

JELINEK JOURNAL

703-584-5996

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CONGRATS, AMANDA AND SEAN!

Starting 2020 With a Wedding

Have you ever been part of a wedding that had a rehearsal dinner after-party? After hosting one for my eldest daughter and her husband this past January, I can say I have!

My daughter, Amanda, and her husband, Sean, were married on Jan. 4 at The Inn on Vint Hill in Virginia. The venue is a former secret base for the U.S. Army during the Cold War, and the house itself dates back to the 1860s. It served as a family home, and later, after its services as a base were no longer needed, it became an officers' club. Today, Vint Hill hosts weddings and events and even has something for those who want to try their hand at its escape room.

It was the perfect backdrop for Sean and Amanda. Sean served as an active Marine, and he now serves as a reservist Marine and in March earned his master's in business. With its rich military history, Vint Hill was the perfect spot for the two of them to get married. And since the wedding was just weeks after Christmas, the venue was decorated beautifully with greenery and festive pieces.

In addition to seeing my eldest daughter get married, I also played the role of proud grandpa. My two precious granddaughters were very prominent in the wedding. Penelope was wheeled down the aisle in a wagon, while her oldest sister, Louisa, stole every chance she could to pose for photos. We couldn't snap a picture without her wanting to jump in there.

And if there's one thing the Jelinek family loves, it's dancing! We did not leave the dance floor all night! It may not have been pretty, but we had sure had fun.

Throughout the planning process, I knew Amanda wanted to make sure her family and Sean's family could come together and celebrate. Most of Sean's family still resides in his home state, Washington, so Amanda wanted the entire event to be an opportunity for the two families to

connect and share in this special experience.

So, we hosted a dinner party at our home after the rehearsal. We invited the wedding party for dinner first, and then shortly after, Sean's family and those who traveled a great distance also joined us. It was very relaxing and laid back. Everyone felt comfortable together, and I could tell Amanda was very happy to see everyone mingling and having a good time.

We also repeated our gesture the day after the wedding, opening our home for brunch to those who had to catch flights and go home the following day. It was the culmination of a great four-day high!

Amanda and Sean were both very appreciative of the gestures from their families, and it was great to know they had a day filled with great memories. I know I will always look back on this weekend and smile. It's special to see your daughter marry the person they love, and now that both of my daughters are married and starting these new chapters of their lives, I can't help but be proud of each of them. I see life a little differently now, and I cherish the memories we have made together.

Congratulations, again, Amanda and Sean!

- H. Charles Jelinek, Jr., DDS



YORKIE DOODLE DANDY

Smoky the World War II Canine Hero



Considering the stress of combat, it's no wonder military dogs tend to be tough breeds known for their size and strength. German shepherds, boxers, and various bully breeds are well acquainted with the battlefield. But in World War II, the most famous military dog weighed only 4 pounds and stood a mere 7 inches tall. Smoky the Yorkshire terrier wasn't exactly what most people associated with Shakespeare's "let slip the dogs of war," but her small size is part of what made her such a hero.

In 1944, after being discovered beside a foxhole in the jungles of New Guinea, Smoky met Corporal William A. Wynne, an American soldier from Cleveland, Ohio. The two quickly became inseparable, and she stayed by Wynne's side the entire time he was stationed in the South Pacific. Smoky is credited with going on 12 combat missions, surviving 150 air raids, parachuting 30 feet, and earning eight battle stars. Smoky's sensitive hearing allowed her to alert Wynne and other soldiers of incoming air raids.

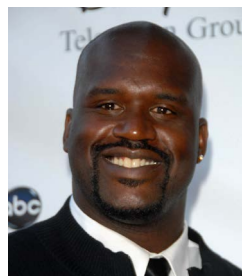
Smoky's most famous act of heroism occurred when she went where no man could go at an air base at Lingayen Gulf, Luzon. The engineers needed help, so Wynne tied a strand of telephone wire to her collar and Smoky ran through a 70-foot-long pipe in a matter of minutes. Without Smoky, it would have taken three days to lay the wire. Her work kept over 250 ground crewmen and 40 fighter and reconnaissance planes out of danger from enemy bombings.

In addition to saving lives on the battlefield, Smoky is also considered to be the first recorded therapy dog. She learned a number of tricks to cheer up troops and would visit injured soldiers at the hospital in New Guinea. After World War II, Smoky and Wynne visited veteran hospitals across the United States.

"Corporal" Smoky lived for another 10 years after the war before dying on Feb. 21, 1957, at approximately 14 years old. Wynne would go on to write a memoir about his time with Smoky titled "Yorkie Doodle Dandy." Almost 50 years after her death, a life-sized bronze statue of Smoky was erected at her final resting place in Lakewood, Ohio. Her statue is dedicated to the bravery of all war dogs, and it is a reminder that heroes come in all shapes and sizes.

