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# Features



## How to Equip the Perfect Bathroom According to Your Lifestyle

*By Cassandra Rosas*

From a luxe spa-like retreat in the master bathroom to a cozy guest bath tucked in a hallway, it's easy to elevate this part of your home and take it to the next level. Check out these helpful tips to guide you and give you inspiration so that you can design the ultimate bathroom according to your unique lifestyle.

## Aging in Place

*By Linda Barrett*

Although we're in better physical condition and tend to live longer than previous generations, we still have the normal challenges of aging, such as mobility and vision issues. Discover ways to live in your own home and maintain an independent lifestyle throughout your later years rather than in assisted living or retirement community.



## Top 10 Most Expensive New Listings

The real estate market is still going strong. See the Top 10 most expensive listings in the Metropolitan DC area courtesy of Bright MLS.

## Wolf Trap Plans Dynamic Summer Season

*By Keith Loria*

After having to cancel events last year, Wolf Trap is getting ready to welcome people back for its 50th anniversary season at the Feline Center this summer.







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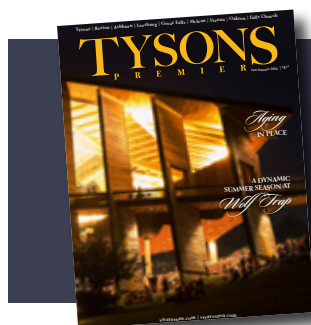
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## ON THE COVER

Wolf Trap is getting ready to welcome people back for its 50th anniversary season at the Feline Center this summer. *Learn more on Page 34.*





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In years past, retirees and seniors looked forward to downsizing and perhaps living a life of leisure in a retirement community. Now, the trend has swung to people wanting to remain in their family homes.

By the year 2030, the U.S. population of those ages 65 and up will grow to approximately 17 million and an estimated 1 in 5 Americans will be 65 or older. But many homes aren't ready.

"Only 1% of homes in the United States are conducive to aging in place, however, more than 75% of older Americans want to stay in their homes for as long as possible," states the United Disabilities Services (UDS) Foundation.

"Older homes don't always meet the needs of older Americans," claims a U.S. Census Bureau in a report that reviews the number of homes containing aging-accessible

features, along with households with older adults experiencing difficulty using some aspect of their home.

Although we're in better physical condition and tend to live longer than previous generations, we still have the normal challenges of aging, such as mobility and vision issues.

### WHAT IS AGING IN PLACE?

Aging in Place is defined as planning to live in your own home and maintain an independent lifestyle throughout your later years rather than in assisted living or retirement community.

Homes can be modified or remodeled to incorporate Aging in Place features. They can also be built or added on to with adaptive features. This architectural trend is known as Universal Design, a specialty





that offers comfort and safety to all people without the need for functional changes or adaptation. Incorporating Universal Design principles into a remodel or construction project ensures that your future needs are taken into consideration during the design/build process.

### WHAT ARE THE RISKS FOR OLDER AMERICANS?

More than 25% of adults over the age of 65 report trouble using a feature of their home. At age 85, that number increases to almost 50%. Steps and stairways are the most common problem areas, followed by bathrooms. “More than half of bathroom injuries are directly related to using the shower and getting in and out of the bathtub,” claims the Centers for Disease Control and Prevention (CDC). Installing simple fixes like handrails, grab bars and shower seats can help reduce this safety risk.

Approximately 30 million older Americans fall each year—about one fall each second of the day. And one in five of those falls result in serious injury, with direct medical costs totaling more than \$50 million annually. Seven million people have trouble living on their own, and almost four million have difficulty bathing or dressing themselves.

### HOW CAN YOU MODIFY YOUR HOME FOR AGING IN PLACE?

Planning for your future is never easy because you don’t know how your needs are going to change as you age. So how can you make your home easier to live in?

- **Bathrooms:** Add grab bars, curb-less shower entries, and comfort-height toilets to improve access and safety.
- **Stairs:** Add a ramp to outside entrances and perhaps a chair lift when stairs become difficult.
- **Lighting:** Ensure that lighting is brighter. Install motion-activated lights for

hallways, and lighted switches to make them easier to find.

Not all changes need to be made at once. They can be implemented gradually or as needs change. Some of the simpler adjustments you can make to your home can include:

- Handrails along indoor and outdoor steps
- Grab bars in showers and alongside toilets
- Anti-scald temperature controls
- Changing doorknobs to levers
- Automatic lights
- Removing small rugs that could be tripping hazards
- Ramps to outside entrances
- Nonskid flooring

### OTHER ALTERATIONS CAN INCLUDE:

- Adjusting electrical outlets to an easier-to-reach height
- Widening doorways & hallways (36” minimum)
- Replacing a fold-down oven door with a double door side-opening oven
- Reconfiguring the kitchen by lowering the cooktop, and installing pull-out shelves in lower cabinets

For more major changes like renovations or new construction, talk to a professional builder or design/build remodeler. Ask if that company has a Universal Design Certified Professional (UDCP) or other senior-specialist designer on staff. Someone with this specialized training can help you make the correct choices for your individual needs.

*Continued on page 39*



# HOW TO EQUIP THE *Perfect Bathroom* ACCORDING TO YOUR LIFESTYLE

By Cassandra Rosas

Whether you're looking for luxury at home or caring for an elderly loved one, your bathroom design can make a big difference in how you live your life. With the right décor and a few helpful features in place, you can enjoy a beautiful, comfortable bathroom that serves your needs. From a luxe spa-like retreat in the master bathroom to a cozy guest bath tucked in a hallway, it's easy to elevate this part of your home and take it to the next level. Check out these helpful tips to guide you and give you inspiration so that you can design the ultimate bathroom according to your unique lifestyle.

## ESSENTIALS FOR A LUXURIOUS BATHROOM

You can live a life of luxury in your own bathroom if you have the right fixtures, finishes, and accessories. Here are some ideas

that will transform your bathroom into a stunning spa.

**Smart gadgets.** Bring in some smart gadgets and AI technology to make your bathroom more convenient. A Bluetooth shower speaker you can activate with voice commands lets you listen to your favorite music while you scrub. Try a few other high-end gadgets in your bathroom, like electric towel warmers, a lighted toilet seat, and a touch-free liquid soap dispenser.

**Make it trendy.** Update the lighting and fixtures in your bathroom to give it a modern aesthetic. Choose new designs featuring on-trend finishes like matte black or sleek brushed gold. One easy way to keep up with the current bathroom trend is to switch out your towels, shower curtain, and bath rugs to keep things fresh and new.

*From a luxe spa-like retreat in the master bathroom to a cozy guest bath tucked in a hallway, it's easy to elevate this part of your home and take it to the next level.*





**Enjoy a sauna.** If you have the budget, consider installing a beautiful sauna in your bathroom to help you detox and relax. You can also create your own sauna-like environment to relieve those aching muscles and de-stress at the end of the day.

**Upgrade the tile.** A luxe bathroom should have high-end finishes, so consider changing your old ceramic bathroom tiles to something a bit more refined. Installing marble tiles is a fabulous way to create a luxe look and give your bathroom a sophisticated vibe.

**Install a huge shower.** Don't suffer in a tiny shower or a cramped tub-and-shower combo. Upgrade your shower, and make it huge, with more than one showerhead, for an awesome experience. Finish the new shower with glass doors and some high-end tile on the floor and surround.

**Choose nice mirrors.** Stay away from basic, contractor-grade mirrors if you want a luxurious bathroom. Update your mirrors to something sleek and unique with decorative frames, unusual shapes, and a sleek gold or silver metallic finish.

**Consider a Japanese toilet.** Japanese toilets have an elongated shape and typically extend from the bowl to the floor for a seamless look. These gorgeous toilets will instantly elevate your bathroom and give it a beautiful, contemporary vibe.

**Finish with artwork.** Express yourself in your new bathroom by hanging some select pieces of artwork. It can be anything from a beautiful painting of a pastoral landscape to a colorful modern abstract piece. The key is to use the artwork to round out your luxurious bathroom theme.

## DESIGN A "COUPLE GOALS" BATHROOM

Whether you're a newlywed couple or you're simply tired of sharing a cramped bathroom, here are some suggestions to help you update this space to make sharing easier.

