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Features



Breast Cancer Survivor Stories

By Rick Mundy

Carla Vercoe takes an active role in fighting her breast cancer and Mickey Sanborn learns to live in the moment.

Catering and Event Spaces

By Michael Evans

Summer may be over but that doesn't mean the party has to end! In fact, for many, the fall is when the entertaining really ramps up as we head into the holidays. Whether you're looking to host your next corporate function, Oktoberfest, bar or bat mitzvah, or holiday gala, we've got the information you need for choosing the site for your unforgettable celebration!



Top Medical Professionals

Whether you are looking for a dentist specializing in smile makeovers, a surgeon to address your back pain, or a doctor of women's health you can trust the individuals that are profiled in the following pages. Review their qualifications and you will know that we have found for you the TOP professionals in their respective fields.



More Local Hot Spots

By Omid Khanzadeh

Read the continuation of last issue's article on where the locals go for nightlife entertainment.





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Photo courtesy of Wolf Trap

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**Fall Community Garage
Sale & The Kid's Corner**
Saturday, Sept. 14, 9 a.m.-1 p.m.
1420 Beverly Rd., McLean, Va.

Presented by The Alden
**"Broadway
Princess Party"**
Sunday, Sept. 22, 3 p.m.

Welcome the Change of Season
Harvest Happenings
Saturday, Sept. 28, 11 a.m.-2 p.m.
Free admission

Join the fun!
McLean 5k
Saturday, Oct. 5, 8 a.m.
McLean Square Shopping Center
6631 Old Dominion Dr., McLean, Va.

Presented by The Alden
**The Pop Ups "The Great
Pretenders Club"**
Saturday, Oct. 19, 1 p.m.

A Free & Pet-Friendly Event
McLean Pet Fest
Sunday, Oct. 20, 11 a.m.-4 p.m.
McLean Central Park
1468 Dolley Madison Blvd.

Presented by The Alden
**American Shakespeare
Center on Tour**
Saturday, Oct. 26-Sunday, Oct. 27

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SEPTEMBER/OCTOBER 2019

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VIVATYSONS RESTON LIFESTYLES MAGAZINE | 703.585.3354 | 2108 Robin Way Court, Vienna, VA 22182

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Subscriptions for *VivaTysons Reston Lifestyles Magazine* are available for \$12 per year or \$20 for two years. Please address requests to Calamity Media, 2108 Robin Way Court, Vienna, VA 22182, or call us at 703.585.3354, or you can subscribe online at www.vivatysons.com.

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"Explosive," "brilliant," and Grammy-winning (*The New York Times*). Get ready to dance with Wolf Trap's favorite flamenco kings behind "Bamboleo" and "Djobi Djoba." Every online ticket purchase comes with one (1) digital download of The Gipsy King's upcoming album, *Evidence*. US residents only. One album download per ticket. On the album's release date, you will receive instructions via email on how to redeem your album. For ticket purchases made after the album release, you will receive instructions 10-14 business days after your order is placed.

September 8 at 8pm, \$39.50,
The Filene Center at Wolf Trap

Movies for Kids and Families

Bring an indoor picnic and

introduce your kids to the classic animated movies that you love. Sign up to our monthly e-news at mcleancenter.org to find out which movie we will be showing.

September 11 and October 9 at 12:30 pm, Free admission, Community Hall, McLean Community Center, 1234 Ingleside Ave. McLean, VA 22101

Joe Mande—King of Content Tour

On his new King of Content Tour, Joe Mande travels all over America in an heroic attempt to heal a broken nation with his patented mix of humor and content. Joe Mande is a multi-talented comedian/writer/actor known the world over as Hollywood's "King of Content." His Award-Winning Comedy Special can be seen on Netflix. His acting has been featured on *Modern Family*, *Parks and Recreation*, *Brooklyn Nine-Nine* and in the film *The Disaster Artist*. And

his writing credits include *The Good Place*, *Master of None*, and *Kroll Show*. Now is finally your chance to see some of that famous content, live and in person.

September 12 at 8pm, \$16-18, buy your tickets at jamminjava.com, show takes place at The Miracle Theatre, 535 8th St SE, Washington, DC, 20003

The Roosevelts

Indie-rock band, The Roosevelts, kicked off 2017 with a 50 date headlining tour all over the United States. With the addition of new lead singer, Mitchell Kilpatrick, the band has been writing and working on new music. Their show provides a rousing, dance-worthy compilation of songs, but also features poignant tunes that scale the depth of their personality and communicate their story with remarkable power. Having a charismatic ability to connect with fans and a genre-spanning set of songs,

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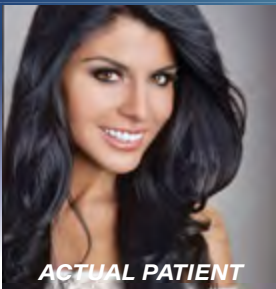
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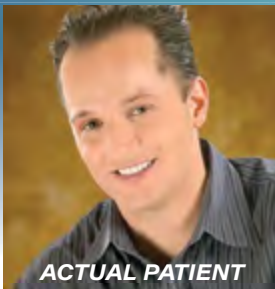
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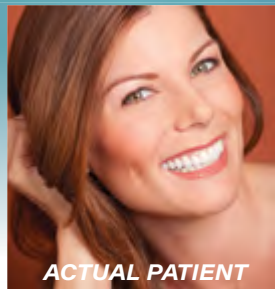
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SEPTEMBER 24
JAMMIN JAVA

Photo courtesy of Jammin Java



concert-goers can't help but smile and dance – making The Roosevelts a band that music fans of any genre can't afford to miss.

September 12 at 8pm, \$15-25,
Jammin Java

Christopher Titus with Rachel Bradley

Christopher Titus never stopped working at bringing the funny. In the twenty years he has performed he has headlined comedy clubs around the country, written, starred and executive produced a hit TV show, and is one of the few comics ever to have a ninety minute comedy special air on two different networks. Christopher Titus has never shied away from subject matter. In his first stand up show, "Norman Rockwell is bleeding" he destroyed the Hallmark card definition of family and brought it into a real place.

The material included in the show covers everything from his mother's mental illness to his father's alcoholism to his ex-girlfriend that used to punch him in the face along with his mother shooting and killing her last husband. Yes, it's funny as hell and can make you shake your head at the same time. "Hard funny is what I go for" Titus says, "It's the kind of joke where you laugh first because you can't help it then you look around to make sure it's OK to laugh.

September 13 at 9pm, \$35-50,
The State Theatre

Fall Community Garage Sale featuring The Kid's Corner

Clear the Clutter!

Shoppers, find bargains at the biggest garage sale in McLean with over 50 vendors! Residents selling household items are welcome. Limited commercial vendors or

flea market dealers are also welcome. Come see the Kid's Corner, where children (ages 3 to 15) can use their math and entrepreneurial skills in selling their gently-used toys, clothes, games and other items. Register for your space early! Advanced registration is required. You may register online, in-person or by phone. Questions? Please call the MCC Registrar at 703-744-9365 or by email at registrar@mcleancenter.org.

September 14, 9am-1pm, Free Admission, 1420 Beverly Road McLean, Va. 22101 (behind Staybridge Suites Hotel), The event is held rain or shine.

Scott Mulvahill

Scott Mulvahill shared the stage with some of the greatest artists of modern music - Ricky Skaggs, Alison Krauss, Barry Gibb of the BeeGees, Bruce Hornsby, Brad Paisley, Peter Frampton, Steven Curtis Chapman, Emmylou

Harris, and many more. He's a full time member of Ricky Skaggs's band Kentucky Thunder, a position he's held for three years. Scott's songs have received honors from the International Songwriting Competition, John Lennon Songwriting Contest, and American Songwriter Magazine's 30th Anniversary Contest, and he has numerous cuts on other artists' albums.

September 18 at 7:30pm, \$15-20, Jammin Java

Broadway Princess Party (All Ages)

Brush off your tiara and unleash your inner princess with royalty in this hit concert direct from NYC! Featuring two-time Tony-nominee Laura Osnes (Rodgers and Hammerstein's "Cinderella"), Tony-nominee Susan Egan (Broadway's original Belle in "Beauty and the Beast," voice of Meg in the movie "Hercules") and Grammy-nominee Courtney Reed (original Jasmine in Disney's "Aladdin" on Broadway). Your every dream will come true as knockout voices sing the petticoats off every princess song in the book, sharing hilarious and heartfelt stories of their royal antics backstage, on stage and beyond! View the video at mcleancenter.org.

"The quality of each princess's singing was astounding... Short of the Tony Awards, I know of no other place where you can find such abundance of talent on one stage." –*Twin Cities Arts Reader*

September 22 at 3 pm, Limited VIP packages with premium seating, exclusive meet-and-greet with the princesses and souvenirs \$85/\$60 MCC tax district residents, \$50/\$45 students and seniors/\$35 MCC tax district residents, The Alden, 1234 Ingleside Ave. McLean VA 22101



The Union Of Sinners & Saints

The Union of Sinners and Saints will feature members from 2 of the best selling Christian Rock Bands of all time. Selling over 12 million records between them, with more than 25 #1 songs, and with over 15 Grammy and 40 Dove nominations and awards, they will perform many #1 songs like Beyond Belief, Independence Day, The Coloring Song, The River Will Flow, Hit You Where You Live, and Desert Rose.

September 24 at 7:30pm, \$30-50, Jammin Java

Lunchtime with the Arts at Mason - NOVATEQ

A professional tuba-euphonium quartet featuring Mason alumni and graduate students plays a wide range of engaging music, from popular songs to classic tunes to pieces composed and arranged by and for the group.

Presented by Reston Community Center and Reston Town Center Association in partnership with GMU College of Visual and Performing Arts.

September 26 from 12:30-1:30pm, Free for All Ages, Reston Town Square Park Corner of Market Street and Explorer Street in Reston

STS9 Axe the Cables

For the first time ever, STS9 brings their acoustic Axe The Cables show to DC! Inspired by the 50th anniversary of the Apollo 11 spaceflight, which sent two Americans to land on the moon for the first time ever!! STS9 will be celebrating a theme of exploration at every stop on the tour—all shows will be custom crafted to explore the STS9 catalogs, and we have some special

plans for each stop in the north east we're looking to go where no sectornaut has gone before... LFG! Special VIP packages available.

September 26-28 at 9pm, \$50, The State Theatre

Reston Multicultural Festival 2019

The 19th annual Reston Multicultural Festival celebrates Reston's rich diversity through song, dance, food and art. Learn about our mosaic of cultures as the community gathers for a delightful day at Lake Anne Plaza. The Reston Multicultural Festival is hosted by Lake Anne Plaza and co-sponsored by Reston Association, with partners from a variety of Reston-based organizations and businesses. This signature Reston event honors the diversity that is one of our greatest assets. Everyone is encouraged to dress in attire that shares their pride in their own cultural roots.

September 28 from 11am.-6pm, free, Rain or Shine, All Ages, Lake Anne Plaza, 1609 Washington Plaza W, Reston, VA 20190

Mini Ladd Presents

Demonetized Tour Featuring BigJigglyPanda

Mini Ladd & BigJigglyPanda are taking their live show across North America! Stand up, memes, video games, stories that will make you laugh, stories that will make you cry and stories that will travel through existential planes towards the merch table (can't confirm that one, just a shameless plug). Come be a part of the "controlled" chaos that is the Demonetized Tour. YouTube can take our money, but they can't take

away this tour!

October 3 at 8pm, \$36-102, The State Theatre

Lunchtime with the Arts at Mason—Bernstein Does Broadway

Mason's School of Theater presents highlights from the groundbreaking Broadway compositions of Leonard Bernstein, composer of

such hits as Candide, West Side Story and On the Town. Presented by Reston Community Center and Reston Town Center Association in partnership with GMU College of Visual and Performing Arts.

October 10 at 12:30-1:30pm, Free for all ages, Reston Town Square Park, Corner of Market Street and Explorer Street

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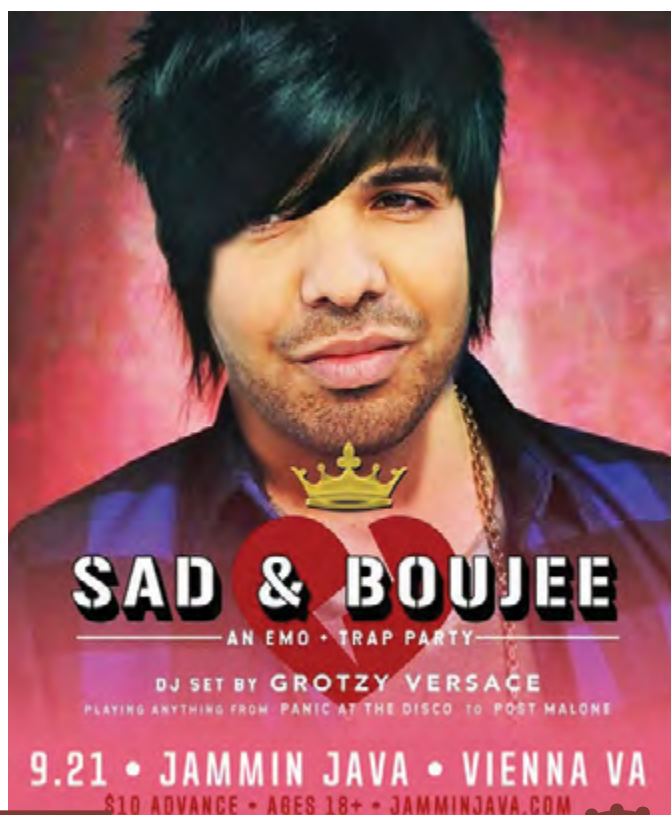


Photo courtesy of Jammin Java

10 PM

Aspire Presents

Sad & Boujee (Emo meets Trap Party)

PINNING: Drake, My Chemical Romance, Post Malone, Panic At The Disco, MIGOS, Fall Out Boy, Lil Uzi Vert, Taking Back Sunday, Future, Paramore, Cardi B, New Found Glory, Young Jeezy, Good Charlotte, Gucci Mane, Jimmy Eat World, 2 Chainz, The Used, Kayne West, Saves The Day, Lil Peep, Bowling For Soup, 21 Savage, Simple Plan, G-Eazy, Mayday Parade, Nicki Minaj, Blink 182, Fetty Wap, The Wonder Years, 3oh3l, Travis Scott, The Killers and more.

