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Features



Capital One Hall Set to Provide Great Entertainment in Tysons

By Keith Loria

Tysons will soon be home to some great entertainment in our area, as the Capital One Hall, a cornerstone of the broader Capital One Center development, is set to open this fall offering concerts, comedy shows and top Broadway productions.

Jewels of the Sea: The Little known history of Oysters

It may be hard to imagine but in the late 1800's through the turn of the century, oyster beds were so abundant in the Chesapeake Bay that they were known to pose as navigational hazards for ships sailing the bay. Learn what is happening in oyster farming and harvesting today.



Hero Dogs

By Linda Barrett

The Washington DC region is home to thousands of returning veterans with special needs, and only a few options for service dogs through national-level service programs. That's why Hero Dogs was founded—to provide local resources for our local heroes. Hero Dogs is dedicated to the unique needs of our veterans and first responders by providing highly-trained service dogs to assist with multiple challenges.



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FALL 2021

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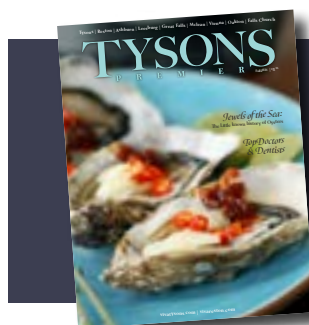
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ON THE COVER

Enjoy the season for oysters and see where to get them near you. *See the Oyster Directory on Page 24.*



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JASON ISBELL AND THE 400 UNIT
Wolf Trap Filene Center 9/14

Out and About **CONCERTS & EVENTS IN TYSONS**

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JASON ISBELL AND THE 400 UNIT

Waxahatchee
 9/14 7:30pm

TIX START AT \$47

“One of the finest poets working in American music” (Rolling Stone), Jason Isbell and the 400 Unit returns to Wolf Trap with a Grammy-winning blend of Americana and Alabama roots.

INDIGO GIRLS ANI DIFRANCO

9/22 8pm

TIX START AT \$45.50

Indigo Girls, “one of the finest folk duos of all time” (NPR), and feminist icon and singer/songwriter Ani DiFranco return to Wolf Trap with a Grammy-winning blend of female-driven folk, rock, and pop.

THE AVETT BROTHERS

9/23, 7:30pm, 9/24 7:30pm

TIX START AT \$50

“Americana stalwarts” (Rolling Stone) and Wolf Trap favorites, The Avett Brothers return to perform folk-tinged songs filled with unbridled energy and honest, heartfelt lyrics.

MCLEAN PROJECT FOR THE ARTS

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 This exhibition is a juried biennial exhibition celebrating the depth and breadth of paintings—or works related in some way to painting—from artists throughout the mid-Atlantic area.

LITTLE BIG TOWN - NIGHTFALL TOUR

Capital One Hall, 7750 Capital One Tower
Road, Tysons, VA 22102
www.capitalonehall.com/event/little-big-town-nightfall

10/2-10/3, 8:00 PM

TIX start at \$55

GRAMMY, ACM, CMA, and AMA
Award-winning group, Little Big Town first
entered the music scene over 20 years ago
with hit songs "Boondocks," "Bring It On
Home," and "Little White Church". Now,
their 2021 Nightfall Tour stops in Tysons,
VA for the opening weekend of Capital
One Hall. Don't miss this unforgettable
performance!

THE STATE THEATRE CONCERTS

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WHO'S BAD

9/24, 9pm

TIX \$20

Who's Bad's live performance is an unri-
valed celebration of pop music's one true
King. Their power - packed performance
of Michael Jackson's expansive catalog has
ignited crowds on every continent and can
only be described as a jaw - dropping, mu-
sical must - see. As the lo ngest - running
Michael Jackson tribute band, and the only
one to predate his untimely passing.

TRIAL BY FIRE- JOURNEY TRIBUTE

10/1, 9pm

TIX START AT \$15

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back to an earlier day when lighters were
held high, and you couldn't help but
sing along to such powerful choruses as
"Don't Stop Believin'", "Wheel in the Sky",
"Lights", "Separate Ways" and "Faithfully"

INFUSION CONCERT

An Exclusive Bengali Fusion Event

10/2, 8pm

TIX \$10

Infusion is a collective of diverse musicians
working together to meld Southeast Asian
and Western musical traditions. Infusion
re-imagines famous South Asian and West-
ern music pieces through a modernist lens
to create a unique sound that mesmerizes
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LOUIE ANDERSON

10/3, 8pm

TIX START at \$35

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three-time Emmy Award® winner, is one
of the country's most recognized and
adored comics; named by Comedy Central
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dians of All Time." His career has spanned
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author, star of his own standup specials
and sitcoms and he continues to tour the
country performing to standing-room-only
crowds worldwide.

BILL FRISSELL TRIO

10/15, 9pm

TIX start at \$35

Described as being at the very epicenter
of modern American Music" (BBC), Bill
Frisell's career as a guitarist and compos-
er has spanned more than 35 years and
250 recordings, including 40 of his own.
Frisell's recording catalog has been cited by
Downbeat as "the best recorded output of
the decade," including his recent albums
for Savoy -- Sign of Life with the 858
Quartet, Beautiful Dreamers with his trio,
and All We Are Saying, a new collection of
John Lennon interpretations.

MIYAVI

10/29, 9pm

TIX start at \$35

In December 2018, MIYAVI released the
groundbreaking collaborations album
Samurai Sessions Vol. 3: Worlds Collide
on Universal Music Group. The stellar
list of U.S.-based collaborators included
Oscar-nominated actor Samuel L. Jackson,
Grammy nominated R&B artist Gallant,
Grammy nominated Pop artist Mikky
Ekko, Grammy winning producer RAC,
Malaysian born R&B songstress Yuna,



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South Central LA rapper DUCK-WRTH, "Hood EDM" rapper Bok Nero, "laptop punk" artist NVDES, and Australian born Pop artist Betty Who.

TALK CHOAS COMPANION TOUR

10/31, 8:30pm

TIX \$25

New York-bred TAUKE has been laying down an all-instrumental blend of progressive rock, hip-hop and jazz on stages across the U.S. for the last several years, and recently released several iterations of "Real TAUKE", to document some of the great moments from each tour. Though fans have clamored for each "Real TAUKE" release (now up to Volume 3) they've also reveled in the deep sonic explorations from the band's studio forays.

RESTON COMMUNITY CENTER EVENTS

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MUTTS GONE NUTS - A COMEDY DOG ACT

9/19, 3pm

TIX \$10 Reston/\$15 Non-Reston
"They'll have you at 'woof.'" Expect the unexpected, as canines and comedy collide in a smash hit performance that's leaving audiences everywhere howling for more. From shelters to showbiz, these amazing mutts unleash havoc and hilarity in a breathtaking, action-packed, comedy dog spectacular, featuring some of the world's most talented four-legged performers. The dogs are sure to steal your heart – and then your socks!

THE SELDOM SCENE

10/2, 8pm

TIX \$25 Reston/\$35 Non-Reston
The Seldom Scene is an American bluegrass band formed in 1971 in

Photo courtesy of Wolf Trap



INDIGO GIRLS
Wolf Trap Filene Center 9/22

Bethesda, MD. The Scene has been instrumental in starting the progressive bluegrass movement with shows that include bluegrass versions of country music, rock and even pop.

What does it take for a bluegrass band to remain popular for more than four decades? For The Seldom Scene, it has taken talented musicians, a signature sound and a solid repertoire, as well as a keen sense of fun.

THE BLACKEST BATTLE - BY PSALMAYENE 24

10/25, 7:30pm

TIX \$15 Reston/\$20 Non-Reston

It's the Fourth of July in the not-too-distant future. Reparations have been paid to the African Americans of Chief County, yet Black-on-Black violence rains down like a fiery storm.

In this revolutionary hip-hop musical, Bliss and Dream, members of warring rap factions, fall in love while

wrestling with making sense of their turbulent lives. Blurring the lines of cinema and live performance, this production, by noted Washington, DC, theatre artist Psalmayene 24, will incorporate the anime-inspired graphic art in the original digital release.

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MPAartfest

*Set for October 3, 2021 in
McLean Central Park, also Online*

The McLean Project for the Arts will host its annual MPAartfest on Sunday, October 3 from 10am until 4pm at McLean Central Park. Now in its 15th year, MPAartfest transforms Central Park into a lively landscape of mini art galleries showcasing and offering for sale the work of juried artists from throughout the Mid-Atlantic region. MPAartfest 2021 is made possible with the help of the McLean Community Center, and through partnerships with our community and corporate sponsors, Fairfax County Park Authority and The Mather.

WHAT: MPAartfest 2021 will consist of a one-day juried fine art and craft show/sale featuring the work of local and regional visual artists. This FREE event features contemporary art, live music throughout the day from some of the DC-area's best musical talents, a Children's Art Walk, food vendors, and much more. MPAartfest Artists will also be featured on the MPAartfest website.

WHO: Families, friends and art enthusiasts of all ages are encouraged to attend this celebration of community and the arts

WHEN: Sunday, October 3, 2021 from 10:00 am until 4:00 pm
Also online at www.mpaartfest.org

WHERE: McLean Central Park; 1468 Dolley Madison Blvd; McLean, VA
HOW: Admission is FREE. For more information visit www.mpaart.org or call 703-790-1953. ❖



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Capital One Hall

SET TO PROVIDE GREAT ENTERTAINMENT IN TYSONS

By Keith Loria

Tyson's will soon be home to some great entertainment in our area, as the Capital One Hall, a cornerstone of the broader Capital One Center development, is set to open this fall offering concerts, comedy shows and top Broadway productions.

Located at 7750 Capital One Tower Road, just steps away from the Silver Line's McLean Metro Station, Capital One Hall encompasses a 1,600-seat performance hall and The Vault, a 225-seat Black Box theatre. It will host Fairfax County non-profit arts groups through ArtsFairfax as well as a robust mix of performances.

