



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

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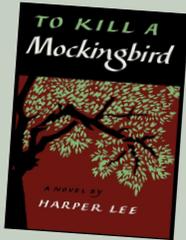
[www.dranglis.com](http://www.dranglis.com)

September/October 2023

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!

## To Kill A Mockingbird

One of our all-time favorite books and movies is Harper Lee's "To Kill A Mockingbird" and we would like to share some favorite quotes with all of you:



### Quotes of the Month:

"You never really understand a person until you consider things from his point of view...until you climb inside of his skin and walk around in it."

"People generally see what they look for, and hear what they listen for."

"It's not time to worry yet."

"We're paying the highest tribute you can pay a man. We trust him to do right. It's that simple."

"With him, life was routine; without him, life was unbearable."

"Real courage is when you know you're licked before you begin, but you begin anyway, and see it through no matter what."

"Things are always better in the morning."

## Wake Up With A New Smile? Absolutely!

You might be surprised to know that many of our patients take advantage of sedation dentistry here on a weekly, and sometimes, daily basis. They prefer to sleep through their treatment knowing that Dr. Anglis will take great care of them and their teeth and dental implants!

Every day, Dr. Anglis provides our family of patients with many complicated and complex treatments, and while he does all of the work, we only want you to experience smooth comfort and an amazing result afterwards!

If this is something that you are interested in doing, we absolutely encourage you to do so! There is no reason to experience any anxious thoughts or feelings while you are here with us – this is truly the tropical place in which we would like you to relax and feel comfortable!

You may have had some negative experiences in the past, and we are here to change all of that for you! Dr. Anglis' goals for you are painless treatments delivered with great ease!

You may choose oral sedation which involves taking a small pill prior to treatment to relax or you may select I.V. sedation in which an anesthesiologist joins us for care to ensure restful sleep. In each instance, we will take wonderful care of you and your essential driver. We like to refer to your driver as your chauffeur, too!

Rest assured that, when you make the choice for sedation dentistry, you will be very pleased!



## Wedding Anniversaries To Celebrate!

Our amazing family of patients has shared their anniversary updates with us, and we are delighted to spotlight them!

**Charles and Beverly Noel** are enjoying **64** years of married life this year!

**Patrick and Patricia Starcevich** (who met in eighth grade!) are celebrating **61** years of marriage!

**Herbert and Virginia Barrus** are delighted to celebrate **60** years of marriage!



**Don and Joan McAfee** celebrate **57** years of wedded bliss this year!

“Newlyweds” **Edward and Margaret Tuohy** celebrate **56** years of marriage!

**Jim and Sue Peterson** are enjoying **52** wonderful years of marriage!

**John and Sue Reba** celebrate their **52** years of marriage!

**Bill and Nanci Brissette** are enjoying **51** years of wedded bliss this year!

**Rich and Carole Yancey** are celebrating **50** years of marriage this year!

Congratulations and we pray God’s continued Blessings over your marriages!

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

## The Top Four Tips To Share From Centier Bank: How To Spot Scams

We recently received a helpful e-mail that we wanted to share with all of you.

So often, there are recognizable signs of scams, and we would like to help you to protect your hard-earned money.

First, scammers will pretend to be from an organization with which you may be associated or familiar, and will assume the phone number of that group so that it appears on your phone. Please block unwanted calls and text messages to protect yourself.

Second, scammers utilize tactics to scare you such as pretending that there is a problem with your account or that you owe money. Please remember to NEVER give out your personal or financial information to respond to a request you did not expect.

Third, scammers will pressure to act quickly and respond immediately as they ask you to provide them with your personal or financial information before you have time to process their request. Do not act immediately – ever. Anybody who pressures you to pay or provide information is a scammer.

Finally, scammers insist you pay in a certain and specific way such as putting money on a gift card, wiring money, or Person to Person (P2P) Apps. Please be aware of who you are sending your money to, and how it has been requested.

In all cases, trust your instincts and investigate any financial matter thoroughly before acting.



## Ham, Apple and Cheese Quesadilla

Our favorite fall treats have to be apples! From Gala to Honeycrisp and everything in between, apples feature so many nutrients and health benefits to us!

Here is a recipe that spotlights apples that you may want to try at home!



### Ingredients:

- Eight 6-inch whole wheat tortillas
- Cooking spray or olive oil, for oiling tortillas
- 1 tablespoon spicy brown or Dijon mustard
- 1 cup shredded low-sodium Swiss cheese (4 ounces)
- 4 ounces very thinly sliced low-sodium lean Black Forest or Virginia ham
- 1/2 small red onion, extra thinly sliced
- Freshly ground black pepper
- 1 1/2 tablespoons no-sugar-added apple butter, plus more for topping, optional
- 2 small apples, cut into thin sticks (red and green)
- Lemon juice and ground cinnamon for tossing

### Directions:

1. Preheat the oven to 200 degrees F.
2. Spray 4 of the tortillas with cooking spray (or brush with olive oil). Lay the oiled tortillas on a large cutting board oiled-side down. Brush with the mustard and sprinkle with about half of the cheese. Top

- each evenly with a thin layer of ham, onions and some pepper, and then finish with the remaining cheese.
3. Brush the apple butter evenly on the remaining tortillas. Place one apple-butter tortilla on top of a ham-and-cheese tortilla (filling sides in), and firmly press the tortillas together to make a quesadilla.
4. Heat a large nonstick skillet over medium heat. Lay a quesadilla oiled-side down in the pan and cook until golden brown and the cheese starts to melt, about 2 minutes. Spray the top of the quesadilla with cooking spray, turn and cook until the other side browns and the cheese is melted, 2 to 3 minutes more. Transfer to a baking sheet and keep warm in the oven. Repeat with the remaining quesadillas.
5. Cut the quesadillas into 4 wedges and arrange on plates. Toss the apples with lemon and juice and cinnamon to taste. Serve with the apple slices.

Find out more about this recipe and other apple related treats at Food Network. Recipe gotten from: <https://www.foodnetwork.com/recipes/food-network-kitchen/ham-apple-and-cheese-quesadilla-recipe-2121075>

## What Is The Best Time Of Day To Brush and Floss?

This is a great question since our oral hygiene routine needs to fit our daily schedule in a way that makes sense to us.

Ideally, we recommend brushing and rinsing after each meal, but that may not be possible for you. **The most important time to brush is right before bedtime since the bacteria inside our mouths is up to ten times more toxic while we sleep.**

Most of our patients brush after breakfast and before bedtime. As long as you are thoroughly cleaning between your teeth or implants at least once every 24 hours, you should be able to maintain a healthy smile.

To be sure, when we refer to flossing, that includes WaterPik use, proxabrushes, floss and toss devices, superfloss, and plaque picks. Cleaning thoroughly between our teeth and implants ensures bacterial removal which we need to do as we prevent inflammatory disease.

**The best order of oral hygiene care is to clean between first and then brush to remove all plaque and debris.**

Your daily oral home care is essential to maintaining your healthy mouth, and we want to help in any way we can. If you have any questions, please let us know at your next visit -thank you!





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

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Hello Friends,

As we head to the printer with this issue, I can hardly believe how early school has started this year for the kids!

Back in the day, our summers lasted from Memorial Day to Labor Day, and I told my team that I am "old school" in the thought that the kids should still have three months of summer! Our ideas always seem best to us, don't they?

I want to wish all of you and your loved ones a wonderful start to the school year as we pray protection and safety over our students!

Truly,  
Dr. Len Anglis and Team



**LEONARD F. ANGLIS, D.D.S.**

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