**Convert your bathtub to a hot tub.** A roomy jetted tub for two is a wonderful way to spend some alone time together as a couple. Replace your standard bathtub with a deep tub featuring massaging jets, whirlpool action, and LED lighting.

**Make sure you have two sinks.** Reaching over each other when you get ready in the morning is a drag. Consider installing a larger vanity with two separate sinks so you'll both have enough elbow room to brush your teeth and start your day on a positive note.

**Stay organized with a walk-in closet.** A small closet can become cluttered fast. If you have the square footage, have a nice walk-in closet added to your bathroom. This will give both of you room to hang up your duds and store your shoes so that your bedroom and bathroom aren't constantly overrun with clothes.

**Add a big mirror.** That tiny mirror over your sink isn't enough to help you see everything you need to see. Update your small bathroom mirror, and hang a large, full-size mirror on the wall—or try a free-standing, full-length mirror in the corner





Photo credit: HGTV

of your bathroom so you can see yourself from head to toe.

**Keep your stuff separate.** Make sure that both of you have plenty of room to organize your cosmetics, razors, and toiletries by creating two separate storage areas. This can be additional storage under each sink or a mirrored medicine cabinet up above. The goal is to make your couple's bathroom convenient, clean, and spacious enough that you both feel welcome, whether you're in there alone or with your other half.

**Make it smell good.** Freshen up the bathroom with some essential oil diffusers so that the room always has a pleasant fragrance. Make sure you both agree on a scent that you like so it's not overpowering for the other person.

## HOW TO EQUIP A LITTLE-KID AND FAMILY-FRIENDLY BATHROOM

place for kids to bathe until they're old enough to use the full-size tub.

**Hang colorful bathroom curtains.** Select an adorable theme or kid-friendly color scheme, and use it for bathroom curtains, rugs, and décor. This can be anything from your child's favorite character to soft pastel colors or a whimsical jungle theme.

**Have plenty of shelving.** Install some wall-mounted shelving, or bring a small cabinet into the family bathroom so your kids have a place to keep everything. Shelving is perfect for tub toys, shampoos, and other items, and you can paint in a coordinating color or choose something with a cute design to make the bathroom welcoming for the little ones.

Make sure there's good lighting. Install bright LED lighting in the kids' bathroom so they can see things easily. A motion-activated night light will help your child see in the dark if they need to use the bathroom in the middle of the night.



## SOLVING BATHROOM PROBLEMS FOR SENIORS

Senior-related bathroom accidents are common and can cause serious injuries. Here are some ways you can improve the safety of the bathroom and maintain the quality of life for your senior loved one.

**Install a handicap toilet.** Toilets for seniors should have a taller height that makes it easier to get up and down. The standard ADA toilet height should be approximately 17-19 inches from the floor to the bowl rim. Add some grab bars so that they can hang onto something whenever they need to.

**Offer an emergency button.** An emergency call button in the bathroom will alert you or your loved one's caregiver if something is wrong. These buttons sound an alarm so that others in the home will know that the senior needs assistance. If your senior lives alone, choose an emergency button that will immediately alert local emergency services so they can rush over to help.



Photo credit: Hotel Design

**Use a tub or shower chair.** Bathroom chairs for the elderly are designed to help them maintain balance while bathing. These chairs are waterproof, stable, and sturdy for a comfortable, safe shower.

**Keep it simple.** A minimalist bathroom design is best for seniors so that there isn't

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a lot of stuff getting in the way. Look for sturdy wall hooks and towel hangers that they can use to keep towels and bathrobes off the floor. The less clutter you have in the bathroom, the safer it will be for seniors to navigate.

**Try a walk-in tub.** Walk-in tubs and showers are best for seniors, since they prevent having to "climb over" the edge. These tubs are perfect for the elderly who want to age in place and prefer to live at home rather than in an assisted living facility.

**Install grab bars.** Grab bars on the shower and bathtub walls and next to the toilet will give your loved one something to hang onto if they feel dizzy or tired. These bars can be found at most home improvement stores and do an excellent job at providing seniors with some extra stability in the bathroom.

**Check the dimensions.** Seniors who use a wheelchair should have a bathroom door that's at least 34-inches wide. The inside of the bathroom should have a minimum of a five-foot radius so they can easily turn around. You should also ensure that there are at least 27 inches of clearance under the sink for the wheelchair. Hang mirrors low enough so that seniors don't have to strain or stand on their tiptoes in the bathroom.

From a luxurious, spa-like master bathroom to a safe bathroom for seniors, designing a bathroom that fits your lifestyle and your needs will make your life that much easier. Keep these tips in mind to make sure you have everything you need, and watch your fixtures, tub styles, and colors come together in a beautiful, functional space you'll enjoy for years to come. ♦



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Sógia Candles are about refined design coupled with a passion for the planet. Their motto is you don't have to sacrifice style to live a sustainable life and to create the perfect ambiance.

Each candle is handcrafted locally in Tysons Corner, Virginia. Sógia's tasteful eco-friendly candles are made from reclaimed glass bottles filled with all-natural soy wax and organic hemp wicks, and come with a sustainable cork coaster. They are made in small batches and each candle is truly unique.

Sógia partners with local restaurants and bars like Sfizi in Falls Church, Nostos and Bonaroti in Vienna to collect bottles that would otherwise be discarded, which are transformed into something naturally beautiful. We sat down with the founder of Sógia Candles to find out more about the business.

## WHY DID YOU START SÓGIA CANDLES?

After realizing that Fairfax County doesn't recycle glass any longer I felt bad about just trashing used glass items. Since the majority of the glass was wine and beer bottles I thought of a way to reuse them by making soy candles.

As it turns out, every year, more than 28 billion glass bottles and jars end up in landfills. It can take a glass bottle one million years to decompose in the environment, possibly even more if it's in a landfill. We know we're not going to make a significant dent but every little bit counts and a greener home-ware choice seemed like a good idea.

The great thing about our candles is they can be recycled even further. Soy wax is easily cleaned out with warm soapy water and our glass containers can be reused for all sorts of things...plant pots, pen holders, or we can refill it for another candle.

We also have an endless supply of containers—everyone is so kind to provide their empties.

## WHY ARE SÓGIA CANDLES UNSCENTED?

Our candles are purposely unscented because they're intended for use while dining and in the kitchen. We want the aromas of your food to be the focus of your enjoyment and the candles to provide the ambiance and atmosphere. There are so many candles out there but we didn't find many sustainable ones that were fragrance free.

Another, more personal reason, is an allergic reaction to fragrance. I really enjoy candles but the severe headaches I get from scented candles is unbearable. I also thought it's the safest bet when buying a gift, you don't have to guess at someone's preference when you give an unscented candle.

## WHY DID YOU CHOOSE 100% SOY WAX FOR YOUR CANDLES?

There are several reasons why we chose soy wax for our candle—primarily because it's an eco-friendly, renewable resource that's totally sustainable. After looking into the various wax types it's the best environmental choice. We all have to do our part to save the earth one day at a time and this seemed like a small way to start.

Also, soy candles burn cleanly with no petro-carbon soot. The 'black film' on jar candles is the soot emitted by paraffin wax which is a petroleum by-product. Toxins released from paraffin candles are the same as those found in diesel fuel fumes and are linked to asthma and lung cancer.

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**Biodegradable**—Soy wax is biodegradable and environmentally friendly. It also cleans easily with soap and water.