3 Celebrities Living Full Lives With Sleep Apnea

Living with untreated sleep apnea can be an isolating experience. While the rest of the world functions without headaches and fatigue, you may be struggling just to make it to 5 p.m. Getting a sleep apnea diagnosis and following a treatment plan can make a world of difference for you — at least, that's been the case for these three celebrities.



SHAQUILLE O'NEAL

Shaquille O'Neal was a force on the basketball court, but when it came to sleep, the four-time NBA champion struggled to get enough. As is common among spouses of those who have sleep apnea, O'Neal's ex-wife claims his snoring would keep her up at night and cause concern because he would stop breathing. O'Neal was the focus of a Harvard Medical School sleep study that identified that the 7-foot-1-inch, 324-pound man was struggling with sleep apnea. Since undergoing treatment, reports have indicated that O'Neal has improved and is sleeping and functioning better.



AMY POEHLER

Best known for her "Saturday Night Live" antics and comedic stylings on "Parks and Recreation," Amy Poehler is a name synonymous with success. But Poehler admits to struggling with consistent exhaustion during her first pregnancy, to the point where she was falling asleep in meetings and taking naps wherever she could pack them into her busy schedule. However, Poehler was suffering from a very common form of sleep apnea that comes from pregnancy. Due to hormone changes, increased abdominal pressure, and muscle changes, sleep apnea is common during and after pregnancy. Today, Poehler reports achieving better sleep and curbing that exhaustion by treating her sleep apnea.



RANDY JACKSON

The wake-up call for Randy Jackson came after flu-like symptoms left him feeling lethargic, sick, and out of his element. As the symptoms lingered, Jackson was diagnosed with Type 2 diabetes and sleep apnea, which explained his exhaustion and weight issues. Since that diagnosis, Jackson did a 180 on his diet and became more focused on his health. Reports indicate that he treats his sleep apnea and maintains a healthier diet to curb symptoms of the condition.

Whether your condition is caused by weight, pregnancy, or your genetics, treatment for sleep apnea is possible. Learn more about your options by visiting NorthernVirginiaDental.com.

Sleep Apnea and Your Body

WHY IT'S MORE THAN AN AIRWAY DISORDER



On its surface, sleep apnea appears to be an airway and lung disorder. The condition is caused by a blocked or poorly formed airway, which ultimately makes it difficult for your body to get the oxygen it needs.

While your breathing and your airway are the main culprits, the reality is that sleep apnea is a condition that affects your entire body and can be deadly when left untreated. Your body relies

on sleep to repair damage, prepare for the next day, and balance out your system. When the sleep you're getting isn't quality, everything else can suffer.

Let's start at the top: your head. Your brain causes you to toss and turn or wake up in the middle of the night because it's getting the signal from your body that it needs more oxygen. This constant start and stop motion limits the time your brain can spend repairing and improving your memory and cognitive function, which are two big reasons why our bodies need sleep. This can present itself in that "foggy" head feeling you often have when you don't get enough sleep.

Beyond a groggy mind, your head, neck, and shoulders can feel the brunt of sleep apnea. The lack of oxygen that comes from sleep apnea can lead to increased headaches, eye pain, blurry vision, jaw pain, and tension in your upper body.

Finally, there's the effects sleep apnea can have on your heart. While sleep apnea is a whole-

body condition, its impacts on the heart are by far the most profound. Because of this constant start and stop motion your body does while you sleep, your heart is jolted awake and not getting the oxygen it needs. (For reference, your cardiac system relies on oxygen to function!)

That kind of stress can lead to hypertension, coronary artery disease, cardiac arrhythmias — people with sleep apnea are actually four times more likely to struggle with atrial fibrillation, an irregular heart rate — congestive heart failure, and heart disease. Ultimately, all of these conditions can lead to death.

The good news for sleep apnea sufferers is that treatment is possible, and it doesn't have to be done with an invasive CPAP machine. Dr. Jelinek and his team can find a treatment plan that will fit into your lifestyle. Schedule your free consultation and get started today by calling 703-584-5996.

