Got Curb Appeal?
All Aboard the Nightingale
Color Palette IQ

PLUS:

What’s Old is New Again
The Kellihers of Knollwood
Long Days of Summer

Thank goodness for these long days of summer! Our region is bursting with things to do, and we’ve packed the Datebook with shows, festivals and fairs for you to put on your calendar. Why not add luxury sailing to the agenda? In our First Look section learn how to rent the Nightingale, a 56-foot yacht moored in nearby New Buffalo. Sometimes you just want to hang out with family and friends in your own backyard. Thinking about adding a few amenities to your deck or patio? Check out the article by Kuert Outdoor Living that outlines steps and considerations for you to create the perfect space for leisure or entertaining.

In this issue we introduce you to Darla and Tom Kelliher of Knollwood. We tell you about their unique, fully refurbished 1977 house and how Darla introduced “occasional sales” to Granger with her upcycling business, Old Dog, New Tricks. We hear from three of Granger Living’s expert contributors. Dr. Truelove of Koala Center for Sleep Disorders alerts us to the dangerous connection between sleep apnea and stroke and heart attack. Decorating Den shares tips on choosing a color palette for decorating a room or house. Park Place Medical Spa tells us more about their array of cosmetic services to help us feel more youthful and confident.

We welcome Jeremiah Ussery of State Farm Insurance to Granger Living’s team of expert contributors. He recently moved his office to Granger and looks forward to meeting more members of the local community.

Our Experts
To learn more about becoming an expert contributor, email Jody Rogers Lazar at jroggers@bestversionmedia.com, or phone (219) 873-4736.

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Long Days of Summer

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any dream of owning a yacht, but for only a few will that dream become a reality. However, you can feel like a yacht owner when you rent from Nightingale Charters in New Buffalo. The Nightingale, a 56-foot 1984 Hatteras motor yacht is owned by Eric Kessler and is moored in the New Buffalo Marina. It has always been kept in pristine condition by full-time captain, Ray Bock, and underwent a custom re-fit just two years ago. It is equipped with 3 custom helm chairs, a commodious L-shaped seating area, and an optional Bimini top for sun protection. Clients may bring aboard their own food for lunch or dinner on the water, and the Nightingale is equipped with a full wet bar, refrigerator and high-volume ice maker, ample seating and table space for gracious entertaining, air conditioning, and other amenities.

Inside the cabin there are 3 luxurious staterooms that comfortably sleep 6, 3 private heads (bathrooms), a state-of-the-art kitchen (bring along your own private chef), flat screen TVs, a zoned surround sound stereo system, a luxury sectional sofa, and so much more. Captain Ray Bock is happy to accommodate your schedule whenever possible. You can customize your days (or nights) on the Nightingale, possibly enjoying cocktails while still moored and then cruising the lake for as long as you’d like (minimum time is 2 hours). Although fishing is not permitted (nor is smoking), you and your guests may swim from the boat.

For information and rates, and to view some fabulous photos, visit the Nightingale’s website at www.nightingalecharters.com or call 269-612-8487. You may not be able to live a life of luxury every day, but when you rent the Nightingale, you’ll feel like your ship’s come in. — Barbara Voris Eastman

The ultimate scavenger hunt takes you across South Bend, Mishawaka and the Notre Dame area. The 8th annual, 4-hour race is full of physical challenges and fun mental exercises. You and your teammate will run, bike, paddle and climb your way across the community. Three levels of competition from Fun to Elite let you determine how challenging the course will be. $140/team. Max team size is two. Minimum age is 13. Online registration ends July 28 at midnight. Day-of registration possible if there are still openings. Register at www.urbanadventuregames.com. — Judy Rogers Lazar

Dreaming of the perfect getaway? Your own personal paradise where you can escape the hustle and bustle. Kuert Outdoor Living can bring your vision to life. Our professional planners work with you to give you the new patio, fire pit, or outdoor kitchen you’ve always dreamed of. The products we offer — from grills and grill accessories, patio kits, and pavers to retaining walls, mulch, and stone — help make your outdoor space comfortable and beautiful. All you have to do is sit back and enjoy.

