

Thank You!

The highest compliment we can receive is knowing that you have the confidence to refer us to a family member or friend. We welcome new patients who are excited about improving their dental health.

If you have a family member or friend who is looking for a new dentist, we would love to have them join our practice. It would be an honor to meet them and help address their dental needs.

Our Commitment To You...

Nothing is more important than the health and safety of our staff and patients. With this in mind, we happily take extra steps to make every visit to our office as safe as possible. These actions are incremental to our normal standards of care that meet or exceed all CDC, OSHA and ADA guidelines for dental practices.

Our goal is to add peace-of-mind to the friendliness and clinical excellence you have come to expect. We welcome the opportunity to answer any of your questions and to address any concerns.

We are in this together, and we will never underestimate the power of a smile!

Start Now for a Spectacular Spring Show

Springtime in your yard can be a spectacularly colorful event, but your work right now makes it happen. Cleverly bunched tulips and crocuses will be so welcome in early spring.

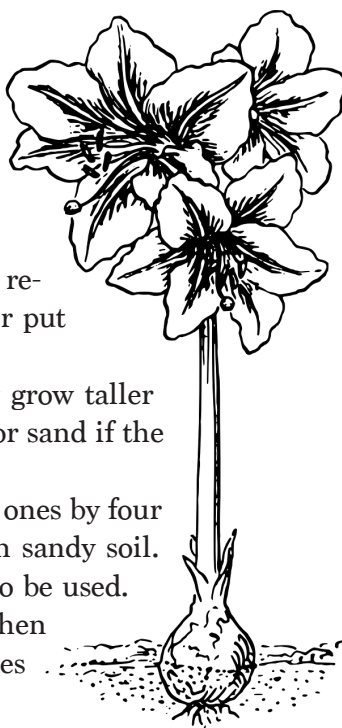
Whether you buy bulbs locally or from a catalog, examine them closely. They should be firm and free from deep blemishes, cuts or soft spots. They should feel heavy. It is more economical in the long run to buy fewer high quality bulbs than bargains.

Plant them as soon as they reach your home. If this isn't possible, store the bulbs in the refrigerator. They shouldn't be allowed to dry out, but they need to breathe, so open the bag or put them in a paper bag.

Bulbs prefer well-drained soil in sun or light shade. Those planted in shady areas may grow taller and last longer. Before planting, work the soil to a depth of 1 1/2 feet. Add compost and peat or sand if the soil is very hard and compacted.

Bulbs look best clustered. Keep smaller bulbs separated by two to three inches, and larger ones by four to six inches. Plant them twice as deep as their diameter in average or heavy soil, deeper in sandy soil. Fertilize with a bulb-booster product after planting. An all-purpose 10-10-10 fertilizer can also be used.

Water the planting area thoroughly after putting out bulbs. Winter or spring rains will then provide all the moisture needed until the bulbs sprout. In spring, when plants are a few inches high, begin watering regularly throughout the growing and blooming period.



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NEWS from the Office



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What's Happening A Rauchberg Family Snapshot

The Rauchberg Family bubble of course includes Dr. Joel and Liz. Jake came home from Law School and they were able to celebrate the holiday together!



Maureen, Dr. Alan's daughter Jess & Liz



Dr. Joel, Dr. Alan's son Jake, & Liz



Dr. Alan, Dr. Joel & Dr. Alan's son, Jake



Dr. Alan and Jessica

Raking Leaves: Not a Chore, It's Exercise

Variety is not only the spice of life, it's close to inspirational when it comes to regular exercise. So here it is, the exercise you can get during only a week or two of the year: *raking leaves*.

Raking on a beautiful fall day gives you a chance to work out in nature's health club. No fancy gear needed. No trip to the court or the health club, just put on an old shirt and jeans.

According to Fitness, The Dynamic Gardening Way (Bonds of Nature Publishing) and author Jeffrey Rustuccio, just 30 minutes of rigorous raking burns up about 200 calories.

Here's how to do it:

- Before starting, loosen up your arms, legs and back with some stretching exercises so you won't get sore muscles.
- Keep knees slightly bent and use your arms and legs, not your back, for movement.
- Rake with a sweeping motion, breathing in as you extend the rake and out as you sweep it back toward yourself.
- Work in repetitious movements. Numbers don't matter, but pattern does.
- Try to switch arms if possible, so you feel balanced.

Dental Insurance... Use it or Lose it!

The end of the year, as you know, is fast approaching. With the end of the year, comes the end of your yearly dental insurance benefits.

Each year, your insurance company allots you a certain dollar amount of coverage for dental procedures that we offer here in the practice... from routine exams to more complex, long-term procedures.

We want to make sure that you take full advantage of any remaining benefits. In many cases, you may be able to save money by completing your treatment before year's end and avoid paying a new, likely higher deductible next year.

If you have questions about how much actual coverage remains on your insurance benefits, please call so that we can check for you. At this time, we can schedule you in at the earliest available appointment to ensure you take full advantage of all the insurance benefits you pay for!

Celebrating Columbus Day, October 12

It was 528 years ago, in 1492, that Christopher Columbus discovered the new world.

But Columbus remains a mysterious and controversial figure who has been variously described as one of the greatest mariners in history, a visionary genius, a mystic, but also called some not so flattering names.

Columbus's enterprise to find a westward route to Asia grew out of his practical experience as well as his considerable reading in geographical and theological literature. He settled for a time in Portugal, but was unable to enlist support for his project.

He moved to Spain, where, through a combination of good luck and persuasiveness, he gained the support of the Catholic monarchs, Isabel and Fernando.

