

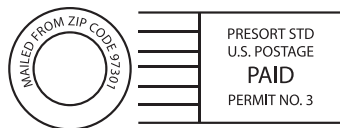
Thank You!

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.

Rauchberg Dental Group
Dr. Alan Rauchberg
199 Baldwin Road, Suite 120
Parsippany, NJ 07054

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NEWS from the Office

Rauchberg
DENTAL GROUP
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Rauchberg Dental Gives Back

Dr. Rauchberg Gives \$1,000 for Food Pantry!



Parsippany Area Chamber of Commerce President **Robert Peluso**, **Dr. Alan Rauchberg**, **Jen Peel**, PACC's Women In Business Chairperson, **Michele Picone**, Director Parsippany Health and Human Services and **Frank Cahill**, Executive Board Member Parsippany Area Chamber of Commerce

PACC's Women In Business Collects Food for Parsippany Food Pantry

Parsippany Area Chamber of Commerce's Women In Business committee collected food to donate to the Parsippany Food Pantry.

In addition, Dr. Alan Rauchberg, Rauchberg Dental Group, donated \$1,000 to the committee to help in the fundraising. The \$1,000 donation was then given to Michele Picone, Director of Parsippany Health and Human Services, to be used to purchase additional food for Parsippany Food Pantry.

Presenting the check to Ms. Picone, was Dr. Rauchberg, Jen Peel, PACC's Women In Business Chairperson Jen Peel, President Robert Peluso, and Executive Board Member Frank Cahill were on hand during the presentation.

"Give whatever you are doing and whoever you are with the gift of your attention."

-Jim Rohn

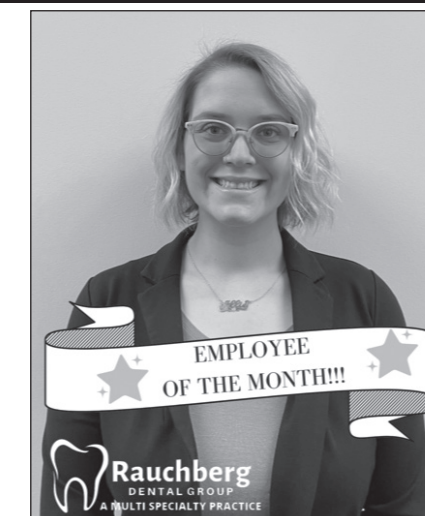
Congrats, Jess!



Dr. Alan's daughter is officially a PhD candidate! She has successfully defended her comprehensive exams—one paper on crip communication and the discipline's social justice turn, the other on digital disability justice activism.

Congratulations, Jess!

Congrats, Allie!



Congratulations to our Employee of the Month, Allie!

Did You Know...

- ? A human's blood pressure goes down when petting a dog. And so does the dog's.
- ? The Department of Agriculture estimates that the average American eats 8.5 lbs of pickles a year.
- ? The 1927 Girl Scouts manual featured the first official recipe for S'mores.
- ? There are more microorganisms in one teaspoon of soil than there are people on earth.

The Hardest Test In The World?

This is an exam so rigorous that only 10 percent of those who take it pass. In the entire 45-year history of the test, only nine have ever passed the exam on the first try. There is no writing in the exam. Candidates speak their answers, demonstrating both their knowledge and style. If they pass, they get a simple lapel pin.

Have you figured out the riddle?

This is the Master Sommelier Exam. Its winners go on to be wine stewards in the finest restaurants in the world. Their role is on par with the chef. They must have knowledge of the characteristics, prices and food pairings for wine. Since the Master Sommelier diploma was introduced in 1969, there have been just 269 Masters awarded (as of 2020).

Candidates for the Master diploma have three chances to pass the test.

They must be able demonstrate knowledge of the history, geography, soil and climate of key towns, villages and vineyards of wine regions, as well as the key wines. They have to know winemaking techniques in each region, and identify wines from the region by taste, according to Fine Dining In Gloves. They also must know the best vintages from each region from the 1970s to present, including the appropriate terminology in every language of each region.

