

JELINEK JOURNAL

703.584.5996

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COMRADE MEMORIES

Reliving My First and Last Days at West Point

I'll never forget my first day at West Point. Since I had attended the school's preparatory academy the year before, I knew the proper way to put on my uniform, shine my shoes, and do other tasks that seem minor until someone is screaming in your face about it every 30 seconds.

Evidently, my roommates weren't clued in on this phenomenon.

To this day, I can still see the shock on their faces. As their eyes bugged further out of their heads, they continued to get screamed at. It was a whole new world — admittedly, even for me — and no amount of preparation can get you ready for the mental and physical breakdown the school puts you through, forcing you to work together as a team and limit your individuality. You've been picked for a school that only selects the cream of the crop, and suddenly you're one among many others just like you.

I imagine this is one of the West Point employees' favorite times of year because they get to rip into squeamish, unprepared freshmen. As for the cadets, their best day comes a few years later on graduation day. Every West Point cadet looks forward to their graduation, and I certainly remember mine.

You spend five grueling years in a complex relationship with your studies, loving them one minute and hating them the next. But then, the day comes when you get to dress in your best and be dismissed for the last time. I would love to relive that day again and feel the hype, soak in the last moments with the brothers I had gained, and experience the optimism I felt on graduation day. (It wouldn't hurt to be that young again, either.)

But memories are meant to be memories. Reliving my West Point graduation would be cool to do every once in a while, but if I had to repeat it ala Bill Murray in "Groundhog Day," I'd probably lose my mind. Considering that movie buffs and the director of the 1993 film speculate that Murray's character, Phil Connors, spent 30–40 years stuck in the

same February day in Punxsutawney, Pennsylvania, I'm happy to keep my memories where they are.

Granted, I like to think my military training would have prepared me better than a weatherman from Philadelphia would be for an endless loop of days trapped in a little town. That being said, what guy hasn't wished he had a do-over with a girl after saying something stupid? I think we can all agree that aspect of Connors' endless years in Punxsutawney is something we sometimes crave.

In a way, too, I get to keep my West Point memories close with every year that passes. Readers will remember that my wife and I host a yearly Army vs. Navy football game viewing party, where we invite all my former classmates and even a few of our "token squid friends." In years past, my father's classmates have also attended this event, and we often have alumni from other years join us as well. It doesn't matter if we've never met before; the moment you meet another West Point alumnus, you have something in common with them. It's a bond no one else understands. Unlike Phil Connors, at least we have someone to share in our misery.



— Dr. H. Charles Jelinek, Jr., DDS

3 TIPS TO PREVENT RAISING A PICKY EATER



When you're trying to feed your child, keep them healthy, and prevent them from becoming one of those weird adults with the stunted palate of a 2-year-old, it may feel like you're faced with an uphill climb. Research shows that fussy eating may be as linked to genetics as it is to upbringing, not to mention the tangle of other psychosocial factors that can fuel a child's inscrutable food preferences.

That said, there are ways to help your child foster a healthy relationship with food and encourage them to be adventurous eaters.

1. Keep your expectations in check.

When a child first encounters a new food, they're going to give it the side-eye. That's natural. In fact, according to a 2003 study, it may take as many as 12 "exposures" to a new food for it to become familiar, much less something they want to eat. If you put too much pressure on them to eat every last bit of the new food, that particular food won't fare well in their memories and you'll have to fight those negative associations from then on. Instead, talk about the new food as you're preparing it, involve your child in the preparation, and have them check it out on their own terms. Normalizing those Brussels sprouts is half the battle.

2. Avoid turning vegetables into chores.

You might think that offering your child a reward in return for finishing their green beans is a good way to make sure your child gets their nutrients, but it causes more problems than it's worth. It just reinforces your child's perception that the green beans are the "bad" food they have to choke down before getting to the good stuff.