The widely published report of his voyage of 1492 made Columbus famous throughout Europe and secured for him the title of Admiral of the Ocean Sea and further royal patronage. Columbus, who never abandoned the belief that he had reached Asia, led three more expeditions to the Caribbean.

Columbus was a great navigator and mariner but he had his shortcomings. Later in his life, he was known as a failed administrator and a naive entrepreneur.

Whatever his greatness and shortcomings were, he remains one of the most daring and successful mariners of all time.



"Alex won for the scariest costume. He wasn't wearing a mask."

Check Your Trees Before Fall

Nothing is more charming than a big tree shading a sunny yard. The problem is even healthy trees fail and, just like power wires, they can come down in a storm.

Trees near a house, garage, or driveway, need to be inspected frequently according to Davey Solutions.

- Watch for trees that are leaning, buckling, or heaving up in the soil at the base.
- Check the canopy of trees for unbalanced or sparse leafing and dead branches.
- Check for decaying trunks and large branches.
- Check trees after heavy rain fall with wind that follows, it's a perfect opportunity for trees to fall.
- Make sure you never sever large roots of a tree and that any nearby construction has not damaged the root area.
- Although some damage can be repaired by an arborist, don't let weak, dying trees remain on your property.

Breast Cancer Awareness Month

October is Breast Cancer awareness month. Is it time to get your annual breast exam?

Breast cancer remains a major health concern for women, ranking as the second leading cause of cancer death in women (only lung cancer kills more women each year), according to cancer.org.

The chance that a woman will die from breast cancer is about one in 38 (about 2.6 percent). Breast cancer, especially when caught early, is often treatable. Currently, there are 3.5 million breast cancer survivors in the U.S.

You can do some things to catch breast cancer early and minimize your risk:

1. Live a healthy lifestyle. Maintain a healthy body mass index (BMI). Don't smoke. Avoid alcohol.

2. Be physically active. Participate in at least 30 minutes of moderate physical activity each day and take steps to stay within your healthy weight range.

3. Self-examination. All women over age 20 should perform breast self-examination each month. All lumps are not cancerous, but only a doctor can tell the difference. If you find a lump, see your doctor.

4. Mammograms. Scientific studies show that for women over age 50, routine mammography can find breast cancer at an early, treatable stage. Don't let COVID-19 fears stop you from getting your annual mammogram.

The National Institutes of Health have provided these pros and cons for women in their 40s to consider. Some factors are out of a person's control, but these known risk factors should make women more vigilant.

- **Family history.** If your mother or sisters have had breast cancer, you might also have a higher risk. Only about five to 10 percent of breast cancer is hereditary. Talk to your doctor about genetic counseling and advanced screening.
- **Breast density.** Women with high breast density have a higher risk of getting breast cancer. This could be in part because the more dense the breast tissue, the more difficult it is to detect small abnormalities.
- **Hormone replacement therapy** at menopause can be a risk factor for breast cancer.

Three Solutions For Dentures That Hurt

We had a patient, recently, who loved hamburgers; the texture, the taste, and even cooking them. He came in because he could no longer enjoy his favorite food. Every time he bit down, his dentures shifted, causing a great amount of discomfort.

Having your entire mouth hurt when you eat is a frustration only those who experience it can imagine. But it doesn't have to be this way. If your dentures are hurting, there are solutions. Here are a few to consider:

1. Relining Dentures:

Relining dentures is a simple, affordable way to make your dentures stop hurting. There are 2 ways to reline dentures.

- The Soft Reline uses a liquid acrylic to add cushion to the inside of your denture. This is a common option, especially for those who are new to dentures.
- The Hard Reline uses harder, more permanent materials that closely match the make of the denture. This option typically lasts longer.

2. Recasting Dentures:

If your dentures are extremely loose or ill-fitting, they can be re-made to get a better fit. It will involve new face measurements as well as new casts. Using your old dentures as the base, the lab will adjust the new casts to make your dentures fit better.

3. Adding Mini Implants:

When you are missing out on your favorite foods or afraid to smile or speak in public, considering Mini implants to stabilize your dentures may be the best option. This procedure can typically be accomplished in one visit. The implants are placed into the jawbone and act as bases for the dentures to snap into place.

Remember, it doesn't matter why your dentures hurt, there is a solution out there for you. Call us today to find out your best course of action.

Apple Cake

Ingredients:

Apples:	Batter:	
5 apples peeled and sliced	1 Cup oil	3 cups all purpose flour
3 TB sugar	2 ½ Cups sugar	½ tsp salt
2 tsp cinnamon	4 eggs	3 tsp baking powder
	2 ½ tsp vanilla	½ cup orange Juice

Directions:

Preheat oven to 350 degrees then grease and flour a tube pan.

Mix sliced apples with sugar and cinnamon.

In a separate bowl beat sugar and oil. Mix in eggs one at a time. Add vanilla. Mix in batches: flour, salt, baking powder and orange juice beginning and ending with the dry ingredients.

Add 1/2 of the batter to tube pan and top with 1/2 of the apples. Pour in the rest of the batter and top with the rest of the sliced apples. Bake at 350 for 1:45 to 2 hours.



Christina and her new baby, Pickles. He is a little devil!

DID YOU KNOW...

- ? The original jack-o'-lantern was not a pumpkin, but hollowed out turnips, rutabagas, gourds, potatoes and beets.
- ? A 3,000 year old mummy can still have fingerprints.
- ? Hippopotomonstrosesquippedaliophobia is a fear of long words. Ironically, it is also the longest word in the dictionary.
- ? Rabbits have 28 total teeth that never stop growing.
- ? More than 60,000 people are flying over the U.S. in an airplane right now.
- ? October has two full moons:



October 1st
Harvest Moon

October 31st
Hunter's Blue Moon

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