"Capital One needed to build a venue to host their own internal events. From

"Capital One needed to build a venue to host their own internal events. From there, it evolved into a partnership with ArtsFairfax to host an array of Fairfax County non-profit arts organization performances"

there, it evolved into a partnership with ArtsFairfax to host an array of Fairfax County non-profit arts organization performances," explained Dolly Vogt, executive director of Capital One Hall. "It also fills a need for public commercial performance space and private event rental space that Fairfax County was lacking."

The venue also features The Terrace, an outdoor, private terrace adjoining the atrium which is perfect for cocktail parties and receptions for up to 300 guests. The in-house five-star chef can offer premier culinary experiences. Then there's The Atrium, a grand lobby with seated dinner for 500.

"Soaring 52-foot ceilings and floor-to-ceil-

ing windows in the Atrium create a light and airy space,” Vogt said.

Capital One’s first performance will be two nights of Little Big Town on Oct. 2 and Oct. 3. The country group is comprised of Karen Fairchild, Kimberly Schlapman, Phillip Sweet, and Jimi Westbrook, and is known for hits such as “Pontoon” and “Better Man.”

Theatre fans will enjoy the inaugural Broadway series, which includes Waitress (Oct. 29-31), featuring music by Grammy-Award winner Sara Bareilles, a new production of Fiddler on the Roof (March 11-13), and the D.C.-area premiere of An Officer and a Gentleman (May 13-15).

Other events on tap for 2021 include Rain: A Tribute to the Beatles on Oct. 12; comedian DL Hughley on Oct. 22; a Magical Cirque Christmas on Nov. 22; a Charlie Brown Christmas Live on Stage on Dec. 7; and 70s rock band Kansas on Dec. 19.

Kansas’ lead singer Ronnie Platt was excited to be among the first bands coming to the new venue.

“Wow, that’s exciting to hear,” he said. “We always love coming to the D.C. area, and

continued on page 25



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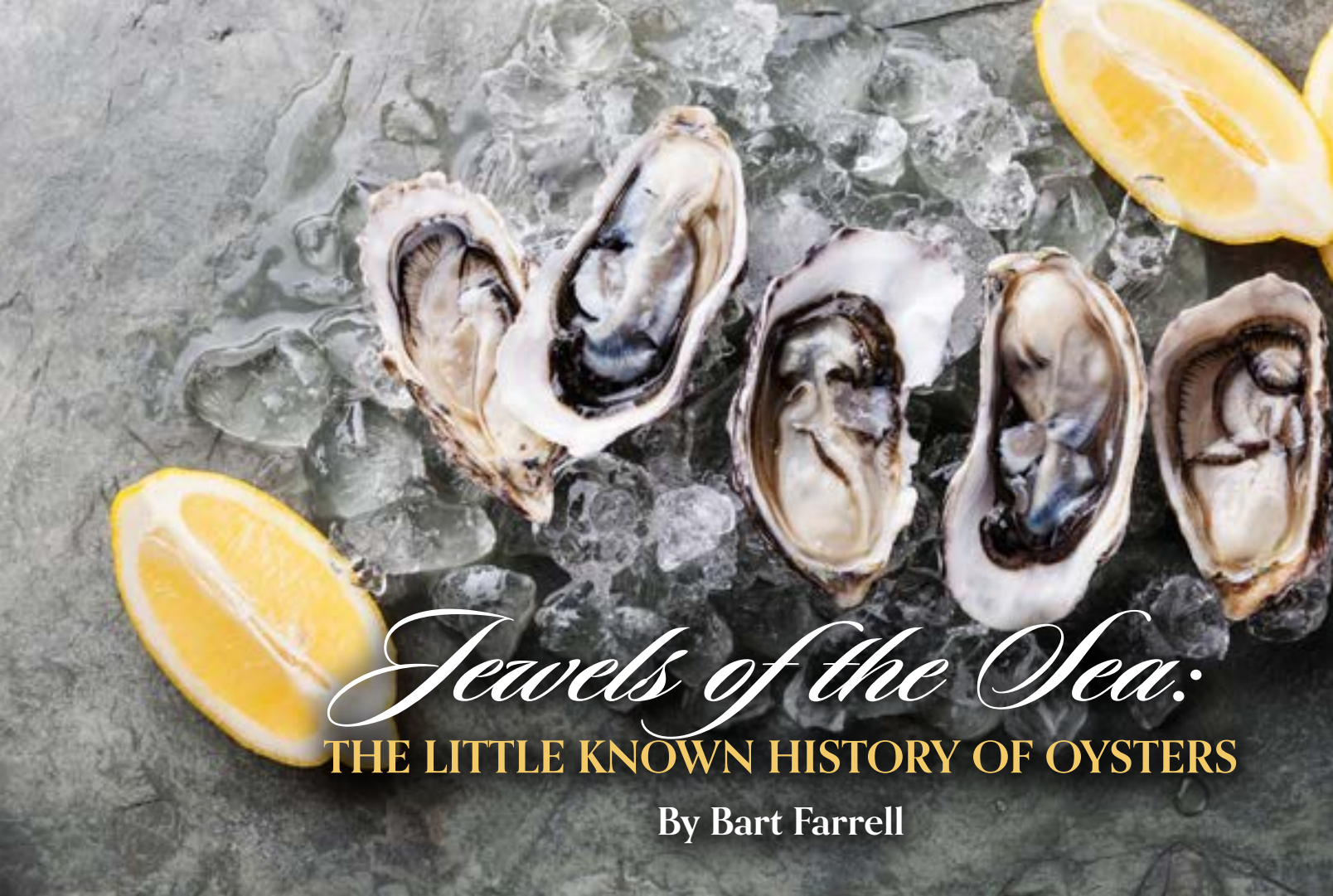
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Jewels of the Sea: THE LITTLE KNOWN HISTORY OF OYSTERS

By Bart Farrell

It may be hard to imagine but in the late 1800's through the turn of the century, oyster beds were so abundant in the Chesapeake Bay that they were known to pose as navigational hazards for ships sailing the bay. During this time, the nation's capital was home to many saloons serving this local delicacy along with a tasty beverage or two. Chesapeake Bay oysters also developed a cult following nationwide.

Through overharvesting, pollution, and disease, the local population of oysters dwindled to 1% of its peak historical population. Food safety became a concern with articles appearing about people getting sick or worse from eating oysters, regardless of where they came from. In 1992, we made the decision to remove them from our menu at the Old Ebbitt Grill much to the dismay of our customers.

The more oysters, both wild and farm-raised that are in the bay, the more water they filter, the cleaner the water will become.

In the early 1990's, people were leasing water rights from the various New England states and Canadian Maritimes to use for growing oysters. This form of aquaculture was known as "oyster farming." This was a relatively new, expensive and risky proposition. We were introduced to several of these growers, including one from Virginia named RG Parks. RG grew oysters in Kegotank Bay on the seaside of Virginia's eastern shore. After a visit with

RG, we were smitten with his oysters and began the process of reintroducing oysters to our menu.

Thanks to these early pioneers and a resurgence of quality half-shell oysters, we then felt comfortable serving oysters on the half shell to our customers. In 1994 we reopened the oyster bar at the Old Ebbitt Grill with strict standards such as laboratory testing



oysters before they were allowed to be served to our customers. This pledge to provide the best oyster program gave birth to our “Oyster Eater’s Bill of Rights.” It has proved wildly successful and is now the oyster bar that all others are judged against. We have since expanded this program to several of our other locations (Clyde’s Tower Oaks Lodge, Clyde’s at Mark Center and Clyde’s of Gallery Place).

The great news locally is that the Chesapeake Bay has seen a dramatic increase in oyster farming, providing a year round, quality supply of local oysters. This increase along with the wonderful efforts of the Chesapeake Bay Foundation, Oyster Recovery Partnership, Horn Point Research Laboratory, and the Army Corp of Engineers are shaping the bay’s future.

Oysters are a cornerstone species in the Chesapeake Bay ecosystem. Oysters feed by filtering the water in which they live. A single oyster can filter anywhere from 50 – 70 gallons of water per day! The more oysters, both wild and farm-raised that are in the

Oysters are a cornerstone species in the Chesapeake Bay ecosystem.

bay, the more water they filter, the cleaner the water will become. This allows sunlight to penetrate in up to 10 feet of water and

grasses to grow. Sunlight spurs the germination of the bay’s aquatic grasses (submerged aquatic vegetation or SAV). SAV provides escape cover for juvenile crabs and fish, puts oxygen in the water through photosynthesis, and calms the wave action, preventing shoreline erosion. So in a nutshell, oysters benefit every living organism in the bay ecosystem and are almost single handedly saving the Chesapeake Bay!

Visit Tysons Premier’s Oyster Directory on the next page.

Visit Tysons Premier’s Oyster Directory on the next page.



OYSTER DIRECTORY

The Capital Grille
www.thecapitalgrille.com/locations/va/mclean

Red's Table
redstableva.com

PassionFish
www.passionfishreston.com

Mon Ami Gabi
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www.greatamericanrestaurants.com/jacksons

Eddie V's Prime Seafood
www.eddiev.com/locations/va/mclean-mclean-tysons-corner

Captain Mas Seafood Crab House
www.captainmas.com

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Clare & Don's Beach Shack
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Chasin' Tails
www.chasintailscrawfish.com

CJ Finz Raw Bar & Grille
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ohgeorge.com

Ostioneria Michoacan Seafood
www.michoacanseas.com

Trio Grill
www.triomerrifield.com

Ciao Osteria
www.ciao-osteria.com



Capital One Hall Set to Provide Great Entertainment in Tysons

continued from page 19

this venue looks like it's going to be another great opportunity for people in the area to come out and enjoy a fun evening of music. We can't wait to come."

Kansas is back on tour after a long delay due to the pandemic.

