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

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

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www.dranglis.com

November/December 2026

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 The One And Only Captain James T. Kirk, aka William Shatner



95 years young with many thoughts to share!

Quotes of the Month

"The more powerful the villain is, the more powerful the hero."

"You have to create your life. You have to carve it like a sculpture."

"If saving money is wrong, I don't want to be right!"

"We meet aliens every day who have something to give us. They come in the form of people with different opinions."

"Energy is the key to creativity. Energy is the key to life."

"I don't want people to know me. I want them to believe my version."

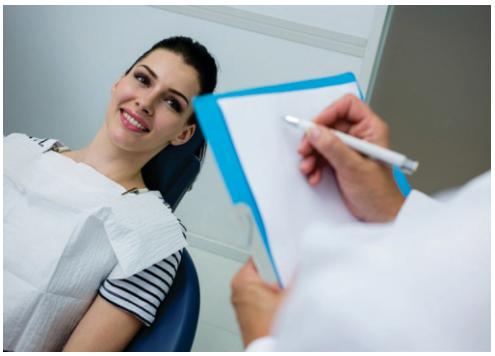
"Being an icon is overrated, remember an icon can be moved by a mouse."

Your Past Does Not Determine Your Future!

We are blessed to know so many of you who have overcome extreme obstacles and difficult challenges which have shaped you into the amazing people you are today! No matter what came against you, you stood firm and prevailed!

You did not allow whatever happened in the past to dictate your future, but instead became a stronger, better version of yourself.

That is something to celebrate!



The same is true of dentistry.

A number of you have described difficult dental situations in your past in which you were not treated well, disrespected, and even insulted at other dental offices. Some of you have discussed situations of pain and discomfort that no one corrected at other dental offices.

We have heard your stories from your childhood, and some stories like these from very recent experiences.

These are all past dental experiences. Your present and future experiences are here with us and we celebrate that with you!

Within our tropical resorts, we respect every single person who walks through our doors.

We treat you with the respect and dignity you deserve, and we want to hear all of your stories because they help us to serve you in the best way possible!

We promise you that whatever has happened in your past dental visits will not happen in your visits here with us now, and we look so forward to seeing you soon!

Schedule Your Complimentary Consultation Today at 1.877.526.4547 And Unwrap The Gift Of A Beautiful Smile!

Please check www.dranglis.com for updates! Thank you!

Remembering Our Editor-In-Chief, Bob Gallagher



It is with great sadness that we report the passing of our dear Bob Gallagher.

Without question, he was one of the youngest 95 year old men we have met within our tropical resorts! Whether he was challenging men thirty years his junior on the table tennis circuit or sharing thoughts about his amazing family, it was always our pleasure to visit with him!

Bob studied every single newsletter, presented his kind critiques and made suggestions for each one. He brought in numerous articles for us to utilize for our production, and we remain grateful for his thoughtfulness and attention to detail.

His lovely wife, Beverly, assisted him and she continues to bring pertinent articles to us.

These newsletters exist to serve all of you, and no one knew it better than Bob!

In his memory, please feel free to share your own ideas and articles with us--thank you!

November Features A Wide Array Of Produce Choices!

In November, a full bounty of produce is ours--from nuts to pumpkins to cranberries and more!

These two recipes feature squash, kale, pecans, and sweet potatoes, and we encourage you to try them!



Roasted Butternut Squash Kale Saute

Ingredients

- 4 cups 3/4-inch cubes butternut squash (from about 1 3/4 pound whole small butternut squash)
- 1 teaspoon extra virgin olive oil
- 1 teaspoon balsamic vinegar
- 1/4 teaspoon salt
- 1 pinch black pepper
- 2 tablespoons extra virgin olive oil
- 1 large red onion, quartered and sliced (about 2 cups of sliced red onions)
- 3 cloves garlic, minced (about 1 tablespoon)
- 1 teaspoon balsamic vinegar
- 6 cups (about 1 bunch) kale, center ribs removed and sliced into 3/4-inch pieces
- 1/3 cup dried sweetened cranberries
- 1/2 cup slightly broken up pecans
- 1/4 teaspoon salt and pepper, to taste

Directions

1. Preheat oven to 425°F.
2. Place cubed butternut squash in a bowl and toss with olive oil, balsamic vinegar, salt and pepper. Spread onto a lined baking sheet. Roast in oven for 25 minutes or until the squash is cooked through and browned on the edges.
3. A few minutes into roasting the butternut squash, start on the onions. Heat olive oil on medium high heat in a thick-bottomed 4 to 5 quart pot. Add the sliced red onion and toss to coat. Let cook for 7 to 8 minutes until softened. Add the garlic and cook a minute more.
4. Add the balsamic vinegar and the shredded kale. Stir until the kale is mixed well with the onions (it helps to use tongs to turn over the kale). Let cook for a minute or two until the kale is just wilted (don't overcook).
5. Then stir in the roasted butternut squash, the dried sweetened cranberries, and pecans. Add salt and pepper to taste.

