



LEONARD F. ANGLIS, D.D.S.

IMPLANT AND RESTORATIVE DENTISTRY

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

2146 Karwick Road • Michigan City, IN 46360

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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 From Crown Point's Very Own Astronaut: Jerry Ross!

We are so honored to have Lt. Col. Jerry Ross as a Crown Point native, and his many accomplishments are legendary!

Astronaut Jerry Ross is a joint record-holder for the most spaceflights, and we would like to share some of his most famous quotes with you!

On the Beauty of the Earth - "Looking across the edge of our beautiful planet, I took in the contrast of the deep blue of the oceans and the sterling white of the clouds that swirled below me, against the deepest black void you can imagine. My natural thought? How fortunate we are to live on this oasis in the universe."

On Spacewalking - "It's a real feeling of freedom. It's a sensation that's very hard to describe. It's one of the greatest smiles I ever had."

On the Reality of Spaceflight - "If somebody says they aren't afraid of getting onto a powerful rocket, they either don't understand or are really stupid. There's a fear element there. One of the mechanisms I used to control it was to prepare as well as I could for each flight."

"Oral Health Is Systemic Health---Period!"

The entire May 2026 issue of Dental Economics was devoted to this topic because it is that important. Period.

For many years now, we have discussed the link between periodontal (gum) disease and type 2 diabetes and all heart conditions. Recently, there are new studies linking periodontal disease to "neurodegenerative conditions (dementia), cancers, autoimmune conditions and gastro-intestinal disorders."

At this time, Dr. Geisinger states that "periodontitis has been credibly linked to 57 systemic diseases and conditions." Please read that last line again. Thank you.

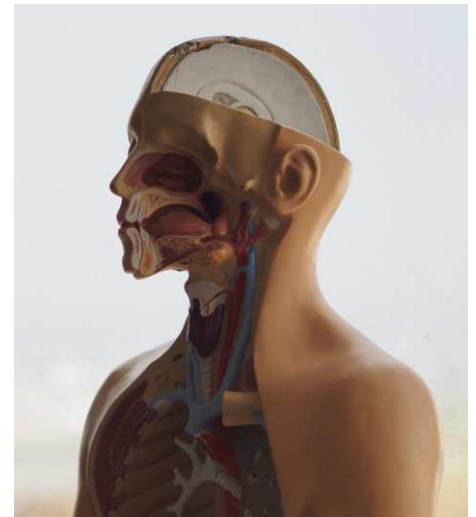
Severe periodontitis (periodontal disease) seriously affects 10% - 15% of the population, while its moderate form adversely affects up to 50% of us. So, 1 in 2 will have systemic effects from this dangerous disease. Please remember -- many times there is no pain with this disease until the teeth are loosened.

Your chances are higher if you are a man who smokes, so please consider stopping this habit now. Smoking is the #1 enemy of dental health and tooth and implant longevity.

Recently, there have been studies to understand the mechanism by which these dangerous toxins travel through our bodies. Even chewing can send the pathogens into our systems. Its inflammatory nature affects our cells in a negative way and this inflammation and its responses spread through our bodies through our bloodstream and from the inside of our mouths into the inside of our gastro-intestinal tracts.

As stated by Dr. Geisinger, "the interaction between oral and overall health underscores the importance of early periodontal diagnosis and treatment to promote optimal wellness for all patients."

We could not agree more! It is our mission to break these links connecting you to all of these diseases and to help you all enjoy healthy, happy lives.



Least Crowded Vacation Spots Across Our United States

According to pointsguy.com, there are five cities across our nation that are less crowded than the “usual” tourist selections. Tanner Saunders and his team investigated these cities and have made these recommendations for us. We have enjoyed his book as well, and hope you might consider checking out his site since he offers recommendations for saving money and for traveling efficiently!



Bend, Oregon: You would plan to fly into Portland, Oregon and travel to Bend. This city offers many outdoor adventures from renting a tube to float the Deschutes River to hiking the Tumalo Falls which is a Northwest Forest Pass. At the High Desert Museum, you can learn about the area's history, wildlife and culture.

Afterwards, you can enjoy refreshments along the Bend Ale Trail.

Columbus, Ohio: In this city, the Columbus Zoo features polar bears, red pandas, and gorillas and should not be missed! There is also an opportunity for open-air safaris through The Wilds -- an animal conservation center. For our Lego fans, there is a 36,000-square-foot Legoland Discovery Center.

Afterwards, you can enjoy great breweries and restaurants, and a historic German Village.