"We always have a relentless touring schedule and we were in the midst of a jam-packed schedule when COVID hit, and things just stopped," Platt said. "That was so disappointing and we didn't even get to see each other for about 14 months. It seemed like an eternity."

But now that the band is touring again, he couldn't be happier.

"We are right back in the swing of things as of May, and we're making up for lost time," Platt said. "We're hitting it hard and having fun."

For those who come out to the concert in December Platt previews that the show will be similar to any Kansas show and will include all the music fans want to hear.

"Capital One Hall is a Point of No Return anniversary show and that's

just two hours and 20 minutes of jam-packed music," he said. "We start doing an acoustic set, maybe six songs, and then go right into the classic set, doing songs from all the albums. Then we go right into playing Point of No Return in its entirety. And let me tell you that is just a treat for

us and we hope our audience feels the same way."

With great acts like Kansas coming to Tysons, it will allow Virginia music enthusiasts to not have to travel to D.C. to see such great acts, and that's one of the reasons a venue like this was needed.

"People are yearning to see shows," Vogt said. "To get out, interact safely with other people and see live performances especially right in their backyard, what could be better?"

For more information and to see a complete list of shows available at Capital One Hall, visit www.capitalonehall.com.



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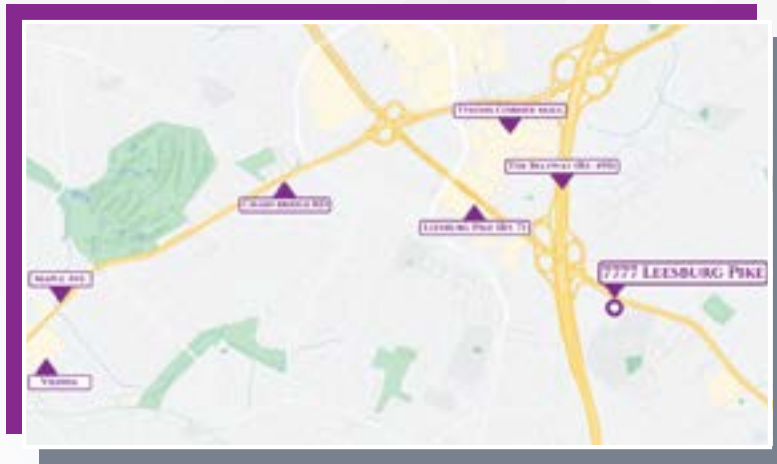
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As a Medical Spa and being part of a Growing Beauty Industry, we recognize that there is a difference in how Men perceive this industry. Men who might have scoffed at the idea of any cosmetic procedures just a decade ago are now receiving treatments in record numbers. So what gives? Why are men joining women in wanting to persevere a youthful look? Many men have discovered that whether they are job-hunting, entering the dating scene or just trying to stay competitive in a world that places increasing emphasis on looking younger. Men are joining women in receiving help in having that youthful, younger looking skin.

Many men are getting the non-surgical crypolicis done to sculpt their body and they want to smooth away facial lines with Botox Injections or non-invasive laser treatments that may be sending the wrong message about their moods and feelings. The lines between the eyebrows

are referred to as “angry lines”. The consequences of being seen as angry even when you are not, can be looked at as a person being in a bad mood. This can be problematic when talking to clients in a workplace. The crow’s feet can make it seem like a person is squinting, which can be perceived as having poor eyesight.

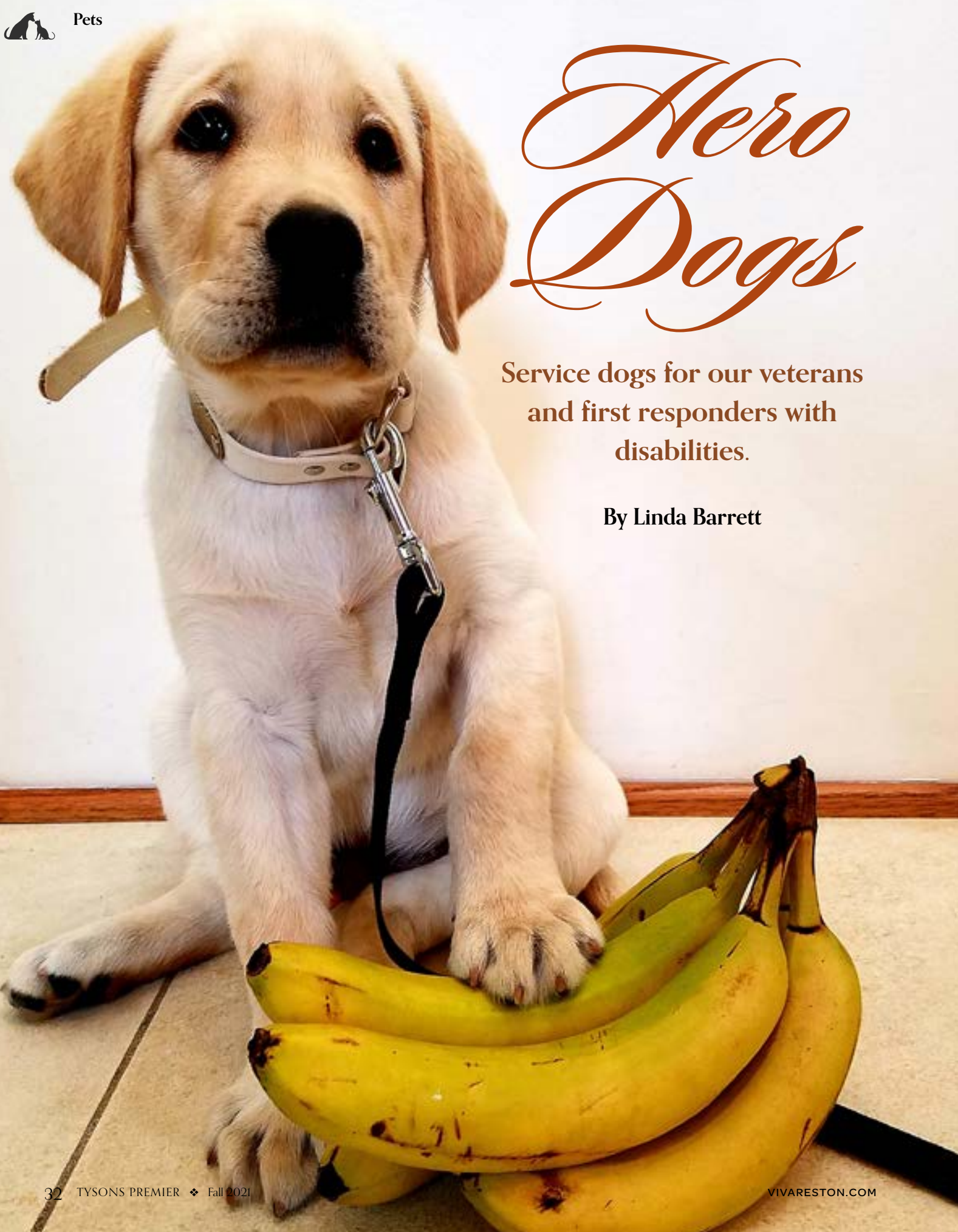
Yet there is still a difference how men like to be treated. Women welcome pampering, have many questions and tell all their friends. Men on the other hand opt for a fast treatment such as a Fractional Laser Treatment or a fast deep Medical Peel. In most cases they will never tell another person and prefer not being seen by anyone if they receive a treatment that requires some downtime. In conclusion, everyone is looking for the fountain of youth to keep up a young appearance. We do live in a world where there are more advanced options available than ever before. ♦



Hero Dogs

Service dogs for our veterans
and first responders with
disabilities.

By Linda Barrett





Rosie and Jonathan graduation 2017



Ruby and Jeremy Dec 2019

The Washington DC region is home to thousands of returning veterans with special needs, and only a few options for service dogs through national-level service programs. That's why Hero Dogs was founded—to provide local resources for our local heroes. Hero Dogs is dedicated to the unique needs of our veterans and first responders by providing highly-trained service dogs to assist with multiple challenges.

Veteran Brian and Candy

Although he has some mobility issues, most of veteran Brian Wing's disabilities are invisible. After years of service in the US Coast Guard, the Prince William County Police, and the Reserves, Wing suffers with Post Traumatic Stress Disorder (PTSD), depression, anxiety and early onset Parkinson's disease. "I worked with anti-terrorism-related activity and when 9/11 happened, was on the advance team to NYC to provide security on the scene for the next two months. A month later, I was called up to Guantanamo Bay Cuba (Camp X-ray) for detainee operations following the start of the war in Afghanistan, transporting Al Qaeda/Taliban detainees from the airport. Once home, I worked on the DC sniper, the Northern

Virginia gang task force, and the homicide unit...it was one thing after another."

He began noticing PTSD symptoms following Ground Zero, and homicide work also left its mark. "I had a lot of anger, depression, hearing loss, and I didn't enjoy things any more," Wing described.

Wing was matched with Hero Dogs Candy in July 2020. "Since I got Candy, she keeps me more involved. I have to go out in public with her so I'm not staying home as much. That's the really big benefit. Before her, I couldn't deal with crowds and had panic attacks. Now, for a panic attack, I put my hands to my face and she'll jump up and put her nose on my forehead. She won't let me stand with my arms crossed when I'm talking to people, or allow me to stare blankly out of windows. She'll nose under my hands and start kissing me. I have the reassurance knowing she's with me. We're a team. I can't imagine not having her around."

Hero Dogs, Inc.

Hero Dogs, Inc. is a 501(c)(3) non-profit corporation that improves the quality of life for our nation's heroes in the Washington, DC metropolitan area by raising, training



*Maverick and Ethel
May 2013*



and placing service dogs and other highly-skilled canines with veterans of the U.S. military and first responders with disabilities. These dogs are provided at no charge to the recipient, with lifetime support of the organization's partnerships. Disabilities do not need to be service related.