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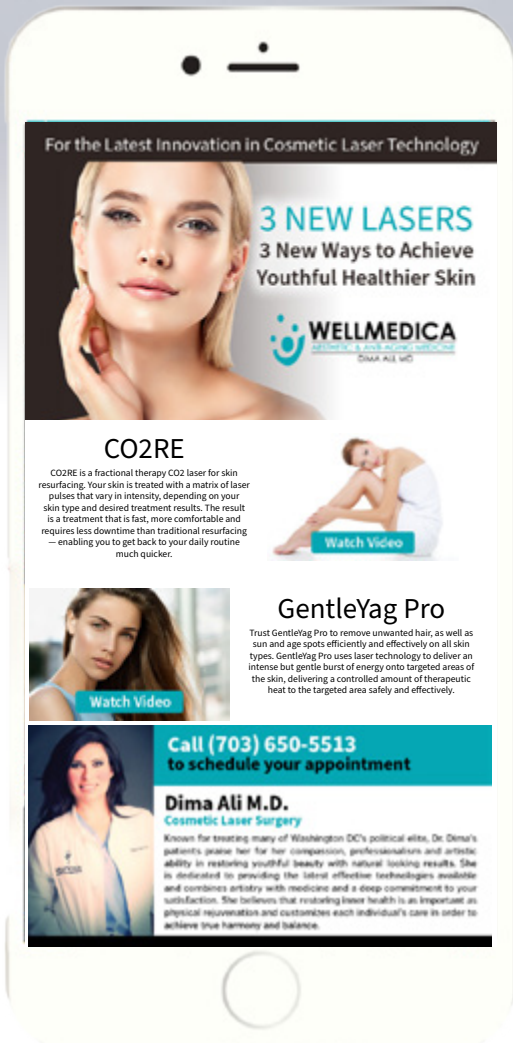
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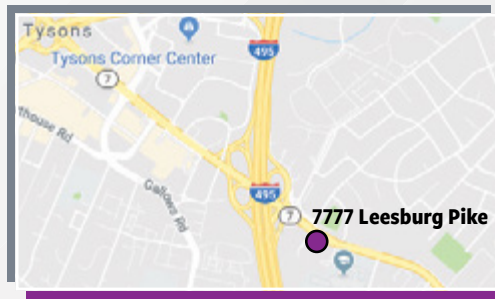


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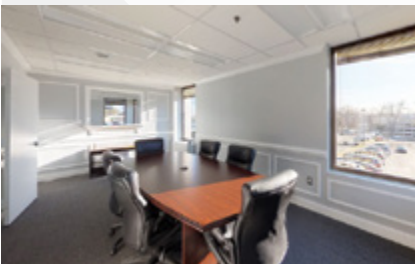


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# *Clint Black*

## FEATURING LISA HARTMAN BLACK

### Mostly Hits And The Mrs. Tour

*By Keith Loria*

Grammy-winning Country superstar Clint Black is hitting the road with the Mrs. Lisa Hartman Black and are making a stop at Capital One Hall in Tysons, VA on Saturday, February 5, 2022. Tickets start at \$29.50 plus applicable fees and go on-sale Friday, June 11 at 10:00 AM and available at [ticketmaster.com](https://www.ticketmaster.com). Clint and Lisa Experience pre-show packages also available online at [ticketmaster.com](https://www.ticketmaster.com).

#### ABOUT CLINT BLACK

It has been three decades since the release of Clint Black's groundbreaking debut album, *Killin' Time*. The genre altering record cemented the Country music icon as one of the truest traditionalists in the game and his widespread influence can still be felt in the works of artists today. Now, the seemingly

unstoppable legend is heading out on tour with Lisa Hartman Black.

Having earned 22 #1 career singles, nearly two dozen gold and platinum awards (U.S. and Canada), a Grammy Award, numerous CMA, ACM and American Music Awards, Clint Black has had one of the most storied careers in modern music. The Houston raised musician has certainly come a long way from the Texas nightclub circuit where he first began.

In his latest effort, *Out of Sane*, Clint Black continues to hold firm in making great music that doesn't fit a mold or conform to current popularity.

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Capital One Hall, part of the broader Capital One Center mixed-use development in Tysons, VA and managed by ASM Global, will open in October 2021. It encompasses a 1,600-seat performance hall designed for Broadway productions, comedy, and concerts; The Vault — a 225-seat Black Box theatre, The Perch — a rooftop green space with

a stage, Biergarten, miniature golf course, and more; and event space.

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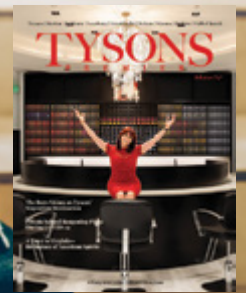
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# *Wolf Trap*

## PLANS DYNAMIC SUMMER SEASON

*By Keith Loria*







After having to cancel events last year, Wolf Trap is getting ready to welcome people back for its 50th anniversary season at the Feline Center this summer season.

Arvind Manocha, president and CEO of Wolf Trap, says he's feeling so many different emotions—elation, relief, caution—as the calendar gets ready to turn to July and the slate of events commences.

“As we're seeing with many aspects of society opening back up, the first steps are emotional and sometimes complicated,” he says. “There have been so many experiences that were put on hold, and we're starting to enjoy them all again, with all the pent up anticipation that comes with delayed gratification. I can't wait to see people gathered again listening to music.”

With that unknown element still somewhat existing, it presented a very challenging job for Manocha and his team to get artists to commit and plan out a diverse schedule that would appeal to guests of all ages and lovers of different genres of music.

*“If you think about how much has changed with regards to pandemic from last fall to this spring, you get a sense of the monumentality of uncertainty we were trying to manage.”*



“We're typically putting together plans for next season while we're still in the current season—that is, a year in advance,” Manocha says. “If you think about how much has changed with regards to pandemic from last fall to this spring, you get a sense of the monumentality of uncertainty we were trying to manage. For live events, it takes time to set them up properly, and this year all of us in the sector have been working on timelines that two years ago we would have said were impossible.”

Wolf Trap has long been a place where everyone in the community feels welcome, and has always strived to create an experience that is easy and accessible, from the picnicking policy to



the lawn seating to bringing artists from all genres to the stage.

“Those ideals were very much part of the season planning, as they always are,” Manocha says. “And having something for everyone is always a goal and in my mind, not one you ever fully reach. This year with the short timelines and the fact that the music business is still very much unsettled as to which artists are working and which are taking the summer off, it’s a bit more complicated than usual, but striving to have breadth is not just a 50th anniversary value—it will continue next year and years after that.”

Still, looking at the summer lineup, which is available at [www.wolftrap.org](http://www.wolftrap.org), he’s done a stellar job. Artists such as Max Weinberg (July 10-11), Amos Lee (July 21-22), Norm Lewis (July 30-31), Lindsey Sterling (Aug. 5), Harry Connick Jr. (Aug. 19) and Train (Aug. 20) are all set to pay a visit.

“I’m excited for all of them,” Manocha says. “The actual 50th anniversary concert, on July 1st, is going to be very special. We are honoring the spirit of Wolf Trap and the legacy of our founder, Catherine Filene Shouse, who was also a fierce champion of the empowerment of women. All four of our guests artists joining the National Sym-



phony that night are women who are titans in the respective fields of music and I think Mrs. Shouse would love the program.”

He defines the summer season as being “typical Wolf Trap,” with a mix of new and old, a wide variety of musicians, and a strong sense of community.

“I think people will enjoy everything they’ve come to love about Wolf Trap, even more so since we’ve had to put it all on pause for so long,” Manocha says. “Mrs. Shouse envisioned her beloved Wolf Trap to be a place where the community comes together to celebrate the arts. While tastes change and the mix evolves, that original vision continues. The thing about Wolf Trap is the sense of community—which I think given what we’ve all been through in the last year is both relevant and current—maybe more than ever.”

## OPERA AND CLASSICAL

It’s not just pop and rock artists that people look forward to about Wolf Trap each summer. The site is also known for its amazing operas.

“This summer, WTO is telling stories—

some known, like Cinderella, some unknown, like Anonymous Lover or Sāvitrī—in as many different ways, from as many different perspectives as we can,” says Lee Anne Myslewski, vice president, opera

and classical programming. From a forgotten piece by a contemporary of Haydn and Mozart to a 20th century retelling of a story from the Mahabharata, we are looking for universal themes that come from widely different places.”

She adds that the pieces Wolf Trap Opera is producing were chosen with specific singers in mind as highlighting the artistry of its singers is a primary focus.

“When we set the initial schedule, we were hoping to do stand-and-sing style concert opera performances for 250 people,” Myslewski says. “As things have opened up, the challenge has been to slightly amplify our projects while keeping the various populations (singers, orchestra, chorus, stagehands, costumers, makeup artists) safe and healthy.”

