



Whistlestop News

A Free Newsletter for the Patients and Friends of Nicollet Station Dental

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October Events

Month Long Observances:

- Adopt a Shelter Dog Month
- Class Reunion Month
- Celiac Disease Awareness Month
- Eat Better, Eat Together Month
- Emotional Wellness Month
- Fair Trade Month
- Halloween Safety Month
- Health Literacy Month
- National Breast Cancer Awareness Month
- National Chili Month
- German-American Heritage Month
- National Dental Hygiene Month
- Polish-American Heritage Month

Day Long Observances:

- Oct 1 National Diversity Day
- Oct 2 Techie's Day
- Oct 4 Child Health Day
- Oct 5 World Teachers Day
- Oct 6 Mad Hatter Day
- Oct 10 World Mental Health Day
- Oct 11 Columbus Day (Observed)
- Oct 15 National Grouch Day
- Oct 16 Sweetest Day
- Oct 24 United Nations Day
- Oct 28 National Chocolates Day
- Oct 28 St. Jude's Day
- Oct 29 Frankenstein Day
- Oct 31 HALLOWEEN

Halloween Fire Safety Tips

Halloween is a fun, and spooky, time of year for kids AND October is Fire Prevention Month. What a great combination! Because at holidays like Halloween, we often use candles, extra lighting, plus other plugged-in items such as warming trays, decorations, and extra paper materials around the home. These holiday decorations elevate the risk of accidental fires. Keep your little monsters safe with a few fire safety tips.

Buy costumes, wigs and props labeled flame-resistant or flame-retardant. If you are making your own costume, choose material that won't easily ignite if it comes in contact with heat or flame. Stay away from billowing or long trailing fabric.

candles and jack-o-lanterns away from curtains, decorations and other combustibles that could be ignited.

For the best Halloween Fire Safety and Prevention minimize or completely avoid using open flame candle decorations. This includes the use of open flame candles in jack-o-lanterns. Commercially available battery lights are much safer and do not pose a fire hazard and there are many battery operated and electric powered Halloween ornaments to choose from. It is safest to use a flashlight or battery-operated candle in a jack-o-lantern.

Did you Know decorations are the first thing to ignite in more than 1,000 reported home fires each year? Dried flowers, cornstalks and crepe paper are highly flammable. Keep flammable decorations such as dried flowers, cornstalks and crepe paper away from all open flames and heat sources, including light bulbs and heaters. Indoors, keep



A Sound You Can Live With

This year, National Fire Prevention Week is October 3rd – 9th. To emphasize the importance of smoke alarms, this year's theme is "Smoke Alarms: A sound you can live with,"

According to the National Fire Protection Association (NFPA) three out of every five home fire deaths happen in a home with either no smoke alarms or where the smoke alarms don't work. The NFPA says that when used properly, smoke alarms can reduce the risk of dying in a fire by half. This year's theme focuses on how to choose, install, and maintain smoke alarms in the home.

Properly installed and maintained smoke alarms in the home are considered one of the best and least expensive means of providing an early warning of a potentially deadly fire. Always follow the manufacturer's instructions for testing smoke alarms and replacing the batteries. Follow these 3 important smoke alarm tips:

- 1) Install a working smoke alarm on every level of the home, outside sleeping areas, and inside bedrooms.
- 2) Test your smoke alarms at least once a month.
- 3) Replace smoke alarm batteries at least annually, such as when resetting clocks in the fall or spring.

If your battery-powered smoke alarm begins to emit a low-power warning, usually an annoying chirping sound, **DO NOT DISMANTLE!!!** Instead, replace the battery immediately with a fresh one. This will ensure that your smoke alarm will continue to provide protection.

To order smoke alarms to install in your community through the First Alert Smoke Alarm Donation Program and to access a home safety inspection checklist, visit www.firecorps.org/prevention.



(Halloween Fire Safety Tips continued...)

Over a 3 day period around Halloween, open flame fires increase by 50%, largely due to the increased use of candles. So if you use real candles, use extreme caution. Make sure children are watched at all times when candles are lit. When lighting candles inside jack-o-lanterns, use long, fireplace-style matches or a utility lighter. Make sure everything is extinguished at the end of the evening. Never go to sleep with burning candles. Be sure to place lit pumpkins well away from anything that can burn and far enough out of way of trick-or-treaters, doorsteps, walkways and yards. In general, you want to keep exits clear of decorations, so nothing blocks escape routes.

These days, there are many battery operated and electric powered Halloween ornaments and light strands to choose from. Check each set of lights, new or old, for broken or



cracked sockets, frayed or bare wires, or loose connections. Discard damaged sets. Don't overload extensions cords. Whether using indoors or out, use only lights that have been tested for safety by a recognized testing laboratory.

Tell children to stay away from open flames. Be sure they know how to stop, drop and roll if their clothing catches fire. (Stop immediately, Drop to the ground, covering your face with your hands, and Roll over and over to put out the flames.)

Being October 31st makes Halloween a fall holiday. In many parts of the United States and Canada winter is starting to set in and the leaves are falling off the trees. These leaves present a fire hazard in dry conditions. For Halloween Fire Safety and Pre-

vention you will want to rake your lawn and remove all piles of leaves before "mischief" or "devil's" night.