"A service dog helps to alleviate some kind of physical or psychological disability through tasks," explained Nikki Charles, Hero Dogs Executive Director. "We train dogs in three specific areas: 1) physical/mobility support; 2) psychological trauma including traumatic brain injury, military sexual assault and PTSD; and 3) hearing loss, for sounds like a doorbell, fire alarm or crying baby."

"We train on an individual basis to what the client is struggling with. For example, if a veteran is struggling with nightmares due to PTSD, we'll train the dog to wake them. Many times clients don't realize what the dog could assist with until they are matched and we see what their daily lives look like."

Good service dog factors include competence, temperament, skill level and health. A dog must be in the top tier in all those areas to qualify; they must be able to handle any potential environment. Lack of confidence can keep a dog from service. Hero Dogs can also develop careers as facility dogs, therapy dogs or skilled home companions. Currently, Hero Dogs relies on Labrador and Golden Retrievers. "They have the temperament

and drive, are easy to train, and are food motivated," she added.

"Service dogs can change lives and our veterans deserve the assistance," Charles emphasized. "A problem is that people think they can benefit from a service dog, but don't believe they deserve one, and don't want to take a dog from others they think might have more serious disabilities. But there is no reason to struggle if you have a disability that can be alleviated with a service dog."

How do you receive a service dog?

The Hero Dogs website includes a basic eligibility screen and application. Hero Dogs looks into why you need a service dog, checks your references, service and medical records, and makes a home visit. Once a client is deemed eligible, Hero Dogs sees what dogs are available in advanced training, and the client meets several dogs, looking for a connection. "There's a bit of magic to the matching," Charles said. "We're looking for the best, most mutually-beneficial matches."

Once matched, the client stays in the organization's ADA-accessible cabin with the dog and attends a 2-3 week intensive on-site training. Then the client takes the dog home and returns several times over the next 12 months for additional training. Ongoing support is provided.



Puppy Raiser Nancy & Schroeder

A puppy raiser provides shelter and basic skills training for a Hero Dogs puppy until advanced training at 16-18 months old. “We teach a range of skills, many of which are combined to provide a sequence of actions,” said Nancy Welch, current puppy raiser for Hero Dogs Schroeder. “Our goal isn’t to train the puppy to be a service dog, we give the puppy foundational skills so they are very capable upon entering advanced training, about 50-70 skills in all.”

“We help the dog apply these skills in different environments and circumstances, and raise them to be balanced, happy and confident. With Schroeder, I hold focused training sessions daily, and throughout the day I’ll find moments where Schroeder can apply these skills. I might drop my keys and

ask him to pick them up or focus on me and not a squirrel.” At just 4 months old, Schroeder has already mastered 24 skills. He is Welch’s third Hero Dog puppy.

“The most rewarding experience happens when it’s clear the puppy gets what you want it to do. Then I’ve figured out how to convey the message correctly—how to ‘speak dog.’”

Volunteer puppy raisers commit to working with the dog for 1 ½ years. They attend puppy classes weekly, facilitate vaccinations and veterinarian appointments, and expose the dogs to a broad range of socialization experiences, Hero Dogs events and fundraisers. Hero Dogs covers all food, toys and expenses.

Welch is very aware of how these dogs can change people’s lives. After going through a

continued on page 65



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Exploring the Architecture of Frank Lloyd Wright

Visit, and even stay in, Frank Lloyd Wright houses within driving distance of Northern Virginia.

By Linda Barrett

I lived in Northern Virginia for years before I realized that there was a Frank Lloyd Wright-designed house in Alexandria that was open to the public—the Woodlawn and Pope-Leighey house. Having visited a number of his other houses, I had to see it.

On the day I visited, tour guide Elizabeth Simon described the interesting history of the house. In the late 1930s, Loren & Charlotte Pope wanted to build a home. They had already contracted for a Cape Cod-style house when they discovered the noted American architect Frank Lloyd Wright. Loren wrote a six-page letter

to Wright begging him to design their house, and playing to Wright's ego. Wright wrote back a short response agreeing to work with the couple.

"Form and function should be one, joined in a spiritual union."

—Frank Lloyd Wright

Frank Lloyd Wright proposed the design at 1,800 square feet for a cost of \$12,000. Loren had only \$5,500, so they compromised to a 1,200 square foot home for \$7,500. It was completed in 1940 on Locust Street in Falls Church, VA, and in 1941,

Loren and Charlotte Pope moved in. But by 1946 the Popes had three children and were outgrowing the house and sold it to Robert and Marjorie Leighey for \$17,000.

All Photos credit: Linda Barrett

*Woodlawn and Pope-Leighey House**Woodlawn and Pope-Leighey House*

In 1961, the Leigheys heard rumors that Interstate 66 would be built where their house stood. They pushed off the issue, as they were dealing with the illness that took Robert's life in 1963. Two months after his death, the Virginia Department of Highways sent an official notice that the Interstate would indeed pass through their living room. As it could be seized by eminent domain, there was nothing Marjorie could do to save her home...or could she?

She reached out to the National Trust for Historic Preservation and the Department of the Interior, and didn't give up. In the end, all parties agreed to move the house, and it was assigned to the National Trust. In 1965, it was dismantled and moved 13 miles to Alexandria, VA near Woodlawn, another National Trust historic site. Interestingly, the same man who constructed the original home aided in its reconstruction on the new site. Marjorie Leighey moved back into the house in 1969, where she remained until her death.

FUN FACT
*Wright's son John
Lloyd Wright
invented Lincoln
Logs*

FUN FACT
*Frank Lloyd
Wright coined the
word "carport"*

At the time of its acceptance by the National Trust, the house was just 23 years old, far short of the 50 years usually giving a building a historic designation. Seven years later, it was listed on the National Register. It is open seasonally for public tours and private events.

The Woodlawn and Pope-Leighey house is constructed from Carolina red cypress and is instantly recognizable as a Frank Lloyd Wright design, with its emphasis on horizontal lines, cantilevers, and minimalistic function. The clerestory windows, with their abstract design, serve multiple purposes: light, decoration, and ventilation. Visitors will notice that there are no pictures on the walls, no trim, no gutters, and only the scarcest of furnishings. This was all part of Wright's design—making the house the art form.

Although the home may look small from the outside, the high ceiling, use of light, and minimal furnishings create an expansive feeling once you enter. Many of the furniture pieces were also designed by Wright.



Birdhouse at Kentuck Knob



Kentuck Knob

All Photos credit: Linda Barrett

Fallingwater & Kentuck Knob

FALLINGWATER

The Kaufmann family, owners of Pittsburgh's largest department store, commissioned Frank Lloyd Wright to build Fallingwater in 1935 in Pennsylvania's Laurel Highlands as a vacation house. It became instantly famous for its dramatic design rising above a waterfall.

Local craftsmen quarried the nearby native sandstone and other materials found on the property, and completed the house in 1938. In 1963, Edgar Kaufmann Jr. donated and entrusted Fallingwater and its surrounding 469 acres to the Western Pennsylvania Conservancy. Today, it is open to the public.

On July 10, 2019, UNESCO added Fallingwater and seven other Frank Lloyd Wright-designed buildings to its World Heritage List. In addition, Fallingwater is designated as a National Historical Landmark and named the "best all-time work of American architecture" by the American Institute of Architects. It is the only major Wright work

*"Space is the
breath of art."*

—Frank Lloyd Wright

to come into public domain with its setting, artwork and original Wright-designed furnishings intact.

Fallingwater offers virtual experiences like free webinars and a weekly live broadcast series called "A Closer Look" that offers privileged access to spaces, object and stories not included on the architectural tours.

KENTUCK KNOB

A lesser-known Frank Lloyd Wright house, located just six miles from Fallingwater, is Kentuck Knob, a Usonian home designed on a hexagonal module both dramatic and serene. Situated just below the crest of a hill with a spectacular vista, the home appears almost as part of the mountain itself. Like Fallingwater, it is also created from sandstone and tidewater red cypress.

Kentuck Knob is currently owned by Peter and Hayat Palumbo, who visited and fell in love with it in 1985. They bought it six weeks later and have spent time in the home every year since. The couple filled the home

and grounds with their art collection and artifacts from around the world. Be sure to walk the grounds to view the 30 remarkable sculptures placed around the house and along the Woodland Walking Trail.

USONIAN DESIGN

Usonian refers to the middle-income houses designed by Frank Lloyd Wright, beginning in 1937. They are typically small, single-story homes characterized by native materials, flat roofs, cantilevered overhangs for passive solar heating and natural cooling, natural lighting with clerestory windows, and radiant-floor heating. Rear, or private sides of the home are generally open to the outside to create a strong visual connection between interior and exterior spaces. The word “Usonia” represents the phrase “United States of North America.”

Stay Overnight in a Frank Lloyd Wright House

Wright’s legacy lives on in the Mäntylä house located in Acme, Pennsylvania, a short drive from Fallingwater and Kentuck Knob. The name Mäntylä means “of the pines,” and this home was designed in 1952 for the R.

FUN FACT

Only 7 Frank Lloyd Wright homes in the world offer overnight stays

W. Lindholm family in Cloquet, Minnesota. It was on the market for many years and in danger of demolition due to encroaching development when the owners donated the home and all of its original furnishings to the

Usonian Preservation, Inc., a non-profit associated with Polymath Park, in the hope it would find a new life.