THE GREAT OUTDOORS BEGINS IN YOUR BACKYARD

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Transform Your Yard into a Dream Come True
Would you like to see more multiuse paths in Granger? Where would you like to see new paths installed? Friends of Granger Paths is asking you to voice your opinion in a new survey found at www.grangerpaths.org or www.facebook.com/GrangerPaths.

“Friends of Granger Paths has reached a fork in the road,” said Barbara Fredman who has been president of the non-profit, all-volunteer organization since its inception in 2003. This is the first time the organization has asked for public input since 2007 when an initial plan was developed with assistance from Ball State University’s Architectural School of Landscape and Design.

“Up until now, the group has been focused on completing the Adams Road Path,” said Fredman. The Adams Road path currently runs from Mary Frank and Northpoint Schools to Elm Road providing access to Harris Branch Public Library. The past couple years, Friends of Granger Paths has been working to raise $200,000 for a challenge grant to extend the path west from Elm to Gumwood Road for a total distance of 3.52 miles.

“The 11th annual Granger Paths 5K and 1 Mile Fun Run held in June put us within striking distance of the goal,” said Fredman. Construction of the path from Elm to Gumwood is scheduled to begin in spring 2017.

Fredman emphasized that public input is critical to further develop multiuse paths in Granger. The initial plan outlined potential areas new paths could be developed, but these are mere proposals. “Perhaps there is a potential section of path we have missed for which there would be great community support,” said Fredman.

The organization has benefited from loyal leadership and strong community support. Friends of Granger Paths created the new survey as a way to check in with neighbors, businesses and stakeholders to see where people would like to take the project next. “It is critical to have new volunteers and leaders with new ideas and energy for the project to grow,” said Fredman.

Anyone can become a “friend” of the Granger paths by donating money or time and expertise to the cause. “There are no monetary limits,” said Fredman. “Some friends have given $10 and some $10,000 or more.” Help is always needed with data entry, maintaining the website, fundraising, gardening, trash pickup, speaking on behalf of the project, and writing or calling elected officials. Everyone is invited to complete the survey at www.grangerpaths.org or www.facebook.com/GrangerPaths. Drop in at the next Friends meeting on Tue., Aug. 2 at 6:30pm at Martin’s Supermarket in Heritage Square.Write to the organization at P.O. Box 306, Granger, IN 46530.—Shannan Miller
What’s Old is New Again

Tom and Darla Kelliher run errands around town or travel to Illinois to visit family. Tom knows there is a good chance they will encounter a detour. Road construction, although ever-present lately, is not necessarily the problem. It’s the lure of estate sales, yard sales, rummage shops and second-hand stores that Darla cannot resist. To her credit, it’s a matter of business, not just a hobbyist’s yen for hidden treasure. “I was always really involved with the kids’ school,” said Darla of her now adult three sons. “As they got older, I started collecting and selling used furniture that I cleaned up or turned into something new.” At that time, the Kellihers lived in the Twin Cities area of Minnesota, and Darla became a vendor at a large facility that ran “occasional sales.” Darla explained that occasional sales were resale businesses that were only open on certain days of the week or month. “They were much more common in Minnesota and Wisconsin,” Darla said. “When we moved here [Granger], I couldn’t find any.”

The Kellihers moved to Granger in 2012 when Tom took a job with KIK Custom Products in Elkhart, a contract manufacturer, where he is Senior Vice President of Operations. His work brings him in contact with suppliers and customers which consist of large consumer product companies of familiar household products. Tom said he enjoys the job because he works with a great group of people. After working in larger metropolitan areas for years, he also loves the low-traffic commute. “There is virtually no traffic on my way to work. When I travel, it’s nice to be able to fly in and out of South Bend,” he said noting the short lines at the airport.