September 21 at 10pm, \$10-20, Jammin Java

SEPT 21



Photo courtesy of Jammin Java

7 PM

Chely Wright

Chely Wright rose to fame as a commercial country singer in the 90's, and has since released eight studio albums and charted more than 15 singles on the Billboard charts. The Academy of Country Music named Wright "Top New Female Vocalist of 1995." Her first hit came in 1997 with "Shut Up and Drive"

followed two years later by her first number one single, "Single White Female," and in 2005 "The Bumper of My S.U.V." In 2010, Chely Wright released her eighth album, *Lifted Off the Ground* produced by Rodney Crowell, revealing a dramatic artistic transformation and emerging as a singer songwriter of the first order. Chely made history by being the first country music star to publicly come out as gay, which she revealed in her 2010 memoir entitled "Like Me." In 2016, Wright released her critically-

acclaimed studio album entitled *I Am The Rain*, produced by Joe Henry. The end of 2018 saw the release of the holiday EP *Santa Will Find You*, which No Depression called the "warmest, most-family oriented" of recent holiday records. Chely released a new Americana EP entitled *Revival* in May of 2019.

October 13 at 7pm, \$15-25, Jammin Java

The Ocean Blue: The "Bring The Kids" Show

The Ocean Blue's debut record on the famed Sire Records label in 1989 achieved widespread acclaim and radio & MTV airplay. The band of four young high schoolers from Hershey, Pennsylvania went on to do two more well-received records for Sire, the atmospheric *Cerulean* and alt pop *Beneath the Rhythm and Sound*, and a fourth record for Mercury/PolyGram, *See The Ocean Blue*, before leaving the majors in the late 90s. The band did several independent releases in the 2000s, including *Davy Jones Locker* and *Waterworks*, and within the last several years began working on a new full length record, their first in over 10 years. That record, entitled *Ultramarine*, is out now on Korda Records, a new Minneapolis cooperative label that the band helped launch in late 2012.

October 5 at 6pm, \$22-80
(Family 4 pack), Jammin Java

ZOSO The Ultimate Led Zeppelin Experience

ZOSO - The Ultimate Led Zeppelin Experience formed in 1995 to perform the most accurate and captivating Led Zeppelin live show since the real thing. For Zoso, it's much more than just being a tribute. It's about touching a golden era in music. Zoso embodies Page, Plant, Bonham and Jones in their spirit, tightly-wound talent and authenticity.

October 12 at 9pm, \$17-20,
The State Theatre

An Evening with Eight-Time Grammy Award Winner Buddy Guy

Buddy Guy is one of the most celebrated blues guitarists of his generation (and arguably the most celebrated), possessing a sound and style that embodied the traditions of classic Chicago Blues while also embracing the fire and flash of rock & roll. He was inducted into the Rock & Roll Hall of Fame in 2005, with both Eric Clapton and B.B. King presenting him with his award, and in 2012 he performed a special concert at the White House, where he persuaded President Barack Obama to join him at the vocal mike for a few choruses of "Sweet Home Chicago."

October 14 at 8pm, \$79, The State Theatre

Amy Rigby: Girl to City

Rigby's 2018 solo album *The Old Guys* received ecstatic reviews in the US and UK. It was called one of the top ten albums of the year by NPR. Fresh Air critic Ken Tucker and included in the Top 100 Albums of 2018 by the Village Voice Pazz & Jop Critics' Poll. Since touring the US and UK with *The Old Guys*, Amy released new single and video "Tom Petty Karaoke" and a studio version of live favorite "The President Can't Read," named #1 single in Greil Marcus' Real Life Rock Top Ten, Rolling Stone, March 2019. In celebration of *Girl To City*'s long-awaited memoir to be published in October, Amy will read selections from the book and rock songs from her catalog on Gibson J45 and Danelectro 12-string guitars.

October 18 at 8pm, \$15-25,
Jammin Java

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continued from page 14

Eilen Jewell “Gypsy” Record Release Show

American Songwriter describes Eilen Jewell as, “one of America’s most intriguing, creative and idiosyncratic voices.” The Boise, Idaho songwriter is one of a kind. That singular voice springs forth from a woman of more than one mind, and she taps into many of them on *Gypsy* (August, 2019 Signature Sounds Recordings). By turns personal and political, pissed off and blissed out, Jewell’s first album of original material since 2015 expands brief moments of joy into lifetimes, and distills epic sentiments and persistent doubts into succinct songs.

October 22 at 7:30pm, \$20-30,
Jammin Java

Mat Kearney

City of Black and White Revisited Acoustic Tour

Combining classic songs with modern, beat-heavy production, Mat’s fifth album *Crazytalk* offers up a sound that’s both cerebral and visceral. It’s music for the head and the heart, but it’s also music for the dance floor. The album’s opening track, “Better Than I Used to Be,” takes a look at those early days in Kearney’s backseat. It’s a song about growing tall without forgetting your roots, laced with vocal effects, programmed percussion, and the familiar croon of Kearney’s voice. That voice takes center stage on slower tracks like the modern, minimalist “Memorized” and a nuanced cover of Sade’s “By Your Side,” with both songs proving that *Crazytalk* doesn’t need lush, layered production

to pack a punch. On album highlights like “Kings & Queens,” though, Kearney makes room for an arsenal of instruments. He played many of them himself, beefing up the mix with digital samples and electronic flourishes. The album’s songs were written in a similar way, with Kearney taking inspiration from organic instruments as well as synthesized loops.

October 23 at 8pm, \$30-35, The
State Theatre

Lunchtime with the Arts at Mason— Autumn Jazz with Mason Music Productions

Students from Mason’s nationally-recognized jazz studies program play us into autumn with a program of jazz standards and pages from the popular repertoire.

Presented by Reston
Community Center and
Reston Town Center
Association in partnership
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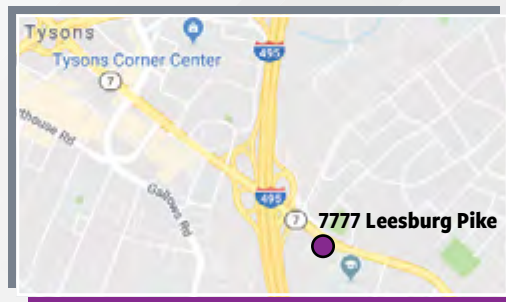


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Carla Vercoe

Taking an active role in fighting her breast cancer



Carla Vercoe is all about wellness. She maintains a vegan, all-organic diet and is not overweight. She owns her own Pilates studio, Studio BE in Fairfax Corner, which she operates with wellness in mind as well. So she was shocked when she learned of her breast cancer diagnosis. “I just didn’t think of myself as a likely candidate. I certainly didn’t want to be a bald, sickly person and decided to find alternative ways of treatment.

“When you get that call your whole world shuts down. It’s the worst news you could get and I was so scared. Most people just go to the doctor and follow the doctor’s recommendations, but I want people to know that it’s OK to say ‘no’ to the doctor. You need to be aggressive and proactive. Because of my concerns for wellness, I didn’t want chemotherapy that is normally prescribed for my situation. That meant I had to do a lot of research myself” which took a couple of months. Vercoe found a top integrative cancer doctor in Florida who was happy to use a different process called IPT, or Insulin Potentiation Therapy. Using that meant

she received only about 10% of a standard chemotherapy treatment.

Unfortunately her treatment, while effective, is not FDA-approved so she has had to bear significant costs of up to \$40,000, most of which are not likely to be covered. A friend raised around \$20,000 through a GoFundMe campaign but the personal costs are staggering. However it was important to Vercoe to be able to tell the doctor “what I would or wouldn’t do.”

Vercoe reports that it has been tough and frustrating, but after 20 weeks of treatments, “it’s amazing how your mind adjusts. I say to myself, ‘this is it, this is good’ and I don’t get upset anymore. I’m as positive as I can be.” She and a friend ran a women’s retreat in Mexico in the spring that became a healing experience for her as well as everyone else.

In general she finds that just sharing her story with others garners “so much support. I’ve reached this point with the love and support of others. I’ve heard others say that

once they were diagnosed with breast cancer, they just stayed home a lot. If you isolate yourself, you become more depressed.

“It was important to me to keep exercising and keep working and regain a positive attitude. And because I started feeling better mentally, I think I started feeling better physically.”

For even more ideas in living with and treating breast cancer, Vercoe recommends a website called ChrisBeatsCancer.com that gives folks a great list of questions to ask your doctor if you are in this situation. She will be featured in a breast cancer documentary on Conscious Living TV following her mastectomy which took place in August. The filmmakers have followed her through the entire journey because of her proactive approach.

As for the future, Vercoe says, “It could come back, but why worry? I will continue to be proactive but I want to think of it as a little fluke of nature that is now gone.”



Mickey Sanborn

Living in the moment

Mickey Sanborn doesn't spend time worrying about the future. When she was diagnosed with Stage 3 breast cancer in 2005, her matter-of-fact reaction was that there would be a way to beat it. The cancer never slowed her down nor kept her from doing everything she wanted.

Oh, she went through standard treatments of chemotherapy and later radiation, but never had extremely adverse reactions. After the treatments, her tests were clean for a couple of years, but in 2008, the breast cancer returned in her liver and lungs. (When the cancer metastasizes it remains breast cancer even in other organs.) More treatments. Another time a surgeon noticed that her throat was enlarged and, upon further testing, identified thyroid cancer.

"These diagnoses keep coming up," Sanborn smiles, "but I'm still here. I'm lucky to be living in a time and a place where they are implementing advanced treatments and they keep pulling stuff out of their hats." In fact she is about to begin her third clinical trial and mentioned her bone scan Wednesday, CT scan Thursday, heart scan Friday,

and so on as if they were trips to the store. For Sanborn, dealing with breast cancer is "just a part of my life." She simply doesn't allow it to affect her negatively. Using a common metaphor, Sanborn never sees the glass as half-empty. It's half-full and it's a drink to enjoy while you have it.

"I have always tried to live in the moment," says Sanborn. "I may plan ahead some, for a trip or something, but I don't spend time worrying about what the future may bring." Growing up in Louisiana, she attended Louisiana Tech, majoring in journalism. Her early career included photo work with a local newspaper, later the Orlando Sentinel, but ultimately - being in the right place at the right time - she fell into a photographer position with the Air Force and the Pentagon - something of a dream job allowing her to travel and take photos. Her advice to those looking for a job is that "if you don't have anything and a job is available, take it. You have no idea what it will lead to."

Sanborn also has thoughts for those facing a diagnosis of breast cancer. "It is not a death sentence," she offers. "There are so many

new developments coming out all the time that the future can be positive. Continue to do what you enjoy doing. Make sure you have a good doctor, that's important. If you're wondering about a doctor, ask the nurses. They will tell you anything you need to know. Also you should find a nurse you like and get the same nurse every time."

Sanborn was lucky not to experience feelings of depression or isolation as many breast cancer patients have reported. With her sunny outlook, that is not surprising. Physically she has generally felt fine and she has good friends who have always supported her. She stays active, enjoys her neighbors, and participates in local activities.

Perhaps her most important observation is that having breast cancer changed her perspective on the rest of her life. Issues that may have bothered her at one time do not impact her so much, further underscoring the philosophy that it is best to live life to the fullest.



Cooler Heads

Prevail

Nonprofits Raise Awareness and Funds to Help Chemotherapy Patients Keep Their Hair

By Analiese Kreutzer

One of the biggest concerns cancer patients have about undergoing chemotherapy is the loss of their hair. This sudden hair loss can be traumatic, not only because our hair is an integral part of our personal identity, but because hair loss also means a loss of control and privacy. A treatment called scalp cooling allows patients undergoing chemotherapy to keep more of their hair, and two nonprofit organizations are dedicated to spreading awareness about scalp cooling and increasing cancer patients' access to it.

The Science Behind Scalp Cooling

Scalp cooling is exactly what it sounds like, keeping a patient's scalp cool during chemotherapy treatments. Scalp cooling has been used around the world for decades to prevent chemo-related hair loss, but it is relatively new in the United States.

The cold reduces the flow of blood to the hair follicles, so the follicles absorb less of the chemotherapy medications. The cold also slows the rate of cellular metabolism

in the scalp, which lessens the effect of the chemo medications on the scalp.

