

JELINEK JOURNAL

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A NEW TRADITION

Born Out of the Pandemic

I go to battle every Saturday evening. Sometimes I'm building settlements and bartering for resources on the island of Catan, while other evenings, I'm building railways across the U.S. and Europe — all without ever leaving the house.

How is this possible? My combatants and I — Marilyn (my wife), Amanda (my daughter), and Sean (Amanda's husband) — have started a Saturday game night during this pandemic! We decided to make the most out of this difficult situation by taking the opportunity to do something we probably wouldn't have done if the world had remained "normal."

To understand how all of this happened, I have to take you back to the beginning of the COVID-19 pandemic. Amanda had been living with Marilyn and me as she waited for Sean to return from the Netherlands, where he was completing his master's degree in business. As the pandemic spread and worsened across Europe, Sean was lucky enough to grab the last flight home. With lockdowns looming over our region, too, Amanda and Sean decided to stay with Marilyn and me and ride it out with us.

I don't think Amanda and Sean ever imagined this is how they would be spending their first year of marriage. (They were married in January 2020.) But we all agree that while this pandemic hasn't been easy, the silver lining is that we've spent more time together. And now, our Saturday game nights have become a sacred tradition.

It all starts with takeout ordered from a local restaurant. Usually, Amanda has been in the kitchen baking some delicious dessert she found online, and after we eat our dinner, we settle into our chosen game for that night. We have plenty to choose from! We play Wit's End, Ultimate Pub Trivia, Catan (formerly The Settlers of Catan), Pandemic, OK Boomer! (old-school versus new-school trivia), spades, Skip-Bo, and three versions of Ticket to Ride (including Europe, Rails and Sails, and the U.S. version). After we play a few rounds, we enjoy Amanda's delicious dessert before we finish the game.

I can't choose which game I enjoy the most, but I would have fun regardless of what we play. I will always cherish this "forced" extra time together because I know that without this pandemic, we would have

never been able to do this. I think Marilyn summed it up best when she said that she will miss our Saturday night tradition when this is all over.

However, we still have some time for fierce competition! As vaccinations continue to roll out, and we adjust to this "new normal," we will still have to remain sheltered and physically distant from people outside of our home for at least six months to another year. Approaching that idea can be uneasy, but I would challenge you to think about the time we have left in this lockdown as a challenge. What can you do in the next six months that would add value to this time?

For me, it's taking advantage of the time I have with my family. It's all put into perspective when we send photos of our Saturday night games to my other daughter, Sydney, who willingly admits that she's a little jealous. (Sydney and her family live in Richmond, Virginia.) We wish we could see her family more, but dwelling on that won't change it.

Instead, I'm grateful for this time with Amanda, Sean, and Marilyn. These past 14 months have been filled with memories that I won't forget, and I'm grateful there are more to come.



— Chuck

3 SAFE APRIL FOOLS' PRANKS YOUR KIDS WILL LOVE

Ditch the Danger and Plan Family-Friendly Fun

Every year, a prankster makes headlines on April Fools' Day for taking their joke too far. In 2001, a DJ in England famously broadcast that he'd spotted a replica of the Titanic floating off the coast. Hundreds of people scrambled to the spot, and their combined weight actually caused a cliff to collapse into the ocean! Luckily no one was hurt, but a Montana man who played a different joke years later wasn't so lucky. He donned a Sasquatch outfit and leapt from the forest to scare travelers. Unfortunately, he traumatized two teens so much that they lost control of their car and ran him over.

If you're a prankster, you can probably understand what drove the radio DJ and Sasquatch to their doom. It's easy to go down the April Fools' rabbit hole and plan a prank that's too elaborate for adults, let alone your kids. But don't worry — the internet is full of funny ways to introduce your little ones to the holiday safely. Instead of concocting a potentially harmful prank, try one of these harmless jokes instead, courtesy of Parenting magazine.

1. **The Undrinkable Juice** You know what looks a lot like grape juice? Grape jello! To baffle your toddler (or even your 10-year-old), make a batch of jello and let it set in a juice glass. When they try to drink it later, enjoy the hilarity that ensues.
2. **Rocks — It's What's for Dinner!** If you want to confuse and horrify your kids, scatter chocolate rock candy (treats that look like real rocks) in the backyard before dinner. Then, when it's time to eat, head outside and chow down on a handful of "rocks." Your kids' faces will be priceless! (Visit Nuts.com to score this candy for \$8.99 per pound.)
3. **Stinky Caramel 'Apples'** Everyone loves caramel apples, but caramel-covered onions ... not so much. This April Fools' Day, swap the tasty fruit for its smelly vegetable counterpart and watch as everyone in the house falls for your trick!

These are just a few pranks you can have up your sleeve for April Fools' — or any day of the week. For even more hilarious ideas, check out the book "Pranklopedia: The Funniest, Grossest, Craziest, Not-Mean Pranks on the Planet!" from your local library.



An Introduction to Implants

Why They Are the Best Option for Replacing Missing Teeth

Our teeth play a critical role in our daily lives. Healthy, properly functioning teeth aid in speech, digestion, improved confidence, and protection from facial degeneration. It's vital that patients seek treatment for any missing teeth because without treatment, these spaces could cause damage to the facial structure and diminish oral function.

Previously, the "gold standard" was to place a bridge. A bridge is several crowns attached together with an anchor tooth/teeth on each side of the space where the tooth/teeth is missing. Oftentimes, this involved cutting down the adjacent healthy teeth.

