

# JELINEK JOURNAL

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## FOOTBALL RIVALRIES AND RIVER CRUISES

*Creating New Memories With Old  
Friends and Traditions*

All West Point alumni know there's one day of the year that sticks out above the rest: the annual Army versus Navy football game. For those unaware of the friendly military competition, the Commander-in-Chief's trophy is up for grabs every year between the Air Force, Army, and the Navy. While the Army may be trailing in total wins, we've been fostering strong victories in recent years. As we say in the Army, we're not "smoking and joking" on the gridiron.

In honor of this event, my wife and I host a big gathering at our house, and when I say "big," I'm talking crowds of 100 people or more. We invite my brothers from West Point, and we even include some of our Navy buddies — or "token squid friends," if you will. It's a great time of reminiscing

and inflicting gentle jabs targeted at the different branches, but it's also a memorable time for us and our spouses to mingle and catch up. Last year's event was no exception.

At the 2017 party, I learned that my wife and I would be taking a trip to Budapest in early November 2018. Some couple friends of ours were talking about taking a Viking River Cruise in Budapest the following year, and my wife signed us up. That was okay with me, because as a big history buff, I'm excited to learn more about this city and its Eastern European history. I love viewing ancient cathedrals and thoroughly enjoy an afternoon spent at a museum. My wife often tells me that I spend too much time in museums, but what can I say? I have to read everything!

I enjoy pondering what life was like hundreds of years ago. As I visit or look at a historic landscape, I like to picture living there during its heyday. What were people doing? Why did they settle

there? What was that equipment used for? It's a fun little dimension of curiosity that I love to add to any trip.

As I write this, I'm getting ready to leave for my trip, and while I'm excited to experience European history, I'm also looking forward to spending more time with a few longtime friends. As readers will remember from November's cover, at West Point, students become close with their fellow comrades. We experienced some grueling training, and bonds naturally form out of that. No one else can quite understand the experience, so graduates are forever connected with their peers.

When we get to Budapest, we will spend about two days exploring the city before we board the Viking Cruise. The cruise will be about a week long, and while I've been aboard cruises on the ocean before, it's going to be interesting to see what's in store for this river expedition.

It's pretty exciting to think a new memory will be born out of an annual tradition my friends and I started based on a rivalry as old as football. I guess we'll see what other years have in store for us.

Go Black Knights!

*—Dr. H. Charles Jelinek, Jr., DDS*



“*I enjoy pondering what life was like hundreds of years ago. As I visit or look at a historic landscape, I like to picture living there during its heyday.*”

# HURRICANE HERO TONY ALSUP

## *How One Man Rescued Hundreds of Animals*



In the wake of destruction, it's easy to focus on self-preservation. After all, fight-or-flight instincts are hard-wired into our brains so that we can survive dangerous situations. But while fear drives the actions of many in times of chaos, there are a few who find greater strength in compassion.

Tony Alsup considered the potential devastation of Hurricane Florence as he sat comfortably in his home in Greeneville, Tennessee. Rather than sit back and watch, the truck driver by trade packed up an out-of-commission school bus he'd bought and set off to South Carolina with one goal in mind: to save as many animals as possible. Stopping by every shelter he found along the coast, Alsup rescued over 60 cats and dogs in both North and South Carolina and took them to Foley, Alabama.

The heroic efforts of Alsup saved the lives of many animals, but it wasn't the first time he'd rushed into danger for a good cause. He'd originally purchased the school bus, which he turned into Noah's Ark last year, to save animals in Texas and Florida as Hurricane Harvey pounded the Gulf Coast. When he finished there, his mission shifted to helping animals in Puerto Rico after Hurricane Maria ravaged the island.

It's said that character is defined by the way someone acts when no one is watching. Many people heard of Alsup's bravery after the devastation of Florence, but as news stories turned to sports, politics, and business, America slowly moved on. Victims of the hurricane who lacked supplies received less national attention, but more than a month later, Alsup's commitment to the cause was as strong as ever. Living out of the back of the bus for weeks, he drove pets out of the persistent flooding and convoyed shipments of desperately needed supplies to the coastal Carolina towns.

