



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

2146 Karwick Road • Michigan City, IN 46360

1549 S. Court Street, Suite C • Crown Point, IN 46307

1-877-526-4547

www.dranglis.com

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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!

The King Of Late Night Talk Shows: Johnny Carson!

There was only one Johnny Carson, and his legacy endures with these great quotes from him-- both funny and profound!

“Married men live longer than single men. But married men are a lot more willing to die.”

“I was so naive as a kid, I used to sneak behind the barn and do nothing.”

“If variety is the spice of life, marriage is the big can of leftover Spam.”

“Never use a big word when a little filthy one will do.”

“I am one of the lucky people in the world: I have found something I always wanted to do, and I have enjoyed every single minute of it.”

“The only thing money gives you is the freedom of not worrying about money.”

“People will pay more to be entertained than to be educated”

“Just be yourself--it’s the only way it can work.”

WHY WAIT?

Dental Problems Will Always Get Worse!

On occasion, you may choose to wait for your necessary dental treatment, and that is the wrong decision to make since dental infections, abscesses, and decay will always get worse making your problems more complicated, more detailed, and definitely more expensive.

If your teeth are broken, it is best to repair them quickly to preserve their natural roots.

When you do not replace missing teeth, the neighboring teeth tip and shift to fill the space, and then, they will be lost as well!

Even if you do not have pain, dental infections which are chronic will complicate your other health issues - every time.

Their toxins and poisons may blur your vision or cause you to have hearing loss or even a heart attack! You may have new health issues which never bothered you before but the disease process will make you vulnerable.

You are so important to us and to those who love you.

Do not allow your diseased teeth to shorten or end your life. Please make a decision today to live a long, happy, healthy life!

Please be good to yourself and take care of your dental problems right away - there is no good reason to wait!

Happy 100th Birthday To Our Dear Lillian!

We were absolutely delighted to celebrate Mrs. Lillian McLellan’s 100th birthday here in our tropical dental resort! It was such an amazing moment!

Some of you might remember that Lillian was our receptionist in the Lowell office for many years and we are so grateful to have had her taking such wonderful care of our patients’ appointments! She is truly one-in-a-million!

A special "Thank you" goes out to Lillian for honoring us every time she visits for her dental care - - we love her!



No One Says It Better Than You!

We love to send out weekly e-mail blasts to our family of patients, and we recently sent one to ask about your experiences here.

We have been so blessed over the years to receive hundreds of cards and notes and great

testimonials from you, and we wanted to share a recent response that amazed us!

Our patient, Dave, had to shorten a review from two pages to just one and here is what he said:

Why Leonard Anglis?

I was never a fan of going to the dentist. My history with braces, palate expanders, tooth extractions, and pain taught me that the best way to avoid discomfort was simply not to go at all. That worked... until one night I had a dream where all my teeth were falling out and my lower jaw crumbled into pieces in my hands. That was the wake up call. I knew I needed to fix what I had been avoiding.

When I began searching for help, my parents told me to see Dr. Anglis. I've known Leonard and Nancy for as long as I can remember, but I never truly understood the kind of dentistry they practiced - now I do.

Walking in for the first time, I carried a lot of fear. Not just memories of pain, but the shame of what I had let happen, the feeling of being lost. But the moment I stepped into the office, something felt different. There was no fear, no worry - just warmth. By the time I finished the consultation, I realized

I had already decided: I had found the right place.

Over the following months, we spent a lot of time together. I had three teeth replaced and crowns done. Throughout the entire experience, the pain was minimal, and I actually found myself looking forward to each appointment. The staff was always kind, patient, and understanding of what I was going through. I never knew there were so many shades of white.

Dr. Leonard is an absolute artist and a wonderful man. Nancy is the warmth and understanding that people like me need. And the rest of the staff carries that same spirit.

In closing: when you need help and look to others for it, you will find angels guiding you along the way.

Thank you, David Sarafin

P.S. Thank you for the smile I thought I lost.

Thank you so much, Dave!

You have truly inspired us!

We will work hard everyday to serve you and all of our clients!

Which Toothbrush Is Best?

Whether you select an electric or a manual toothbrush, the quality is always the most important!

As with anything else, you get what you pay for!