Whether Darla and Tom Kel-liher run errands around town or travel to Illinois to visit family, Tom knows there is a good chance they will encounter a detour. Road construction, although ever-present lately, is not necessarily the problem. It’s the lure of estate sales, yard sales, rummage shops and second-hand stores that Darla cannot resist. To her credit, it’s a matter of business, not just a hobbyist’s yen for hidden treasure. “I was always really involved with the kids’ school,” said Darla of her now adult three sons. “As they got older, I started collecting and selling used furniture that I cleaned up or turned into something new.” At that time, the Kellihers lived in the Twin Cities area of Minnesota, and Darla became a vendor at a large facility that ran “occasional sales.” Darla explained that occasional sales were resale businesses that were only open on certain days of the week or month. “They were much more common in Minnesota and Wisconsin,” Darla said. “When we moved here [Granger], I couldn’t find any.”

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What attracted Darla and Tom to their 1977 Knollwood home was what attracts Darla to pieces of old furniture: good bones and potential. “We loved the house’s unique design,” said Darla of the wood and stone split-level that is full of interesting angles and vintage architectural detail. As soon as you walk in, short flights of stairs extend up from the foyer to the “main” level or down to the lower level that in-cludes a family room, bar, built-in pool (original to the house) and a walk-out patio. The main upper level includes a round, free-standing fire place with a hanging cone hood, large windows that provide sweeping views, and a balcony that lets you peak down at the pool. A vaulted ceiling gives way to a mezzanine or uppermost level of bedrooms. Tom calls it a Brady Bunch house since the design is reminiscent of the era and home portrayed in the classic television show.

The house had just a few previous owners but was in need of some signific-ant TLC when the Kellihers bought it. Tom and Darla had completed a home renovation themselves when they were younger, but this time they hired a contractor. Darla, who has de-grees in fashion merchandising and interior design, served as project man-ager making decisions regarding color, material and repairs that honored the home’s original design and character. In the midst of the house renova-tion, Darla worked on opening an oc-casional store to sell her own inventory and provide space for vendors. She op-erated her store, Old Dog, New Tricks, for a year in Goshen before moving it to Granger. This past February, Old Dog, New Tricks, moved to a new Granger location at 1203 SR 23 across from McDonalds and in front of Joy’s Self Lock Storage. Darla explained that the store sells “upcycled, repurposed and reimagined” items including fur-niture, decorative items and even doll clothing. Old Dog, New Tricks is open on a rotating monthly schedule: open for a 5-day sale Wed-Sun; open the fol-lowing 2 or 3 weekends (Fri/Sat); then closed for 10 days. During this 10-day period, Darla refreshes and redesigns the whole store with new inventory, and the cycle starts again. “It’s a new store every month,” said Darla. Mer-chandise is not separated according to vendor. Rather Darla designs the space with an artistic eye that makes shop-ping the collection easy, fun and fluid. Customers also love visiting Zoey, Dar-la and Tom’s 3-year-old rescue Labra-dor mix that she brings to work. Darla invites people to look for her next sale posted on her Facebook page at Face-book.com/OldDogNewTricksLLC.

The Kellihers love their Knoll-wood home and quickly joined the Knollwood Country Club to connect with neighbors and begin playing a role in their new community. It is fit-ting that the couple who value the charm and character of things with history, feel right at home in the orig-i-nal Knollwood that spurred so much future development in Granger. Do you know a neighbor who has a story to share? Nominate your neighbor to be fea-tured in one of our upcoming issues! Con-tact us at smiller@bestversionmedia.com.

Photos by Alison Hoover, AHI Photography
Discover a More Youthful, Confident You
Contributed by Park Place Medical Spa

Dr. Del Pilar has been in practice as a Board Certified Physician and Surgeon providing medical and urgent care in Mishawaka for 25 years. He is excited to now offer a full array of cosmetic services at Park Place Medical Spa. This new addition to his practice gives Dr. Del Pilar the opportunity to focus on helping patients gain confidence and renewed satisfaction in their physical appearance by providing services that have visible and long-lasting results.