Today, dental implants have become the premier option for fixing gaps and protecting the healthy teeth, jawbone, and gums around it. Dental implants are designed to look and function like your real teeth and are attached to your jawbone using materials that are not foreign to the medical world. Dental implants rely on titanium posts, which are placed in the jawbone. The bone and the post fuse together — or integrate — to create one functioning mechanism. This stabilizes the implant and is not unlike the process for a hip or knee replacement. In fact, dental implants rely on the same material! Furthermore, the placement of an implant does not require drilling the adjacent teeth like the bridge does.

After 3–4 months, once the implant has integrated into the bone, a dentist can then place a crown on top of it. This is the patient's new "tooth."

Once secured, the patient's smile looks healthy and natural. No one will be able to tell your teeth include implants — unless they look at an X-ray — and you will be able to enjoy foods like apples, popcorn, and sticky candy (in moderation, of course) without worrying about displacing or destroying your implant. Just care for your implants like you would any natural tooth: Brush your teeth at least twice each day and floss every day.

Ready for the smile of your dreams? **Learn more about dental implants and your options for a better, healthier smile by calling Dr. Jelinek and his team at 703-584-5996.**



Can you tell which teeth are implants?

Ask Dr. Jelinek

What's the Difference Between Filling and Bonding

Hi, folks! Dr. Jelinek here again.

Questions are common in dentistry, and there are a lot of misconceptions about oral health and proper hygiene routines. People wonder how often they should floss (every day) or want to know what kind of toothbrush is best for them (soft bristles and electric). I hear a litany of questions every day.

Today, I wanted to offer an explanation to one of the most common questions I hear: "What's the difference between bonding and filling?"

Generally speaking, these are interchangeable terms. Each serves the purpose of filling a gap that's typically left by decay, but bonding has made this process much better. In the "olden days" of dentistry, a dentist would drill out the cavity, carve out some of the healthy tooth, and then it would be replaced with a silver-colored filling. The fillings were this color because they were comprised of mercury. That's likely why you associate cavity fillings with these silver spots that can be seen on people's teeth.

We don't do that anymore. Today, bonding allows us to preserve the integrity of a tooth's structure while removing a cavity and filling the gap it leaves behind. When a patient needs to have a cavity filled, the dentist still removes the cavity, but they are able to leave behind most of the healthy tooth. They



then fill the space with bonding, as if they were priming the tooth like a painter would prime their wall. The filling, which is now colored white, then fills the space, and a specialty light hardens it to secure the bonding.

The addition of bonding and the upgrades to fillings have made this process much simpler, effective, and

user-friendly. Gray-colored fillings are a thing of the past, and the healthy structure of the tooth remains intact.

If you have additional questions about your oral health or bonding and filling, please contact my office today to schedule your next appointment. Please call 703-584-5996. I'm always happy to answer your questions at your next appointment!



Sudoku

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

Solution on Pg. 4

Spring Vegetable and Chicken Pasta Bake

INGREDIENTS

- 1 cup cooked chicken, diced
- 1 14-oz can artichokes, drained and quartered
- 1 cup fresh asparagus pieces
- 1/2 cup carrots, grated
- 1 1/2 cups uncooked penne pasta
- 1 3/4 cups chicken broth
- 1/2 cup fresh chives, chopped and divided
- 1/4 cup fresh parsley, chopped and divided
- 2 tsp minced garlic
- 1/4 tsp salt
- 1/4 cup grated Parmesan cheese, divided

DIRECTIONS

1. Preheat oven to 425 F and grease an 8-inch square baking dish with cooking spray.
2. In the prepared dish, stir together cooked chicken, artichokes, asparagus, carrots, uncooked pasta, chicken broth, half the chives, half the parsley, garlic, salt, and 2 tbsp Parmesan.
3. Cover the dish tightly with foil and bake for 35 minutes.
4. Uncover and stir. At this point, check the pasta to make sure it is al dente. If it's undercooked, cover the dish and return to the oven until pasta is tender.
5. Remove from oven and garnish with remaining Parmesan, chives, and parsley.

Inspired by TheSeasonedMom.com

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

Solution from Pg. 3

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Spring Vegetable and Chicken Pasta Bake

4 *Get in Shape for Your Next Backpacking Trip*

Get in Shape for Your Next Backpacking Trip

3 ESSENTIAL AREAS TO FOCUS ON

Backpacking in the mountains puts a fun twist on the standard campout. By packing all your gear miles from the nearest roads, you can leave the whole world behind and just exist in nature. That said, backpacking can also put a lot of strain on your body — unless you properly prepare for it.

Peak backpacking season isn't too far away, but it could take a couple of months to physically prepare for your next big trip. So, now is the perfect time to start working toward some of the following fitness goals:

Increase Muscle Strength and Endurance

Your leg and core muscles, as well as your shoulders and lower back (ideally to a lesser extent), will do most of the heavy lifting when you're hauling a 30–50-pound pack up a trail. With that in mind, you should devote two nonconsecutive days each week to strengthening these muscle groups. A few good exercises to increase leg strength are jump squats, single-leg deadlifts, step-ups, and hip rolls. A simple way people can increase core strength is by doing planks.



Improve Your Cardio Health

Backpacking includes a lot of walking while carrying heavy weight at a high altitude, which means it's just as important to get your cardiovascular system into shape as it is to strengthen your muscles. Dedicate three days each week — alternating with your strength training days — to building your cardio health with activities like trail running, biking, swimming, or other aerobic exercises.

Improve Your Balance

Backpacking trails are rough, and you'll need good balance to navigate obstacles and step over boulders, creeks, and large roots. The good news is that increased strength and balance go hand in hand. Building up the muscles in your legs and core will help improve your balance, as will taking walks or runs on uneven trails or terrain.

These are just a few quick tips to help you get in shape this backpacking season. For more in-depth instructions, see CleverHiker.com, Backpacker.com, or search "How to Train for Hiking" on REI.com. Happy hiking!