Patients still experience some hair loss, but, according to HairToStay—a nonprofit organization founded in 2016 to raise awareness and provide subsidies to patients so they can take advantage of scalp cooling treatments—one-third of the treatment recipients retained more than 80% of their hair and half retained at least 40% of their hair. This had a tremendous effect on the patients' sense of well-being, control of their privacy and desire to be social.



Manual and Automated Cooling Options

There are two methods for cooling the scalp during chemotherapy. Manual cold caps have been used in the United States for about 10 years, but only on a limited basis. The U.S. Food and Drug Administration (FDA) has not cleared manual cold caps, so patients must rent them privately and bring them to their treatment centers. Patients need more than one cap because the caps must be switched out as they warm up during treatment. Replacement caps must be kept cold at -22 degrees Fahrenheit, a temperature most freezers don't reach, so patients often have to rely on dry ice in a cooler. The Rapunzel Project, a nonprofit organization based in

Minnesota, has been instrumental in raising money to purchase biomedical freezers for the cold caps and installing them at infusion centers.

Another method of scalp cooling was approved by the FDA in December 2015. It uses an automated device that provides continuous cooling to a cap, making multiple caps and freezers unnecessary. While the automated machines are becoming more available, most patients still use the manual caps for the treatment.

Since scalp cooling is still quite new in the United States, insurance companies usually don't cover it. To make this treatment available to those who wouldn't otherwise be able to afford it, San Francisco-based HairToStay provides need-based grants so more patients have access to the treatment, either the manual caps or the automated system.

HairToStay is funded by private and corporate donations, business partnerships and crowdsourced

funding. It also partners with haircare professionals, manufacturers and beauty product distributors across the country to raise funds and awareness. HairToStay encourages salons to hold fundraising campaigns called Salon-a-Thons, and HairToStay works with them to tailor a program that works for them. Some examples of salon fundraisers include donating the proceeds from a day of service or product sales, hosting a cut-a-thon, or pledging a percentage of service and/or product sales for a period of time.

To learn more about HairToStay, to donate or to apply for a subsidy for scalp cooling treatment, visit HairToStay.org. To learn more about The Rapunzel Project or to donate, go to RapunzelProject.org. ♦

Analiese Kreutzer is a contributing writer to VivaTysons and VivaReston. As a long-time resident of the area, she is passionate about the communities, people and businesses our publications cover. She can be reached at AnalieseKreutzer@gmail.com.

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*Briar Patch*

Catering Spaces & Places

By Michael Evans

Summer may be over but that doesn't mean the party has to end! In fact, for many, the fall is when the entertaining really ramps up as we head into the holidays. Whether you're looking to host your next corporate function, Oktoberfest, bar or bat mitzvah, or holiday gala, we've got the information you need for choosing the site for your unforgettable celebration!

Depending on the type of event you are hosting, you'll want to consider the following:

Head Count – How many guests do you anticipate hosting? This will help to narrow down your venue options based on their maximum (and comfortable) capacity. Keep in mind; the type of event also impacts your spacing needs... For example, a cocktail reception with high-tops spaced out for standing and mingling has greatly different needs than that of a butlered dinner.

Amenities – What is included in your rental fees? Some venues include tables, chairs, linens, etc. while others

require you rent your own. Similarly, some spaces require use of an in-house caterer, whereas others allow you to bring in your caterer of choice. Setting your priorities and determining what your caterers needs are will help you to factor in any additional expenses that may be required.

Location – Where is your venue, and how far are people travelling to get there? Depending on the nature of your event, you may want to consider proximity to airport and/or lodging for your guests. Some hotels may include a shuttle to and from the airport,

or within a certain radius, providing added convenience for your guests. Additionally, another factor to consider is accessibility to other dining, nightlife and attractions nearby, particularly if your guests are coming from out of town or are staying for longer than just your event!

Theme – Does your event have a particular theme or overall aesthetic you're looking for? This may help to narrow your search! Envisioning the details of your celebration coming to life will help to quickly prioritize what you're looking for in a venue.



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Washington, D.C

www.dar.org/national-society/entertaining-dar

DAR Headquarters is conveniently located in the heart of Washington, D.C. While the O'Byrne Gallery and Portico are notable for their elegance and stunning views of the Washington Monument, respectively, there are a total of nine indoor and outdoor event spaces available for private events! With so many spaces to choose from to fit your taste and budget, you're sure to be covered for your next stately event, corporate fundraiser or wedding!



Photo credit: Scott Braman

Daughters of the American Revolution Headquarters

Some options you may want to factor in as you're planning include cohesion with style of tables and chairs and tablescapes, to centerpieces and flowers, backdrops, lighting & flexible space (for dance floor, music, other entertainment, games/activities, etc.), and of course capacity and pricing.

While all of this may seem overwhelming at first, it's important to remember that there is no shortage of event spaces in the D.C. Metro Area! The vast array of sites provides something for everyone, from intimate gatherings, to large conventions, and from rustic barns to historic halls. We've included a small round up of some of our favorite local venues to get your search started!

Briar Patch Bed & Breakfast Inn

Middleburg, VA

www.briarpatchbandb.com

The Briar Patch offers a variety of spaces based on the size and duration of your event. From small and intimate gatherings, to large weekend-long celebrations, you'll enjoy this picturesque setting in the heart of horse country. As an inn, this all-inclusive property provides guest access to B&B rooms on site, as well as many of the rentals needed for your event, making this one of our favorite spots for weddings, bar/bat mitzvahs and corporate retreats!



The George Washington Masonic National Memorial

Alexandria, VA

gwmmemorial.org/pages/rental

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parks.arlingtonva.us/rentals/hendry-house

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Stone Tower Winery

Leesburg, VA

www.stonetowerwinery.com/weddings-events

Set amongst the gorgeous backdrop of Hogback Mountain is one of the areas most popular wineries, Stone Tower Winery. From small get-togethers with friends for wine tasting and a picnic, to weddings, corporate and private events, Stone Tower is the place to be! The Vineyard View Ballroom, so aptly named for its sweeping views of the mountain and vines, serves as a beautiful option for

large events, while Wild Boar Hall and the Summit Room provide the perfect setting for a more intimate corporate retreat. With several spaces available to rent, this is one of our favorite venues due to the natural beauty and functionality for hosting special events!



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www.sugarloafmd.com/strong_mansion.html

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Michael Evans is chef-owner of Helga's Caterers, a family-owned, full-service catering company with over 35 years of experience in providing fine food and excellent service for all of your catering needs throughout the D.C. Metro Area.



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Early History of St. John's Episcopal Church

McLean, Virginia

By Carole Herrick

The history of McLean's St. John's Episcopal Church begins in 1866 with Sunday school classes being taught by Cordelia Slade in the log-cabin home of her father, William Slade, located on Georgetown Pike at the edge of the village of Langley. An Episcopalian congregation soon formed and members began worshiping in the nearby pre-Civil War Langley Methodist Church; some services were held in private homes. There were enough Episcopalians in the area that the congregation decided to build a church of their own. Land was obtained on Georgetown Pike to the east of Langley Fork from local resident Henry Taylor. A small clapboard box-like church building was consecrated on June 24, 1877. The surrounding roads were of poor quality and transportation was a continual problem for both the membership and pastors; often Sunday services were not held. The church had trouble maintaining a pastor, even a part-time one. The few families that

continued to teach Sunday School prevented the building from falling into disrepair.

On July 4, 1906, the Great Falls & Old Dominion Railroad began operating. The 14 mile trolley route connected Rosslyn with the Great Falls and its tracks crossed Chain Bridge Road where the stop was named Ingleside. The Ingleside stop was located about half way between the villages of Lewinsville and Langley and simply became known as McLean in 1910. At this time St. John's was floundering. Regular services were at a bare minimum. The Langley area was very rural. Transportation continued to be a problem for the church. In order to survive, its members looked into relocating to a site near the Ingleside stop. A quarter of an acre of land was purchased from Matthew and Ella Laughlin near the Ingleside stop on the south side of Chain Bridge Road on August 12, 1908. Included in the purchase was a right-of-way easement granted by the Great Falls &

Old Dominion Railroad for a sidewalk along Chain Bridge Road which gave access to the tracks. The original church building was then physically moved in August of 1909 from its Georgetown Pike location to the new location in Ingleside. The following is a description of the move of the church building as described by a six-year old Mervin Boston:

"they jacked up the church and put logs under the frame. Then they put timbers on the ground for the logs to roll on. A cable was attached to the building and run to a winch just like the ones they used to pull up stumps with. They used a horse to walk around the winch and turn it so it tightened the cable and pulled the church forward. When a log rolled free from under the church, it was hauled back to the front and started under the church again. After the building got up to the winch, they unwound the cable, moved the winch forward, and started all over again."



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The move turned out to be positive for St. John's and the congregation began to grow. In 1910 the congregation purchased an additional 43,714 feet of land from Matthew and Ella Laughlin. This purchase allowed church officials to establish an independent parish known as the Langley Parish which covered about 50 square miles. This was followed by the erection of a rectory in which a minister would reside who would only serve the newly created parish and St. John's Episcopal Church. The rectory was completed in the spring of 1913. The Reverend William Painter became the first rector of St. John's on October 1, 1913. An additional six-foot strip of land adjacent to the church property was purchased from the School and Civic League in 1916 upon which a parish hall was constructed in 1922. The parish hall operated as a community center but was used for many more activities that included a motion picture theatre, antique shows, the Parish Players, and, for a brief time in the early 1950s, the “Straw Hat Players,” a summer theatre group.

The congregation at St. John's grew steadily over the years. And the area around the McLean stop became the core of McLean. The closing



of the railroad in 1934 had little effect on St. John's. This was because the core congregation, even though rural, had significantly expanded and the automobile had become the mode of travel, making it easier for people to get to church activities. The tracks were removed and the railbed became Old Dominion Drive and covered with asphalt pavement. After World War II, when many who worked for the War effort decided to remain in the area, the church was “bulging at the seams,” particularly during Sunday worship services. People were now arriving in automobiles and the limited parking became an issue. It was time to find a new site upon which to build a larger church. On October 29, 1953, the congregation voted to purchase 12.92 acres along Georgetown Pike; the purchase price would not surpass \$2000 per acre. The property was purchased from Catherine and Oswald Carper on March 24, 1954. Ground was broken on March 27, 1955, for the new church and the first services were held in the new building on July 15, 1956.

The issue now was what to do with the Chain Bridge Road property. The original church building and parish hall were vacant, but the Reverend Al Matthews continued to live in the rectory until September 1959. The area had been zoned commercial. The vestry of St. John's sold 28,031 square feet of property,

which included the church and parish hall, on May 29, 1959, to Virginia Stations, Inc. Both buildings were taken down and a filling station was built on the site. The sale of 32,338 square feet of property to John and Esther Hampton, that included the rectory, followed on December 3, 1959. The Hamptons kept the rectory and leased space to local businesses such as Stell Insurance Agency, Frederick W. Berens Real Estate, Crowell & Company Real Estate, and John R. Hampton Plumbing and Heating.

The Hamptons sold the rectory property to Frances and Paul Justice on April 10, 1964, who moved their McLean Service Station business from its location at Chain Bridge Road and Old Dominion Drive to the new site and continued to rent the adjacent rectory building starting with Hicks Realty, Inc.

Beginning in 2000 renowned photographer Jeff Lubin used the space for his portrait studio. He vacated in 2015 and the former rectory for St. John's Episcopal Church was occupied by NOVA Firearms. This was extremely controversial because the property backed up to the playground of the Franklin Sherman Elementary School. There were citizen protests. In September of 2017 NOVA Firearms relocated to another location. The old rectory building sat vacant for over a year and a half until Boss Design Center, a remodeling agency, set up shop in 2018. The façade of the traditional white clapboard building was dramatically changed. Boss Design painted the outside a dark blue-black, gave it a white roof, and highlighted the trim around the windows in bright yellow. It is the same structure; just a different coat of paint.

Residents, particularly newcomers, have little knowledge of the history of McLean, an unincorporated community with a total of 24.88 square miles. I feel that McLean is fortunate the rectory remains today. Even though the original St. John's church building and parish hall have disappeared, the 1913 rectory building with its colorful facade, gives today's residents a glimmer toward understanding “footprints” that helped shape the community in which they live. ♦



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Whether you are looking for a dentist specializing in smile makeovers, a surgeon to address your back pain, or a doctor of women's health you can trust the individuals that are profiled in the following pages. Review their qualifications and you will know that we have found for you the TOP professionals in their respective fields.



Dr. Liliana Calkins

Dr. Calkins is dedicated to providing patients with the highest quality and technology in orthodontic care. As an internationally trained orthodontist, she holds two degrees in dentistry and orthodontics. Dr. Calkins is a continuous student, and has access to the best training centers in her specialty, such as the elite Dawson Academy and The Piper Research and Education Center. Dr. Calkins successfully combines the latest technology in her field with her education to better serve the oral health needs of her patients.