When you are at a fine restaurant and the sommelier (with his tastevin hanging at his neck) approaches to help you select just the right vintage, look for the lapel pin. While many can be a sommelier, few can be a master.

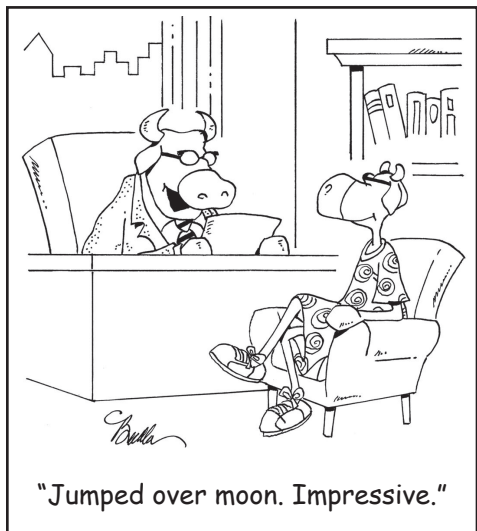


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Dr. Rauchberg found his letterman's jacket from Parsippany High School. He started out as a right wing and moved on to center midfield. He was also a captain!

"You measure the size of the accomplishment by the obstacles you had to overcome to reach your goals."
- Booker T. Washington



Skin Cancer Awareness Month

May is Skin Cancer Awareness Month, and it's a great time to start or continue good skin health habits to protect yourself against skin cancer. According to the Skin Cancer Foundation, more than 9,500 people are diagnosed with skin cancer every day. This adds up to at least 1 in 5 Americans developing cancer by the age of 70.

Skin cancer is the most commonly diagnosed cancer in the U.S. More Americans are diagnosed with skin cancer each year than all other cancers combined.

Prevention: Sun protection is a great and easy way to reduce your risk of developing skin cancer. According to the American Academy of Dermatology (AAD), everyone should take the following steps to protect themselves from the sun's damaging rays:

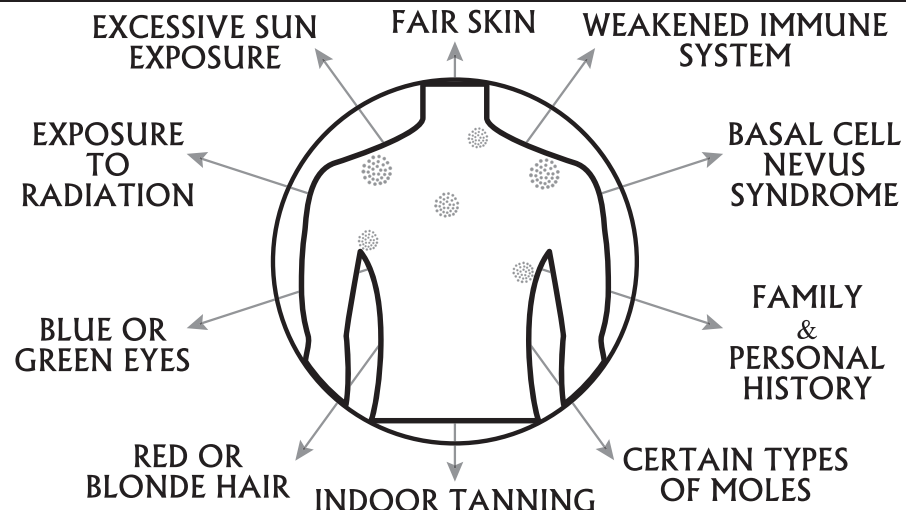
- Seek shade when appropriate. The sun's rays are strongest between 10 a.m. and 2 p.m.
- Wear clothing with built-in sun protection, such as long-sleeved shirts, pants, hats and sunglasses. Look for clothing with a UPF label.
- Wear broad spectrum sunscreen of at least SPF 30 or higher, even on cloudy days. Most adults need about an ounce, enough to fill a shot glass. Reapply about every two hours.
- Never use tanning beds.
- Use extra caution near water, snow and sand.