You can follow Tony's commitment on Facebook. He's not asking for money or fame; he's just a person with a heart to serve, using social media to promote awareness about those who desperately need our help. If you're wondering what drives such a person, you can find it written at the bottom of every update he posts: "Love y'all, mean it."

# Aching for Relief

## *What Your Headache Is Trying to Tell You*

Put down that medicine — it's not going to help your headache. Sure, you'll feel some relief as the pain is numbed, but the source of your headache will still persist. Headaches are a sign that something is wrong, and while they are a common occurrence, they are not normal for your body.

Maybe you've overworked your eyes or strained a muscle. Your head might be clogged with mucus, or your jaw muscles may be spasming. In more serious and rare cases, you could be experiencing a stroke, an aneurysm, or a tumor. But the most common type of headache, a forehead ache, may be related to muscles in the neck spasming and pinching nerves.

Your body has four nerves that originate in the back of the neck and traverse over the top of the head and finally end at the forehead. There are two greater occipital nerves and two lesser occipital nerves. Each side of the head plays host to a greater and lesser nerve. Many times the pain you feel in the forehead comes from an irritation (usually an entrapment) of these nerves, but you can work out the pain on your own.

The first step to relief is to ice your neck for 15–20 minutes, relieving some tension and cooling your nerves. Next, turn your head to the right as far as it can go, and without moving your shoulders, take a deep breath, let it out, and hold your stretch for six seconds. Repeat six times. Repeat this movement to the left six times, then do it again six times while looking at the floor and six times while looking toward the ceiling. After these movements, your pain should subside naturally without the assistance of pills.

For other types of headaches, it's important to understand where the pain is coming from. For a patient with TMJ disorder, headaches can transform into migraine pain and facial tension from jaw dysfunction. Patients who consistently feel tension in their nose, eyes, and sinuses may be experiencing symptoms of a persisting sleep apnea disorder. Regardless of the type of headache, your body is screaming for help. Luckily, relief is possible.

If you think your headache is a symptom of TMJ disorder, sleep apnea, or something larger, see how the dental office of H. Charles Jelinek Jr., D.D.S., can help you by visiting [NorthernVirginiaDental.com](http://NorthernVirginiaDental.com).



# Don't Leave Your Benefits on the Naughty List!

**Don't wait until the new year!** Your dental benefits expire at the end of the year! Now is the time to schedule an appointment, because once your benefits are gone, they're gone for good. Remember all the money you paid to your insurance premiums this year? Failing to use your dental benefits means all that money goes to waste. You paid for it, now use it!

Call us to schedule your appointment today! This time of year, appointments fill up fast. Reserve your spot before it's too late. The longer you wait, the more you'll risk having to spend time away from the things you love most this holiday season. You can even call us after hours. Leave a message, and we'll take care of you. Take advantage of your dental benefits today.

**If you don't use 'em, you lose 'em!**



HCJ

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# There are 100 reasons to smile this holiday season.

**B**y scheduling today, you will be ready for holiday parties and the photo opportunities that come with them. If that's not enough incentive, here are a few of our top reasons to smile:

- Peppermint-flavored everything
- December 26 Holiday Sales
- Nostalgia! Where did this wonderful year go?
- Winter activities for every skill level, from snowman building to extreme skiing
- Cozying up with your favorite hot beverage
- The three holiday F's: family, friends, and food
- It gets above freezing most days
- Generosity! Did you know charitable giving increases by 150 percent during December?
- Your dental benefits haven't expired yet, but they will soon!

**Don't forget your benefits expire on December 31st.**

**It will be here before you know it!**

Call our office as soon as possible, so you don't miss out on your ideal appointment time and run the risk of wasting all your hard-earned dental benefits.

# Aligned With Dental Health



## PREPARING FOR YOUR INVISALIGN TREATMENT

Invisalign has made straightening teeth easier than ever. More and more patients and dentists are turning to the clear aligners for the perfect smile rather than standard retainers or braces.

Gearing up for your Invisalign treatment can be daunting. There are small adjustments you'll have to make, but fortunately, the beauty of Invisalign is its ability to form to your life. Take note of some of these tips as you prepare for Invisalign, and get excited about your new, healthy smile!

