

Fifty percent of kids prefer to receive chocolate candy for Halloween, compared with 24% who prefer non-chocolate candy and 10% who preferred gum.

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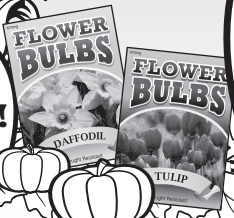
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COLUMN

Why this dentist loves Halloween ... and it's not what you think!



Dentally Speaking
by
Jeffrey S.
Haddad D.D.S.

First of all, anyone who knows me would tell you that I don't pass up a chance to wear a costume, please see photo below. Also, very ironically, I have a huge "sweet tooth" that encourages me to never judge any of my patients for their dietary choices or sugar desires. Halloween and candy go hand in hand. You might say the same about candy and cavities, but indulging during one fun holiday will not result in decay, so please don't overthink your enjoyment this Halloween. That said, Halloween does give us the opportunity to discuss proper oral hygiene habits so this month we will definitely cover this topic. Coincidentally, October is National Dental Hygiene Month, so it seems like the perfect time to pass along some helpful Halloween tips that will hopefully translate into good habits for the whole year!

Here are some Halloween "all year" dental tips:

1. Minimize the amount of hard "sucking" candies that bathe the mouth in sugar for a long period of time. Sticky, chewy candies also create an environment in the mouth that invites bacteria that cause cavities. You are better off with chocolate (which is my favorite ...).

first!)

5. Chew sugarless gum. Studies have shown a slight reduction in plaque with use of sugar-free gum after eating. Studies in Finland show evidence that xylitol, a natural sweetener often derived from birch trees, helps lower the risk for cavities.

6. If you are a parent, take care of your own oral hygiene as well as your children's. Bacteria that cause cavities can be transferred from parent to child when, for example, Mom tastes a food before giving to a toddler, or Dad and child drink from the same beverage cup.

7. Brush your teeth for two full minutes, twice a day, which is what most dental professionals recommend.

2. Brush your teeth within 10 minutes of eating candy. If that's not possible, drink water to help rinse the sugar from your mouth.

3. Choose healthy snacks like apples, or munch on carrots to help remove excess sugar. (Life is short; eat dessert

According to most surveys, the average time for brushing is actually under one minute! Dentists and hygienists all recommend brushing for at least two minutes, twice a day for the most effective protection against tooth decay, plaque buildup and gum disease.

During October's National Dental Hygiene Month, remember that brushing twice a day with regular flossing



and attention to healthy foods will help to prevent cavities and gum disease. Remember that oral health is essential to overall general health and well-being.

Jeffrey S. Haddad D.D.S. of Doolin & Haddad Advanced Dentistry completed his dental education at the University of Michigan in 2001. Dr. Haddad is a fellow of the prestigious Las Vegas Institute for Advanced Dental Studies. He lectures nationally on cosmetic dentistry, TMJ disorders and practice management. For more information, visit www.rochesteradvanceddentistry.com.

Bloomer Boogie and Boo Boo Boogie runs are back!

The Rochester Area Optimist Club's largest fundraiser is back to raise funds to bring out the best in area kids by coming out for their Annual Run/Walk on the well-marked trails of Rochester Hills' Bloomer Park at 345 John R Road. Long-sleeve T-shirt and post race snacks included with 5 K and 5 Mile registration.

The Bloomer Boogie 5K



Run/Walk is on Sunday, Nov. 8, 9 a.m. at Bloomer Park. Register online at www.active.com type in

Bloomer Boogie. This is timed, there are awards and T-shirts. Cost is \$30 for the Run/Walk and \$10 for a very special 1K Kid fun run, the Boo Boo Boogie Kids Fun Run at 10 a.m.

For more information, visit www.rochesterareaoptimist.org. Interested sponsors can contact Bill Staperfenne at bill.staperfenne@gmail.com.