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Dr. Brian R. Subach

Brian R. Subach M.D., F.A.C.S. has been named one of America's top doctors as featured in the American Airlines magazine. Dr. Subach is both a neurosurgeon and a complex spine surgeon, and is Board-Certified in both disciplines. In addition Dr. Subach holds a functional medicine certification in age management medicine from the AMMG. He has held this certification since October 2014 giving him a unique perspective on the progressive degenerative changes that affect the spine, advanced treatments for refractory osteoporosis and the unique benefits of intravenous nutritional therapy.

He is a nationally recognized expert in the treatment of spinal disorders and lectures extensively. He is a fellow in the American College of Surgeons an active member in the American in the American Association of Neurological Surgery and the North American Spine Society. He has been named to the international Lumbar Spine Study group and has been consistently recognized for his accomplishments in the Castle Connolly guide to Top Doctors, the Washingtonian Top Doctors and Becker's Healthcare that places him in the top 100 of all spinal surgeons.



Dr. Brian R. Subach



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Dr. Lan Tran

As a graduate from Thomas Jefferson High School for Science and Technology (TJHSST), Dr. Tran went on to earn his bachelors in both Business and Science from The College of William and Mary. After completing his dental studies at VCU School of Dentistry and Detroit-Mercy School of Orthodontics, Dr. Tran is glad to be home and give back to the area he grew up.

As a Board Certified Orthodontist, Dr. Tran wants to ensure that not only is your smile aesthetically pleasing, but also functionally correct.

At Novel Smiles, Dr. Tran and his team will put your needs first to achieve efficient and comprehensive treatment in a supportive, fun environment. Years of continuing education beyond residency has allowed Dr. Tran to integrate current research and technology to give you the best treatment possible. Knowing orthodontic treatment is an investment, the office provides comfortable financing options to ensure you get the smile you deserve!



Dr. Lan Tran

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Dr. Rishita Jaju

Dr. Rishita Jaju is a board certified pediatric dentist. She has achieved the Advanced Laser Proficiency Certification from the Academy of Laser Dentistry. Her expertise in using Waterlaser safely and effectively is recognized by the World Clinical Laser Institute with their highest mastership certification. She received her specialty training in pediatric dentistry at Children's National Medical Center (CNMC) in Washington, DC where she continues to serve as clinical faculty.

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TOP MEDICAL
PROFESSIONAL

Dr. Geith Kallas

Dr. Geith Kallas

TESTIMONIAL

★★★★★

"As a newscaster I have to be aware of how my smile looks both on-camera and off. I had veneers already, but wasn't happy with them. When I decided to re-do them, I researched nearly 40 doctors, but chose Dr. Kallas because I knew my smile would look beautiful before and after the new veneers were complete. There's a dramatic difference between my old veneers and what I have now from Dr. Kallas. I can see and feel the difference and so can the people watching me on TV. I get so many emails from viewers complimenting me on my smile."

-CHRISTINE KLIEN, NEWSCASTER FOR ABC7, 2016

Dr. Kallas realized early in his career that the techniques and materials used in cosmetic dentistry could also be applied in general dentistry for better, more long-lasting and attractive results. He has been a pioneer in modern dentistry for nearly 20 years.

His training includes Howard University, College of Dentistry postdoctoral training and internship at the District of Columbia General Hospital. His advanced training and continuing education are pursued at the Las Vegas Institute for Advanced Dental Studies (LVI), one of the world's most renowned facilities for aesthetic and neuromuscular dental training.

Dr. Kallas is distinguished in the U.S. and internationally for excellence in dentistry and for his contributions to his community.

Dr. Kallas is a member of the American Academy of Cosmetic Dentistry, the American Dental Association, the Virginia Dental Association, the Northern Virginia Dental Society, the American Academy of Laser Dentistry, the International Association of Orthodontics, the American Association of Functional Orthodontics, the American Academy of Craniofacial Pain, and the International College of Craniomandibular Orthopedics.

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Dr. Gema Island

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Drs. Daniel Han & Sooyeon Ahn

Drs. Daniel Han and Sooyeon Ahn are experts in the fields of preventative care, restorative and cosmetic dentistry, fixed prosthetics, periodontics, and implantology. Dr. Han & Dr. Ahn have designed their practice to meet all your dental needs in a comfortable environment with a team of specialists. Dr. Han is dual-certified in implantology and periodontal prosthetics, as well as periodontics, by the University of Pennsylvania. Dr. Ahn specializes in the field of orthodontics.

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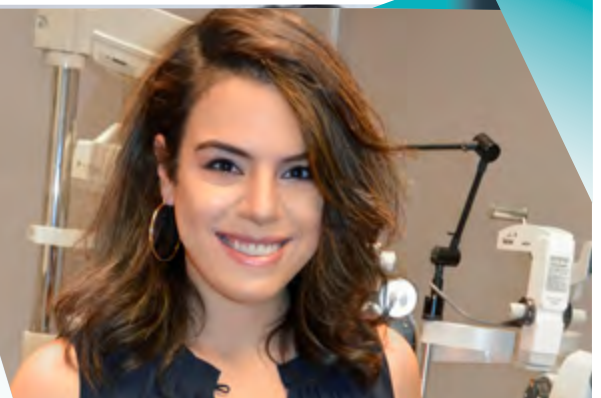


Dr. Sahar Emami

D. Sahar Emami has a B.S Degree in Neuroscience from George Mason University and attended the Inter American University of Puerto Rico School of Optometry. Her passion for optometry stems from her understanding that treating her patients is a privilege. She is grateful for the opportunity to help her patients live their best lives by emphasizing not to settle for just "okay" vision, and to listen and communicate effectively with my patients.

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Yongsook Victoria Suh, MD

Yongsook Victoria Suh, MD

TESTIMONIAL

★★★★★

I researched several sources before I decided to make an appointment with Dr. Victoria Suh. I was definitely apprehensive at my first consultation but was quickly at ease as she thoroughly explained different treatments for me and answered all my questions. Never once did I feel pressured into having anything done. I have been going to Dr. Suh and have received exceptional results! I contribute this to her impressive knowledge of facial structure due to her surgical skills, as well as her strong desire to produce the best results. She has an excellent demeanor and an eye for creating a natural looking results. I have recommended several of my friends because I am confident they will receive safe, beautiful results that will make them feel fabulous! She is the best in Northern Virginia!

D.H.

Yongsook Victoria Suh, MD, the founder of Victoria Plastic Surgery Center, is well recognized as one of the Best Cosmetic Surgeons in Metropolitan DC area. She has been voted as one of the Top Plastic Surgeons by the Washingtonian, the Northern Virginia Magazine, and the Super Doctors. She is the past President of National Capital Society of Plastic Surgeons. Dr. Suh has a great enthusiasm for education. She is an Assistant Clinical Professor at VCU School of Medicine. Dr. Suh has been recognized by the Plastic Surgery Education and Research Council for her research in Cleft Lip and Palate. Dr. Suh also conducted research in Breast and Burn Reconstruction. She serves as a Board Member in numerous societies. With her advanced training and dedication to perfection, Dr. Suh specializes in all aspects of facial rejuvenation and body contouring. She is featured Plastic Surgeon for "Facelifts" and "Mommy Makeover" in the Washingtonian magazine. Dr. Suh's passion is to enhance the unique features of her patients, bringing harmony and natural beauty to life in the most safe environment at the state of the art facility. She believes that combining the newest surgical techniques and upto date modern technology can change, enhance, or encourage a person's life.



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Dr. Izzat Sbeih

A McLean VA native, Dr. Sbeih attended The George Washington University for his undergraduate and graduate studies. He then attended the Medical College of Virginia where he was awarded his Doctor of Dental Surgery degree in 2008. Since then, Dr. Sbeih has committed himself to continuing education with a special emphasis on Cosmetic dentistry, occlusion and implant dentistry. In 2016, Dr. Sbeih received the Mastership award from the Academy of General Dentistry—one of the most respected designations in his profession and the highest designation awarded by the Academy of General Dentistry. Upon meeting him you will realize that dentistry is his passion. He places a very strong emphasis on patient education and cosmetic dentistry and his goal is to provide the highest quality of care in the most comfortable environment. At Novel Smiles, Dr Sbeih works with a team of board-certified specialists under one roof to ensure that everyone gets the highest quality care for the smile they deserve.



Dr. Izzat Sbeih

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Dr. Dima Ali

Dr. Dima has a 15 year history of proven excellence in her field and doctors come to WellMedica to learn how to use the latest technological innovations. Dr. Dima, known for treating many of Washington DCs political elite, attended The George Washington School of Medicine, is Board Certified by the American Board of Laser Surgery, a Fellow of the American Academy of Laser Medicine and Surgery and is a Faculty Member of the American Society of Cosmetic Physicians.

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DR. LILIANA L.C. CALKINS RECOGNIZED BY CONTINENTAL WHO'S WHO AS A PINNACLE PROFESSIONAL OF THE YEAR

In the field of Medicine in recognition of her role as Specialist
in Orthodontics and Craniofacial Orthopedics at Sunrise
Orthodontics Facial & Airway Development Center.

Dedicated to providing her patients, with gold standard quality orthodontic services; Sunrise Orthodontics Facial & Airway Development Center, specializes in providing exceptional dental sleep medicine, craniofacial orthopedics, orthodontic and orofacial myology care to those they serve. Utilizing the latest innovations in medical dental technology, the team at Sunrise Orthodontics combines the most advanced techniques with a compassionate approach to cater to the wellbeing of their patients.

With 25 years of experience as a specialist in Orthodontics, Dr. Liliana L.C. Calkins has established herself as a trusted name in the field of orthodontics. Always learning and growing in her profession, Dr. Calkins has attained extensive experience in all facets of orthodontics. With a commitment to her patients, Dr. Calkins has become well versed in the areas of dental sleep medicine, craniofacial orthopedics, nasoalveolar

molding for infants, along with diagnosis and treatment for Temporomandibular Joint disorders. Dr. Calkins is committed advancing her knowledge on her profession and providing for her family. When asked about what keeps her in her profession, she stated, "My passion for learning and improving the quality of life of our patients."

Graduating first in her class at dental school, Dr. Calkins graduated from National Autonomous University of Mexico City (UNAM) and earned her certification in orthodontics with honors.

To further enhance her professional development, Dr. Calkins is an esteemed member of several prominent organizations including the American Association of Orthodontists, American Cleft Palate-Craniofacial Association, and The Dawson Academy, American Academy of Dental Sleep Medicine, Virginia Academy of Sleep Medicine, Piper Education and

"Pause you who read this and think for a moment of the long chain of iron or gold, of thorns or flowers, that would never have bound you, but for the formation of the first link on one memorable day."

-CHARLES DICKENS

Research Center, Spear Study Club, and International Academy of Orofacial Myology. Founding member of Sleep and Airway Group of Northern Virginia.

Charitable to various organizations, Dr. Calkins is an avid supporter of Tysons Youth Center and Girls on the Run where she also participates in marathons for the organization.

In recognition of her many professional achievements, Dr. Calkins was the honorary recipient of the International Association of Dentist-Patient Choice Award and named by Northern Virginia Magazine as Top Orthodontist.

When she is not working, Dr. Calkins enjoys traveling, honoring God at St. Luke Catholic Church, spending quality time with her family, hiking, kayaking, and playing the violin.

Married with her heart and caring for two children, Dr. Calkins dedicates this recognition in loving memory of her father, Felipe de Jesus Lopez Bautista; her mother, Maria de Jesus Contreras Cabrera; her sister, Lupita Lopez Contreras, her beloved family: Matt, Sophia and Stephen Calkins. With deep gratitude to the mentorship of Dr. Mark Piper, and Dr. Jim McKee.

For more information, please visit <https://www.sunrise-orthodontics.com/team/dr-liliana/>



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Ask An Expert

By Nuha Handoush, Licensed LME Clinician
Astoria Laser Clinic & Med Spa

New Science, Removing Fat First, Then Build Muscle Second

The future has arrived! People with unwanted fat, in the wrong places, are always looking for better ways, and the newest technology, to help reduce or get rid of that fat and build muscle. We are excited to announce that the newest member of the CoolSculpting family, CoolTone, has been cleared by the FDA and is now available in the Fall. CoolTone uses magnetic muscle stimulation to induce supramaximal contractions in order to increase muscle strength and definition in the abdomen and the buttocks. CoolTone is not only the most powerful muscle toning device on the market today, it is also pain-free. The powerful electromagnetic current that is produced to stimulate the muscle contraction is able to bypass the sensory nerves which allows for a comfortable yet effective treatment. The introduction of CoolTone into the marketplace will undoubtedly jolt the body contouring industry.

The U.S. Food and Drug Administration has approved the newest CoolTone device for use in strengthening, toning and firming the abdominal area, buttocks and thighs. CoolTone uses magnetic muscle stimulation to penetrate muscle layers, which then causes involuntary muscle contractions. The body responds to the contractions by strengthening muscle fibers, leading to increased muscle tone. Same maker of the CoolSculpting device, a non-surgical fat-elimination device that works by freezing and killing fat cells in targeted areas like the abdomen, flanks or under the chin.