Polymath Park is an architectural park tucked away in Pennsylvania’s Laurel Highlands, and Wright fans can tour and stay overnight in two of his designs:

Mäntylä and the Duncan House, as well as in two houses—Blum House and Balter House—designed by Wright’s apprentice, Peter Berndtson. This is known as the “Wright Collection.” Reservations can be made at www.franklloydwrightovernight.net/. ♦

Woodlawn & Pope-Leighey House
www.woodlawnpopeleighey.org

Fallingwater
www.fallingwater.org

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Dr. Dennis Faludi

BUSINESS NAME

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SPECIALTIES

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TESTIMONIAL

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-Kathy Stershic

WEBSITE

aestheticmedctr.com

CONTACT

703.992.7979

8150 Leesburg Pike, Tysons, VA 22182



Dr. Alice Mar

BUSINESS NAME

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SPECIALTIES

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VACCINATIONS

COVID TESTING

TELEMEDICINE

TESTIMONIAL

"I have taken both of my kids to this practice since they were born. We have been so lucky to have Dr. Kapoor in our lives. She has always been kind, compassionate and knowledgeable. The staff is so supporting, and have helped my kids grow and stay healthy. During COVID they adapted to keep everyone socially distanced and safe. They did a great job with COVID testing. It was important to me to find a pediatrics practice that could help my children grow physically, mentally and emotionally and I found all of that with Farrell Peds!"

-AP V

WEBSITE

farrellpediatrics.com

CONTACT

703.435.0808

1800 Town Center Dr Suite 413, Reston, VA 20190



Dr. Dima Ali

BUSINESS NAME

Wellmedica aesthetics & Anti-aging medicine

SPECIALTIES

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VAGINAL REJUVENATION

COSMETIC INJECTABLES

ANTI-AGING

LASER

TESTIMONIAL

"I had the great experience at Dr.Dimas office. She took her time answering all my questions and giving me the best options for me. She was honest about downtime for procedures and I felt like she genuinely cared about my concerns. I got the thread lift done, no downtime and the results are amazing. I will definitely go back and recommend family and friends. Her staff is extremely friendly and accommodating as well. Thank you for caring!"

-Sara Ahmed

WEBSITE

wellmedica.com

CONTACT

703.810.3669

1801 Robert Fulton Dr. Suite 540, Reston, VA 20191



Dr. Liliana Calkins

BUSINESS NAME

Airway and Sleep Group

SPECIALTIES

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OROFACIAL MYOLOGY

INTERCEPTIVE ORTHODONTICS

TMJ TREATMENTS

TESTIMONIAL

"Dr. Calkins and staff are always welcoming and thoughtful. The office is relaxing and well appointed and treatments are explained fully as they proceed. As well, ample opportunity is given to ask questions. Appointments at Sunrise Orthodontics are never anything less than pleasant!"

-Alexis Davis

WEBSITE

airwayandsleepgroup.com

CONTACT

571-244-7329

11800 Sunrise Valley Dr., #200, Reston, VA, 20191



Dr. Geith Kallas

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-Evelyn Franklin

WEBSITE

www.smilemakerscenter.com

CONTACT

703.828.0613

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Dr. Christopher E. Bonacci

BUSINESS NAME

Oral & Maxillofacial Surgery

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-Thomas Odium

WEBSITE

www.DrBonacci.com

CONTACT

703.255.9400

361 Maple Ave West, Suite 200, Vienna, VA 22180



Dr. H.R. Makarita

BUSINESS NAME

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SPECIALTIES

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TMJ

TESTIMONIAL

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-Jarell Rello

WEBSITE

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CONTACT

703.532.2020

8150 Leesburg Pike, Suite 503, Vienna VA 22182



Dr. Gema Island

BUSINESS NAME

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SPECIALTIES

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ORTHODONTICS

TESTIMONIAL

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-Florencia Segura

WEBSITE

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TESTIMONIAL

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-D.R. Williams

WEBSITE

www.smilewonders.com

CONTACT

571.350.3663

11790 Sunrise Valley Drive, Suite 105, Reston, VA 20191



Drs. Han and Ahn

BUSINESS NAME

Han & Ahn DMD, PC

SPECIALTIES

RESTORATIVE DENTISTRY

DENTAL IMPLANTS

COSMETIC DENTISTRY

ORTHODONTICS

TESTIMONIAL

"Dr. Han was awesome. My family and I recently moved here from out of state over the summer and needed a new dentist for my daughter who I thought had cavities. Dr. Han and staff were very professional and was very thorough. Dr. Han took time to carefully explain what was wrong with my daughter's teeth... i.e., it wasn't cavities at all but some acidic corrosion to my little one's baby teeth based on her diet. Found Dr. Han to be extremely knowledgeable, personable, honest and professional. Bottom line, every positive thing I read before coming to see Dr. Han rang true after the visit. Thank you Dr. Han."

-Y. Lee

WEBSITE

www.mcleandmd.com

CONTACT

703.356.7001

6845 Elm St #450, McLean, VA 22101



Core IV Therapy: Revitalizing Body and Mind

By Maranda Llewellyn

Located at 504 Elden Street in Herndon is the brainchild of Ginger Delph, Core IV Therapy. What is Core IV? In short, it is an on-demand vitamin IV hydration that helps restore your health, revitalize your body, and refresh your mind. With 75% of the American population chronically dehydrated and 92% with a vitamin or mineral deficiency, everyone could benefit from IV Therapy.

With a background in psychology and real estate, we were curious why Ginger changed course with her career. In her particular situation, it was a very personal reason. She had been treating her Thyroid Disease holisti-

cally for 13 years, and over time she learned that vitamin/mineral/hydration deficiencies lead to disease and make us vulnerable to viruses. With her passion combined with her natural entrepreneurial spirit, it was just a matter of time before Ginger started her own business.

While working as a director at a medspa, one of the nurses showed her some images of different vitamin IV clinics in California, and that was all it took. Ginger was fascinated. She spent the next two years in school and traveling around the states to visit as many clinics as she could. Then, in 2020 Core IV Therapy, LLC opened its doors.

“Our mission is to deliver high-quality custom cocktails by properly trained medical professionals that will be a great addition to anyone’s wellness program,” says Ginger

Core IV uses a local pharmacy to provide a product that is cleaner and without preservatives. What are these all-natural and preservative-free IV drips used to treat? The list is long, but dehydration, improved mood, cold and flu, hangovers, mental clarity, skin and beauty, exhaustion, anti-aging, migraines, and improved stamina are just a few reasons to consider treatment.

Some may believe since they take supplements every day, they do not need an IV treatment. You may not need an IV but let us look at the facts. Core IV delivers hydration, electrolytes, vitamins, minerals, and amino acids directly into your bloodstream for 100% absorption and 100% bio-availability. You will not get that by taking oral supplements. You only absorb between 10-20 percent of nutrients by taking them orally. Why not try a superior product to get the best results?

The most popular treatment at Core IV Therapy is their all-inclusive Rockstar drip. Most of their male clients and athletes select this drip because they like the energy that they get from it as well as its anti-inflammatory properties. Their female clients either choose the Rockstar or our Anti-Aging drip, which is the Rockstar without the extra amino acids and half the fluids. In



Health

addition to looking good and feeling good, both treatments have Vitamin C, Zinc, and Glutathione, so both are great for boosting your immune system as well.

Think you are too busy to go to an appointment at Core IV? Think again. If you do not have the extra time to come to them, one of their dedicated medical professionals will arrive on time to your location to administer your treatment, which takes between 30 – 45 minutes. You can get all the same great benefits of IV therapy without leaving the comfort of your own home. This concierge service can be booked at a place of your choice any Thursday between 10:00 am and 7:00 pm.

Aside from offering in-office and concierge services, they also offer gift cards. Give the gift of restorative health and revitalization to any of the loved ones in your life. Perhaps for a special occasion or just as a random act of kindness.

Living through a pandemic has been a catalyst for taking better care of our bodies.

Some have focused on healthy eating, while others took on more rigorous workout routines. Maybe you have done both and are looking for the next level in self-care. If so, the medical professionals at Core IV Therapy are waiting to meet you.

Core IV Therapy currently services the Northern Virginia area, with plans to expand to Maryland and Dc in the upcoming months. Even if you are outside their current service area, for a small travel fee, you can still enjoy their services. Make it part of your spa day with at least three friends, and the travel fee will not be applied. It is a win-win.

Want to learn more about Core IV Therapy?

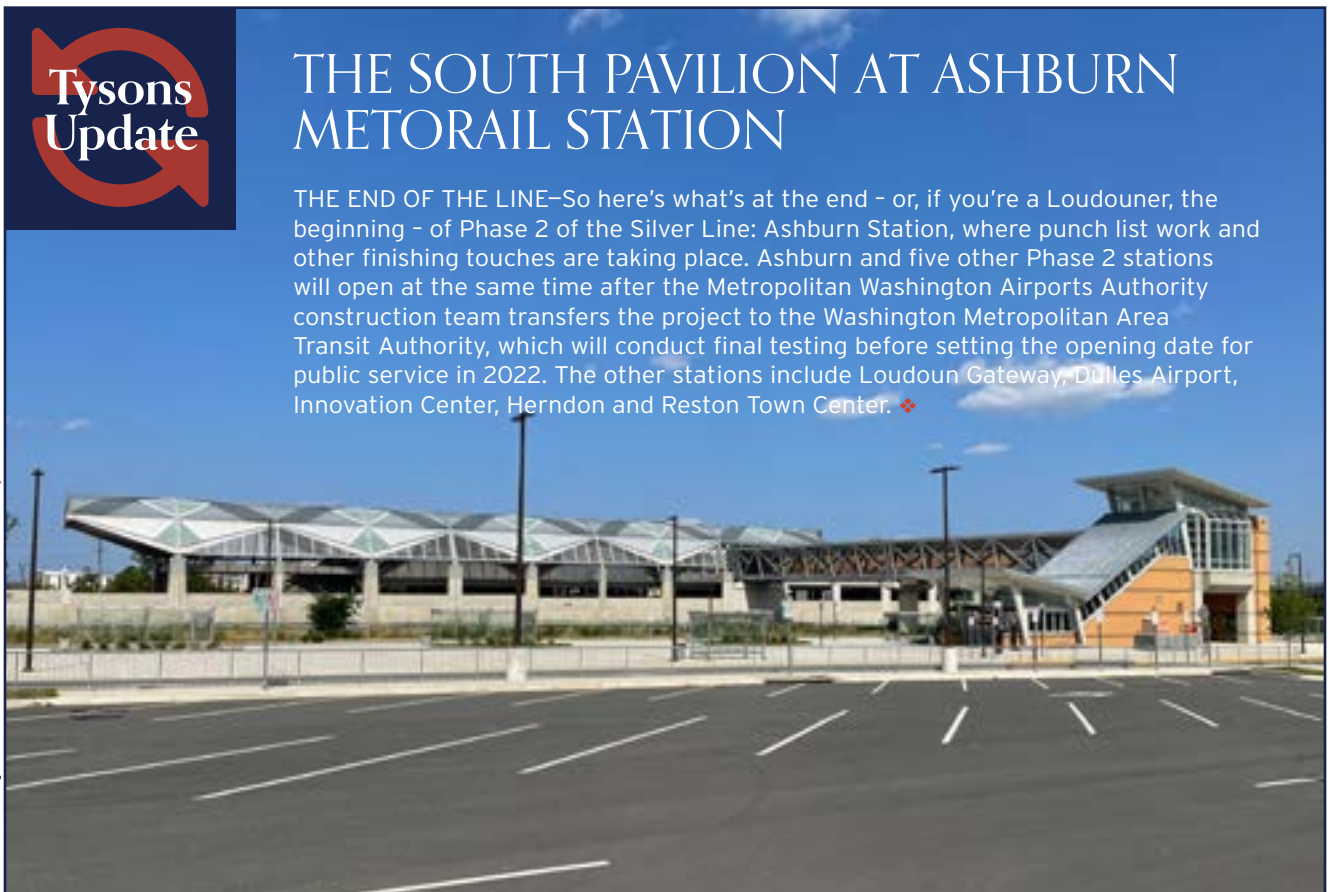
Go to www.coreivtherapy.com to check out their blog for more information. If you still have questions, you can schedule a 15-minute consultation with Ginger to help guide you to the best treatment for you. ❖

