



Dedicated To Your Beautiful Smile & Building Your Immunity!!!

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The finest dentistry prevents problems, increases overall health, and boosts immunity from diseases! Our treatments and therapies for you will always reduce the inflammation inside your body and increase your immunities!

Our Favorite Dick Van Dyke Quotes!

So many of us remember "The Dick Van Dyke Show" and can hardly pass an ottoman without thinking about him and his special brand of entertainment!

At 98 years of age, we are amazed by him, and wanted to share some favorite quotes with all of you!

Quotes of the Month:

"We should never judge a day by its weather."

"You have to be able to laugh at yourself. Your attitude is almost more important than what happens to you."

"Hope is life's essential nutrient, and love is what gives life meaning."

"The secret to keeping moving is keeping moving."

"Anyone who doesn't sing and dance at every opportunity is missing out on the joy of life."

"When I started having kids, I thought 'I don't want to do anything they can't watch.'"

"Walt Disney and I always said that we were two children looking for our inner adults."

Mr. Frank Abagnale and Abagnale.com!

We were Blessed and honored to host **Mr. Frank Abagnale** at our recent business event! For those of you who have seen the movie, "**Catch Me If You Can**", he is the actual person portrayed by Leonardo DiCaprio.

Now, he is one of the "good guys" and gives seminars on how to protect yourself from frauds and scams.

We enjoyed every minute of his presentation, and wanted to share some important information with all of you!

He has a website titled, **Abagnale.com**, and you can print out a 32 page **Fraud Bulletin** for free (as we have all done) on this site. It's updated each year, and Mr. Abagnale shares essential strategies to keep your identity and your money safe in these challenging times.

Some interesting facts regarding shredding documents include the use of only crosscut or microcut shredders to shred personal information. A microcut shredder will cut papers into confetti, and a crosscut shredder will cut papers into tiny squares. We were stunned to see how quickly criminals can piece together straight shredded documents and use the information against us. Please consider purchasing a crosscut or microcut shredder at one of our local office supply stores to stay safe.

Another trend to pay attention to is the sharp increase in Mobile Banking Fraud. Since 80% of smartphone users either make online purchases or make online deposits, they are accessing their bank accounts from their phones.

Now, mobile security apps are highly sought after to prevent fraud, according to Mr. Abagnale. continues on page 2



Criminals use malicious apps that look like games or tools that stay inactive until the user opens a banking app. It will then display a fake version of that banking app's login page. If the user enters in the information, the "trojan horse app" captures it.

Sometimes, scammers make malicious apps look exactly like the real banking app. Customers try to log into their accounts, and an error message appears asking to bypass security codes. If the unknowing consumer agrees, the thieves obtain all of their information.

Another type of fraud is "smishing" which is a combination of texting and phishing. When people respond to messages they get from unknown numbers, the links in the messages connect to malicious websites. The cybercriminals then gain access to personal information. Prevention is the best way to stop these frauds as Mr. Abagnale directs. He explained that, once the money is gone, you will never get it back.

He advises to follow these precautions:

- Download apps ONLY from valid sources
- Use two-factor, multifactor, or biometric authentication
- Create unique, strong passwords
- Do not click links in text messages or e-mails appearing to come from a financial institution
- Know where personal info is stored
- Do not give passcodes over the phone -- the bank will not ask for this
- Please be sure to protect your hard-earned money with these valuable recommendations!



22 Vegetables To Grow Off-Season!

According to the website, GardenandHappy.com, there are 22 vegetables that can be grown off-season. Some can be grown in pots or in our winter gardens. These vegetables include asparagus, arugula, beets, broad beans, broccoli, brussels sprouts, carrots, collard greens, garlic, kale, leeks, mache, miner's lettuce, mustard greens, onions, bok choy, parsley, peas, potatoes, spinach, spring onions, and swiss chard.

Some of these plants grow well in pots and can grow all year around in a warm area or green house and these include cucumbers, lettuce, peppers, radishes, squash, strawberries and tomatoes as well.

During the winter, you may use an unheated greenhouse or a cold frame to keep your plants safe. A cold frame is a bottomless box with some type of transparent top that can be placed over your plants for protection during the freezing months.

There are plants that will grow well in a winter garden

and are used to the cold as long as there is no extremely harsh weather or deep freezes occurring. Leafy greens grow well in the cold, as do onions, parsley, lettuces, spinach, and garlic. When the weather is severe, they can be protected with a layer of fleece.

Wedding Anniversaries To Celebrate!

We have one more anniversary to share with the closing of 2023:

Mr. Robert and Mrs. Connie Reitsma celebrated 56 years of wedded bliss!

Congratulations and we pray God's continued Blessings over your marriage!

If you are celebrating 50 years of marriage or more, please be sure to let us know--thank you!



Greek Panzanella Salad

Ingredients

- Good olive oil
- 1 small French bread or boule, cut into 1-inch cubes (6 cups)
- Kosher salt
- 1 hothouse cucumber, unpeeled, seeded, and sliced 1/4-inch thick
- 1 red bell pepper, large diced
- 1 yellow bell pepper, large diced
- 1 pint cherry or grape tomatoes, halved
- 1/2 red onion, sliced in half rounds
- 1/2 pound feta cheese, cut in 1/2-inch cubes
- 1/2 cup calamata olives, pitted

For the vinaigrette:

- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- 1/2 teaspoon Dijon mustard
- 1/4 cup good red wine vinegar
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 cup good olive oil

Directions

1. Heat 3 tablespoons olive oil in a large saute pan. Add the bread cubes and sprinkle with salt; cook over low to medium heat, tossing frequently, for 5 to 10 minutes, until nicely browned. Add more olive oil as needed.
2. Place the cucumber, red pepper, yellow pepper, tomatoes and red onion in a large bowl.
3. For the vinaigrette, whisk together the garlic, oregano, mustard, vinegar, 1 teaspoon salt and the pepper in a small bowl. While still whisking, add the olive oil and make an emulsion. Pour the vinaigrette over the vegetables. Add the feta, olives and bread cubes and mix together lightly. Set aside for 30 minutes for the flavors to blend. Serve at room temperature.

Recipe retrieved from the Food Network website and created by Ina Garten. See the recipe and others like it at: <https://www.foodnetwork.com/recipes/ina-garten/greek-panzanella-recipe-1948825>



Whole Body Health Starts With Your Teeth!

According to The Epoch Times' Get Healthy newspaper column, gum disease adds to the risk of developing Alzheimer's Disease. You might not know this, but poor dental health and a loss of brain volume are connected. Once brain volume is lost, there is a cognitive decline.

Further, researchers in Japan discovered that a missing tooth almost equals a year of brain aging. Severe gum disease equals 1.3 years of aging of the brain.

What was fascinating to us was that the left side of the hippocampus of the brain is connected with poorer dental health and memory and learning.

Our dental hygiene therapy appointments and periodontal laser therapy treatments are designed to remove disease and inflammation from your mouth and to break any connections to inflammatory disease processes like Alzheimer's Disease.

There are more benefits to our professionally prescribed dental hygiene treatment plans than we can count, and prevention is always our goal for you!





LEONARD F. ANGLIS, D.D.S.
IMPLANT AND RESTORATIVE DENTISTRY

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Dear Friends,
Each year seems to fly by quicker than the last, and here we are in 2024!

With the New Year comes lists of resolutions made by so many of us to become healthier in 2024!

If this is your goal as well, we can help!

We can solve any dental problems that you are experiencing and help you create your very own Masterpiece Smile!

This resolution is the easiest to keep since we do all of the work and you reap all of the rewards!

Happy New Year!
Dr. Len Anglis and Team



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