The medical spa combines wellness and aesthetic medicine. Aesthetic medicine is an inclusive term for specialties that focus on improving cosmetic appearance through the treatment of conditions including scars, skin laxity, wrinkles, moles, liver spots, excess fat, cellulite, unwanted hair, skin discoloration and spider veins. Park Place Medical Spa’s cosmetic services let you experience rejuvenation that you can both see and feel so that you approach each day with renewed confidence. “A youthful, healthy appearance improves a person’s overall well-being,” noted Dr. Del Pilar. “If you feel good about yourself, you will project that to others.”

The medical spa’s patient-centered approach means you receive exactly what you want and need as outlined in your own customized treatment plan. Dr. Del Pilar has combined traditional medical care with a holistic approach to caring for his patients to help them achieve their health and wellness goals and experience a higher quality of life. Park Place Medical Spa furthers Dr. Del Pilar’s commitment to offer individuals state-of-the-art treatments that provide real and lasting results as well as guidance on nutrition, self-care and lifestyle choices that impact one’s health.

Park Place Medical Spa is family owned and operated. This means you will be greeted by a friendly, familiar face each time you visit. Mary Del Pilar, Dr. Del Pilar’s wife of 27 years, and his daughter, Alex Pecina, assist patients throughout their medical spa services.

If you are interested in an appointment at Park Place Medical Spa or simply would like to gain more knowledge about any of its services, we invite you to schedule a free consultation. Walk in or schedule an appointment today with Alex or Mary at 574-850-0454. Hours: Mon-Thu, 9am-6pm; Fri, 9am-2pm. Visit Park Place Medical Spa at 270 E. Day Road, Suite 280, Mishawaka, IN or at www.delpilarmedical.com.

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Choosing the Right Color Palette for You
Contributed by Cathy Weaver of Decorating Den Interiors

A n integral part of the way we feel about something is based on its color appeal. Color creates a specific, individual sensation in each of us. The same color that can captivate you could end up being a complete turn-off for someone else. There’s no such thing as a bad color—there is only bad combinations of colors and personal dislike of certain colors. Color is like seasoning—it adds spice to your life! Here are a few tips on working with color:

NEED A LITTLE ENERGY?
Then you’ll find warm, bright colors like yellows, oranges and golds extremely stimulating and full of pep.

WANT TO CREATE A CALM AND RELAXING ENVIRONMENT?
Try selecting cool colors. A soft blue or teal hue will certainly give your room a peaceful, restful feeling.

STRIVING FOR A LITTLE MORE BALANCE IN YOUR LIFE?
Then soft shades of green might just do the trick! There’s no better way to bring the outdoors in, than to decorate with Mother Nature’s finest color.

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WANT TO CREATE A CALM AND RELAXING ENVIRONMENT?
Try selecting cool colors. A soft blue or teal hue will certainly give your room a peaceful, restful feeling.
When we think about getting healthy sleep, most often we are told to get 8 hours of sleep each night. Looking at the time spent in bed is simply not enough. Imagine for a moment how restful and rejuvenating that sleep would be if you were fighting for your life all night long, but didn’t know it! That’s exactly what happens to those, like myself, who have Obstructive Sleep Apnea (OSA).

I’ve partnered with the American Heart Association and American Stroke Association to inform and educate both the public and the local medical community about the dangers of this disease. Research shows that 80% of all nighttime strokes and 90% of all deaths that happen in one’s sleep are linked to OSA. Additionally, studies show that OSA is as much of a causative factor in having a heart attack as having high blood pressure, obesity and smoking combined.