Recipe and photo retrieved from Simply Recipes. Visit the site for helpful videos and more tips: https://www.simplyrecipes.com/recipes/roasted_butternut_squash_kale_saute/

Healthy Sweet Potato Dip with Spiced Pita Chips

Ingredients

- 2 medium sweet potatoes (about 1 1/4 pounds total)
- 3 whole-wheat pitas, split
- 2 tablespoons extra-virgin olive oil
- 1/2 teaspoon smoked paprika
- Kosher salt and freshly ground black pepper
- 2/3 cup plain low-fat Greek yogurt
- 1 tablespoon light brown sugar
- 1 teaspoon fresh lemon juice
- 1/4 teaspoon garlic powder
- 1/4 teaspoon ground cumin
- 1/8 cayenne pepper
- 1 tablespoon chopped fresh chives



Directions

1. Position an oven rack in the center of the oven and preheat to 400 degrees F. Line a rimmed baking sheet with foil and set a wire rack inside the baking sheet.
2. Prick each of the sweet potatoes 5 times with a fork and place on the rack, keeping space in between to allow the heat to circulate. Bake the sweet potatoes until a paring knife can easily go through without resistance, about 45 minutes. Remove from the oven and allow to cool completely. Keep the oven heated to 400 degrees F.
3. Line a baking sheet with parchment. Dividing evenly, brush both sides of each pita half with the olive oil using a pastry brush, and season the inner side of the pitas with the smoked paprika and 1/4 teaspoon salt. Cut each seasoned pita into 6 wedges, then arrange in a single layer on the prepared baking sheet. Bake until lightly golden and crisp, 6 to 8 minutes. Allow to cool completely.
4. Once the sweet potatoes are cool, scoop the flesh (about 1 1/2 cups total) into a food processor and add the yogurt, brown sugar, lemon juice, garlic powder, cumin, 2 teaspoons salt and several grinds of black pepper. Process until combined, scraping down the side of the processor bowl to make sure yogurt is fully incorporated. Transfer the dip to a serving bowl and gently fold in the chives. Serve at room temperature along with spiced pita chips.

Recipe retrieved from FoodNetwork.Com. Visit the site for helpful videos and more tips: https://www.foodnetwork.com/recipes/food-network-kitchen/healthy-sweet-potato-dip-with-spiced-pita-chips-9523555

The Heroic and Amazing Dentist!

By now, this miraculous event has become legendary and its heroes have been described in great detail.

Of course, we are referring to the Miracle Over The Desert in which FlyDubai flight 1073 carrying over 170 passengers and crew from Dubai to Tel Aviv was hijacked by the co-pilot as he attacked Captain Smit Machchhar with an equipment axe inside the plane's cockpit on September 30, 2026.

Unbelievably, Captain Machchhar was able to open the cockpit door despite being stabbed multiple times. His attacker was attempting to crash the plane, and as it lost precious altitude, he cried out for help!

A number of passengers rushed into the cockpit to help the captain including Daniel Schlichter, Zvika Manes, Tal Samuel, Asaf Rajuan, and Yaniv Hayoun as they neutralized and captured the maniacal attacker. They called out for a doctor to help the pilot, and a brave dentist rushed forward.

Dr. Shota Musaev, went quickly into the cockpit, and saved the captain by applying pressure to his many wounds to stop the bleeding.

Miraculously, there were additional pilots onboard as well who took over the landing of the plane. Dr. Musaev instructed the emergency pilots to land the plane as quickly as possible since the captain required critical care.

During the production of this newsletter, Captain Machchhar remains hospitalized, and we wish him a complete recovery as we give thanks to God that all these people were saved!

GRATITUDE EXCLAIMS, VERY PROPERLY, 'HOW GOOD OF GOD TO GIVE ME THIS'.
– C.S. LEWIS



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Hello Friends,

At this time of year, my heart is filled with gratitude for your loyalty and support!

I am thankful for each one of you and I thank you for sending your family members and friends to me for dental treatment.

As you look forward to spending time with those you love, I wish you a Blessed Thanksgiving, a Happy Hanukkah and a Joyous Christmas!

I look so forward to seeing you in 2027!

Truly,

Dr. Leonard F. Anglis

P.S. Here is a photo of me and my daughter, Jaclyn to share with you

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