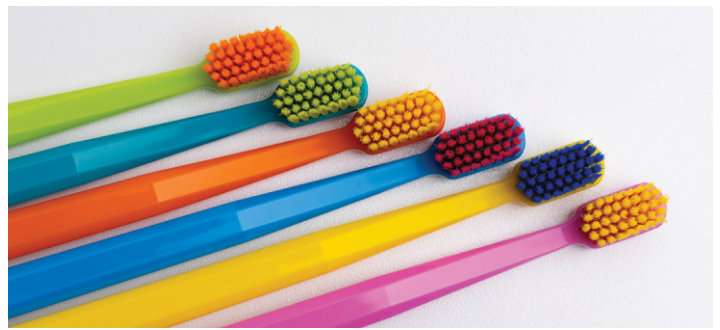
The best manual brushes are found in the Colgate, Crest, Oral-B, and Butler brands, and your toothbrush should always be soft or extra-soft.

These bristles are polished and rounded and gently massage your gum tissues keeping them healthy.

Once the bristles get bent (anywhere from 1 - 3 months' use), it's time to throw the old brush away! Keeping it for too long only abrades the tissues, and no one wants that to happen!

The best electric brushes are found in the Waterpik (Sonic Fusion), Oral-B, and Sonicare brands. The same strategies hold true for the electric brushes --soft or extra-soft heads only. Please replace them once the bristles are bent as well!

Happy Brushing!



ALL ABOUT PINEAPPLES!

In the month of May, pineapples abound and there are many ways to enjoy them!

We need to pick ripe pineapples, and according to ForkedSpoon.com, the three best methods to select the right one are to first, smell the pineapple at its bottom. It should be "pleasantly sweet" and that scent should be apparent.

Next, the feel should be slightly soft when squeezed. If it is super hard all over, then it's not ripe.

Third, its "look" should be a deeper yellow rather than a light yellow or greenish coloration. The darker the color, the more ripe it will be.

Once we have the perfect pineapple, it's time to cut it up for our recipes!

ForkedSpoon.com has helpful suggestions on the best way to cut a properly cut a pineapple in five steps:

1. Slice Off The Top--use a large, sharp, and steady knife for the best results. Place the pineapple on its side on a cutting board and secure it with one hand before cutting the top off.
2. Slice Off The Bottom--rotate the pineapple and trim about 1/2 inch from its bottom.
3. Slice Away The Outer Peel--place the pineapple upright on the cutting board and hold down while slicing away the outer covering trying not to cut off too much of its flesh. The outer portion of its flesh is the sweetest tasting!
4. Remove The Core--Depending upon the look of your pineapple chunks or slices, decide the best way to remove the core. A sharp knife can be used once it has been secured or a core removal tool can be slid into the center as well.
5. Remove Any Brown "Eyes" Left In The Pineapple--Use a smaller, sharp knife to carve out any dark spots in the pineapple's surface.

You are now able to cut your pineapple into chunks or slices.

Please try these recipes for your next event!

Bacon Wrapped Pineapple Shrimp

Ingredients

- 12 jumbo shrimp, deveined
- 1/4 fresh pineapple cut into bite sized chunks or one 14-ounce can pineapple chunks in natural juice, drained
- 6 slices center-cut bacon, cut in 1/2 crosswise

Directions

Heat a nonstick skillet over medium-high heat. Holding a shrimp, nest a chunk of pineapple in the natural curve of the shrimp then wrap bacon around the shrimp and pineapple and secure with a wooden toothpick. Wrap and secure all 12 shrimp then add to the hot pan and cook 3 minutes on each side or until bacon is crisp and shrimp are opaque and firm.



Pineapple Salsa

Mix 3 chopped tomatoes, 1 diced seeded jalapeno, 1 diced red onion, 1 cup diced pineapple, 4 tablespoons chopped cilantro, 1/4 teaspoon each ground cumin and ground allspice, a pinch of sugar and salt to taste.

Both recipes retrieved from FoodNetwork.Com. Visit the site for helpful videos and more tips: <https://www.foodnetwork.com/recipes/rachael-ray/bacon-wrapped-pineapple-shrimp-recipe-2014409> and <https://www.foodnetwork.com/recipes/food-network-kitchen/pineapple-salsa-recipe-2105647>



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

As you know, there is nothing better than spending time with those we love! It's especially great when we are enjoying a wonderful meal together!

Recently, my son Andrew and I went on a food tour and, in this photo, you can see me displaying their charcoal-roasted sea bass and sardines - - what a feast!

As a fisherman myself, I was so impressed by their catch! My son is a chef and he loved their preparation!

I wish you many meals ahead with those you love as well---and I would love to see your photos, too!

Truly,
Dr. Leonard Anglis

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