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Ask Dr. Dima

About The Latest Tool in the Fight Against Aging Viva Nanofractional Radiofrequency with SmartScan Technology

It seems that every few months there is a new device that promises the fountain of youth for aging skin. Some of them work and some of them don't. I try everything on the market on myself, my staff and willing volunteers to weed the ineffective ones out. One of my new favorite devices is called the Venus Viva. The Viva device allows us to obtain the results of full face laser resurfacing without the downtime and risks. It's like getting a CO2, Erbium, Fraxel and VBeam laser all in one. Typically dermatological procedures are designed to resurface skin by tissue ablation, are very painful, and require sedation anesthesia or nerve blocks to perform. Moreover, there is usually a prolonged healing time. In addition, traditional Fraxel and laser treatments target the skin's surface causing damage in order to signal the skin to repair itself.

Unlike these devices, the Viva uses patented nanofractional radiofrequency and SmartScan technology to deliver energy to the dermis. This generates heat in a controlled manner to initiate skin change, rebuilding collagen and fibroblast stimulation, all resulting in tissue remodeling. The Viva system achieves results with minimal discomfort and very little to no downtime. State-of-the-art patented tip allows for a depth of penetration up to 500 microns and provides varying energy densities, enabling simultaneous ablation of the epidermis and coagulation of the

dermis area resulting in skin resurfacing with minimal pain.

It treats everything from fine lines and wrinkles to skin laxity, tone and texture, large pores, hyperpigmentation (even melasma), acne scarring, redness/rosacea and age spots. It sounds too good to be true, but it really works!

What is a Venus Viva treatment like?

A topical anesthetic is applied to clean skin for about 45 minutes. 99% of our patients don't feel a thing. Occasionally the feeling of warmth or a quick pinch can be sensed. We give our patients a cold air chiller to keep them comfortable. The treatment itself only takes about 15-20 minutes, depending on the size of the area being treated.

What kind of results can I expect from a Venus Viva treatment?

You can expect mild to moderate redness and minimal swelling of the treated areas. The redness should stop after a few hours, and the swelling should go down within 12-24 hours. Very small pin point dots that are left by the electrode pins are easily covered with makeup. These will naturally exfoliate in a few days, but are barely noticeable.

Venus Viva treatments are most effective when done as a series of treatments. We recommend 6 treatments about 4 weeks apart. Once the treatment course is completed, results continue to develop and improve over 6-9 months. This is because it takes the collagen and elastin cells that long to regenerate. We often combine the Viva treatments with other procedures on the same day such as Venus Freeze, facial fillers, Botox and Vibradermabrasion. The end result is firmer, more even toned, radiant skin. ♦



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The Mather

An Exciting New 62+ Community is Coming to Tysons

By Linda Barrett

There's an exciting new community coming to the Tysons area that's designed to be the first Life Plan Community in Tysons. Projected to open in 2023, to residents 62 and better, The Mather will offer apartment homes with SMART home technology, amenity-rich community spaces, and luxury of a different kind for those who wish to plan ahead to live life to the fullest. It is a place in which people can pursue new passions and priorities, with a plan in place that supports aging well.



“We are thrilled to have received approval for this exciting new community,” said Mary Leary, Mather LifeWays CEO and President. Life Plan Communities provide a continuum of living options that enable people to plan ahead to access additional services, such as health care, if ever needed. It will feature amenities and program offerings centered around six dimensions of wellness supported by research from Mather LifeWays’ nationally-recognized Institute on Aging.

This unique type of community offers the added peace of mind with access to on-site care like assisted living, rehabilitation services, skilled nursing and memory support, thus allowing people to “age in place” gracefully.

The Mather’s apartment homes will range in size from 850 square feet to more than 3,000 square feet, with modern, open floor plans. Prices start at \$650,000, depending upon apartment size, location, service package, and selected health plan.

The community will also feature lush green spaces, a fitness center and day spa, and inspiring social, educational and cultural opportunities such as digital media workshops, live music, art & technology seminars, featured lecturers, and much more.

The Mather is expected to deliver significant public benefits to Tysons and Fairfax County, including additional retail stores on Westpark Drive, a publicly-accessible urban park with nearly three acres of green space, employment opportunities, and a commitment to sustainability. It is seeking LEED Gold certification.

Reservations Already Being Accepted

Reservations are already being accepted, and nearly 200 have already been placed. This suggests an enormous interest in the project, and a need for a senior housing component in Fairfax County.

Deposits of 10% are now being accepted on select apartment homes, and that locks in pre-construction pricing and medical approval now, as well as provides the best choice of floor plans and views and the ability to upgrade and customize finishes.

Pricing includes a one-time entrance fee that is 90% refundable to the resident or their estate. Residents also pay a monthly service fee, variable by the size of the home, to cover daily living expenses and services.

The Information and Design Center is located at 7901 Jones Branch Drive, Suite 110, McLean, VA 22102. For more information about

becoming a future resident, visit www.TheMatherTysons.com, call 703-348-8522, or email info@themathertysons.com.

“My husband and I are looking forward to becoming residents of The Mather upon its completion in 2023,” said Peggy Love of Arlington, VA. “The upscale proposition of The Mather is beyond just another beautiful high-rise condo building. Its forward-thinking plan fits perfectly with the goals of the Tysons Corner initiative. We look forward to contributing to Tysons’ growth as an integral part of the area.”

The Age Well Study

The Age Well Study released by Mather LifeWays Institute on Aging shows that residents living in Life Plan Communities report more healthy behaviors and have greater emotional, social, physical, intellectual and vocational wellness than a demographically-similar group of older adults living in the community at large. That’s good news for the Tysons community.

In the study, Life Plan Community residents report:

- Greater satisfaction with life
- More physical activity
- Increased personal connections
- Higher volunteering frequency
- More optimism
- Greater life purpose
- Better self-reported health and fewer chronic conditions

The five-year study is available as a free download at www.TheAgeWellStudy.com.

More About Mather LifeWays

Mather LifeWays is a non-denominational, not-for-profit organization founded more than 75 years ago with a mission to enhance the lives of older adults. Dedicated to developing and implementing Ways to Age Well, Mather LifeWays creates programs, places and residences for today’s young-at-heart older adults. These include providing supporting neighborhoods as better places for older adults to live, work, learn, contribute and play, and identifying, implementing and sharing best practices for Ways to Age Well. In addition to The Mather in Virginia, Mather LifeWays operates Life Plan Communities in Illinois and Arizona. ♦



Ask an Advisor

About: Being a Woman Caught in the Sandwich Generation

Many women find themselves part of the generation, “sandwiched” between caring for their aging parents and young or even grown children, often providing support while holding down full-time jobs. This role can be challenging, especially when it comes to finances.

With the rising cost of living in the DC-metro area, trying to meet day-to-day expenses while saving for retirement (and possibly college) can be challenging. When you add the financial challenges of caring for aging parents and supporting adult children, the financial burden can seem overwhelming. Below is a list of three things anyone caught in the sandwich generation can do to reduce some of the uncertainty and help ease the burden.

I. Talk With Your Family About Finances

Even though it may be difficult to talk with your parents and children about financial realities, try to do so early on. If you wait until a medical or financial

crisis forces you to act, you may not have the time or flexibility you need to make sound financial decisions.

Talking with Your Parents: Try to get a clear view of your parents’ finances, including insurance, retirement savings, sources of income, and expenses. That way you can better understand what they can afford and where you may need to fill in any gaps. The goal is to get everyone thinking about the big picture and working to identify changes that could be made to reduce some of the risk.

If you can, sit down with your parents and discuss their essential living costs (expenses such as housing, food, insurance, and transportation) as well as their discretionary costs (expenses such as entertainment and travel). Compare essential expenses to steady sources of income, such as Social Security or pensions/annuity income (if they have any) then discuss the amount of money they are

withdrawing from their retirement savings, investment accounts, or other funding sources and how long that money is likely to last.

Also, check into their health care plans. Try to identify sources that will pay for future health care expenses. Get details on their health and long-term care insurance, as well as any other available resources. Make sure they have a health care proxy and a living will in place.

Talking with Your Children: The discussion with your children may be similar in many ways, depending on their age. If your adult children are depending on you to fund their expenses or are living with you rent free, you need to identify where they are falling short and work with them to come up with a plan for them to become financially independent.

If your children are college age, discuss with them your ability to fund their education. Your instinct may be to try to protect your children from financial realities, but it is important that they understand that college is not free, and that they may be expected to fund part (or all) of the cost. There are many options for reducing the out of pocket expenses of college including scholarships, local college, and work-study programs. Remember, your children can take out loans to fund their education—you cannot take out loans to fund your retirement.

2. Prioritize Saving

If you are in the sandwich generation it's important to save as much as possible. It is hard to predict future expenses and having a fully funded emergency fund, and being on track with your retirement savings can go a long way in providing for your financial security. This is especially true if you have to take time off from work (and lose income) to care for parents.

Put Your Retirement First:

Contribute as much as possible to your workplace retirement plan. At the very least, make sure you contribute up to any company match so you're not leaving 'free money' from your employer on the table. It is also important to avoid tapping into your retirement savings prematurely through loans or early withdrawals. Dipping into your retirement funds early removes the potential for tax-deferred growth and compounding, which can leave a serious dent in your retirement savings.

Prepare for College Costs:

If you aren't already saving for your children's college, you may want to consider starting. There are several tax-advantaged college savings accounts available. One is a 529 college savings plan account, which offers tax-deferred growth and federal income tax-free withdrawals for qualified higher education expenses. Many states offer a state tax deduction for annual contributions.

Research 529 plans in your state to find out your options.

Save on Health Care: Health Savings Account's (HSA) and Flexible Spending Account's (FSA) are two popular savings accounts that allow you to save for healthcare expenses pre-tax and withdraw principal and earnings free from federal taxes for qualified medical expenses. Contact your employer's benefits provider to find out if you are eligible to save in an FSA or HSA.

3. Protect Yourself and Your Family

Make sure you and your family have adequate insurance coverage to reduce the likelihood of an unexpected large medical expense derailing your financial security.

- **Health:** You cannot depend on Medicare to cover all of your parent's medical expenses. For example, most dental care is not covered by Medicare, and can be pricey.
- **Long Term Care:** Medicare also does not cover long-term care. Do you and your parents need long-term care insurance? The answer depends on your age, the cost of coverage, how long you might need coverage, and the types of benefits you want. So carve out the time to weigh your options.
- **Life & Disability:** With the needs of multiple generations on your shoulders, protecting your family from the risk of your disability or death may be more important than ever. Disability and life insurance can help make sure that your loved ones are cared for in the event that you are unable to work.

The reality is that managing the competing financial priorities of your parents, your children, and yourself can be stressful. So take control by discussing your families options, saving now for future expenses, and

making sure you have the safety nets your family needs in place. A good financial advisor should be able to guide your family through these discussions and help you identify and potential shortfalls.

You or your family may have to adjust their expectations—from when you stop working, to where your kids go to college to how your aging parents spend their retirement. In the end, this is what families should do—work together to solve problems. Remember you do not have to handle this on your own. ♦

1. "Market Survey of Long-Term Care Costs"
Genworth Cost of Care Survey, 2017

Note: Before investing, the investor should consider whether the investor's or beneficiary's home state offers any state tax or other benefits available only from that state's 529 Plan.



Author: Rose Price,
CFP® AIF® is
a partner at VLP
Financial Advisors.
She believes that
strategic planning is
the key to creating,
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wealth. Rose offers a complementary initial consultation to anyone interested in investment advice and/or creating a financial plan.



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10603 CREAMCUP LANE GREAT FALLS, VA \$2,899,000

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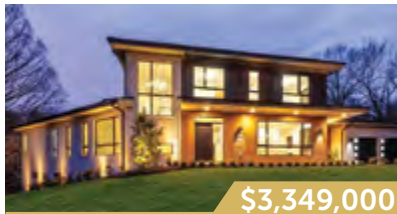
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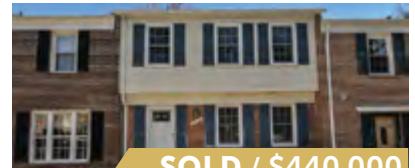


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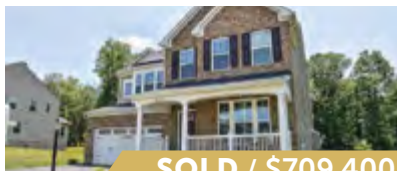


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42175 WARWICK FARM PLACE / ALDIE



SOLD / \$709,400

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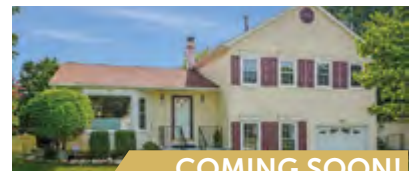


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TTR Sotheby's Special Achievement Award for Sales Accomplished. Gloria moved to McLean, Virginia 25 years ago from the Texas/Oklahoma area. Prior to starting her career in real estate, she worked for the Congressional Budget Office on Capitol Hill, the Brookings Institution, and two Presidential Commissions, solidifying her grasp for the markets she serves so well. She developed a love for the real estate business and her reputation among her peers and customers alike is a testament to her desire to go that "extra step" to ensure a satisfied client.

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Designated Best Real Estate Agent by Washingtonian Magazine 2015 and #4 in the Company Top Ten in 2014, Ginger is a Life Member Northern Virginia Association Top Producer. She is a native and resident of Vienna, VA, and as the daughter of a builder, she loves residential real estate marketing and sales. Ginger is a licensed realtor in Virginia and Florida and specializes in residential real estate sales in Northern Virginia—especially, Vienna, Fairfax, Oakton and nearby. She has a number of real estate designations and enjoys tennis and golf.

