



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!

Quotes of the Month:

We are finally getting used to the new host of the Jeopardy! show, Ken Jennings.

Alex Trebek is certainly a tough act to follow, but this record-holding champion is working hard to honor his legacy!

Here are some quotes from this perpetual contestant:

“Being a nerd really pays off sometimes.”

“We don’t realize how hard it was to drive anywhere outside the major cities less than a century ago.”

“I would read the atlas for pleasure. I knew it was weird. It was weird.”

“Knowing lots of answers but being a millisecond slow on the buzzer is indeed very frustrating.”

“The Final Jeopardy! questions seem to be, by design, things you can’t know. And so it’s not about who knows them, but who can figure them out in thirty seconds.”

“It’s boring to have the same guy win. I’m actively rooting against myself.”

It’s ALL about PRIORITIES!

What is your top priority? Your health? Your family? Your career? Your future goals and retirement planning?

We always earn money for and invest in the things that mean the most to us!

But, we need to truly **put our money where our mouths are** in every instance since **we do not depreciate as do our cars, boats, and motorcycles.**

It is not possible to completely enjoy good health without a healthy mouth. Those diseases in the form of decay, broken teeth, or periodontal (gum tissue) problems make the rest of your body unhealthy and weak.

It is not possible to fully enjoy all family and friends’ events when you cannot eat all of the food you want and when you do not want to appear in family photos because you are embarrassed by your smile.

It is not possible to ideally advance in your career when you lack confidence or refuse to smile because of the appearance of your teeth. It is also more difficult to meet new people and to begin new relationships when your diseased teeth are holding you back from being your best.

When you think about your future and eventual retirement, only restored and replaced teeth ensure you of a healthier, longer life to enjoy the “fruits of your labors”, and this has been proven by a study from the Mayo Brothers (yes, from Mayo Clinic) which proves beyond a shadow of a doubt that those individuals who restore and replace their teeth live an average of ten years longer than those who do not. Would we all like ten more years? Absolutely!

We think of you as part of our family, and we want you to enjoy your life with abundant good health, great family and friends’ memories, and a fulfilling career!

It is time to prioritize your smile so that all of those goals are reached!

Once Dr. Anglis creates an expert treatment plan for you and your needs, you will be able to enhance your life with excellent dentistry and all its benefits!

We look so forward to starting the creation of your very own Masterpiece Smile as soon as possible so that you can enjoy it longer!



Gardening Trends for 2025

According to HappySprout.com, there are four major gardening trends for this year, and homes and yards will look better than ever!

Victory Gardens

When Axiom surveyed gardeners, the majority of responses included planting or expanding an edible garden. Many gardeners wanted to grow vegetables, plant fruit trees, and increase the variety of fruits and vegetables that they were already growing. They were concerned with budgeting and grocery prices so they wanted victory gardens of their own.

First seen during World War I, victory gardens were utilized to supplement wartime rations and keep people's spirits up. We can all grow our own by planting gardens filled with our favorite fruits and vegetables. It's also a great choice for a community garden if you would like to connect with your neighbors.

Patio Projects

Many respondents indicated that they would be building new decks or patios or fixing up existing ones. Some gardeners are adding DIY patio

furniture and outdoor lighting arrangements, along with raised garden beds and container gardens.

Vertical Gardens

The Axiom survey showed an increased desire for gardeners to increase curb appeal with vertical gardens and trellises. These are great strategies to conserve space and to utilize fences, archways, and wall gardens for an amazing display!

Natural Gardens

Another way to increase curb appeal is to add a natural garden and they can take many forms. Pollinator gardens are filled with wildflowers and are easy to grow and maintain. Sometimes, in warmer climates, gardeners select a rock garden or drought-tolerant garden full of desert plants.

There are some gardeners who prefer more natural and sustainable gardening methods, such as no-dig gardening. To begin the planting of this garden it's best to look up a list of plants native to your region.



Fresh Berries Are Best!

In the month of May, all of the berries are in-season and absolutely delicious!

Here is a recipe spotlighting a combination of our favorites!

Mixed Berries with Spiced Maple Syrup

recipe sourced from Giada De Laurentiis

Ingredients

Syrup:

1. 1/2 cup pure maple syrup
2. 1 cinnamon stick
3. 1 star anise
4. 1/2 teaspoon whole cloves
5. Pinch of kosher salt

Cream:

1. 1/4 cup heavy cream, chilled
2. 1/4 cup creme fraiche, chilled
3. 2 teaspoons spiced syrup
4. 1/2 teaspoon pure vanilla extract

Assembly:

1. 3 cups mixed berries, rinsed and halved or quartered if large
2. 2 tablespoons chopped Marcona almonds (optional)

Directions

- In a small saucepan, combine the syrup, cinnamon, star anise, cloves and salt. Bring to a simmer over medium heat, then reduce the heat and simmer gently for 5 minutes. Remove from the heat and allow the mixture to cool completely.



Strain the syrup through a fine mesh strainer, discarding the spices. Cool to room temperature.

- In a medium bowl, combine the heavy cream, creme fraiche, 2 teaspoons of the spiced syrup and vanilla. Using a large whisk or handheld mixer, beat until the cream thickens and soft peaks begin to form (careful not to over whip).
- Divide the berries among 4 coupe glasses or dessert dishes. Dollop with the whipped creme fraiche and drizzle with 1 to 2 teaspoons of the syrup. Sprinkle with almonds, if using. Leftover syrup will keep for 2 weeks in the refrigerator in a sealed jar.

Recipe retrieved from the Food Network website. Find out more about this recipe at: <https://www.foodnetwork.com/recipes/giada-de-laurentiis/mixed-berries-with-spiced-maple-syrup-12241320>

Destination: Louisville, Ky

Only about a four hours' drive from Crown Point and five hours from Michigan City, Louisville offers a wide variety of attractions for a long weekend of fun!

As May kicks off with the Kentucky Derby, one option is to tour the grounds of Churchill Downs or the Kentucky Derby Museum itself to discover the "most exciting two minutes in sports" for yourself!

For our baseball fans, you might want to tour the Louisville Slugger Museum and Factory to see how the bats are crafted for nearly every MLB player!

The Muhammad Ali Center is a wonderful site that celebrates one of the city's most iconic native sons. A boxer, Olympic gold medalist, philanthropist, and humanitarian, there was only one Ali!

Bourbon sippers will certainly enjoy the Bourbon Urban Trail and many locations to sip your favorite adult beverage!

Louisville offers museums, ballet, opera and the last operating steamboat, The Belle of Louisville for you and your loved ones to experience!

For additional information, please e-mail info@gotolouisville.com





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Hello Friends,

I want to thank you again for your support and loyalty to me and my practice over the years!

Without you, I would not be able to serve all of my patient family members to the best of my ability!

I have been honored once again to receive the All-On-Four Dental Implant Treatment Center of Excellence Award for 2024, and I am grateful to all of you!

Thank you for trusting me with your dental care, and for sending your friends and family here as well!

Truly,

Dr. Leonard F. Anglis



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