### *Munch on That*

Invisalign is designed to be convenient, so don't worry about sipping on hot drinks, chewing sticky foods, or snacking on popcorn. You can keep your cupboards stashed with all your favorite snacks — as long as you remember to adjust your dental habits to include brushing, flossing, and rinsing with mouthwash after every meal. Remove your aligners before you eat, and enjoy your dinner date or snacks on movie night.

### *Is Something Different About You?*

Most patients worry about embarrassment if others notice they are wearing the aligners. The trick to Invisalign is that it is discrete. So while your speech may change a bit and a thin line may be noticed when your smile, the changes will be minimal. As you progress through your

treatment, your mouth will adjust, and your speech will return to normal. The people who care about you will encourage this positive change, while strangers will barely notice. As a bonus, the clear sheen of the aligners will make your smile brighter. So show off those pearly whites!

### *Mark Your Calendar*

Invisalign is designed to fit to your life, but you will have to adjust some of your daily tasks. Besides adding a few minutes after each meal to clean your teeth, you must carry your aligner case with you in case you need to remove the aligner. Furthermore, you'll have to set aside time during your treatment to get fitted for new aligners as you progress. These are small adjustments to your life, but the result will be a confident smile.

If you think Invisalign would fit into your life or if you're curious to learn more, visit our website at [NorthernVirginiaDental.com](http://NorthernVirginiaDental.com).

## Sudoku

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

*Solution on pg. 4*

## Holiday Roast Prime Rib

*Looking for an easy holiday roast that still feels elegant enough for the occasion? Look no further than this delicious prime rib flavored with garlic, thyme, and red wine.*

### INGREDIENTS

- 1 bone-in prime rib (6–7 pounds)
- 4 cups beef stock
- 8 cloves garlic, thinly sliced
- 1 tablespoon fresh thyme, chopped
- 2 cups red wine
- Salt and freshly ground pepper, to taste

### DIRECTIONS

1. 30 minutes before cooking, remove roast from fridge and let sit until it reaches room temperature.
2. Heat oven to 350 F.
3. Make small slits in prime rib and stuff with slices of garlic. Liberally season with salt and pepper.
4. Place a rack inside a roasting pan and roast prime rib for 2 hours, until medium-rare.
5. To make au jus, place roasting pan with drippings from roast over 2 burners on high. Add wine and scrape pan as liquid reduces. Add beef stock and cook until reduced by half. Finally, sprinkle in thyme.
6. Slice roast and serve topped with au jus.



*Inspired by The New York Times*

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

Solution from pg. 3

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## Christmas Tours

GET AWAY AND BE FESTIVE THIS HOLIDAY SEASON

There's nothing quite like the magical lights of the holiday season, and some destinations in the U.S. have perfected the craft of holiday decoration. If you're looking to get away this December and still engage in seasonal festivities, add one of these places to your must-visit list.

### *New York City's Rockefeller Center*

New York City is an iconic location for Christmastime. The scene is like a Hallmark card: Ice-skating lovers whiz past miles of twinkling lights underneath an exceptionally tall and amply decorated tree. The tree is specially selected by Rockefeller Center's landscaping crews, who scout out trees years in advance. It remains lit from November to early January, so you have plenty of time to check it out.

### *Ranch Christmas in Jackson, Wyoming*

Jackson, Wyoming, takes its frontier culture to the next level during the Christmas season. All year, the city proudly displays four elk antler arches,

but around the holidays, they are lit up with white string lights and flanked by snow. The Christmas decorations and lights surrounding the archway make for a Western-themed holiday pulled right out of a John Wayne classic. For holiday admirers looking for a unique spin, Jackson has you covered.

### *Yearly Yuletide in Santa Claus, Indiana*

This one's for the Christmas lover. If you can't make it out to Santa Claus, Indiana, this holiday season, you can still celebrate Christmas in this tiny Midwestern town in January, June, or even October. Embracing its unique name, the town boasts a museum, holiday shopping center, and a Christmas theme park. In a moving tribute, the town's residents also write responses to children's letters to Kris Kringle himself. It's impossible to avoid holiday cheer in this town.

### *Disney World's Christmas Magic*

What better place to celebrate the most magical time of the year than in the most magical place on Earth? Walt Disney World's halls are decked to the max with a parade, gingerbread homes, strings of lights, and festive parties. Plus, costs to visit Disney World can be cheaper during the Christmas season, so keep an eye out for a vacation steal.