A favorite production coming up is “STAR-ias,” which will feature a number of

*“If you’re new to opera or trying it out for the first time there are a few shorter evening options that you can dip your toe into.”*







high-profile alums returning to the Filene Center to sing a number of big, powerful scenes from Puccini and Verdi.

“If you’re an opera fan, you’ll be able to add to your list of rare pieces that you’ve experienced live,” Myslewski says. “If you’re new to opera or trying it out for the first time there are a few shorter evening options that you can dip your toe into. And if you love musical theater, try *Sweeney Todd*—the familiar piece, but with perhaps a different kind of singing than you might be used to.”

## FOR THE CHILDREN

Another staple of any summer at Wolf Trap is its children’s programming, and this year, it’s back with a vengeance.

“We have an extremely diverse and exciting lineup of children’s artists performing this summer,” says Cate Betchold, Wolf Trap’s director of internships and community programs.

Among the highlights are Inez Barlatier (July 20), offering stories and songs from Haiti; Grammy winner Joanie Leeds (July 27), whose latest album “All the Ladies” focuses on female empowerment and celebrates influential women of yesterday and today; and Elena Moon Park and Friends’ debut performance (July 28), performing her enchanting folk music from East and Southeast Asia.

“The artists that we book are excellent at engaging children of all ages through interactive, high-energy performances,” Betchold says. “Whether through call and response or guided movement, there is no lack of audience participation and that makes the experience that much more engaging for the children. It’s so important for children to be exposed to the performing arts at a young age because it teaches them to have an understanding of and appreciation for different arts forms and cultures that they might not otherwise experience.” ♦



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*Continued from page 11*

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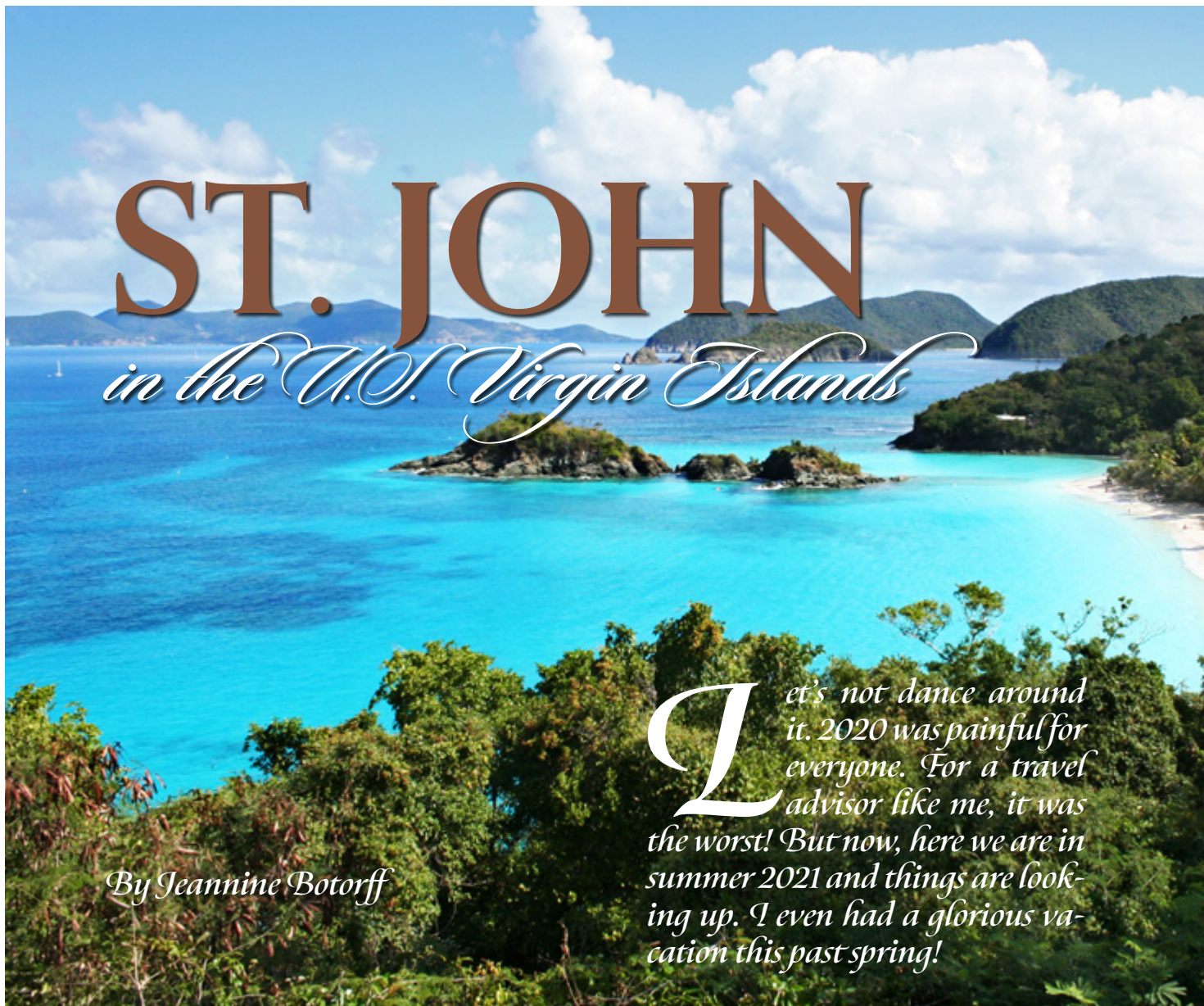
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# ST. JOHN

## *in the U.S. Virgin Islands*

*By Jeannine Bottorff*

*Let's not dance around it. 2020 was painful for everyone. For a travel advisor like me, it was the worst! But now, here we are in summer 2021 and things are looking up. I even had a glorious vacation this past spring!*



### ABOUT JEANNINE BOTTORFF

Jeannine Bottorff is the owner of Journeys by Jeannine, specializing in custom-designed travel experiences for those who are too busy to plan or want a multi-destination itinerary they can't create on their own. While specializing in Europe, Jeannine has connections and

relationships with travel providers around the world, making just about any destination yours to discover.

For over 20 years, Jeannine had been an avid traveler who often wondered about a career in travel but didn't pursue it. That is, until 11 years ago when she quit her corporate job to take care of her elderly parents. During that time, she did much soul searching, and made the decision to follow her passion. In 2013, she became a Virtuoso Travel Advisor, pairing her expertise in events planning with the knowledge she gained through her own travels to create fulfilling travel experiences.

After a year of "family togetherness" we decided our first trip since February 2020 would be even more family togetherness on a catamaran trip to St. John in the U.S. Virgin Islands. That's right, after spending 365+ days together during Covid, we opted to spend our vacation on a 58-foot boat! Opting for a family holiday in close quarters with 2 strangers – the captain and first mate – might push some over the edge, right? Not us.

Like most people, I wanted to get away but didn't want to travel somewhere with a 5-day quarantine during a 7-day vacation! So, we decided to travel to a U.S. territory – the U.S. Virgin Islands – where we did not have to quarantine. The second choice





was either a villa or a catamaran. While both are great experiences, we opted for the catamaran because it allowed us to visit a new place every day instead of staying stationary. Our trip focused on the island of St. John but we also could have visited St. Thomas and St. Croix.

**DISCLAIMER:** No matter how eloquently I describe this trip, it will not do justice to the beauty, serenity and calm that a catamaran trip provides.

Our days had a wonderful rhythm to them. Each day started with us floating up to breakfast on our own schedule (early, late or really late!), drinking our morning beverages and chatting with our captain about the day. Then, depending on weather and waves, we would begin the day's activities. That usually meant snorkeling, but our boat also came with water skis, paddle boards and equipment for tubing, so no one was ever bored. When we wanted to take a break from sun and sea, we went hiking, shopped in Cruz Bay or sat at a local watering hole drinking rum punch and munching conch fritters. But the best part of each day was the sailing, usually a few hours to get to our next anchorage. Over the course of the week, we sailed completely around the island of St. John.