What to Look For: The AAD also encourages regular skin checks. Brigham Health Hub recommends self-skin checks using the ABCDE rule:

- A:** Asymmetry (the two halves look different).
- B:** Borders (irregular or poorly defined edges).
- C:** Color (dark or multiple colors).
- D:** Diameter of greater than six millimeters, or about the size of a pencil eraser.
- E:** Evolving size, shape or color.

If you see any suspicious spots, talk to your doctor right away. See a dermatologist regularly for preventative skin checks.

SKIN CANCER RISK FACTORS



Zucchini is a low-calorie vegetable that packs a huge nutritional punch with vitamins, minerals and antioxidants, and its mild flavor makes it a versatile ingredient for a wide variety of dishes. This raw zucchini salad is quick to assemble and packs a ton of flavor—a perfect side dish for your Memorial Day cookout.

Bulk it up with toasted pine nuts or cashews, or personalize it with your favorite fresh herbs. Make sure to use smaller zucchini —larger squash tend to have a looser texture and more seeds. You can also experiment with dressings—add some extra dijon mustard to your vinaigrette, or try different types of vinegar instead of lemon juice, like champagne vinegar or mirin. Top with basil, parsley, cilantro — whatever you like!

Zucchini Salad:

- 3 small zucchini
- 1 tablespoon chopped chives
- Handful of basil
- Grated parmesan or crumbled feta cheese (optional)
- Sea salt and black pepper to taste

To prep the salad, use a vegetable peeler, sharp knife or mandoline slicer to slice zucchini in long, thin strips (or whatever shape you desire) and arrange on a plate. Drizzle with dressing, then top with chives, basil, other fresh herbs as desired, cheese as desired and salt and pepper to taste. Serve immediately.

Lemon Vinaigrette:

- 1/4 cup fresh lemon juice
- 1 grated garlic clove
- 1 teaspoon dijon mustard
- 1/4 teaspoon sea salt
- Fresh black pepper to taste
- 1/2 teaspoon honey or maple syrup (optional/to taste)
- 1/4 extra-virgin olive oil
- 1/2 teaspoon fresh or dried thyme

To make the vinaigrette, whisk together the lemon juice, garlic, dijon mustard, salt, pepper and honey or maple syrup. Slowly drizzle in the oil while whisking quickly to emulsify the mixture. Add thyme if desired.

Fragrant Choices for Your Herb Garden

A walk in the garden or on a path is deliciously better with sweet smelling herbs. Some of the best, recommended by The Spruce:

Anise hyssop. Bees love the spiky purple flowers which, along with the leaves, are edible. A gentle breeze easily picks up the sweet licorice scent.

Nepeta (Catmint). A treat for—who else?—your cat. To humans, it's subtle. To cats, it's intoxicating.

Mint. Its underground stems travel horizontally everywhere, making it an aggressive, but delightful plant. Its clean, tingling aroma is the definition of fresh.

Rosemary. A splendid herb and a delight on the nose and tongue. Rosemary can actually be used to form a small hedge along a sunny walkway.

Thyme. An ancient herb used for cooking and medicine for thousands of years, thyme is useful in cooking and has a sharp woody fragrance.



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ANNOUNCE	PRESENT
BARE	PUT ON
DECLARE	RECITE
DISCLOSE	REPORT
EXHIBIT	REVEAL
EXPLAIN	SAY
EXPRESS	SET OUT
FILL OUT	SPEAK
GIVE OUT	SPORT
IMPART	SPREAD
INFORM	STAGE
INSTRUCT	STATE
LET KNOW	TROT OUT
MENTION	UNVEIL
NOTIFY	UTTER

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