

JELINEK JOURNAL

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MY PLAYLIST

The Artists and Genres I Love Listening To

I've never been a musically talented person. I tried playing guitar when I was a kid, but I never could seem to pick it up. Despite my musical limitations, I believe music connects humans in ways other mediums can't. Whenever I hear a song from my teenage years or my early 20s, I'm instantly transported to that time and the memories I made. As I've grown, the music I listen to has become less about the beats and the rhythm and more about the meaning behind the words. It's powerful to listen to what artists are creating and find ways to relate.

So in honor of World Music Day on June 21, I want to offer some nostalgia and share a few of my favorite artists and concerts. I'm sure many of you will be able to relate to my list and the evolution of your tastes. I can't wait to hear the stories that are evoked from this list. After all, we all have a personal connection to music, no matter what it sounds like.

I'm always impressed with how timeless music from my 20s is, and I know this because I frequently hear it on the radio, in stores, in movies, and in other places. I'm not sure today's music is going to have the same effect. The period of my youth and into my 20s seems special, so I continue to listen to music from that era today.

If you were to look at my playlists, you'd likely find the following bands: Led Zeppelin, Kansas, Blue Öyster Cult, Journey, Don Henley, and Steppenwolf. If you couldn't tell, I'm a fan of classic rock. It has a way of causing you to tap your foot or get lost in the beat that I think no other form of music has mastered yet. Everyone can relate to rock music, and nothing really compares to rock performed live, either. I've been to concerts performed by Bruce Springsteen, Steve Miller Band, J. Geils, The Marshall Tucker Band, Harry Chapin, America, Gordon Lightfoot, and Peter Frampton. There's just something catchy about each one of these artists, whether it's Springsteen's nostalgic lyrics or the collective sense of connection we all feel when belting out "Don't Stop Believin'." It's just like when Lee Greenwood's "God Bless the U.S.A." comes on. How do you not just get charged up after you hear that song?

Of course, I don't limit my preferences to the music of my youth. I have branched out, and I actually really enjoy listening to classical music,



specifically Gregorian chants, when I'm in the mood for it. I actually have classical music pumping through my earbuds or speakers when I work out. There's something very motivating about getting lost in the melody and focusing on my personal health with few distractions.

So, there you have it: my personal music breakdown. I'd love to hear how many of you are fans of these artists as well or if you have any music recommendations for me.

Happy listening,

— H. Charles Jelinek, Jr., DDS

THE BEST WAYS TO HELP LOCAL NONPROFITS IN CHALLENGING TIMES



Over the past several months, families, businesses, and nonprofits have had to navigate life in this challenging “new normal,” and it can be hard to support your favorite nonprofits when times are tough. Here are a few ways you can help these important entities, even when you don’t have resources to spare right now.

DONATE

While many people donate generously during the holiday season, remember that nonprofits need donations throughout the year, and different nonprofits need different things. A monetary donation can often go a long way, but never feel obligated to give money, especially when your budget may be tight. Instead, consider cleaning out your closet. What clothes, shoes, or other accessories can you part with? What about dishware or small appliances? When you clean out your home and donate unused items, you benefit those in the community who need them most.

VOLUNTEER

In a time of social distancing, volunteering may be discouraged, but nonprofits still need volunteers to operate. The good news is that many nonprofits need volunteers for positions that maintain social distance, such as driving. Food banks and kitchens need drivers to pick up donations or ingredients from donors and to deliver food to people in need, such as the elderly or those with disabilities.

ADVOCATE

Even if you don’t have time or resources to give, you can become an advocate for important causes around your community. While it might not seem like much, sharing information about local nonprofits on social media can make a genuine difference. Nonprofits need exposure, which is greatly boosted through community support. Sharing useful information about nonprofits — or sharing their posts — increases their visibility so more people will take action.

Food for Thought *3 Foods That Promote Healthy Oral Health*

It’s no secret that some foods are better for your teeth and oral health than others. We all know foods high in sugar and carbohydrates promote plaque and tartar buildup, as well as the formation of cavities and tooth decay. But some foods — many that we already know and love — promote healthier teeth and gums. Here are a few examples of tooth-friendly foods you may already have in the kitchen.

CHEESE

Findings published in *General Dentistry*, a publication of the American Academy of General Dentistry, revealed that many kinds of cheese can temporarily elevate pH levels in your mouth and stimulate saliva production, creating an inhospitable environment for the harmful bacteria that cause tooth decay. This makes cheese an ideal tooth-friendly snack or a great complement to any meal. Even better, cheese is high in calcium, which helps strengthen teeth.

ALMONDS

Packed with vitamin E, healthy fats, fiber, potassium, protein, and other beneficial nutrients, almonds are great for our overall health, and that includes our oral health. But be warned — avoid raw almonds! The dense structure and pointed shape of raw almonds can easily damage your teeth, particularly the premolars and molars toward the back of your mouth. The best way to reduce risk while still enjoying this healthy snack is to eat sliced and roasted almonds. Thinly sliced almonds are much softer and contain all the same nutritional benefits. Eat them by the handful, sprinkle them over salads, or add them to various baked goods.

SPINACH

Speaking of salads, you can’t go wrong with spinach. This leafy green is chock-full of so many nutrients, including vitamin A, zinc, iron, and potassium. It’s also high in calcium. If you’re not a fan, you can easily hide the taste of spinach in a smoothie. It adds very little flavor while still packing a nutritional punch. If you do go the smoothie route, however, just remember to keep added sugars to a minimum. Popular smoothie ingredients like fruit juices and frozen yogurt are sugar bombs, which are not ideal for good oral health. Try to keep your smoothie ingredients as simple as possible, using natural, healthy ingredients like spinach, frozen fruit, and plain Greek yogurt — another tooth-friendly ingredient.