The days' activities were punctuated with delicious food and drink provided by our lovely first mate, who also happened to be our captain's wife. Having someone else in

charge of cooking and cleaning freed us to relax and reconnect. We sampled a variety of frozen beverages as well as hot breakfasts, lunches, snacks and gourmet dinners. All meals were based on our preferences making each meal something fun to look forward to. Our first mate even planned a special birthday cake for my daughter who turned 19 on the 4th day of our trip, making it a truly memorable experience for all of us.

I could go on and on about how amazing the catamaran was or the beauty of St. John, but that would take pages and pages to describe it, so I want to wrap up with one of my favorite memories of the week. After dinner one night, with the sun setting in the background, we played a board game for hours. We laughed and laughed and created memories I don't think will ever be forgotten. Bonding as a family, even after a year of complete togetherness, was a celebration of our lives and a kick-off to the future.

The best part of a catamaran vacation is that it isn't just for socially distancing! It is an amazing way to see multiple areas of a destination without having to drive, change hotels or unpack more than once! Catamaran trips are available in many parts of the world besides the Caribbean including the Mediterranean, the Pacific and beyond. And, depending on your experience and budget, you can opt for the fully crewed option that we had, a captain only booking or just a Bare Boat rental for experienced sailors only. And, the best part is being able to be with your family and friends bonding on your own schedule!

This year has already seen a huge uptick in requests for travel, so my advice, whether a catamaran trip, a villa, a cruise or tour is to book as early as possible. 2021 and 2022 are going to be rebound years, so booking now is key.

Do you have other travel questions? Always feel free to email [info@jbj-travel.com](mailto:info@jbj-travel.com) (this is a new email that will be launched by the time the issue comes out). ❖





# What to Ask AT A WINE TASTING

By Linda Barrett

No matter how much you know about wine, there is always something more to learn. An excellent way to both experience Virginia's wines and expand your knowledge is to attend a wine tasting. If you're in luck, the owner or winemaker may be present, and they love to talk about their wines!

Whether it's your first visit to a local winery, or you have years and bottles under your belt, here are the most common questions to ask a wine tasting.

## **What types of grapes were used to make this wine?**

Wines can be identified on their label based on the type of grape used. For example, a Chardonnay or Pinot Noir. At other times, winemakers combine a blend of grapes to create an entirely new wine experience. Check the wine notes to see if they identify

the varietals, and feel free to ask your server or the winemaker.

*It's fun to rely on your own palate to see if you can pick out the earthy or floral notes in a wine, and afterwards refer to the tasting notes.*

## **What should I be tasting with this wine?**

It's fun to rely on your own palate to see if you can pick out the earthy or floral notes in a wine, and afterwards refer to the tasting notes. Notice which tastes you experience first, and which come later on the finish. The tastes can change throughout the taste profile. Smell also plays a role and is an important step in the wine tasting process.

Experience the "nose" of the wine prior to tasting.

## **How was this wine aged?**

The aging process can make a big difference in the taste of a wine. Wines may be aged in oak barrels of French or American Oak, or steel tanks. How long a wine has aged and





how long it has been in the bottle can also affect the taste.

### **In what type of soil does this grape grow well?**

Winemakers enjoy talking about the soil and climate conditions that create a great grape and affect the taste of the wine. This is known as the “terroir.” No two winemaking regions are the same, even if the vineyards are in close proximity to each other.

### **What wines are your best sellers?**

Certain wines become favorites of visitors and wine club members. Knowing what the most popular wines are lets you see if you agree with the crowd. But make your own opinion. What you like may be different than others.

### **What wines are you known for?**

Wineries may have unique styles of wine, a rare varietal, or a process that makes them different. Ask this question and you may even be treated to a wine they rarely pull out for normal tastings!

### **What is the story behind this winery?**

A number of winery owners never started out to own or run a winery. The stories of their journeys to where they are now are often fascinating.

### **Types of Wine Tastings**

**Winery**—Learn about a particular winery’s choice in grapes, the types of wines they produce. Talk to the winemaker and owners. Tour the winery.

**Wine Store**—Wine stores offer tastings based on what’s new, a theme, a region, or with a representative of a winery or wine distributor. Compare the differences between wines from the same region or explore a new country. Attend each week for a new variety. Ask for wine recommendations.

**Professional**—Generally held by a wine association or industry. Many wines offered; be prepared to taste hundreds of wines in a short period of time. Focus on the taste. ♦

## **Pop Quiz!**

### **TEST YOUR WINE KNOWLEDGE**

1. What is the most widely planted grape in the world?
2. How much wine is in a standard bottle?
3. How many grapes does it take to create a standard bottle of wine?
4. How much wine does one acre of grapevine produce, on average?
5. Which two U.S. presidents attempted to grow grapevines?
6. What is a vertical wine tasting?
7. How many bubbles are in a bottle of champagne?
8. Wine can be produce in what colors?
9. What was the only winemaking region in the world not affected by the phylloxera aphid that caused a severe blight in the mid 19th century?
10. What is the biggest wine bottle called?
11. How much wine is in a wine barrel?
12. How long does it take a newly-planted grapevine to bear wine-making fruit?

*Answers on next page.*

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## Answers to Pop Quiz!

### TEST YOUR WINE KNOWLEDGE

1. Cabernet Sauvignon, with more than 700,000 acres planted worldwide
2. 750 milliliters (about 25 fluid ounces)
3. About 2.5 pounds, or around 200 grapes
4. Around 800 gallons of wine
5. George Washington and Thomas Jefferson. Both failed.
6. Wines tasted from the same vineyard or the same wine-maker from different years
7. About 49 million bubbles
8. Red, white, pink (rosé) and blue
9. Chile. A number of heritage grapes saved here were reinstated into Europe.
10. A Nebuchadnezzar. It holds 15 liters of wine, or the equivalent of 20 standard bottles.
11. About 60 gallons (126 gallons in a buttload of wine)
12. About 3-5 years. Grapevines can bear fruit for up to 40 years.

*(Wine quiz from BrightCellars.com)*



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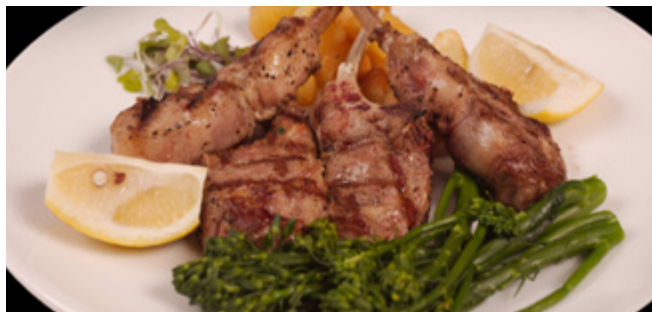
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# YOUTH

## *Runaways:*

### Causes, Signs, Prevention and What to Do If They Flee

By Kimberly Blaker

A staggering one in seven kids between the ages of 10 and 18 will run away, according to a report by the National Conference of State Legislatures. More concerning, it's a spur of the moment decision for more than seventy percent of runaways, reveals the National Runaway Safeline. For that reason, parents often see little, if any, clue their child might go missing. So, be aware of the causes and signs to watch for and take preventative measures. Also, learn what to do if your child does flee.

Runaway causes

Kids run away for numerous reasons. Many suffer from verbal, physical, or sexual abuse.

Even when the situation isn't abusive, kids who run away often feel neglected and lack financial and emotional support at home. They also may experience frequent conflict with their families.

Other kids who run away may have drug or alcohol addiction problems or are trying

to escape the addictions of their own parents. Teen pregnancy puts girls at high risk of running away. Also, lesbian, gay, bisexual, and transexual teens often runaway as a result of family rejection. Foster kids frequently run back to their own families, and

mentally ill youth are at high risk as well. Finally, some kids run away merely because they don't like their parents' rules.

Signs youth might flee

Warning signs that a kid is planning to flee aren't always present. Even when there are signs, most of these behaviors can be attributed to so many causes, parents often don't realize their child is considering running

away. But there are some telltale signs.

The most obvious is when a teen threatens to do so. While it may be an attempt to manipulate in the heat of an argument, threats should be treated as a serious warning sign. Your adolescent may also start hoarding money, and valuable items might disappear

*Your adolescent may also start hoarding money, and valuable items might disappear from the house.*





from the house. You might notice your child keeps a bag or backpack filled with clothes. Your teen may also become more secretive or start staying away from home as much as possible.