3. Make a variety of dishes.

The more monotonous your nightly menu is, the fewer new foods your child will be exposed to, and the harder it will become to introduce healthy newcomers to the table. If your kids like green beans, great, but don't start serving green beans with every meal just because you know those are the only veggies they'll eat. Keep it varied and fun, and your kid's palate will follow.

You shouldn't force your kid to eat food they don't want to eat, but you shouldn't cater too closely to their fussy habits either. Present them with a wide variety of the healthy options you want them to eat, and let them discover the joys of taste and texture as they grow.

No CPAP Necessary

Considering Options That Don't Involve a CPAP Machine

Dr. Jelinek here again! Every day, I see patients who slog through life with frequent headaches, upset partners who can't sleep, and exhausting days. I get it; I used to be one of them.

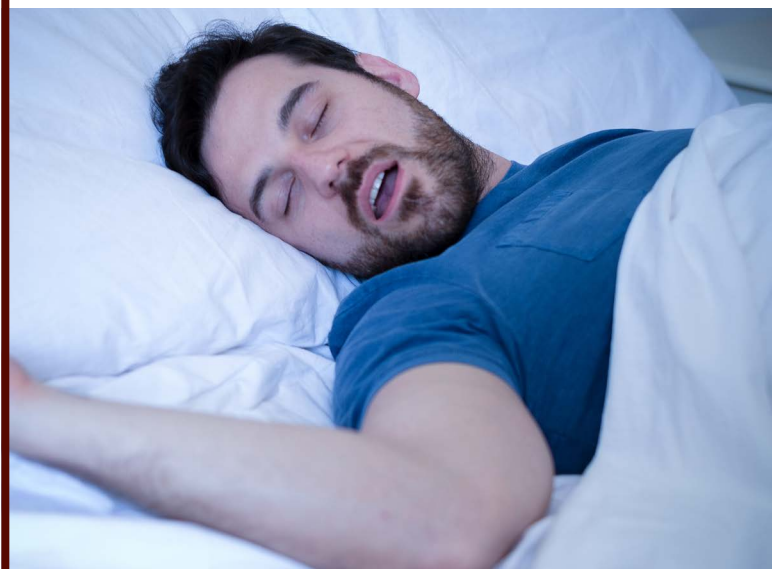
Years ago, it was common for me to hear complaints from my wife that my snoring was keeping her awake, but I didn't believe her. I had never heard such complaints when I shared a room with others in the military. Despite my education and knowledge, I ignored the fact that I needed coffee every day, napped daily, and was tired by lunch. But four years ago, my results from an at-home sleep test were shocking: I stopped breathing 17 times per hour.

I decided to get serious and treat the moderate sleep apnea the test found. Since then, I haven't had coffee, and I no longer need naps. I've spent the past two years getting more out of sleep than I ever did before — and I've done this without a CPAP machine.

CPAPs can be a wonderful solution for many patients. The machines push air safely into the back of the throat, mitigating the airway blockage sleep apnea sufferers have. However, the awkward combination of machine, hose, and nose strap can leave users feeling constrained, while the noise can keep their partners awake.

I prefer to use an **oral appliance**, which is similar to an anti-snoring device. It is a custom-made device that brings my jaw forward and hence the tongue comes out of the back of the throat and into my mouth. This creates an open airway. I can't imagine sleeping without this appliance, and I never will again.

In a perfect world, we would all sleep in peace, but that's not a reality for sleep apnea sufferers. If you're curious about your sleep habits and are interested in waking up rested, I can help. Visit NorthernVirginiaDental.com to learn more.



Goodbye, Dentures!



HOW DENTAL IMPLANTS CAN GIVE YOU A PAIN-FREE, HEALTHY SMILE

When you think of false teeth, visions of grandma's slimy dentures sitting on her nightstand come to mind. Unfortunately, the stigma and outdated technology in the era of dentures and bridges caused many suffering from missing teeth or chronic dental problems to avoid treatment. But thanks to new technology, those with chronically unhealthy and misaligned teeth can now sport a more attractive, sustainable, and durable smile.