HCJ

H. CHARLES JELINEK, JR., D.D.S.

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“I started out with a lot of issues with my jaw. I had a lot of popping, clicking, and lots of headaches and pain. I went to an ENT and they actually referred me here. Ever since I started with the appliance, I’ve seen a noticeable difference. I’ve probably had one or two headaches out of like every two or three months, which is drastically different than a couple a day. There is no more popping, and I don’t really have as much soreness while eating. Overall, it has been a really positive experience.”

-Charvey Smith

Call 703-584-5996 today if this pain sounds familiar. Like Charvey, relief is possible for you.



Living on the Gum Line

THE IMPORTANCE OF FLOSSING EVERY DAY

There's no such thing as flossing too much. Believe it or not, this simple action is beneficial to the overall health of your mouth. In fact, it may even be *more* important than brushing when it comes to the health of your gums. Flossing gets in between the teeth and under the gums — two places even the best toothbrushes can't reach. When you don't floss or only floss from time to time, you can end up with all kinds of problems.

One of the most common problems is bleeding gums. Gums should not bleed — it is not normal — but bleeding can result from infrequent flossing. Your gums become sensitive to the action of flossing. Flossing every day can help eliminate the problem. Alternatively, bleeding gums can also be a sign that you're flossing too hard or vigorously. You don't need to apply much pressure when flossing.

If you notice bleeding on a consistent basis, it is crucial to talk with your dentist as this can be a

sign of gum disease or gingivitis. Gum disease is often the result of plaque and dental debris trapped along the gum line and in between teeth. When debris sits for too long, gums become inflamed and irritated.

Unhealthy gums also play a role in the development of bad breath, or halitosis. For most people, bad breath is a sign of improper brushing and flossing. Small food particles may become trapped between teeth, and larger food particles may not be properly broken down by saliva. As food remains trapped, bacteria consumes its sugars. While the most common byproduct of this bacteria is oral plaque, it also produces an unpleasant odor.

Another major cause of bad breath is infection. If gum disease is allowed to progress too far, for example, the infection may worsen. It can cause the gums to recede, exposing the lower areas of the tooth, which can lead to tooth sensitivity, gum pain, and persistent bad breath.



Thankfully, bleeding gums, gum disease, and bad breath are all treatable. It all starts with flossing every single day. However, if you notice flossing just isn't doing the trick, call us at 703-584-5996 as soon as possible to set up an appointment. The sooner you address these common gum issues, the better. If left untreated, it can put you at risk for further infection and further discomfort.

Sudoku

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

Solution on Pg. 4

Grilled Basil Chicken and Tomatoes

You can't go wrong with grilled chicken and tomatoes on a warm summer's evening. It's a simple recipe that packs a flavor punch.

INGREDIENTS

- 2 tbsp olive oil
- 1 clove garlic
- 1/2 tsp salt
- 3/4 cup balsamic vinegar
- 1/4 cup tightly packed fresh basil leaves
- 8 Roma tomatoes
- 4 boneless skinless chicken breast halves (4 oz each)

DIRECTIONS

1. For marinade: In blender, combine olive oil, garlic, salt, vinegar, and basil. Cut 2 tomatoes into quarters and add to mixture. Cover and process until blended. Halve remaining tomatoes for grilling.
2. In bowl, combine chicken and 2/3 cup marinade. Cover and refrigerate for 1 hour. Reserve remaining marinade.
3. Heat grill to about 350–400 F. Lightly oil grates. Grill chicken until internal temperature reads 165 F, about 4–6 minutes per side. Grill tomatoes until lightly browned, about 2–4 minutes per side. Discard remaining marinade.
4. Serve chicken and tomatoes with reserved marinade.



Inspired by TasteOfHome.com

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

Solution from Pg. 3

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The Final Frontier

NASA Takes You on a (Virtual) Space Adventure



Commercial space travel might still be the stuff of science fiction stories, but thanks to computer programs and augmented reality, your family can still experience what it's like to explore space. NASA and other organizations provide a wealth of free resources that make space exploration come to life for stargazers and future astronauts alike. Take some time to explore a few of our favorites today.

TOURING THE INTERNATIONAL SPACE STATION

First launched in 1998, the International Space Station is a multinational space research laboratory. Nineteen different nations have sent astronauts, cosmonauts, and space tourists to the space station to conduct scientific experiments. It's truly the stuff science fiction dreams are made of! In 2012, Expedition 33 Commander Sunita Williams filmed a full tour of this amazing floating lab and even included a quick lesson on how to work out in zero gravity. "Visit" the space station for yourself at Bit.ly/ISSTour.

EXPLORING DEEP SPACE VIA VIRTUAL REALITY

On Jan. 30, 2020, NASA's Spitzer Space Telescope concluded its 16-year mission researching exoplanets, which are planets outside our solar system. This data was used to create Exoplanet Excursions, an immersive virtual reality experience that lets your family experience the Spitzer's discoveries and control the telescope yourself. These incredible excursions are available on Oculus or Steam, so visit Spitzer.Caltech.edu/vr to start your adventure and explore deep space today!

PLANET-HOPPING WITH NASA

Have you ever wondered would it be like to stand on another world? Then "book" your next vacation with the Exoplanet Travel Bureau! This program takes you on digital tours of real exoplanets NASA has discovered. Though we don't know what the surfaces of these worlds look like, artists have used scientific data to create 3D landscapes to explore. See them all, from Kepler-16b to TRAPPIST-1e, at Exoplanets.NASA.gov/alien-worlds/exoplanet-travel-bureau.