#### Runaway prevention

The most important thing you can do is provide your child with acceptance and unconditional love. Your adolescent should feel loved whether receiving straight 'A's or failing at school. A gay or pregnant teen needs acceptance from family. If your teen has a drug addiction, make sure your adolescent understands while you hate the addiction, you still love him.

Communication is another preventive measure. Show you care by asking your kids how they're doing or how things are going daily. This can help your child to open up. Make sure your adolescent knows he can talk to you about whatever's going on. Teach him how to speak calmly and express himself clearly – and always respond in kind. Also, ask how you can improve the situation enough so your adolescent will want to stay.

If your child threatens to run away, ask what's going on and why your adolescent wants to leave. Then try to address those concerns. Also, discuss the risks involved with running away. They include:

- homelessness
- the long-term impact of not finishing school
- drug or alcohol problems that often develop
- the high potential for falling victim to human trafficking committing crimes as a means of survival and ultimately landing in jail or prison

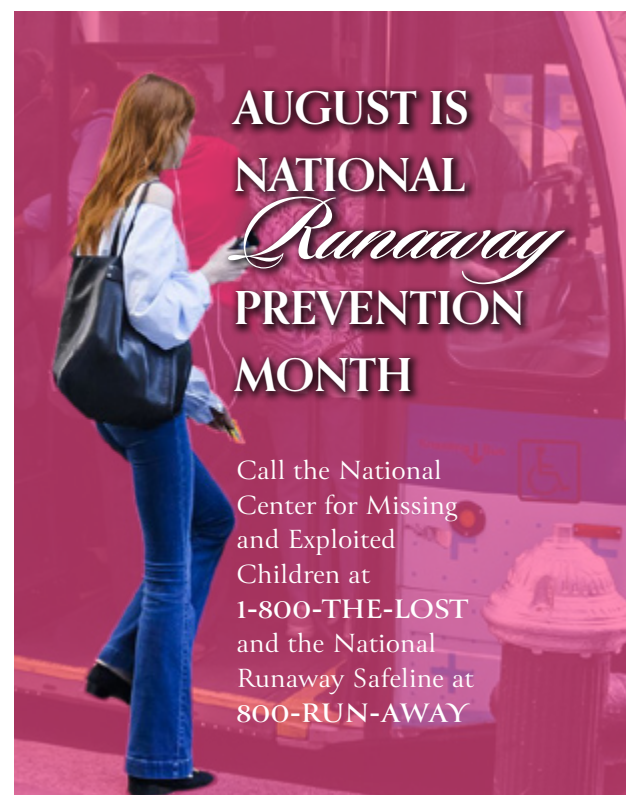
#### What to Do If Your Child Runs Away

- Call your local police and make a report immediately.
- Make reports with your sheriff and state police as well as the police stations in neighboring communities.

*The most important thing you can do is provide your child with acceptance and unconditional love.*

- Contact everyone your child knows, including friends, parents of their friends, relatives, coworkers, classmates, and school staff.
- Try to access your child's social media accounts, school locker, and thoroughly search their room for possible clues.
  - Contact their cell phone provider to see who they've recently called.
  - If your teen has a debit or credit card, contact the bank for details of any transactions.
  - Hire a private investigator.
  - Call the National Center for Missing and Exploited Children at 1-800-THE-LOST and the National Runaway Safeline at 800-RUN-AWAY. ❖

*Kimberly Blaker is a freelance parenting writer. She's also founder and director of KB Creative Digital Services, an SEO content agency, at kbcreativigital.com*





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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.

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Accredited Staging Professional (ASP),  
Graduate Realtor Institute (GRI),  
Senior Real Estate Specialist (SRES)



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465 Maple Ave West  
Vienna, VA 22180





## Richie Hanna

### REAL ESTATE CUSTOMER SERVICE EXPERT

Richie is an award winning sales professional that has worked in the sales/customer service industry his entire adult career. Over 20 years of sales experience perfected his skills needed to not only achieve his client's expectations but exceed them! Acquiring knowledge of schools, commute, surrounding amenities, and indispensable business relationships supplies him with the ability to help you buy or sell with the utmost confidence. If you are looking for a Real Estate Customer Service Expert that sets their expectations high, is totally up front with you, thrives on customer satisfaction, and is a fearless yet effective negotiator then "Real Estate Richie" is the right agent for you. Richie takes great pride in the relationships he builds and always works relentlessly to ensure his clients best interest!

#### Specialties:

Over 70+ Five Star Reviews  
on Zillow and Google  
99.8% Sale Price to List Price Ratio  
12 Days on Market Average  
30+ Homes Sold Per Year  
Integrity - Service - Results



703-655-9585  
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[www.richiehanna.com](http://www.richiehanna.com)



## Lori Shafran

### OVER 100 YEARS OF REAL ESTATE TRADITION

With over 35 years of career experience in residential real estate sales, luxury home sales and marketing, office leasing and real estate settlement services, Lori has in-depth knowledge and experience in the Northern Virginia housing market and provides her clients with a comprehensive level of support in buying or selling their home.

In every real estate transaction, her focus is to meet and exceed the needs of her clients. She is committed to providing personalized sales support with attention to detail and responsive service--working closely with each buyer or seller to carefully understand their specific goals and needs of home ownership. Whether the purchase or sale is a single-family home, townhouse or condominium, she provides clients with the information they need to make wise investment decisions in buying or selling a home.

Her background in real estate settlements is a powerful asset to both her selling clients as well as purchasers. With an in-depth understanding of the settlement process as a former settlement agent, she is able to share this knowledge and successfully guide her clients through all phases of selling or buying a home— from contract to closing.



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## Kevin Kleifges

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As an agent who's an expert in this local area, Kevin brings a wealth of knowledge and expertise about buying and selling real estate. Kevin is someone you can trust for up-to-date information who is eager to serve you. If you need to find your next home, Kevin will find you the ideal property at the right price for you, including all the neighborhood amenities that matter.

When it's time to move, Kevin will handle advertising your home, showing it prospective buyers, negotiating the purchase contract, arranging financing, overseeing the inspections, handling all necessary paperwork and supervising the closing. He can take care of everything you need, from start to close. Consult with Kevin on Home Selling Tactics. His experience in home staging can be the difference between a home resting on the market and one that's sold fast.

### Specialties:

Find a Home, Sell a Home  
Consult on Home Selling Tactics



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Having grown up in the Northern Virginia area, Poppy is familiar with the different neighborhoods and what they have to offer. A full-time Realtor since 2002, consistently a top 100 Mid Atlantic Coldwell Banker Realtor, and a Certified Negotiation Expert, Poppy has the experience to deliver successful results for her clients.

### Specialties:

Certified Negotiation Expert



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## Dave and Joanne Adams

**CERTIFIED LUXURY HOME  
MARKETING SPECIALIST**

After 19 years as a retail business executive with extensive marketing and negotiation skills, JoAnne transitioned into Real Estate. Dave served 21 years with the United States Secret Service before transitioning into Real Estate. His unique knowledge of Northern Virginia and the Washington D.C. area has proven beneficial to their clients. Dave and JoAnne have been Northern Virginia residents since 1991 and work together as a team. They understand the stresses of relocating, having moved several times when Dave worked for the Federal government.

Dave's relationships here and abroad, their knowledge of sophisticated database technology, analytical approach to tasks and commitment to service, honesty and integrity are the cornerstones of the Dave and JoAnne Adams Group.

### Specialties:

Military Relocation Professional (MRP®)  
Seller Representative Specialist (SRS)  
Certified Luxury Home Marketing Specialist  
(CLHMS®)



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## 822 CLINTON PLACE MCLEAN, VA \$5,250,000

In 2019, Artisan Builders custom built this masterpiece. Pull into the pea gravel motor court and walk through the entryway, you will find an elegant foyer with reclaimed oak hardwood floors in a herringbone pattern. The kitchen is state of the art with a gorgeous hood over the wolf range. There are dual subzero refrigerators and full size wine chiller. The lower level boasts 11 foot ceilings, an exercise room, 2nd laundry room, media room, bar, and a great wine cellar that you will definitely enjoy. The billiards and rec room walk out to a large outdoor entertaining paver veranda that overlooks the large flat back yard. The upper level has a library with a fireplace, an owner's suite that has huge walk in closets, a moving deck, and a bath that is sexy and functional. All secondary bedrooms have ensuite baths and walk in closets.