The most critical thing to do is to pay attention to the warning signs and then get professionally tested and treated. Some signs or symptoms that you might need to be tested:

• Excessive weight or muscle (Body Mass Index greater than 35)
• Large neck size (At or above 17 inches for men and 16 inches for women)
• Snoring
• Excessive Daytime Tiredness
• Gasping/Choking upon awakening
• Witnessed to be not breathing while sleeping
• Acid reflux at night
• Night grinding of teeth (Sleep Bruxism)
• Hypertension
• Diabetes
• Prior Cardiac disease
• Drowsiness while driving or passenger
• Decreased ability to concentrate

Snoring alone has now been shown to lead to heart attacks and strokes independent of having any other risk factors. It does so because the vibration in the neck near the carotid artery and in the chest near the coronary arteries that feed oxygen to the brain and the heart muscles respectively are irritated and become inflamed. As they become inflamed the arteries swell inward and restrict proper blood flow. Just like kinking a garden hose. That means less oxygen to these vital organs. Now imagine that happening at the same time as having your airway obstructed from OSA. It’s a very dangerous combination.

So, what should you do? Talk to your doctor about your concerns. You can also call a sleep center directly to check if you are eligible with your insurance to come in directly or if you need a referral from your primary care physician (PCP). Here at Koala Center for Sleep Disorders we also offer complimentary consultations if you just want to come in and ask questions to find out more about your individual situation.

Once you’ve discussed your concerns with a doctor, a sleep study may be ordered for you. Some are done overnight in a sleep lab or hospital called a polysomnogram (PSG), while others can be dispensed to you and done in your home called a home sleep test (HST).

If you’re diagnosed with OSA you’ll be advised of your treatment options which include: Oral Appliance Therapy (OAT), Positive Airway Pressure Therapy (PAP) and surgical or lifestyle change approaches. Each individual is different so talk with an expert.
Curb Appeal, Worth the Investment
By Mark Walker of Kuert Outdoor Living

The real benefits of landscaping—curb appeal. It’s the best way to make that great first impression. When you think about what sets one property apart from comparable properties in your neighborhood, it almost always comes down to an outdoor living space. If you take two homes with the exact same interior floor plan and features and throw a large patio on the back of one, almost everyone will choose the latter property.

People love spending time outdoors when they have a comfortable space to relax. What does this mean to you?

By adding a functional outdoor living space to your property, you can use more of the property you own. It’s really a simple concept. Why not maximize the resources you have in front of you so that you can entertain, relax, and spend time with friends and family?

So follow the number one trend in the country and bring the indoors out by adding a raised patio, fire pit or an outdoor kitchen. Regardless of what you do, the enjoyment of the outdoors will reduce your stress and add real value to your home. Just follow these 4 simple planning steps:

NUMBER 1: Consider your options
Proper tree planting for shading, planning your tree and hardscapes for windbreaks, and filling in the different dead-spaces all contribute to smart landscaping and energy efficiency. (see: http://energy.gov/energysaver/landscaping-energy-efficient-homes).

The internet is a plethora of ideas when it comes to designs for your yard. Different hardscape layouts, appliances, plantings, furniture, lighting, and accents are all items that should be taken into consideration, (see: http://www.houzz.com/photos/landscape).

Outdoor living should be comfortable and beautiful, as well as practical. While there’s a ton of practical value to designing and building outdoor living spaces, most people want to start with the financial value.

Make privacy a priority. You can design the world’s greatest backyard, but if it’s not private, will you be comfortable using it? Outdoor living space should be as relaxing as possible.

Finally, think about the upkeep. How much ongoing attention will it require? Are you willing to dedicate that time and money?

NUMBER 2: Make a list
Making a list of what you would like to see in your front and backyard is really the starting point where your landscape professional begins the design process.

NUMBER 3: Make a budget
A well designed landscape can yield a 170% – 200% return on your investment. When budgeting for a full landscape renovation, plan to invest about 10% of your home’s value, according to the American Society of Landscape Architects (ASLA). A more elaborate backyard sanctuary may require 15% – 20%. Much of what you will spend depends on how long you plan to stay in your home. If you plan to stay for more than ten years, 15% – 20% will give you the enjoyment you desire for years to come.