Tyson's Update

THE SOUTH PAVILION AT ASHBURN METORAIL STATION

THE END OF THE LINE—So here's what's at the end - or, if you're a Loudouner, the beginning - of Phase 2 of the Silver Line: Ashburn Station, where punch list work and other finishing touches are taking place. Ashburn and five other Phase 2 stations will open at the same time after the Metropolitan Washington Airports Authority construction team transfers the project to the Washington Metropolitan Area Transit Authority, which will conduct final testing before setting the opening date for public service in 2022. The other stations include Loudoun Gateway, Dulles Airport, Innovation Center, Herndon and Reston Town Center. ❖

Photo courtesy of Dulles Corridor Metrorail Project



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Advice from an Expert: **CHILDREN AND MENTAL HEALTH**

By Amanda J Williams PhD

Over the past year, we have all struggled with how COVID has impacted our lives. Some of us soldiered on making the best of what we had, and some felt the devastating impacts of this global pandemic more than most.

The CDC conducted a survey that showed 40.9% of individuals surveyed stated they experienced adverse mental or behavioral health conditions. These ailments are not exclusive to adults. Our children have also been victims of the impacts that COVID has had on their lives.

To gain more insight on the topic, I spoke with a local psychologist whose training and practice to date has been with children and teens. Meet Amanda J. Williams, Ph.D., NCSP



Amanda J Williams PhD NCSP

Dr. Williams currently resides in Loudoun County and earned her Ph.D. in School Psychology from Texas A&M University. At the beginning of our interview, we asked her why she chose the mental health profession.

“I have always been interested in the treatment of mental health conditions since I was young. When I went to college, I took a Psych 101 course and fell in love with the field. The idea of understanding individual life experiences and ways to enact change was fascinating

to me. In general, I am very interested in growth, and I saw psychology as a great opportunity to learn how to be useful for other people growing and changing. While working on my BA, I joined a clinical psychology lab studying ways to prevent teen suicide. It

was a great experience working with teens to understand and ultimately change their patterns of behavior. I enjoyed being helpful to others as they found happiness in their life after challenging experiences.”

She has dedicated her life since graduating to children and their families.

“Yes. My training and practice to date have been with children and teens (with some young adult clients- traditional college-age). I also work with families sometimes concerning the needs of their children. Children function as a part of their larger environment, just like with adults, and sometimes the environment needs to change for them to be successful in their growth.”

The education and treatment of mental health care in our country have been lacking, to say the least. When asked what the potential impacts of untreated mental illness have on a child’s development Dr. Williams claims,

“Untreated mental illness can have sweeping effects across a child’s entire lifespan. Depending on the specific concerns, it will impact a child’s emotional development, ability to sustain satisfactory relationships, ability to achieve in school (often kids with untreated mental illness are the ones acting out and being suspended/expelled), and ultimately limits their ability to be productive members of society. Most kids will learn how to cope in some way (be it adaptive or maladaptive). There is a high potential for what becomes a cycle of abusive relationships, continued failure to perform in school and later jobs, and an increased risk for drug/alcohol addiction as a method of maladaptive coping. As a note, the untreated mental illness need not be the child’s for things like this to come up. What happens for some is their primary caregiver might have untreated MI or themselves have learned maladaptive coping skills that they are inadvertently passing on to their kids. Generational cycles are a very real phenomenon that is difficult, but not impossible to break, once one person decides, or is able to, seek appropriate treatment and adaptive skill attainment.”

According to the American Psychological Association, we are facing a national mental health crisis that could yield serious consequences. As parents, guardians, teachers, and other caregivers, we must be attentive and know what signs to look for in our youth to ensure they receive the care and treatment they may need. Research published by the Journal of Abnormal Psychology recorded a spike of 52% in symptoms consistent with major depression from 2005-2017.

Not sure what to look for? See our list of common symptoms to keep an eye out for.

- Increased Anxiety, sadness, fear, and worry
- Changes in eating/sleeping habits
- Changes in activity level
- Substance abuse
- Participation in risky behaviors

What should you do if you are observing any of these signs in the children you care for? First and foremost, if you are concerned for your child’s safety you should not hesitate to take them to the ER or call 911. If there is no immediate threat Dr. Williams recommends,

“[You]...could ask the kid how they are doing and practice reflective listening to really hear what they say. If the parent is not sure they could do that effectively, it’s always a good idea to talk to a professional. You could start with their teacher or a mental health professional at school (counselor, psychologist, social worker).

If [you] aren’t sure that would be effective, or that didn’t get a satisfactory response, talking to a primary care doctor or going right to a mental health counselor, therapist, psychologist, etc., is a good idea. You can contact your insurance company to find someone who takes your insurance. Or you could ask around to family/friends what they might suggest. School mental health providers often can help with referrals as well.”

No matter whether or not you feel your child is suffering from a possible mental health illness, it is important to educate

continued on page 75



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Breast Cancer

RISKS, SYMPTOMS, AND NEW REVELATIONS ON EARLY DETECTION

By Kimberly Blaker

Twelve percent of women today will develop invasive breast cancer, and more than 40,000 will die from it this year alone, reports BreastCancer.org. That's why a refresher course on early detection and staying up-to-date on the latest studies is essential and the reason for October's Breast Cancer Awareness Month.

RISK FACTORS

There are several risk factors for breast cancer, as identified by the American Cancer Society (ACS). Some of these are unchangeable but should be taken into account in developing a screening plan. Other risk factors are lifestyle-related. Therefore women, especially those already at higher risk, should consider those factors she can control.

Still, the simple presence of risk factors

doesn't mean you'll go on to develop breast cancer. Likewise, a lack of risk factors doesn't mean you won't develop the disease. For this reason, all women should be aware of the risks and symptoms and what screening does and doesn't do.

Some factors that are unchangeable and increase risk are female gender, aging, genetics, and race and ethnicity (white women are at slightly higher risk) according to the ACS. A greater number of menstrual cycles, previous chest radiation, and exposure to the drug diethylstilbestrol (DES) also puts women at a slightly higher risk.

Other risk factors can often be controlled. Pregnancy and childbirth are some of these factors. According to the National Cancer Institute (NCI), having more than one

"There can be life after breast cancer. The prerequisite is early detection."
— Ann Jillian



child provides increased protection with each successive birth.

Women who breastfeed also reduce their risk of breast cancer, the NCI explains. The longer the total length of time spent breastfeeding during the child-rearing years, the greater the protection.

Oral contraceptives, according to the ACS, slightly increase risk. Though once a woman is off contraceptives for 10 years, that risk is no longer present.

Hormone therapy for menopausal women can also increase risk. The ACS says estrogen alone is not a concern. For certain women, it can even slightly reduce the risk. But estrogen combined with progestin can increase risk.

Another risk factor is alcohol. Having one daily drink increases the risk only slightly, while the greater the consumption, the higher the risk. More than 5 drinks daily increase the risk for other cancers as well.

After menopause, being overweight or obese increases risk, says the ACS. But as the organization explains, the risk of breast cancer related to weight is complex. Those who were overweight as a child may not be affected. The distribution of excess body fat may also play a role. Waist area fat, in particular, might be more significant in increasing risk than fat in other parts of the body such as hips and thighs.

Exercise, however, has been shown to decrease risk, according to a study by the Women's Health Initiative. It found just 1.25 to 2.5 hours of brisk walking each week can reduce risk by 18%.

Several factors that previously have been claimed to increase risk factors are now disproven or deemed highly improbable, according to ACS and Memorial Sloan Kettering. These include antiperspirants, bras, abortion or miscarriage, dense breasts, fibrocystic disease, and breast implants.

Factors that remain unclear because studies have produced conflicting results include

diet and vitamins, environmental chemicals, tobacco smoke, and night work. These factors require further research to determine if there's any relationship.