Sudoku

	2	7	8	4	6			3
				7				8
					5			2
	5			8		3	4	
	7	6				8	9	
					1			
	3	4	1	9	7			
7			5	2		1	3	9
9		5						

Solution on Pg. 4

Orange Glazed Salmon

INGREDIENTS

- 2 salmon fillets (10 oz total)
- 1 tsp salt
- 2 tbsp ghee
- 1 tbsp garlic, minced
- 1 tbsp fresh rosemary, chopped
- Zest from 1 orange
- 1/3 cup fresh-squeezed orange juice
- 1 tsp tapioca starch

DIRECTIONS

1. Heat oven to 425 F, and line a sheet pan with parchment paper.
2. Salt each fillet with 1/2 tsp salt. Bake for 6–8 minutes.
3. In a saucepan, combine ghee and garlic and cook over medium heat for 3 minutes.
4. Add rosemary, zest, and juice. Cook for another 3 minutes.
5. Stir in tapioca starch until lumps disappear and mixture thickens.
6. Plate salmon and top with orange sauce.



Inspired by RealFoodWithJessica.com

5	2	7	8	4	6	9	1	3
6	9	1	2	7	3	4	8	5
8	4	3	9	1	5	6	2	7
1	5	2	7	8	9	3	4	6
4	7	6	3	5	2	8	9	1
3	8	9	4	6	1	7	5	2
2	3	4	1	9	7	5	6	8
7	6	8	5	2	4	1	3	9
9	1	5	6	3	8	2	7	4

Solution from Pg. 3

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Giving Back to Local Companies *It's Now More Important Than Ever*

March 29th was National Mom and Pop Business Owners Day, which is huge for small businesses everywhere. But now your continued support during today's times is even more important than ever. Mom-and-pop businesses are the backbone of the U.S. economy; Small Business

Trends reports that mom-and-pop businesses account for 64% of gross domestic product (GDP) and generate 78% of all new jobs. Furthermore, no matter what turns the economy takes, small-business owners are less likely to lay off their employees than big corporations. Mom-and-pop businesses support all communities, and you can support them by celebrating this unofficial holiday! Even if you can't visit your favorite spot right now, buying gift cards to use in the future will help keep them around.

GIVE YOUR LOCAL ECONOMY A BOOST!

Shopping locally has a massive impact on your community. Local businesses return three times the amount of money to the local economy than larger corporations do. With that big of a returned investment, your community can support even more small businesses that generate a wealth of jobs and keep the cycle going.

In addition to the economic boost, products from small businesses are usually higher quality, which makes them a better value for your dollar. Take this day to shop for birthday and holiday gifts for your loved ones that will bring them great joy and last a lifetime.

GET SOCIAL AND SPREAD THE WORD!

While small businesses utilize every form of marketing available, social media is essential for their success and growth. After shopping at your favorite mom-and-pop business, share that experience on your social media! When you write a post on Facebook or take a picture for Instagram, be sure to tag the business and use relevant hashtags so your friends, family, and everyone else in your community can shop there too.

Writing reviews on Google Reviews and Yelp helps establish validity for the company. When another potential customer looks for reviews, they know they're getting quality products and services from a well-established pillar of the community. The local businesses that are active on social media may post deals and sales for that day only, so keep your eyes peeled and be sure to follow all your favorite businesses!

“If possible, I would post 10 stars for Dr. Charles Jelinek and his entire staff! Why? Because it is richly deserved. I suffered a fall and hit my head 14 months ago. I went from being a very healthy 70-year-old woman to a woman who suffered excruciating head and jaw pain daily. Months went by, and I saw specialist after specialist, including internists, neurologists, and ENT doctors. Migraines, cluster headaches, and sinus infections were all ruled out as the source of my pain. Luckily, I have a great neurologist who really did his homework by ruling out other conditions that would cause the constant level-10 pain I was experiencing.

“Approximately six months later, after another examination, he said, ‘I believe your head and jaw pain is coming from TMJ. I am going to refer you to Dr. Charles Jelinek, who is the best and most knowledgeable dentist of this complex, often-misunderstood condition.’ I immediately contacted Dr. Jelinek’s office, made my first appointment, and began my road to recovery!

“My first visit lasted 1 1/2 hours and involved extensive X-rays and scans of my head, jaw, and face — no other dentist had ever taken this thorough of an approach. After reviewing all my tests, Dr. Jelinek spent 45 minutes going over in detail what my results were: a severe case of TMJ. Dr. Jelinek then ordered an appliance made to exact specifications based on the pertinent data from my tests.

“Fast forward to today, when I am celebrating my fifth month of wearing my lower-mouth appliance 24/7 and rejoicing in the fact that my daily headaches have lessened to one or two a month, and my jaw pain is about 75% alleviated. For anyone out there who has TMJ and wants to alleviate the chronic head and jaw pain, run — don’t walk — to see Dr. Jelinek. You will be greeted in the waiting room with fresh chocolate chip cookies and the warm, smiling faces of his highly competent staff!”

-Bonnie Rekemeyer