Home Value $X % = (your budget).

NUMBER 4: Hire a qualified landscape contractor
If you’re not quite the weekend warrior to tackle your own landscape construction, start talking to the professionals. We have found that many contractors have a niche when it comes to design and installation, such as working on waterfront property or in woods-like settings. Landscape pros are invaluable assets for their design expertise, products knowledge, and construction methods. And, always ask to see a couple examples of their work.

Cash the Border Collie
Is on Duty
Provided by Stephanie Maupin
Cash lives in Knollwood with his family: Matthew and Stephanie Maupin.
Breed: Border Collie
Age: 5. We got Cash when he was 6 weeks old.
Favorite treat: Homemade organic “frosty paws.”
Favorite toy: Tennis balls
Naughty habit: Herding – but natural behavior for a Border Collie.
Favorite activity: Loves playing in the sprinklers.
Favorite person: Stephanie
Biggest fear: Fireworks
Occupation: Cash recently has made it his mission to catch every chipmunk and squirrel in Knollwood.
Family activity with pet: We love taking road trips with Cash. He rides in our SUV really well.

Cash the Border Collie, by Stephanie Maupin

We invite you to nominate your pet by contacting our content coordinator, Shannan Miller, at smiller@bestversionmedia.com.
JULY Saturd
Farmers Market @Nelson’s Herb Shop 65391 Dailey Rd., Edwardsburg, MI Seasonal produce, home baked goods, local vendors. Time: 8am-3pm 574-215-8212 or www.facebook.com/nelsonsherbs
July 15 Inside Out Outdoor Film Series on the Gridiron @downtown South Bend (next to South Bend Chocolate Café) Time: 7pm pre-movie activities; movie at dusk (approx. 9:30pm). Cost: Free www.downtownsouthbend.com; 574-280-1110

JULY 15
Royal Southern Brotherhood @Vegetable Buddies Downtown South Bend 129 N. Michigan St. Soulful blues, rock band from New Orleans. Time: 9pm (doors open at 4pm) Cost: $20 www.buddiesdshb.com; 574-232-0954

JULY 16 Music at the Vineyards @12 Corners Vineyards and Winery 1201 N. Benton Center Rd., Benton Harbor, MI Live music, local wine. Time: 3-6pm Cost: $7.50 for 5 tastes www.12corners.com, 269-927-1512

JULY 16-17 Notre Dame Shakespeare Festival ShakeScenes @Washington Hall, ND campus Community Company performs 10-minute unique takes on classic scenes. Time: 2pm Cost: Free www.shakespeare.nd.edu/notre-dame-shakespear-festival, 574-631-2273

July 16, 23, 30 & Aug. 6, 13 Golfers for Granger Golf Outing Granger Business Association’s annual fundraiser. Time: 11:30am reg. & lunch; 1pm shotgun start Continued on page 20.
Date book

**July 18**
**Wicked tickets now on sale!**
@Morris Performing Arts Center
211 N. Michigan St., South Bend
Tickets on sale today. Broadway musical hit runs Sept. 7-18.
www.morriscenter.org; 574-235-9190

**July 20**
**Kamm Island Fest**
@Kamm Island, Mishawaka
(Behind 100 Center)
13th annual festival by the Mishawaka Business Association. Age 21+ event includes:
- Taste of Mishawaka, vintage car show, motorcycle show, art fair, live music.
  Time: 5-9:30pm
  Cost: $5
  www.mishawakabusiness.org

**July 21**
**Kamm Island Fest**
@Kamm Island, Mishawaka
(Behind 100 Center)
13th annual festival by the Mishawaka Business Association. Age 21+ event includes:
- Taste of Mishawaka, vintage car show, motorcycle show, art fair, live music.
  Time: 5-9:30pm
  Cost: $5
  www.mishawakabusiness.org

