



By Joseph G. Bella

## REMEMBER WHEN...

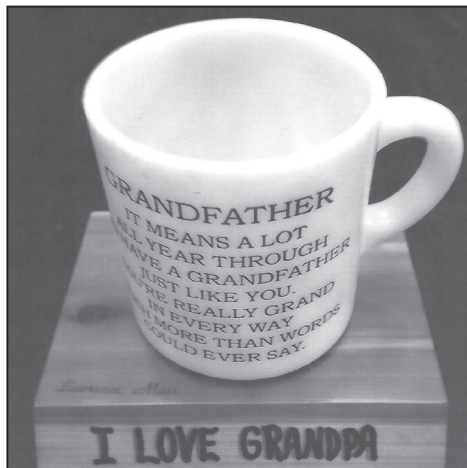
### Memories of Lawrence ... in wood

People who visit certain locations away from home like to pick up souvenirs of the places they have visited. As part of my Lawrence collection, I have acquired several Lawrence souvenir items made specifically of wood. In fact, the souvenir missal box is made of cedar. The other pieces are of a different type of wood and all are heavily varnished. During the 1940s and 1950s, these items would have been purchased in downtown Lawrence at such businesses as the F.W. Woolworth store, Kresge's 5 and 10 cent store and Teppers store, which was located in the basement of the building located at the southwest corner of Lawrence and Essex streets. Since these type of souvenirs are no longer being made, I have been fortunate to purchase these wood items at various antique shops in the Merrimack Valley area and also on the auction website eBay.

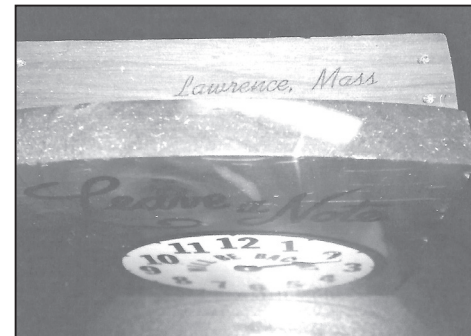
Joseph G. Bella is vice president/historian of the Methuen Historical Society and has an extensive collection of local memorabilia.



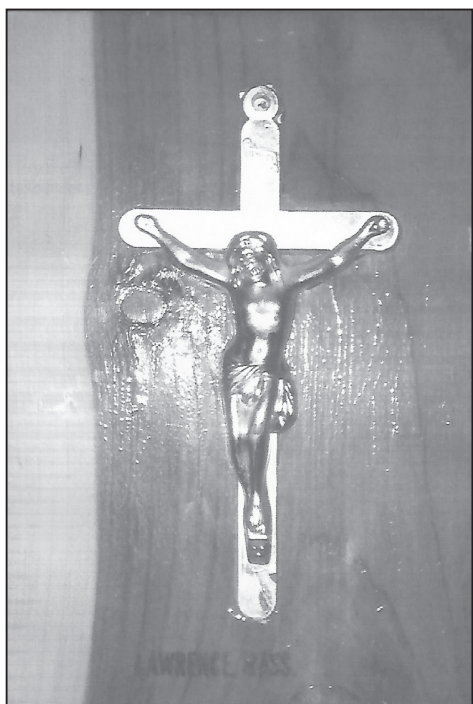
Wooden pipe



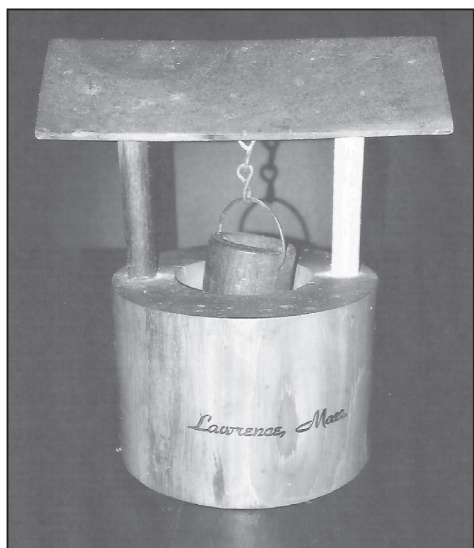
"I Love Grandpa" cup on a wooden holder



"Leave a Note" item has a clock face on the front, showing when the shop owner will be back, and is engraved with Lawrence, Mass., on top.



Missal box, with a cross on the cover



Well with a small bucket



Salt-and-pepper set

## PAID AD



By Dr. Veronica Mitko

### Baby steps to a lifelong smile

According to recent statistics, 60 percent of children will have a cavity by age 5. To be sure your toddler's mouth is healthy, visit your pediatric dentist.

Here are some parent tips:

- Start early! The American Academy of Pediatric Dentistry recommends every child visit a dentist by the 1st birthday. The earlier the visit, the better the chance of preventing dental problems.

- If your toddler has not seen a dentist yet, have them observe an older sibling during a check-up. Prepare them for the visit by reading books about the dentist and make it a game beforehand. Some great examples of books are "Dora the Explorer: Show Me Your Smile" or "The Berenstain Bears Visit the Dentist."

- Choose a pediatric practice. Pediatric dentists have two to three years of additional training. Plus, the offices are "kid-friendly," featuring bright colors, eye-catching artwork and a reception area full of toys.

- Make the appointment early in the day. Younger children will better tolerate new experiences when they are well rested.

- Parents can transmit their own dental anxiety to children, who pick up on these cues very quickly. Remember to have a positive attitude toward dental care and

don't use scary words. Even saying, "It's not going to hurt" can create some fear. Many pediatric offices also have fun, non-threatening names for the tools, such as "Mr. Thirsty" for the suction.

- Make a list of questions in advance. Don't hesitate to ask the dentist about topics such as home care, injury prevention, snacking and fluoride.

- Trust the dental team. Let the hygienist or dentist build rapport with your child. If your child needs physical reassurance, you might consider holding their hand or having them sit in your lap.

- Remember, it's OK if the first visit doesn't go as you expected! New experiences can be tough, but children are resilient. Prizes and positive reinforcement given at the end of the appointment will help your child be more receptive when they return.

Gone are the days where dentist's offices were scary places. Visiting a pediatric dental office nowadays, you will find children treated with child-size dental equipment, while watching cartoons in an open clinic concept. Call your pediatric dentist today!

Dr. Veronica Mitko, DMD, MS is a pediatric dentist at Andover Pediatric Dentistry.

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