritional value and are high in sugar content. There are also some foods that are nutritional, but bad for your teeth, because they stick to your teeth. Examples are raisins, dried fruit, granola bars and chocolate milk. These foods are better eaten as part of a meal, when other foods and liquids may clean them off your teeth.

A balance of good carbohydrates and protein from snacks will give you or your child strength and energy to get through the day and help balance blood sugar levels between meals. If you haven't eaten for about four hours, your body will be physically hungry, so an energizing snack will make you feel better and perhaps keep you from overeating at your next meal.

Even "bad" snacks can be eaten occasionally. If you or your child just has to have that piece of cake or a pack of gummy bears, then only do so when you can brush your teeth right afterwards. Whether you snack or not, excellent oral hygiene, brushing at least twice a day and flossing daily, is necessary to prevent cavities. You should also see your dentist twice a year for check-ups and professional cleanings that remove the plaque and tartar you miss.

For your dental health and your overall health, it's best to limit snacks to healthy, nutritional foods and to only snack when your body needs the fuel, not because a snack is available.

Orthodontic Emergencies

What to do in case of emergency

Call our office as soon as possible if you break or loosen any of your appliances. Please do not come directly to the office – by calling us, you will allow us to create a time to see you. Even if you have a regular appointment scheduled, call us immediately to notify us if you need an appliance repaired.



Loose brackets or bands

Call our office immediately for advice if a bracket or wire is loosened. The bracket may need to be re-fitted as soon as possible. You may have a situation that requires cutting a wire or sliding a bracket off a wire at night or over the weekend. If you need to cut a wire in case of emergency, you may use fingernail clippers that have been washed and sterilized in alcohol. Please call our office the next business day, so that we may schedule an appointment for you.

Wire irritations

Sometimes discomfort caused by a wire on your braces can be resolved by moving the wire away from the irritated area with a cotton swab or eraser. If the wire will not move, try covering the end of it with a small piece of cotton or a small amount of wax. If the wire is painful, you can cut it with nail

clippers or scissors that have been washed and sterilized in alcohol. If you cannot resolve the wire irritation, call our office for an appointment.

Lost separators

Most patients lose a separator during their treatment. Do not worry about losing a separator, but call our office to see if it needs to be replaced.

Discomfort with Orthodontic Treatment

During the first week after your braces are in place and routine adjustments are complete, you will likely feel some pain, soreness or discomfort. You may take acetaminophen or other non-aspirin pain relievers while you adjust to your new braces. A warm wash cloth or heating pad may reduce the soreness in your jaws.

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By Debbie Deerwester

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