Specialties:

Accredited Buyer Representative (ABR),
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Graduate Realtor Institute (GRI),
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Brandy Schantz

LICENSED IN DISTRICT OF COLUMBIA, AND VIRGINIA

Brandy is a former U.S. Army Intelligence Officer who brings the same level of commitment and integrity to real estate as she did to her military duties. She is dedicated to bringing personalized service and expertise to each and every client. Brandy has a consultative approach to real estate, offering the best advice on each particular situation—some which may lead to a home purchase, selling your home, or a change in trajectory all together. It's not about "the sale", it's about the client. Brandy has a B.A. in International Relations from the University of Central Florida and an M.B.A. from Virginia Tech. She lives in Vienna, VA and serves on the board of Women in Housing and Finance Foundation and enjoys volunteering at various local organizations. She speaks Persian-Farsi and is an avid runner and triathlete.

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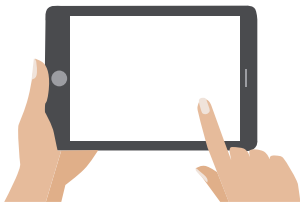
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4 Pieces of Technology to Improve Your Child's Dental Visits!

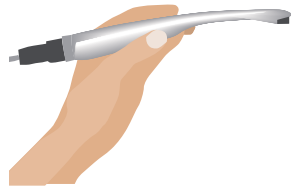
Modern Pediatric Dental offices utilize state of the art technology to make sure children feel comfortable while receiving top quality and enjoyable dental care! This makes sure that dentist visits do not spark fear and anxiety in children who have not had the opportunity to become familiar with their dentist.

Here are a few things to ask about when looking for your child's Pediatric Dentist.



TV/iPads

The best and most child friendly offices have technology that kids and parents are already familiar with, such as TVs or iPad, which help children feel at ease when entering a dental setting. A play area filled with toys, books, and iPads will excite kids about visiting the office! Child-friendly games and apps can be used to keep kids having fun while they wait for their appointment. TVs at each operator chair can be used to play popular TV shows or movies to help distract children from being nervous and bring their attention to something more exciting than a teeth cleaning or fillings.



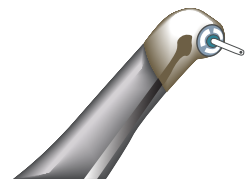
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When it comes to helping you understand your child's dental diagnosis or treatment, intraoral digital cameras allow you to see exactly what the Pediatric Dentist sees. These cameras produce instant images of your little one's teeth. The images can be saved as stills or video. The cameras are designed to be slim and small, so children can easily tolerate having pictures taken of each tooth!



Digital X-Rays

Diagnostic x-rays have long been invaluable to dentistry. The emergence of digital technology within the past decade have made dental x-rays significantly more safe and comfortable! Digital technology allows the reduction of radiation exposure to patients by as much as 90% over traditional x-rays. In fact, eating 2 bananas can expose a person to more radiation than what is used for 1 dental x-ray. In addition to how safe digital X-rays are, they eliminate the waiting time for pictures to develop. They also provide sharper images that can be enhanced instantly to show detail. Since the images are captured so quickly, tolerating the sensors are often more comfortable to use for children rather than traditional film.



Laser Dentistry

Laser Dentistry is one of the most advanced dental treatments available today. By utilizing laser energy and water, Pediatric Dentists are able to perform a wide range of dental treatment in a comfortable manner for kids. The Waterlaser is very effective in desensitizing teeth during restorative treatment, reducing the need for needles and local anaesthetic! It is also much more gentle than sharp instruments, such as scissors or scalpels, during soft tissue procedures. The Waterlaser's gentle approach allows for a much easier recovery. Waterlasers help eliminate the fear associated with dental treatment and foster a healthier mindset about oral care.

With so many advances in health technology available, be sure to see if your Pediatric Dentist is able to utilize them so your little ones can continue to build happy, healthy oral hygiene habits for life!



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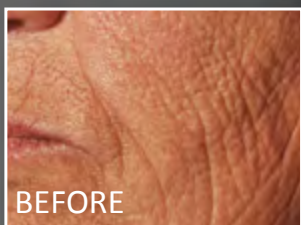
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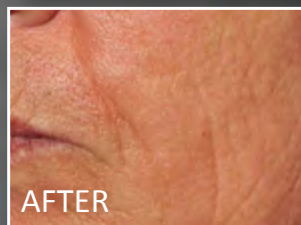
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The Viva device obtains the results of full face laser resurfacing without the downtime and risks. It's like getting a CO2, Erbium, Fraxel and VBeam laser all in one. It treats everything from fine lines and wrinkles to skin laxity, tone and texture, large pores, hyperpigmentation (even melasma), acne scarring, redness/rosacea and age spots. It sounds too good to be true, but it really works! Unlike Fraxel and laser treatments that target the skin's surface causing damage in order to signal the skin to repair itself, the Viva uses patented nanofractional radiofrequency and SmartScan technology to deliver energy to the dermis. This generates heat in a controlled manner to initiate skin change, rebuilding collagen and fibroblast stimulation, all resulting in tissue remodeling.



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Venus Viva treatments are most effective when done as a series. We recommend 6 treatments about 4 weeks apart. Once the treatment course is completed, results continue to develop and improve over 6-9 months. This is because it takes the collagen and elastin cells that long to regenerate. We often combine the Viva treatments with other procedures on the same day such as Venus Freeze, facial fillers, Botox and Vibradermabrasion. The end result is firmer, more even toned, radiant skin with little to no downtime.

Come experience world-class care with Dr. Dima at WellMedica, an internationally recognized Aesthetic and Anti-Aging treatment and training center focused on promoting, advancing and standardizing the field of Aesthetic Medicine. Known for treating many of Washington DC's political elite, Dr. Dima's patients praise her for her compassion, professionalism and artistic ability in restoring youthful beauty with natural looking results. She is dedicated to providing the latest effective technologies available and combines artistry with medicine and a deep commitment to your satisfaction. She believes that restoring inner health is as important as physical rejuvenation and customizes each individual's care in order to achieve true harmony and balance.

Tips to Start Your Kids Off On the Right Foot This School Year

by Kimberly Blaker

The mark of a new school is often anticipated with a mix of emotions for kids and parents alike, ranging from exhilaration to anxiety. Kids are excited to wear their new clothes, see their classmates, and participate in extracurricular activities. Parents are proud to see their kids reach another milestone and look forward to exciting new experiences for their growing child.

But the school year can bring about challenges as well that leave kids and parents anxious. So follow these tips to get your kids off to a good start and keep them on course.

Kids need their Zs

Sufficient sleep is essential to proper brain function. When kids are deprived of sleep, it can interfere with their memory, attention, and ability to learn. Insufficient sleep can also adversely affect health. It contributes to type 2 diabetes in children and teens.

Mental health is also affected by sleep. Kids who don't get enough quality sleep are at risk for mood swings, anxiety, hyperactivity, and aggressive behavior.

Unfortunately, because teens' circadian rhythm keeps them alert later at night, early school start times don't help. But getting plenty of sleep is crucial. Kids ages 6 to 12 need 9 to 12 hours of sleep each night, and teens require 8 to 10.

To help your kids fall asleep better, set a curfew and regular bedtime for school nights accordingly. On weekends, kids want to stay up later. Just try not to let their weekend sleep patterns veer too far from their weeknight routine. Otherwise, it'll be a challenge to get them back on track. Also:



- Remove media from bedrooms at night.
- Set a curfew of 2 – 3 hours before bed for caffeine.
- Keep bedroom temperatures 3 degrees cooler at night than during the daytime.
- Make sure your kids have plenty of blankets.
- Have your child take a hot bath before bed.
- Have kids eat a light, high carbohydrate snack before bed such as fruit or white grains.

Balance is essential

During the school year, kids have a lot on their plate. In addition to school, they have family, friends, homework, chores, extracurricular activities, and perhaps a part-time job.

But balance is essential to your child's wellbeing. The reason such imbalance sometimes develops is that parents see other families involved in so many extracurricular activities. As a result, parents think they're not doing their job if their kids aren't always on the go. Because kids want to make their

Because kids want to make their parents happy and proud of them, kids often don't speak up when they feel overwhelmed.

parents happy and proud of them, kids often don't speak up when they feel overwhelmed.

Structured activities do provide valuable benefits to kids. Still, they need free time to play and socialize as well. When kids lack balance in their lives, it can cause them stress and interfere with their ability to sleep and optimal functioning. It can also affect their mental wellness.

Pay attention to emotional health

According to the National Alliance on Mental Illness, 1 in 5 adolescents has a mental health condition. A significant percentage of younger kids also experience mental disorders. Conditions range from anxiety and depression to attention deficit disorder, and in the later teens, bipolar and schizophrenia.

School success is strongly tied to kids' emotional wellness. Unfortunately, when kids exhibit behavioral changes, parents often assume it's just a childhood or adolescent phase as opposed to a mental health problem.

Child and family therapist, Donna M. Carollo, LMFT, says when a child or teen "exhibits symptoms of depression for over a month, it's time to seek professional help." Carolla points out a few signs to watch for that could indicate depression or another mental illness. These include "a child wanting to socially isolate, exhibiting excessive fatigue, a change in appetite, a lack of desire to do any of the fun things they used to, or a sudden drop in academic performance."

Drugs and alcohol misuse or abuse may also be symptoms of a mental health condition. If you suspect your teen is misusing or abusing substances, intervention is crucial. You can make an appointment with a mental health care professional or contact an addiction treatment center for help.

You can also contact the local public behavioral health care agency for child and adolescent mental health or substance abuse concerns.

Limit cell phone use

According to a 2018 survey by Pew Research Center, more than half of kids between 13 and 17 worry they spend too much time on their cell phones. Just over half also say they've taken steps to reduce their use of it. Fifty-seven percent have made efforts to limit their time on social media and 58% to limit video games.

Cell phone addiction has become a growing problem among adolescents. According to Carollo, "Something is considered an addiction when the chosen behavior causes an individual to suffer in many other valued areas of their life." She cautions, however, that "a parents values and a child's values don't always sync." Still, says Carollo, "if the cell phone is interfering with face-to-face family and friend time, school work, sleep, or exercise" that's when it's time for parents to enforce some guidelines.

To gain kids' cooperation, ask them to help you create the rules. Also, allow your adolescent an hour or two of daily phone time because socialization is an integral part of teen development.

At night, however, require all phones are on their chargers outside of bedrooms. Other

According to a 2018 survey by Pew Research Center, more than half of kids between 13 and 17 worry they spend too much time on their cell phones.

helpful rules include no phones during mealtime and that chores and homework must be completed before kids can have their phones. Also, set consequences for breaking cell phone rules. Loss of their cell phone for a specified period is an appropriate measure.

Get academic help

If your child has struggled academically in the past or grades begin to suffer, your kid may need help. Any of the above issues, among other things, can lead to academic problems.

Some kids struggle with retaining information, understanding concepts, or have a different learning style. Also, learning disabilities can affect kids of all intelligence levels and cause academic challenges.

If your child is struggling in one or more subjects, ask your child's teachers about their observations. Then talk to the school principal. Public schools are required to provide an assessment upon request. If your child attends a private school that doesn't offer assessments, you can request it through your public school district.

Whatever the reason for your child's school difficulties, there are ways to help. First, establish a regular homework time. Also, set up a quiet, distraction-free area as a homework station and furnish it with a desk or comfortable chair. Kids' rooms provide too many distractions. Plus the ability to close their door can hide that they're not on task.

Also, consider a tutor. Some schools offer free one-on-one or afterschool group tutoring. Another option is to ask a trusted family member, neighbor, or friend who might be interested in helping. You can find free online video tutorials at KhanAcademy.org as well.

Another option is to hire a tutor. Look for local tutoring companies, or visit TakeLessons.com or Care.com to find local tutors. ♦



Tyson's Update

Silver Line Roadway Work In Tysons

Have you noticed a lot of work going on along sidewalks on both sides of Route 7 from the Dulles Toll Road to the Route 123 overpass in Tysons?

That's because Dulles Corridor Metrorail Project crews going on continue working in those areas to complete left-over warranty work and repairs along with improvements to entrance ramps into businesses along that corridor. Access to all businesses have been maintained and an extensive outreach to all those impacted continues. The work is causing some lane closures.

But the biggest impact has been on changes for pedestrians who have faced changes to their walking patterns. Efforts are being made to complete this Silver Line-related work a block at the time so as to limit the number of daily changes the walking public face.

In other Silver Line-related work in Tysons, project crews are working to realign the intersection of Route 123 (Dolley Madison Boulevard) and Old Meadow Road to realign Old Meadow with the main entrance to the Capital One complex.

This work is being done by the Metropolitan Washington Airports Authority at the request of the Virginia Department of Transportation and Fairfax County. The Authority built the first phase of the Silver Line, which is now operated by the Washington Metropolitan Area Transit Authority. Multiple utilities had to be relocated before the realignment could take place. ♦



▲ BAZIN'S ON CHURCH

Vienna | American | \$\$\$

Set on historic Church Street in the heart of Vienna, Bazin's on Church continues to exceed the expectations of the town's discriminating diners. Chef Patrick Bazin's modern American cuisine is simply extraordinary. Stop in for a drink at the bar or a delicious meal in their comfortable and casual dining area. Reservations are strongly recommended.