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## THE RESERVE

**GAINESVILLE, VA | \$1,042,000**

Fabulous and Wonderful in Every Way! This stunning home is sited magnificently on over an acre of rolling Virginia countryside in The Reserve at Lake Manassas. Backing to the lake, there are water views from the front and rear yards, as well as the main bedroom. Vacation at home with a covered deck with remote screens, infrared heaters and more. Open patio with natural gas firepit. FUN, FUN, FUN!

## VIENNA METRO

**VIENNA, VA | \$724,000**

Terrific three-level end-unit garage townhome located right at the Vienna Metro. Gourmet kitchen with white cabinetry and granite opening to both a breakfast area and the dining room / living room. All baths have been upgraded including THE MOST AWESOME MAIN BEDROOM BATH.... Marble flooring, skylights, new cabinetry, new square soaking tub and a separate shower with frameless glass. Parking for THREE cars.



## KINGSTOWNE BEAUTY!

**ALEXANDRIA, VA | \$548,500**

Wonderful garage townhome right in the heart of the fabulous community of Kingstowne. Upgraded throughout including kitchen with granite, large island with barstool seating, stainless steel appliances and bay window. Remodeled main bedroom bath with granite, double sinks, new flooring and more. Washer / dryer on upper level. Living room with gas fireplace. Two decks. Walk to restaurants, shopping, two community pools and tennis courts.



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# Top 10 Most Expensive New Listings

Information courtesy of Bright MLS





## 658 LIVE OAK DR

McLean, VA

Architecture: **MANOR, TRANSITIONAL**

List Price: **\$12,888,000**

A gated entrance and an impressive approach introduce River King Estate, a 13,000 sq ft spiritual retreat where one can walk to the Potomac River and Scott's Run Nature Preserve Park. The captivating solid stone and glass estate is resort living at its finest on almost 3.25 acres. Built by exclusive BOWA Builders, this luxurious estate features a full range of world class amenities in a location which is convenient to virtually all destinations across the Washington area. The property includes a total of seven bedrooms, eight full baths, two half baths, and separate, fully equipped 1100 sq ft newly renovated next generation apartment provide ample accommodations.



## 612 RIVERCREST DR

McLean, VA

Architecture: **MANOR**

List Price: **\$11,998,000**

Reflecting the best of European architecture and positioned high above the banks of the Potomac River lies one of the great homes of the Capital Region, Chateau Grande Vie. Its name hailing from the unequivocally serene views it offers residents from nearly every room of the estate. The handsome turreted stone facade is set against a verdant wooded landscape on a privately sited 85 foot stretch of untouched riverfront in prestigious McLean, Virginia. An owners suite, unlike any other, offers surreal river views, complementing four additional bedroom suites, each featuring lavishly appointed marble baths with jetted jacuzzi tubs.





## 3120 WOODLAND DR NW

Washington, DC

Architecture: **GEORGIAN**

List Price: **\$11,995,000**

Elegantly set on one of DC's most coveted residential streets, 3120 Woodland Drive, NW has been given a brand new 2020 complete renovation by premier developer, Cobra Properties. The project retains the historic 1920s Georgian brick structure's charm while bringing forth the design and amenities sought out by today's twenty-first-century buyer with design by award-winning Akseizer Design Group. Four finished levels boast 6 bedroom suites, 7 full + two half bathrooms, 4 fireplaces, Waterworks finishes, top-of-the-line Thermador and Bosch appliances, herringbone white oak hardwood floors, exquisite moldings, custom-built cabinetry, wine cellar, and second a catering kitchen.



## 3304 R ST NW

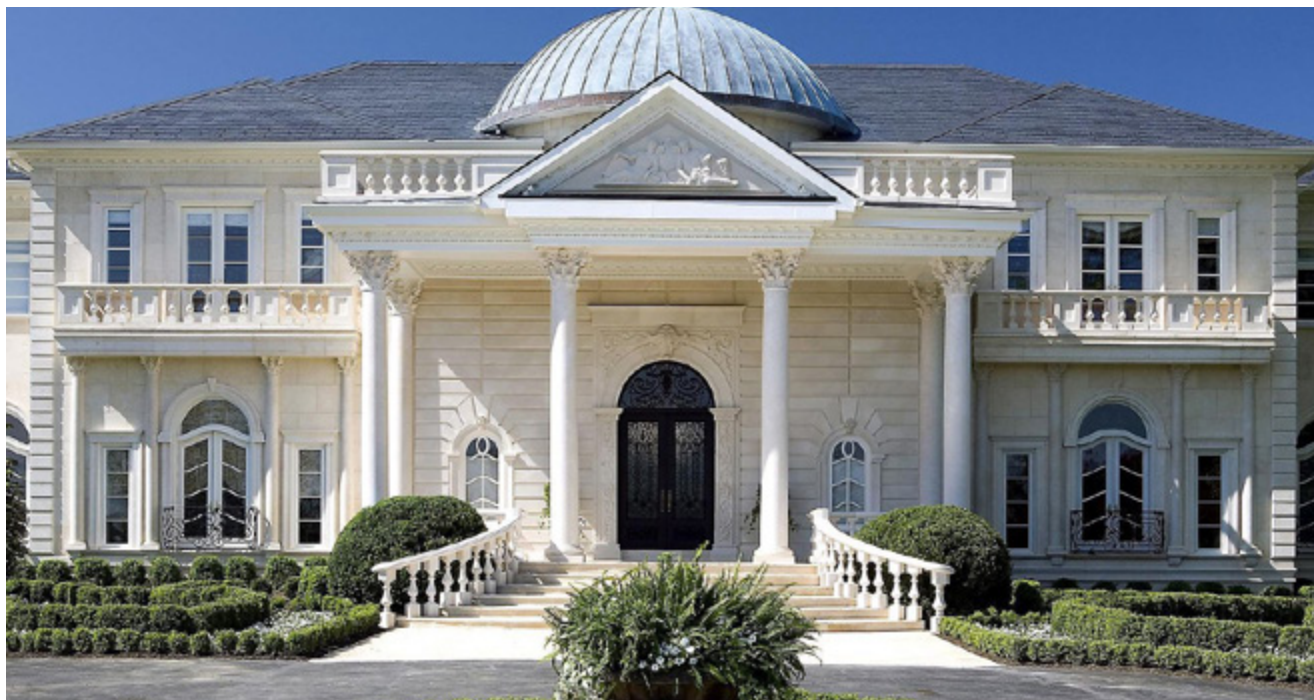
Washington, DC

Architecture: **CONTEMPORARY**

List Price: **\$11,500,000**

Reflecting the best of European architecture and positioned high above the banks of the Potomac River lies one of the great homes of the Capital Region, Chateau Grande Vie. The handsome turreted stone faade is set against a verdant wooded landscape on a privately sited 85 foot stretch of untouched riverfront in prestigious McLean, Virginia. An owners suite, unlike any other, offers surreal river views, complementing four additional bedroom suites, each featuring lavishly appointed marble baths with jetted jacuzzi tubs.





## 9300 RIVER RD

Potomac, MD

Architecture: **MEDITERRANEAN**

List Price: **\$8,500,000**

Reminiscent of the finest influences in the great historic landmark homes of western Europe, this extraordinary masterpiece was custom built by and for renowned builder, David Niroo and designed by internationally acclaimed Haleh Design. A stately limestone exterior with natural slate roof introduces the dramatic interior with custom plaster mouldings, gold leafing detail and designer fabric wall paneling consisting of 18,000 square feet of unparalleled finished design. Total sqft is 23,330 including detailed exterior living spaces and garage.