Bozeman, Montana: This city is easily reached by a direct flight from LaGuardia on American Airlines should you be traveling through New York this summer.

In the summer, Bozeman becomes a summer wonderland complete with white water rafting, zip lining, hiking, mountain biking, fly-fishing, and kayak trips down the Madison River. There is even an opportunity to see or participate in a full-fledged rodeo with bull riding. If that is not your speed, there are horseback riding experiences available, too.



Lexington, Kentucky: Dubbed the “Horse Capital of the World”, there are many opportunities to view these majestic creatures including the Kentucky Horse Park. For our bourbon drinkers, there are many distilleries including Woodford Reserve and Maker's Mark. Kentucky has its very own Bourbon Trail which

is well-known by some of our patients as a great adventure!



Rosemary Beach, Florida: As we are mostly “snowbirds” in Indiana, this city is quieter and more relaxed than most cities there. The European colonial architecture can be explored on foot or by bike in this coastal city. Their beach access is limited to residents and

guests only so it does not get too crowded. Of course, great seafood restaurants abound, and Cowgirl Kitchen features vegetarian-friendly meals as well!

Great Dental Care On Vacation!

While you are traveling, please be sure to take travel versions of your best tools to maintain your health! You will probably be eating richer foods and more sugary beverages, so include your travel toothbrush--there are small rotary ones available at all pharmacies, floss, travel-sized toothpaste, and even a smaller Waterpik, if needed. Be sure to drink extra water and stay hydrated!



In These Summer Months, Cucumbers Rule!

During June and July, we can grow or purchase cucumbers that are seeded or seedless -- our choice.

They are the perfect healthy snack on their own, but here are two recipes featuring them that we know you will enjoy!

Cucumber Crab Boats

Ingredients

- 3 medium-size English cucumbers
- Kosher salt
- One 8-ounce block cream cheese, at room temperature
- 1/2 cup mayonnaise, at room temperature (no more than 2 hours)
- 1 stalk celery, finely diced (1/2 cup)
- 1/2 red bell pepper, finely diced (3/4 cup)
- 1/2 yellow bell pepper, finely diced (3/4 cup)
- 1/2 pound lump crabmeat, picked through to remove any shells
- 1 1/2 teaspoons seafood seasoning (I like Old Bay)
- 1 teaspoon lemon zest
- 1 teaspoon fresh lemon juice
- 1 tablespoon chopped fresh dill, plus more for garnish

Directions

1. Cut the cucumbers in half lengthwise. Use a spoon to scrape out the seeds. Cut each cucumber half crosswise into 4 pieces and place on a paper towel-lined baking sheet. Sprinkle with salt. Let stand while making the filling.
2. Beat the cream cheese and mayonnaise in a medium bowl until smooth. Fold in the celery, bell peppers, crabmeat, seafood seasoning, lemon zest, lemon juice and chopped dill.
3. Pat the cucumbers dry (to remove the liquid and salt). Spoon the crab salad into the hollowed cucumbers. Garnish with more dill. Refrigerate until ready to serve.



Greek Salad

Ingredients

- 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, 1/2-inch diced (not crumbled)
- 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 kosher salt
 - 1/2 teaspoon freshly ground black pepper
 - 1/2 cup good olive oil

Directions

1. Place the cucumber, peppers, tomatoes and red onion in a large bowl.
2. For the vinaigrette, whisk together the garlic, oregano, mustard, vinegar, salt and pepper in a small bowl. Still whisking, slowly add the olive oil to make an emulsion. Pour the vinaigrette over the vegetables. Add the feta and olives and toss lightly. Set aside for 30 minutes to allow the flavors to blend. Serve at room temperature.

Both recipes retrieved from FoodNetwork.Com. Visit the site for helpful videos and more tips: <https://www.foodnetwork.com/recipes/cucumber-crab-boats-12821379> and <https://www.foodnetwork.com/recipes/ina-garten/greek-salad-recipe-1948517>



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Hello Friends,

I was thrilled to return to Wabash College in Crawfordsville for my class reunion in June! It was wonderful to reunite with my fraternity brothers and to sing the longest school fight song!

When I went to Wabash for my undergraduate education, I completed my requirements in three years rather than four so that I could enter Loyola Dental School as early as possible. With that choice, I did not receive a diploma, so my "FIJI" fraternity brothers and the administration decided to make that right for me and present me with my diploma at an awards ceremony!

I was so humbled and honored and wanted to share my photo with you!

Truly,

Dr. Leonard Anglis

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