SYMPTOMS

There are several signs to watch for that might be indicative of breast cancer. Though most of these symptoms could be caused by something else such as caffeine, menstrual periods, infection, or other illness or factors. If you notice any of these symptoms, see your health care provider to rule out breast cancer. Symptoms to watch for, say ACS and other breast cancer organizations, include:

- A new lump or breast change that feels different from the rest of your breast
- A new lump or breast change that feels different from your other breast
- You feel something different that you haven't felt previously
- Nipple discharge that occurs without squeezing the nipple
- Nipple discharge that occurs in only one breast
- Bloody or clear discharge, rather than milky
- Thickening, a lump or hard knot inside the breast or in the underarm area
- Breast swelling, warmth, or redness
- Change in breast shape or size
- Breast skin dimpling or puckering
- A sore or rash on the nipple, particularly scaly or itchy
- Your nipple or other parts of your breast pulling inward
- Sudden nipple discharge
- Pain in one spot that doesn't go away

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EARLY DETECTION AND SCREENINGS

Screenings are an essential means for detecting breast cancer, hopefully in its early stages.

Until more recently, women were encouraged to do a monthly self-examination. But a major study reported in The Journal of the National Cancer Institute in 2002, concluded self-examination has played no role in improving cancer detection. It also found the extensive teaching of self-examination leads to an increased rate of benign breast biopsies.

Clinical breast exams, however, are still recommended. For women with average risk factors, these should be done every one to three years starting at age 20. Then at age 40, clinical exams should be done annually. Women with higher risk factors should have exams more often and consult with their doctor for the recommended frequency.

Mammography, believed to be one of the most crucial tools in early detection for decades, first started in the 1960s. Early trials found mammography reduced breast cancer death rates by 25%. But Peggy Orenstein points out in her 2013 New York Times article, "The Feel-Good War on Breast Cancer," such statistics have overstated mammography's role in the reduction of breast cancer death rates. This is because the increased use of mammograms occurred along with much-improved treatments. Medical experts now believe treatments likely played a more significant role in reducing deaths.

For this reason, mammograms have come under fire in recent years as more studies have revealed the debatable usefulness of this screening technique, at least for younger wom-

en. That's because breast cancer and detection are more complex than once understood to be.

It's now known there are at least four types and subtypes of breast cancer. Mammography often doesn't detect the more lethal types until they're in the later stages. Add to this, mammograms result in significant overdiagnosis leading to unnecessary treatment. This comes with its own risks.

Doctor Deanna Attai, president of the American Society of Breast Surgeons, explains, "Ductal carcinoma in-situ [DCIS] is also referred to as noninvasive, or Stage 0 breast cancer. It is primarily diagnosed by screening mammograms, as it often does not form a palpable lump. DCIS accounts for approximately 20% of mammographically detected breast cancers. As screening mammography has become more prevalent, the rate of DCIS detection has increased."

Some medical experts say DCIS is really not a form of cancer at all. Referring to it as such results in overly aggressive treatment. The likelihood of low-grade DCIS developing into invasive breast cancer is only 16%, says Dr. Attai. While high-grade DCIS has a 60% chance over 10 years. The problem is there's currently no way to determine which cases of DCIS will ultimately develop into breast cancer. This creates a significant dilemma.

Still, what is known is among wom-

en in the United States, breast cancer is the second leading cause of cancer deaths. Various studies indeed reveal mammography screening seems to have very limited usefulness among women under 40. Still, it's moderately effective for detection in women ages 40-49 and is most useful for those in the 50-69 age group.

The results of recent studies have, therefore, revealed several needs. First, more research is needed to better answer questions about the approach to both detection and treatment. Additionally, better screening techniques should be developed for detecting the more deadly forms of breast cancer.

Currently, there's much debate among medical and cancer organizations regarding the recommended frequency of mammography, particularly among women ages 40 and up. These various organizations point to different studies coming to different conclusions about mammography's safety and effectiveness.

The latest cancer screening guideline by the ACS (2015) recommends women with average risk should begin regular mammography screenings at age 45. Then they should be annually screened until they reach 54. After that, they should transition to every two years, as long as they're in good health with a life expectancy of at least 10 years.

The American College of Physicians (ACP) has done a rigorous analysis of numerous studies and the guide-

Having one daily drink increases the risk only slightly, while the greater the consumption, the higher the risk.

Mammography often doesn't detect the more lethal types until they're in the later stages.



lines of several organizations. The ACP says the methodology used by several organizations in determining guidelines isn't sound. The organizations that scored highest for the use of sound methods include the ACS, World Health Organization, The Canadian Task Force on Preventive Health Care, and the U.S. Preventive Services Task Force.

Based on the ACP's findings, it recommends, "In average-risk women aged 40 to 49 years, clinicians should discuss whether to screen for breast cancer with mammography before age 50 years." Physicians should discuss with women the potential harms and benefits. The potential harms, argues the ACP, outweigh the benefits for most women in the 40 to 49 year age range.

Finally, there's no one-size-fits-all plan that works best. So, mammography screening for breast cancer should be based on informed decisions and individualized plans. It should take into account a woman's age, risk factors, and both the advantages and disadvantages of mammography for each woman's unique circumstances. ♦

Author: *Kimberly Blaker is a freelance lifestyle writer. She's also founder and director of KB Creative Digital Services, specializing in SEO content writing, at kbcreativigital.com*



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Cathy quickly rose to the top 1% of Realtors, by building a great team and implementing a strategy that helps 70% of her clients net above list price on the sale of their homes. When asked what other career she would choose today, Cathy said, "A Real Estate Agent". Which is why her company tagline is, "Love Your Home. Love Your Neighborhood".

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Missy has grit and perseverance in her DNA and learned this about herself on the softball field as a youth. "When the going gets tough, the tough get going" and I've taken that to heart from the softball diamond to the real estate arena." Let Missy be the one you can count on in Northern Virginia when it comes to your real estate needs. Seize the Day!

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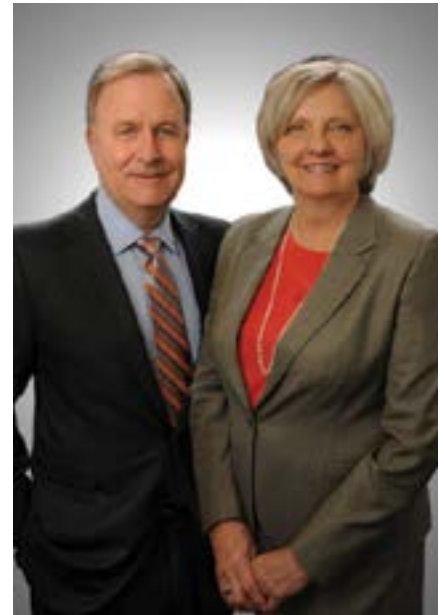
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Hero Dogs

continued from page 35

personal health crisis where Hero Dogs were brought to her in the hospital, and wanting dogs in her life after her own dog passed, she decided it was time to give back. “To me, it’s about giving; having the opportunity to make someone else’s life better. It’s an honor and privilege to work with these dogs.”

How do you become a puppy raiser?

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After leaving the puppy program, the dogs attend advance training, or “canine college,” and move into the Hero Dogs facility to work with professional trainers for 6-9 months prior to team training with their veteran.

Help Support Hero Dogs

Hero Dogs is an accredited member of Assistance Dogs International (ADI) and relies on a large Federal grant, along with corporate and individual donations to support its work. It costs \$40,000 to raise, place and train a service dog over its first three years.

“There hasn’t been any other time in history where animal interventions have been more critical or impactful,” Charles said. “It’s our responsibility to take care of those who sacrificed so much for our personal freedom.” ♦

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One Fusion Parent says: "The teachers at Fusion have offered my son the highest content classes with the perfect amount of purposeful homework for reinforcement. Accelerated learning and inspiration happens

in the classroom. Fusion provides balance between high academics and nurturing the childhood years. Everyone in our family is less stressed with this approach to learning."

Students can attend Fusion full-time for middle and high school, or part-time for tutoring, classes for credit, or college counseling. Fusion students have been accepted to more than 200 unique colleges and universities, many being their first-choice school.

Each Fusion campus features Homework Café spaces where students complete homework before leaving for the day. The cafes are also the student social hub; where student meetings occur, clubs meet, and more. Fusion campuses also feature a state-of-the-art recording studio, a mixed-media art studio, and a science lab with college-level tools.

The Reston campus opened in late August and is enrolling now! Connect with the campus by visiting FusionReston.com or calling 855.458.1818. ♦

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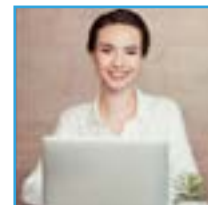
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Ask an Advisor: ABOUT RETIREMENT PLANNING FOR WOMEN BREADWINNERS

By Rose Price, CFP® AIF®

When I started my career, I was part of a dual-income household. Three children and one debilitating back injury later, I have become the sole provider for my family. I know I am not alone, 40% of American households have a woman as the primary breadwinner.¹ This shift from the traditional homemaker role has left many women to perform the non-stop juggling act of working, running the household, and managing the family's finances. With so much to deal with, many women put saving for retirement on the back burner.

Prioritizing self-care is always tricky for women, but planning for the day you can finally stop working should be at the top of every woman's to-do list. I know how

hard it can be to put yourself first, but the list below provides three things every woman should think about when it comes to retirement:

Competing priorities do complicate retirement planning—but does not make it impossible

If you're responsible for your household's income, children's education, and/or the care of your aging parents, it can be difficult to prioritize saving for your own retirement above the needs of your loved ones. It may even seem selfish to put money away for your own future, but your ability to take care of others is also dependent on your ability to take care of yourself.



Studies show that working women continue to perform the majority of housework and child-care duties. So it's not surprising that female breadwinners prioritize immediate financial matters (i.e. paying tuition and utility bills), but struggle to find time for longer-range financial planning. That's where working with a professional can have a big benefit.

A good advisor will help you identify where you stand financially right now and create goals that clearly identify where you want to be in the future. Once you know your financial goals, you can create a financial plan that identifies the steps you need to take to pursue those goals. Building a plan will help you pinpoint key opportunities and weaknesses in your finances and then take action.