Dental implants are artificial teeth that are surgically anchored to the bone within teeth sockets. Outright, that sounds terrifying, painful, and complicated, but dental implant technology is anything but that. In fact, most patients report less pain during the procedure than they had when the tooth fell out!

When you have missing teeth, the bone in your mouth that once secured a tooth begins to wither away. This can change your facial structure, putting you at risk for a slew of sinus issues. Furthermore, the digestion process — which begins in your mouth — is compromised. The nutrients your body gets from food have an impact on nearly every part of your body, and when you can't chew properly, your body doesn't digest the nutrients efficiently. Dental implants directly replace your missing teeth, giving you better assurance for your health and your smile as you chew.

Dental implants are designed to *mimic* your real teeth, and they act as a substitute to replace the root of a missing tooth. The implants are a permanent fixture in your mouth, serving as a preservation tool for facial bones. It is rare to need further dental work after implants, and the faux teeth will never need root canals or get cavities.

Lastly, when you combine a new, fit-for-you smile, your quality of life begins to improve. You'll feel comfortable smiling at a neighbor or laughing at a joke, because the implants are designed to look like your regular teeth, even down to the coloration.

If you're tired of hiding your smile, learn how Dr. Jelinek can help you in a matter of months. Visit NorthernVirginiaDental.com to schedule your free consultation.

Sudoku

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

Solution on pg. 4

Bistecca Alla Fiorentina

For a sinfully delicious Valentine's Day dinner, turn to this classic Italian steak preparation. It's simply flavored with rosemary and lemon, allowing the meat to take center stage.

INGREDIENTS

- 2 bone-in porterhouse steaks
- 1/4 cup olive oil
- 2 sprigs rosemary
- Kosher salt and fresh ground black pepper, to taste
- Lemon wedges, for serving

DIRECTIONS

1. 30 minutes before cooking, remove steaks from fridge to bring them to room temperature.
2. Heat a grill or large cast-iron skillet to high. While heating, brush steaks with half the oil and season liberally with salt and pepper.
3. Place steaks on the hottest part of the grill or pan and cook for 5 minutes.
4. Flip steaks and baste with remaining oil, using rosemary sprigs as a brush. If cooking in a pan, place sprigs next to steaks after basting.
5. Cook for 5–6 minutes for medium-rare.
6. Let steaks sit for at least 5 minutes, slice against the grain, and serve with bone.



Inspired by Food Republic

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

Solution from pg. 3

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What You Didn't Know About Chocolate



Chocolate is a treat savored by people all over the world. What we know as the sweet, creamy decadence that sustains Valentine's Day actually has greater historical and cultural significance. Fermented chocolate drinks have been dated back to as early as 350 B.C. The Aztecs believed it was the beverage of wisdom, and the Mayans saw it as something to be worshipped. While the history of chocolate is as rich as its flavor, there are some common misconceptions about the treat.

Dutch chocolate doesn't necessarily refer to chocolate made in the Netherlands; the name refers to a specific chocolate-making process that uses the cocoa press. Before Dutch chemist and chocolate-maker C.J. van Houten invented the machine in 1828, chocolate was only used in beverages. Dutch chocolate is chocolate that has been modified with an alkalizing agent

in order to produce a milder flavor, making it a fantastic option for use in baked goods, candy, and ice cream.

German chocolate actually has nothing to do with the country of Germany, either. It used to be called "German's chocolate," named after its inventor, Sam German, an American who made sweet chocolate for baking. Adding sugar to the chocolate made it a go-to option for bakers around the world, and the base for German chocolate cake was born.

For chocolate to be classified as Swiss, it has to be made in Switzerland, as chocolate-making is considered an art form in the country. Known for its "melt in your mouth" quality, Swiss chocolate uses condensed milk to add a velvety texture. Many chocolate makers outside of Switzerland will refer to their interpretations of Swiss chocolate as milk chocolate instead.