This brings us to some unfortunate statistics. On Halloween, and the night before, "incendiary and suspicious structure fires are about 60% more frequent than on an average day". Over a 3-day period around Halloween, a 3-year average of 15,500 fires caused \$92 million in property loss, 45 deaths, and 175 injuries. (Sources: NFPA and NFIRS) As Halloween has typically been associated with activities and cultural icons related to mischief, it is not surprising to find that the origin of many these fires is suspicious or incendiary. In fact, arson fires on these days are nearly 10% higher than the national average. As a result, some communities have adopted fire-related "watch" programs during the Halloween period. So be aware and take note of what's going on in your neighborhood.

Nicollet Station Dental wants to remind you to have a Safe Halloween! See you next month.

Welcome New Patients!

Sara	Mark	Nic	Merina
Angelo	Betty	Troy	Joe
Todd	Mike	Kendra	Christina
Geilla	Shane	Nurit	Sarah
Scott	Angel	Ken	Jimmy
Jacob	Gayla	Rudy	Travis
Cian	Randi	Gregg	Irene
Tim	Donnee	Emily	Ryan
	Leah	Almaz	

Thank You For Your Referrals

Amy	Steve
Andrew	Shay
Marg	Russ
Crystal	Rochelle
Desmond	Joe

**WISHING YOU
A SAFE
AND HAPPY
HALLOWEEN!**



Recipe of the Month

Gluten Free Carrot Cupcakes

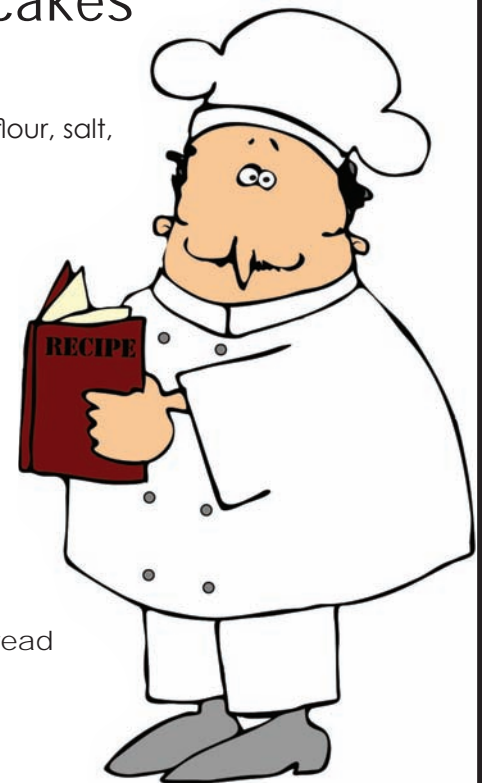


INGREDIENTS

- 1 ½ cups blanched almond flour
- ½ teaspoon celtic sea salt
- ½ teaspoon baking soda
- ½ tablespoon cinnamon
- 3 eggs
- 2 tablespoons grapeseed oil
- ¼ cup agave nectar
- 1 ½ cups carrots, grated
- ½ cup pecans, chopped

DIRECTIONS

1. In a large bowl, combine almond flour, salt, baking soda and cinnamon
2. In a separate bowl, mix together eggs, oil and agave
3. Stir carrots and pecans into wet ingredients
4. Stir wet ingredients into dry
5. Scoop a heaping ¼ cup batter into paper lined cupcake pan
6. Bake at 325° for 18 to 22 minutes
7. Cool to room temperature and spread with creamy cream cheese frosting
8. Serve (Makes about 10 servings)



HALLOWEEN

Did You Know?

- The largest pumpkin pie ever baked was in 2005 and weighed 2,020 pounds.
- The National Haunters Convention occurs in Pennsylvania once a year.
- Halloween is the 2nd largest commercial holiday in the U.S.
- Pumpkin seeds should be planted between the last week of May and the middle of June. They take between 90 and 120 days to grow and are picked in October when they are bright orange in color.
- Pumpkin seeds can be saved to grow new pumpkins the next year.
- The #1 candy of choice for Halloween is the Snickers.

Do you have an interesting fact or little known piece of information? Email it to alisha@nicolletstationdental.com and you may see your fact featured in our next newsletter!

This month we are going to test your brain with another SUDOKU puzzle.

SUDOKU

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

Congratulations to Sue F. She was the winner of last months SUDOKU.
 Fax (612-373-0602) your puzzle in to our office -- the first correctly solved puzzle will receive a \$25 Gift Card to select the prize of your choice at www.ordermygift.com!!!

Nicollet Station Dental



Get A Whiter Brighter Smile

If you are looking for an affordable solution to your yellowed or stained teeth you may want to consider getting **Opalescence®** Teeth Whitening.

For a short time, Nicollet Station Dental is offering a discount on the **Opalescence®** Teeth Whitening Treatment.

\$25 OFF

Opalescence®

Teeth Whitening

*Expires 10/31/10. Restrictions May Apply.
Excludes Bleaching Gel Refills.*

Call Nicollet Station Dental today at (612)338-5557!