**July 21**
**3rd Thursdays at the Snite Summer Jazz Series**
@Snite Museum, University of Notre Dame
Museum courtyard
Relax to Fiddle Funk, a trio of violin, piano and bass. Bring lawn chair, blanket, picnic. Cash bar. Free shuttle service from Compton Family Ice Arena parking lot to museum. 4:30-7:45pm.
Time: 5-7:30pm
Cost: Free
www.sniteartmuseum.nd.edu

**July 22-23 & 29-30**
**Mary Poppins**
@St. Patrick’s County Park
50651 Laurel Rd., South Bend
Time: 7:30pm
Cost: $15 advance tickets; $15/child or $25/adult at gate. Gate and parking fees included.
www.sbct.org; 574-234-1112

**July 22 & 29**
**Notre Dame Shakespeare Festival**
Pericles, Prince of Tyre
July 22@Beutter Riverfront Park, Mishawaka
July 29@Fernwood, Niles, MI
Performed by University of Notre Dame and Saint Mary’s College students.
Time: 7pm
Cost: Free
www.shakespeare.nd.edu/notre-dame-shakespeare-festival; 574-631-2273

**July 22-30**
**Elkhart County 4H Fair**
@17774-D County Rd. 34, Goshen
Time: 9am-11pm
Cost: Gate admission: $8, free age 9 & under Wristbands: $25
www.4hfair.org; 574-933-3247

**July 23**
**South Bend Cubs Star Wars Night**
@Four Winds Field, South Bend
Come dressed as your favorite character.
Time: 7:05pm
Cost: $10-12
www.southbendcubs.com; 574-235-9988

**July 31**
**Field Day Cookout**
@Harris Branch Library
51446 Elm Rd., Granger
Celebrate end of summer reading program with field day activities including parachute play and Quidditch. Clay Township firefighters grill hot dogs. Free chips and popsicles.
Time: 1-4pm
Cost: Pickup free tickets at Youth Service Desk
www.mphpl.org; 574-259-5277, ext. 3400

**Aug. 5**
**Meet Me on the Island**
@Century Center
Downtown South Bend
WVPE welcomes Tim Harrington Band to Island Park.
Time: 5-9pm
Cost: $5
www.publicbroadcasting.net/wvpe/events; 574-674-9873

**Aug. 5-7**
**Amish Acres Arts & Crafts Festival**
US 6, Nappanee
Over 300 artists and crafters from 30 states.
www.amishacres.com; 574-773-4188

**Aug. 15**
**Granger Living**
**July 2016**
GRANGER LIVING
Family Oral Health
Contributed by Afdent Dental

By following the information in this article, you and your family can have healthy teeth and gums to last a lifetime. As a parent, you can work with your children to help them understand why good oral care is important — and show them how to do it right!

Three steps to a bright smile:
1. Brush at least twice a day with a fluoride toothpaste, especially after eating breakfast and before bedtime.
2. Floss every day.
3. Visit your dentist regularly.

Fighting back against plaque:
The good news is, you can take a stand against plaque! By brushing twice daily with a fluoride toothpaste and by reducing the number of times you snack each day, you and your family can have healthy teeth and gums to last a lifetime.

Importance of floss:
Flossing is important because brushing doesn't always help to get rid of the food debris in-between your teeth and under your gum lines. Flossing can also be used to scrape away plaque and film that may be growing. Make it a point to floss after you brush so that you won’t forget. After you brush, you must make sure to use a mouthwash to rinse your mouth.

The dental checkup:
Be sure to schedule regular dental appointments for the whole family. A child’s first visit should take place before his or her third birthday.

Dental checkups early in a child’s life allow children to have a positive dental health experience.

TIP: Take your young toddler with you to your own appointment first. That way, the dental office becomes a familiar place to them.

Contributed by Afdent Dental
Which one is straightening their teeth using Invisalign?

(They both are!)

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