## 36987 MOUNTVILLE RD

Middleburg, VA

Architecture: **COLONIAL**

List Price: **\$8,495,000**

Magnificent stone manor, beautifully restored with superb craftsmanship & exquisite taste. Truly one of the finest estates in northern Virginia offering 100+ acres of verdant pastures, sweeping lawns & brilliant gardens. Flagstone terraces surround the heated pool, a fabulous stone courtyard stable, caretakers apartments, riding ring and an incomparable setting. Property is in Easement.





## 1312 MERCHANT LN

McLean, VA

Architecture: **COLONIAL**

List Price: **\$6,950,000**

This gorgeous property, developed to fit into the natural surroundings and conserve energy, is one of McLean's most beautiful, offering 3.6 rolling park-like acres with an expansive pond and stream, open meadows, rare specimen plantings, and mature woodlands. This unique traditional 7-bedroom home with separate full guest apartment boasts over 8300 square feet (estimated) across four finished levels. Bathed in natural light and freshly painted, ample spaces and excellent flow provide for gracious entertainment and cozy retreats. Special features include a separate family room with fireplace and cathedral ceiling, multiple glass doors that walk out to slate terraces and patios, a custom-designed dine-in kitchen, and a separate office suite that could be used as a main-level bedroom.



## 6 KALORAMA CIR NW

Washington, DC

Architecture: **TRADITIONAL**

List Price: **\$6,900,000**

Built in 1930, this stately Federal Revival residence exudes the design and proportions typical of a popular style stemming from classical antiquity. The house has undergone extensive updating through collaboration between two masters, award-winning BOWA builders and internationally renowned interior designer Darryl Carter. The remarkable third floor includes a large-scale gallery or family room with a ceiling height of nearly eleven-feet along with splendid views overlooking the rear garden, Rock Creek Park, and the National Cathedral.





## 7301 DULANY DR

McLean, VA

Architecture: **COLONIAL**

List Price: **\$5,995,000**

Extraordinary private Estate Home built by George Sagatov located on 2 abundant and manicured acres designed by Charles Owen inside the beltway. This exceptional property features 7 Bedrooms, 8 Full Baths, 2 Half Baths, detached Guest Cottage, 5-Car Garage, and Swimming Pool. Inside you will find a stunning Gourmet Kitchen, completely re-modeled in 2018 by award winning BOWA, featuring a 12ft island with waterfall quartz counters and top of the line lifestyle appliances such as an ILVE Range, Miele Coffee Station, Thermador Steam Oven and Dacor WineStation.



## 2118 LEROY PL NW

Washington DC

Architecture: **OTHER, TRADITIONAL**

List Price: **\$6,000,000**

Built in 1908, the Georgian Revival style building has distinctive red brick, grand columns, extensive trim and oversized windows. The property is comprised of four levels with views of the Washington Monument as well as a large outdoor private garden and two car garage. The generous floorplates can easily accommodate multiple offices, meeting rooms and open work areas. The building is approximately 11, 813 SF.



# *Ask an Advisor:* **ABOUT REAL ESTATE**

By Dan Lash, CFP® AIF®

## **Is now a good time to buy a home?**

I think a better question to ask is “Is it a good time in my life to buy a house?” buying a home is a huge investment and it is important to not rush into the decision. Interest rates are very low right now which is great for home buyers, but there are other things to consider.

In the DC Metro area the demand for homes has skyrocketed and the supply has not kept up. Sellers are listing their homes priced on the high end and/or buyers are getting in bidding wars and end up paying more than the asking price. This frenzy could stick the winning bidder with a property that may have limited appreciation (or even depreciate) in the future. Another concerning practice I have seen is buyers agreeing to forgo a home inspection in order to create a compelling offer. Waving a home inspection is a gamble, you are buying what

is probably the most expensive asset of your life and you want to make sure that you are not saddling yourself with costly repairs.

Make sure you know what your budget is before starting the home buying process and don't let a bidding war push you past it. Also, be prepared to stay in the home at least five years because it is possible that we will see the market slow down and you will not be able to recoup your purchase price.

## **We are looking to purchase a new home—how big of a mortgage should we get?**

While a mortgage can be an excellent savings vehicle while you are working, borrowing as much as you qualify to borrow may not be a wise financial decision. When you're looking to buy real estate in Northern Virginia, it's especially easy to feel the need to spend more than you can realisti-





cally afford.

It is important to keep in mind that real estate agents and mortgage brokers are not objective financial advisors in the home buying process. Their opinions on what you can afford are likely to skew high, because that's in their best interest. Even family and friends can lead you astray. Your best bet is to have a trusted financial advisor recommend an affordable price range based on your personal situation.

Most lenders use a guideline of 36% of your gross income to arrive at a mortgage payment you can potentially "afford." However, not only should you consider your household income, but take into account all of your expenses, especially any outstanding debts, as well as any future expenses that could affect your ability to afford a large monthly payment. In order to calculate your monthly spending, I suggest starting with your monthly rent payment and add all remaining expenses, such as insurance, utilities, groceries, and any money you put into savings each month. Having a clear picture of your expenses (in addition to your income) will help keep your budget realistic and avoid becoming over-extended. Remember to add estimated taxes, fees, and other expenses to your final mortgage payment so that you're accurately comparing your rental expense to a potential new home expense.

### Our house is not big enough for our growing family - what's the best decision financially - remodel, move, or build a new house?

The answer to this question will depend upon your home, your budget, and your needs as each situation is unique. Selling your home to buy a larger one might not be the right choice if you can't possibly make the profit you need in order to buy the larger house. Sometimes, in high demand neighborhoods, it may be cheaper to build an addition or renovate outdated spaces. Consider making a list of everything you want in a home and circle the wishes that renovation can fulfill. If you've got most of the items circled by the end, move on to the

financial considerations. If not much is circled, you probably need a different house. You may be in a good position to tear down and rebuild your home if the value of your home is two or three times less than the surrounding homes. Keep in mind, rebuilding may be the best option if renovations will cost as much as building a brand new home.

### Is real estate a good investment?

Real estate can be a good investment for some people but it is a hands-on investment that can take a lot of work and can be risky. You will have to manage the property or hire a property manager. You will also have to factor in things like insurance, property taxes, and maintenance. All of these costs determine how much money you'll actually net off a rental property in the long run. You are also at the mercy of property values. If you own a rental and the property values in that particular area start to go down, that could affect the local rental market. To stay competitive, you might have to lower your rental rate, which would lower your return. All in all, determining if real estate is the appropriate investment for you requires a review of these factors as well as consideration of the implication it could have on your financial security. ♦



**Author:** Daniel P. Lash, CFP®, ACF® is a Financial Advisor and Partner at VLP Financial Advisors. Dan works with his clients to help them plan for their family's financial future. He believes that strategic planning is the key to creating, protecting, and growing wealth. Visit VLP Financial Advisors online at: [www.vlpfa.com](http://www.vlpfa.com)

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*The Realignment of Old Meadow Road with the Capital One complex in McLean is Complete*

# Improvements to the Old Meadow Road Intersection

By Marcia McAllister



*Replacing Cracked Third Rail Supports on the the Silver Line's McLean Station*



*Testing Emergency Trip System at TPSS#12*

**I**t's been a long time coming for residents and businesses along the Route 123/Old Meadow Road area of McLean/Tysons, but road work related to Phase 1 of the Silver Line's McLean Station is wrapping up.

Crews have been working for several years to make improvements to the Old Meadow Road intersection that realign it perfectly with the entrance to the Capital One complex. Finishing touches to the roadway and traffic signalization are just about done, according to Silver Line project officials.

Residents of the area have experienced traffic impacts while this work and other new construction continues in this area. Project officials say they thank the residents for their patience over the years.

The realignment was complicated by multi-

ple utility relocations as well as construction on other neighboring sites. This work was requested by Fairfax County and the Virginia Department of Transportation when the first phase of the Silver Line was built.

The completion comes just months ahead of the opening of the Capital One Center, a 1,600-seat performing arts center that will feature local theater and world-class concert artists. Partners in this project are ArtsFairfax and AMS Global.

The hall features a large theater for corporate meetings and performances as well as a smaller theater also. For details, visit [capitalonehall.com](http://capitalonehall.com).

The new hall is the heart of Capital One Center, a 24-acre mixed use development adjacent to the McLean Metrorail Station. ♦





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