111 Church St. | 703.255.7212
www.bazinsonchurch.com



▲ MAGGIO'S

Vienna | Greek-Italian | \$

Specializing in Greek and Italian cuisine with American favorites, Maggio's offers award winning Mediterranean selections such as Greek festive rotisserie chicken, classic gyros, souvlaki, moussaka, pita wraps, and falafel, as well as their popular marinated flame broiled lamb chops, and Italian specialties. Committed to healthy eating, they use only the freshest, high quality ingredients and cooking methods.

21 Maple Ave E | 703.938.7777
www.maggiosvienna.com



▲ RISTORANTE BONAROTI

Vienna | Italian | \$\$

Warm and romantic, Bonaroti's is a favorite of Italian fine dining patrons. Enjoy an extensive wine list and culinary creations made of the freshest and finest ingredients from Italy. There is everything from calamari to antipasti dishes and entrées of seafood, veal, and lamb.

428 Maple Ave E. | 703.281.7550
www.bonarotirestaurant.com



▲ NOSTOS

Vienna | Greek | \$\$

Presenting a fresh take on Greek cuisine, Nostos offers fresh food in sharing-sized portions. Try one of their 50 different wines from different regions of Greece to complement your lunch or dinner. The menu showcases new and traditional Greek dishes, as well as fresh fish from the Mediterranean Sea.

8100 Boone Blvd. | 703.760.0690
www.nostosrestaurant.com



▲ CAFE OGGI

McLean | Italian | \$\$

For over 27 years, Café Oggi has reflected a pure and newfound combination of Italy's old world sophistication with McLean's contemporary novelty. With authentic preparations in an inviting and warm atmosphere, Café Oggi aims to please. Pasta, fresh fish, succulent veal, a notable wine list, and more.

6671 Old Dominion Dr | 703.442.7360
www.cafeoggi.com



▲ NOT YOUR AVERAGE JOE'S

Reston | American | \$\$

Enjoy fun and eclectic cuisine from every corner of the globe. Not Your Average Joe's began with the goal to create a unique neighborhood place where people know your name, where the food and prices are great, and where you feel special without dressing up. The large restaurant features a full bar, two seasonal outdoor patios, an open kitchen, and a wood-burning oven, all in a bright and polished atmosphere.

1845 Fountain Dr. Reston, VA | 571-234-8200
www.notyouraveragejoes.com/reston/



▲ DOLCE VELOCE

Fairfax | Italian | \$

Stop at a bar along the piazza in sunny Sardinia, or linger at a trattoria in Venice's San Marco Square and you will be invited to experience cicchetti (chi-KET-tee), small plates or side dishes from the legendary cuisine of Italy. Now you can also enjoy cicchetti closer to home, at Dolce Veloce. These small plates offer a variety of flavors, from seafoods, salumes, and salads to skewered meats, risotto, and Mediterranean plates of olives and cheese.

10824 Fairfax Boulevard | 703.385.1530
dolceveloce.com



▲ CAFE RENAISSANCE

Vienna | French | \$\$

Touted as the most romantic dinner in Northern Virginia, Cafe Renaissance is an elegant restaurant in the true sense of Parisian tradition and is Vienna's most sophisticated dining experience. An old-world destination with an enormous wine list and ornate, gilded rooms, its cuisine is classic French with a modern twist and an Italian accent.

163 Glyndon St SE | 703.938.3311
www.caferenaisance.com



▲ ZEFFIRELLI RISTORANTE ITALIANO

Herndon | Italian | \$\$

This upscale, white-tablecloth Tuscan-Italian restaurant serves pasta, seafood and popular veal chops. If you are looking for a quiet Italian dinner in Herndon, this is the place. They have great food, amazing service and make a wonderful cappuccino.

728 Pine St, Herndon, VA | 703-318-7000
zeffirelliristorante.com



▲ LAUBERGE CHEZ FRANCOIS

Great Falls | French | \$\$\$

Internationally acclaimed, L'Auberge Chez François transports diners to the Alsatian countryside in this rustic French country inn, nestled among lush woods and fragrant gardens. Well-known as the place to celebrate special occasions for more than 60 years, L'Auberge Chez François offers an authentic menu, full of the flavors of Alsace and traditional French cuisine. Expect professional fine dining service, extreme attention to detail in a casual yet elegant atmosphere. Reservations recommended.

332 Springvale Rd, Great Falls, VA | 703.759.3800
www.laubergechezfrancois.com



**MediterraFish
Eatery & Market:**

Daily Fresh Catch

is Their Gift to Your Health

Seafood has a good reputation. People who care about healthy eating know that it is an important source of nutrients including its abundance of omega-3 fatty acids and Vitamin D. Restaurant owner Tuba Sapanli recognizes this fact; it's her mantra and the inspiration behind MediterraFish Market in Fairfax's Mosaic District.

The Evidence-based Health Benefits of Seafood

When you learn the health benefits of seafood, you'll endeavor to add some to your daily diet. Evidence-based research shows that eating seafood can boost brain health, benefit depression, help prevent asthma, protect vision and enhance sleep quality. A 2012 study published in the *Global Journal of Health Science* states, "There is evidence that increased consumption of seafood and bioactive components derived from fish, shellfish, and seaweed could have a positive impact on the health of people around the world."



Thus, the role of seafood in the maintenance and enhancement of health grows stronger given the problem of lifestyle-related disease and the local food environment.”

A major report called *Fish, Shellfish and Children's Health* published in June 2019 by the *Journal of the American Academy of Pediatrics* looked at a collection of studies showing that “eating fish early in life — probably before 9 months of age — may prevent allergic diseases like asthma, eczema and allergic rhinitis.”

Convenient and Affordable Ways to Increase Your Seafood Intake

How can you accomplish the goal of eating more seafood, even when you're not sure how to prepare it yourself? Sapanli has the answers. She created a market that caters to people looking to eat fresh, high quality seafood, whether that's in her restaurant, or for people who would like to prepare it at home. “Many people come here wanting to buy our whole fish for grilling. We're a fresh fish market,” explains Sapanli. “If they don't want to mess with any of that, we cook the fish for them for \$7.95 {plus price of seafood}. We add rice and salad—making it a whole meal. Then, we package it all up, so it's ready to go. Of course, if they don't want any of that, they can eat in the restaurant.”

Her preparations are what makes MeditterraFish exceptional. Sapanli is Turkish and believes in simple, fresh food, without any fillers. She preps the fish with olive oil and Mediterranean herbs, then puts them in ready-to-cook trays. “People appreciate it, because they don't know enough about seafood, they avoid it, they don't make it. They usually eat it for a special occasion only, not in their regular diet. But everyone knows you need to eat more seafood. We're trying to make it easier for



people to put seafood in their daily or weekly routine,” says Sapanli.

In addition to buying seafood or paying for a meal-kit, you can order seafood online and have it shipped to your home directly (meditterrafish.com). For example, order a pack of four Sea Bass-Bronzini that's cleaned and prepped for \$51.95; shipping is free within a 400 mile radius. “We have customers who moved to Brooklyn and Wisconsin, and they are our online customers.

We sell olive oil and spice mixes, things you need to make a meal, including veggie mixes. If they don't want what's in the meal kit, they can order custom things,” notes Sapanli.

MeditterraFish Market & Restaurant Features Seafood and Turkish Delights

So say you're looking for a nice meal with your family? MeditterraFish's menu focuses on fresh

seafood, but also has non-seafood options like their melt-in-your mouth Steak and Cheese Sandwich, “Our steak (and chicken) is all Hillel cut, and we buy lean ground beef for our steak sandwich with no fat in it. Then we marinate the meat overnight, slow cook with herbs, and braise it,” says Sapanli. “It's got a lot of love in it.”

Their fish and chips feature fresh Bronzini battered lightly with cornmeal and lemon pepper. The restaurant hand-cuts all their seafood to make their salmon burgers and crab cakes, without adding any preservatives. You can also buy these vacuum-packed to cook at home.

The Turkish pizza is made in house, as are the house made fries. Nothing is frozen, and she uses non-GMO corn oil. “Everything single thing is designed to be healthy,” emphasizes Sapanli. The restaurant is open for breakfast too, where you can order Turkish coffee and Turkish tea accompanied by a Turkish bagel called Simit. “We want to honor our heritage,” she adds.

Do not miss their fresh salads, especially the Arugula Beet Feta Meeting, with walnuts and lemon olive oil. For a satisfying meal, add a piece of fish on top. MeditterraFish's Tabouleh is made with organic quinoa, and a “secret spice mix,” rendering it tangy, crunchy and soulful. Vegetarians will be replete with their Avocado Protein Fix, a salad with hearty chunks of avocado, smoky parmigiana cheese and greens, all gently bathed in tart lime-olive oil dressing. She says her customers are addicted to her lemon parsley rice, which accompanies her platters. For smaller appetites, she sells crisp Hook Rolls—phyllo dough filled with house-



cut seafood—as well as salmon bites and Little Koftes, meatballs in a roasted tomato-based sauce.

The Calamari & Chips and Shrimp's Blind Date—rotated in a variety of formulations—are both shareable, and a fun way to start a feast. Most of the seafood can be served on a roll or in a tortilla. Finish off the meal with Sapanli's homemade baklava.

A Family Business that is Family Friendly

MediterraFish is a family-friendly restaurant. They're reintroducing the popular Turkish brunch this fall, a weekly event that draws ex-pats from the region, especially large family groups. She says parents come in regularly to purchase soups for their children and babies. "Because we are a family-owned business, we don't have alcohol here," says Sapanli. "We also have play area in the restaurant."

MediterraFish Market is helping to spread the love of seafood for all generations, whether they're making it easier for customers to make it at home, or helping them increase their intake at the casual restaurant. Sapanli sees her mission through, one day at a time. "We have a lot to offer, but one thing to know," she says, "whatever you get from here, you won't feel bad about eating." ♦

MediterraFish Eatery & Market

2727A Merrilee Dr. Fairfax, VA 22031
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Agora Opens New Location in Tysons Corner

The Beloved Mediterranean Mezze Restaurant Expands From Its Original Dupont Location With First Northern Virginia Outpost



Modern Mediterranean favorite Agora opened its doors in July to its newest location in Tysons Corner (7911 Westpark Drive). The 4,000-square-foot eatery features a custom brick oven and is the official northern Virginia outpost of the original Agora, a delicious and beloved Dupont Circle mainstay for nearly a decade.

The new Agora Tysons features a mezzanine level, a 12-seat chef's bar overlooking the kitchen—which is helmed by Chef Ghassan Jarrouj—and an authentic charcoal grill.

Located on the ground floor of the stunning Nouvelle residences in the heart of Tysons Corner, Agora offers dinner and late-night menus, with lunch and brunch. The exciting mezze menu features a host of Mediterranean favorites along with new Tysons-exclusive dishes including Karni Yarik (fried baby eggplant topped with ground beef and lamb, pine nuts; served over yogurt sauce), Mixed Seafood (for two) (Branzino, scallops, shrimp, kalamar, octopus) and Duck Pide (shredded duck confit, mozzarella, drizzled with fig balsamic).

An extensive beverage program, curated in collaboration with GMDC Hospitality, showcases authentic flavors as well, incorporating Raki (a sweetened anise-flavored spirit), rose liqueur, aromatic spices and more in unique craft concoctions. A comprehensive wine and beer list, featuring Mediterranean and local D.C.-area vineyards and breweries, also joins the beverage menu.



Renowned D.C. architecture and design brands Urbane Architects and Sorrell Design have infused the new Agora with Turkish decor and flair, combining airy cool and warm hues with ornate touches like intricate basket weave, mosaic lamps and kaleidoscopic inlays. In fact, all of the millwork in Agora comes directly from Turkey, with patterns and design elements throughout the venue inspired by native art and culture.

“From our authentic charcoal grill to the imported Turkish decor, we are excited to serve up a truly Mediterranean experience at Agora and are thrilled to be bringing our very best to

this vibrant corner of northern Virginia,” says Chef Jarrouj.

Agora Tysons is open Monday through Sunday, 11am to 2am. For more information, please call 703.663.8737.

ABOUT AGORA

Agora, a Mediterranean mezze restaurant located in the heart of Tysons Corner at 7911 Westpark Drive, is the go-to gathering place for all occasions.



Wolf Trap

Wolf Trap National Park is a performing arts center located on 117 acres of national park land in Fairfax County. The land offers both natural and cultural resources but is mostly known for its iconic 7,000-seat amphitheater that produces nearly 100 shows during its performance season. Known as the Filene Center, this amphitheater is designed to bring a sense of harmony between music and nature. Lawn seats are available on the grassy hill which sits directly in front of the amphitheater, and there you can bring your own food and drinks. Also check out the Barns at Wolf Trap and the Children's Theater in the Woods--the latter being a separate venue tucked in the woods at Wolf Trap National Park. Performances here range from music and dance to puppetry and interactive storytelling.