Trying to “have it all” might leave you with less

We all want the best of everything for our loved ones and we all want to have a financially secure retirement, but “having it all” might not be possible. It's important to put spending and savings decisions you make today in context, and understand how those decisions may have long-term effects on your future.

One common tradeoff I see women struggle with is prioritizing funding their children's college over their own retirement saving. I think it is important to remember that your children can get scholarships or loans to help fund their college, but neither of those options is available for your retirement.

You need to plan for the long long-term

With advances in overall health and healthcare technology it's extremely likely that if you retire at age 65, you will live another 20 years or more. Your assets will need to generate enough growth to accumulate a nest egg, outpace inflation, and provide income for the long term.

Part of the ability to grow your wealth is assessing the tradeoff between risk and reward.

Many women have a tendency to be risk-adverse when it comes to investing, but you need to understand the hazards of being too conservative. With the recommendations and support of a good Advisor, who can help you assess the risk/reward trade off, you should have the confidence to step a little out of your comfort zone.

As investors, women face unique obstacles in terms of both earning money and making that money grow for the future. Despite this challenge, women also have equal access to financial planning and investment advice. Accumulating adequate resources for longer lives requires substantial savings coupled with reasonably aggressive investing—both of which women are more than able to do. ♦

¹ Pew Research Center analysis of Breadwinner Mom



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

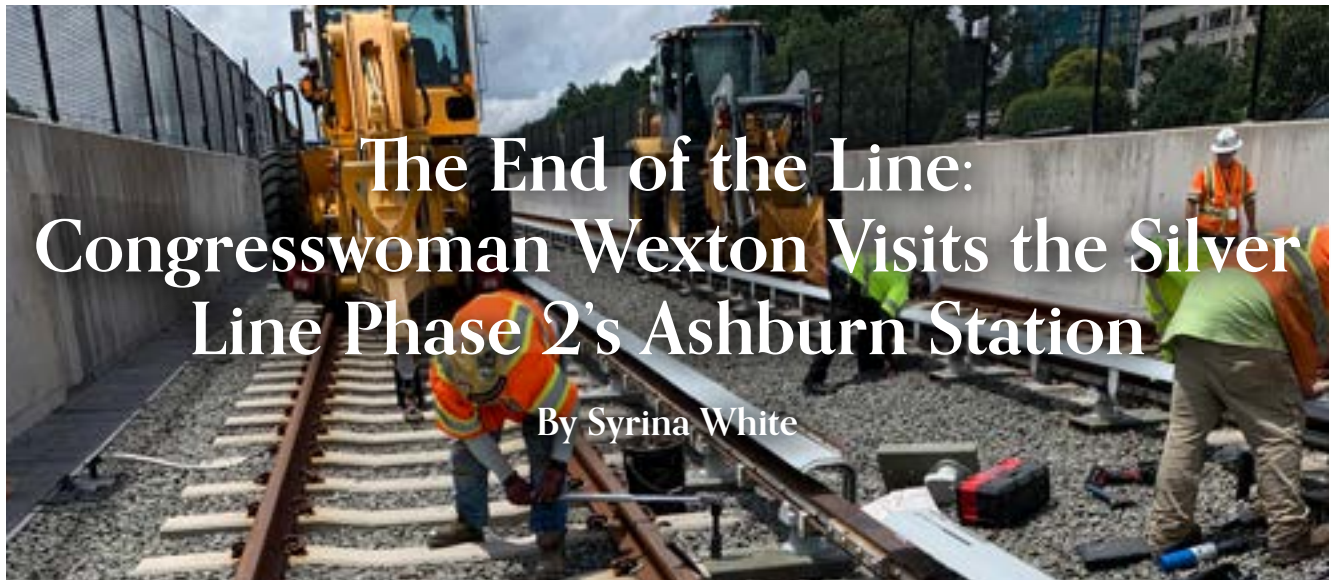
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The End of the Line: Congresswoman Wexton Visits the Silver Line Phase 2's Ashburn Station

By Syrina White

Congresswoman Jennifer Wexton, serving Virginia's 10th District, recently paid a visit to the Ashburn Metrorail Station – the final stop for Phase 2 of the Silver Line, a 23-mile extension of Metro, the Washington, DC, region's heavy rail public transportation system. Often touted as Data Center Alley, Ashburn is northwest of Washington-Dulles International Airport in the median of the Dulles Greenway.

Ashburn Station is conveniently located near Ashburn Farm, Ashburn Village, Broadlands, Brambleton, Loudoun Valley Estates and even Leesburg and communities farther west.

It is almost time

The wait is almost over for opening date. The Washington Metropolitan Area Transit Authority (WMATA) will set the date for opening in 2022. Passenger service is expected to begin during the first quarter of 2022.

All at once

Ashburn Station will open at the same time as all of the other Phase 2 stations, including Reston Town Center, Herndon, Innovation Center, Dulles Airport and Loudoun Gateway stations.

How will you access the station?

There are two entrances to access Ashburn Station. Riders will enter through pavilions on the north and south sides of the Dulles Greenway leading to pedestrian bridges over

the traffic lanes. From the station mezzanine where the station manager's kiosk is located and fare cards can be purchased, passengers will pass through the turnstiles, descend to the platform and board trains at ground level.

Where to park?

Loudoun County took charge of providing garages for the Ashburn and Loudoun Gateway stations. Comstock Partners, the developer of the nearby mixed-use Loudoun Station, constructed the garage at Ashburn North, where Chesterbrook Academy will soon open on the ground level. Loudoun also built garages at Ashburn South and Loudoun Gateway that are not yet open to the public.

Station Amenities

Besides the garages, additional station amenities include bicycle racks and lockers near both pavilions as well as bus bays, kiss-and-ride lots and public restrooms.

Passenger Service

WMATA will determine the opening date for Phase 2, which will occur after a series of milestones have been reached following substantial completion.

Planning the Tie-In at Wiehle-Reston East (N06)

The Airports Authority, WMATA and the contractor are working hard together to set the date for the final shutdown at Wiehle-Reston East Station required to complete the tie-in with Phase 1. ♦



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Reston Town Center Next Rising Up along Silver Line Phase 2 Alignment

As the region's economy continues its post-pandemic upswing, so do new mixed-use developments near the new rail stations along the Silver Line corridor. For example, new construction between Reston Town Center and the rail line dominates the skyline along Sunrise Valley Drive near Reston Town Center Station. The 28-story and 20-story office towers pictured here are connected by an amenity bridge and comprise the first phase of Reston Town Center Next.

Trains Roll as Silver Line Testing Ramps Up

As a positive sign of the times, the number of test trains running along the Phase 2 Silver line tracks from Reston through Dulles to Ashburn will increase as testing and final work continues in preparation for turnover to the Washington Metropolitan Area Transit Authority (WMATA).

The activity is part of what's called Level F or final testing.

Officials at Metropolitan Washington Airports Authority, the builders of the Silver Line, say the increased number of trains will be obvious starting in August.

Meanwhile, the Airports Authority continues to work with WMATA to set a date for another service outage at the Wiehle-Reston East Station where the Automatic Train Control System for Phase 2 is being connected to the Phase 1 system. This tie-in will be a major step in the path to long-awaited revenue service.

During that weekend outage, WMATA will provide shuttle buses between the Wiehle-Reston East and Spring Hill Station in Tysons just as it did during previous outages.

Rail officials had previously announced plans to complete construction and have the project ready for transfer to WMATA on Labor Day; that has been delayed.

Transferring Phase 2 to WMATA will trigger the beginning of WMATA's final testing to ensure that the project systems and fa-

Reston_Gateway



cilities meet all design criteria and WMATA requirements.

WMATA plans to open all six stations at the same time in early 2022. The stations are Reston Town Center, Herndon, Innovation Center, Dulles Airport, Loudoun Gateway and Ashburn.

Capital Rail Constructors (CRC) is building the rail system with a host of subcontractors.

Silver Line Phase 2 also includes a vast rail yard and maintenance facility being built on more than 90 acres of Airports Authority property along the western edge of the airport. Hensel Phelps is building the rail yard.

Construction crews continue with a variety of testing, walk-throughs, punchlist items, finishing touches and documentation.

WMATA plans to open all six stations at the same time in early 2022.

New Silver Line Stations Not Open to the Public ... Yet

All of the new Phase 2 Silver Line Metro-rail stations look like they are completely finished. But they are not and they remain closed to the public.

There have been some recent occasions when curious folks have entered or attempted to enter one of the stations, despite signage warning against it. That's trespassing.

The Metropolitan Washington Airports Authority, builders of the rail project, is reminding the public that the stations are not yet complete and can be dangerous.

Stations involved are the Reston Town Center, Herndon, Innovation, Loudoun Gateway and Ashburn. There is also a station at Dulles International Airport.

For information about each station, visit www.dullesmetro.com or contact the outreach office at outreach@dullesmetro.com.



Advice from an Expert: Children and Mental Health

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them. Education on mental health is just as important as physical education.

Dr. Williams states, "I...see it similarly to physical health care. We teach kids to exercise because it is good for your body. I think explicitly teaching kids how to care for their mental health is (and should be) just as important. For example, a lot of schools are adopting lessons focused on social-emotional learning (SEL) as a way to explicitly teach kids how to regulate their emotions, build/maintain friendships, etc. Being explicit with this education will set up society as a whole to be more empathic and healthy in the long run; resulting in a better society."

During these unprecedented times, we urge everyone to stay vigilant and act now to give our youth the tools they need to be the best versions of themselves.

If you or someone you know may be considering suicide, contact the National Suicide Prevention Lifeline at 1-800-273-8255 (en español: 1-888-628-9454; deaf and hard of hearing: dial 711, then 1-800-273-8255) or the Crisis Text Line by texting HOME to 741741. ❖

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