1551 Trap Rd, Vienna, Virginia
703-255-1800 | www.nps.gov



MORE

Local HOT SPOTS

By Omid Khanzadeh



Open Road

If you're looking for a cozy, local hot-spot offering cold beer, live music, and fresh food then Open Road should be near the top of your list. Sitting just down the street from the Jefferson District Park, Open Road is a fantastic restaurant and music venue offering both inside and outside seating with a full service bar on either side of the doors. The menu is filled with delicious small plates and entrees like ceviche and the Peruvian spiced half chicken. If you enjoy the musical atmosphere and the general ambiance of Open Road, you can also host your own event here as the accommodations are perfect for an engagement party, corporate happy hour, or a birthday party.

8100 Lee Hwy, Falls Church, Virginia
571-395-4400 | www.openroadgrill.com



The Auld Shebeen

Serving traditional Irish fare as well as American favorites, the Auld Shebeen is a standout hotspot in Old Town Fairfax as it provides weekly musical acts, karaoke, and trivia night. The food and service is also on point. The chicken club, oysters, and the shepherd's pie are fan-favorites while the generally warm atmosphere and authentic Irish flare and drinks make for a fun, casual night out on the town. The Auld Shebeen not only offers live musical acts in multiple rooms, but it also has a descent basement dance floor which makes this spot one of the hippest and relaxed atmospheres in the city.

3971 Chain Bridge Rd, Fairfax, Virginia
703-293-9600 | www.theauldshebeenva.com

Meadowlark Botanical Gardens

This 95-acre complex is situated just a few minutes away from Wolf Trap and is a botanical garden and event venue in northern Virginia featuring native flora and fauna, a welcome center, lakes, trails, and ornamental gardens. The property is protected and operated by NOVA Parks and is a perfect spot to explore during the warmer seasons. One of its most significant attractions is the Atrium, which has been predominantly used as a wedding and event venue.

The Korean Bell Garden and Pavilion is another notable attraction as it's the first of its kind in the Western Hemisphere and the first on the East Coast of the United States. You can also expect majestic views of the Piedmont hills, a restored 18th Century log cabin, tropical gardens, and the annual Winter Walk of Lights.



9750 Meadowlark Gardens Ct, Vienna, Virginia
703-255-3631 | www.novaparks.com/parks/meadowlark-botanical-gardens

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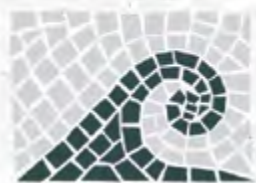
2190 Pimmit Dr, Falls Church, Virginia
703-356-3822 | www.markspub-fcva.com



Sully's Pour House

Known for their excellent surroundings and their outdoor patio seating, Sully's Pour House has something to offer for every member of the family. The fantastic service and not-so expensive drinks are perfect for a family gathering, while the hilarious karaoke nights and diversions like dart boards and oversized Jenga keep the young professionals coming through each night. The traditional pub food like the towering nachos excites everyone and if you're interested in some further entertainment, check out their weekly trivia nights or Herndon's Idol--a weekly Tuesday event and contest during the fall season featuring the best singing talents of the area.

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The Herndon Metrorail Station south pavilion overlooks downtown Reston in the background.



Photo credit: Phil DeLeon

BY MARCIA MCALLISTER

When Phase 2 of the Silver Line opens, Reston Residents Will Be Served by Three Stations:

the Phase One Wiehle-Reston, the Reston Town Center Station and Herndon Station.

Here's a close-up of the Herndon Station.

It is being constructed by Capital Rail Constructors, a joint venture of Clark Construction LLC and Kiewit Infrastructure South Co., as part of the Silver Line extension to Dulles Airport and Loudoun County.

Herndon Station includes:

- Bus drop-off and pick-up (south side)
- Kiss & ride (existing)
- 5 lockers (south)
- Bike racks (north side and garage)
- Combined new and existing parking garage will house approximately 3,700 cars.

■ *Shown Above:* At the Herndon Metrorail Station south pavilion, commuters will notice the curved, silver roof covering the connection from the pavilion to the existing Herndon-Monroe Parking Garage.

There are many planned new developments and here is a look at two of them.

Woodland Park East development:

- Bordered by Dulles Toll Road and Monroe Street.
- Developed by Tishman Speyer.
- 1/2 mile from the Herndon Metrorail Station.
- 1.6 million square feet of office and residential on 3.15 acres.

■ Includes public parks, open spaces and two office towers.

555 Herndon Parkway Development:

- Located at 555 Herndon Parkway.
- Developed by Penzance.
- 300 feet from the Herndon Metrorail Station.
- 325,000 square feet of office space, two residential towers and ground-floor retail on 4.3 acres.
- Includes plans for publicly accessible plaza and multi-modal streetscapes.

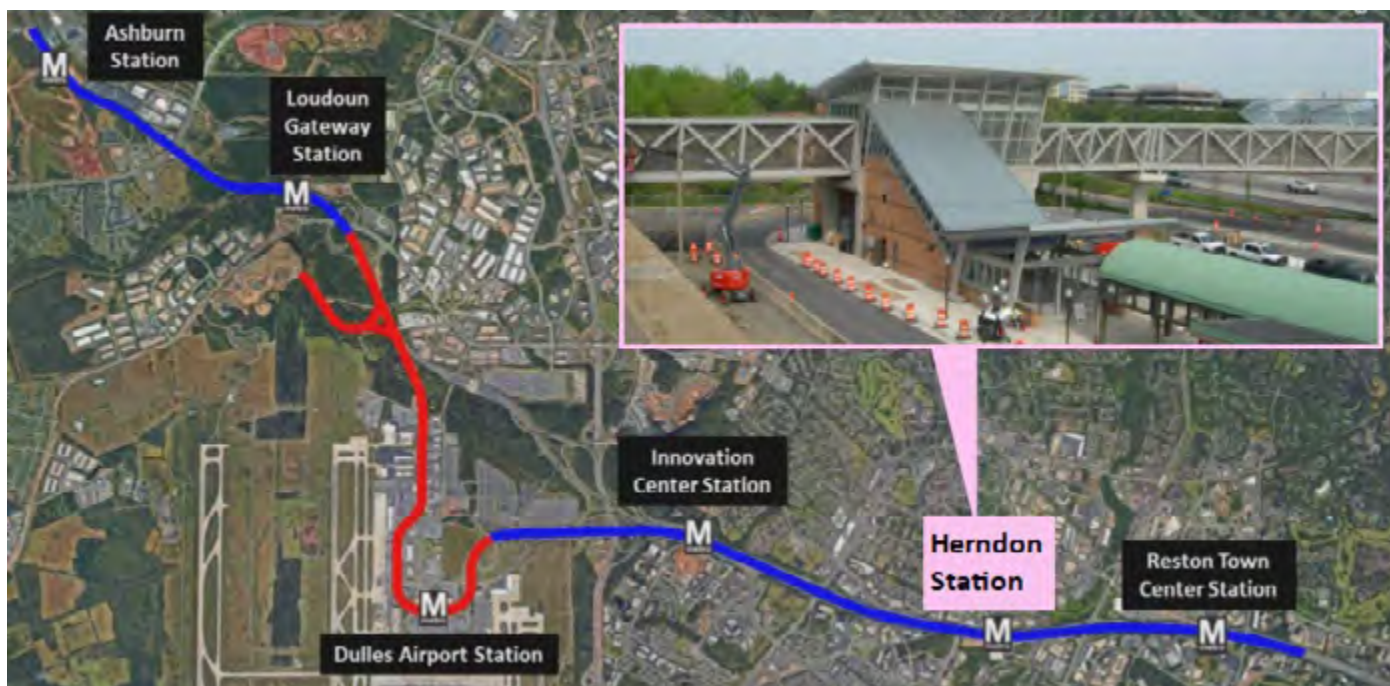
Where to park at Herndon Station:

- Parking garage at this station will be operated by Fairfax County Government.
- An existing structure includes:
- Covered parking garage
- Kiss & ride
- Slug lot
- Access to Fairfax Connector bus routes
- This garage contains around 1,750 free parking spaces and is currently closed for maintenance. A new garage has recently been completed by Fairfax County and is now open. ♦

View of the east end of Herndon Metrorail Station with the skylights, vaulted roof and stairs visible.



Photo credit: Phil DeLeon.

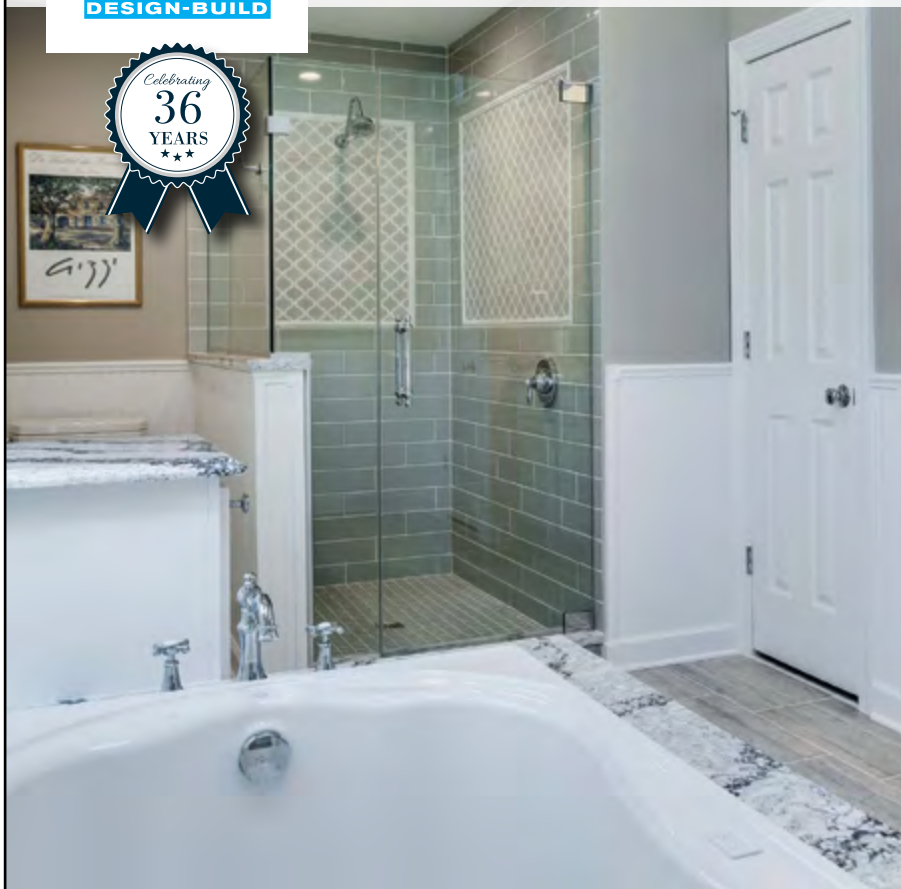


▲ In the coming months, check Reston Now for close-ups of other Phase 2 stations.

◀ Silver Line Testing to Start in Eastern Loudoun
Photo courtesy of Phil DeLeon/
Dulles Corridor Metrorail Project



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Just Enough to Get By

By Delegate Kenneth R. "Ken" Plum

Too many people are beset by horrible diseases through no discernable reason on their part that alter or shorten their lives. For those who beat the attack on their bodies there are many reasons to rejoice at having won the fight. For those who do not make it to the average age of a lifespan there will likely be much grieving and sense of loss by those who are left behind.

Many industries have developed around the science and mystery of staying young forever, staving off diseases and setbacks, and finding eternal happiness. There is evidence that some of these really work; for others the evidence is not clear. There is certainty that you will have to be committed in time and money.

For those like me who hide behind a busy and stingy lifestyle, there must be ways to live out your life so that more of your personal goals are reached before your body is used up. What can one do to maintain a reasonably active lifestyle with just enough effort and money to get by? That is a question I have pondered for much of my life. My conclusion after reading from many sources is that there are things one can do that will provide a return just enough to get by.

I have no credentials that make me any kind of an expert in the field of living a long and healthy life, and I offer my findings as just observation that you may choose to compare with other sources as you decide on your own lifestyle. These are the things I am trying to do in life.

As a non-athlete with poor coordination I have not been willing to force myself into many exercise routines that hurt when I do them or for which I simply do not seem suited. I gather from my sketchy research that exercise is essential. One needs to keep the body moving for it to be able to continue to move. Apparently walking is the best exercise, and it can be done in more than half-hour sprints most of the days of the week. You do not need to beat anyone else's time or to exceed your tolerance level for sweating. Walking a mile or more a day rather than just strolling might be adequate.

Drink a lot but alcohol in moderation. And eliminating sugary drinks is desirable. Water is one of the sustainers of life and should be consumed regularly and in good quantity. I am not going to try to sort out the many diet plans that go beyond my capacity

to evaluate. For eating, the answer seems to be to make healthy choices that do not include a lot or any red meat, fatty stuff of all kinds, and too much salt or sugar. Whole grains are important as are things common in Mediterranean diets like olive oil, salads and vegetables. Get to know what a portion really means for it is likely to be much smaller than you would ever have guessed.

Companionship is really important; that might be a spouse, significant other, bridge or book club members, religious faith friends, or family. Stay in touch with others. It is good for them and for you. Pay attention to what you are thinking, to what is going on in your head. If you are discovering too many conspiracies among those around you or in the world, increase your dose of companionship with those who are well balanced.

Those are my conclusions on what is just enough to get by. Work out your own formula for a long and happy life. The important part is to take charge of life; do not simply let it take charge of you! ♦



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