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Features

The Tides Inn

by Allison Chase Sutherland

The Tides Inn, exquisitely situated in the naturally scenic Northern Neck of Virginia, birthplace of George Washington, is celebrating its 75th anniversary this year. The inn has long been known for its resort status, delectable cuisine, exceptional spa, and luxurious accommodations, but they go much further than expected to protect their exceptional setting. They demonstrate great respect and reverence for the unique ecosystem they are fortunate to enjoy.



Helping Haitian Angels

by Linda Barrett

The Christian non-profit organization was founded by Bill & Debbie Harvey in 2008 following a biblical directive to rescue vulnerable children through family-style loving care and sustainable solutions that fight against Haiti's child abandonment crisis.



Black Friday, Cyber Monday, and Beyond Cashing in on Super Holiday Savings

by Kimberly Blaker

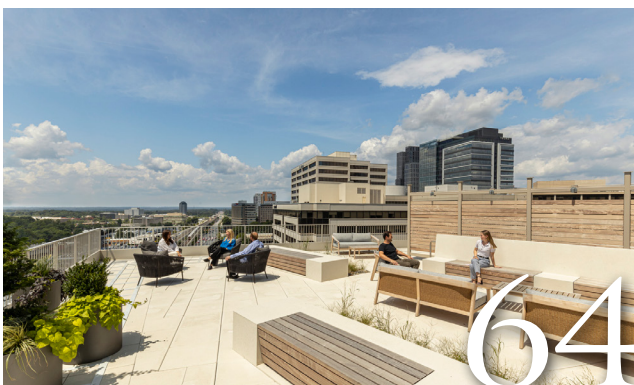
Whether you're a Black Friday enthusiast or hater, there are ample ways to cash in on super holiday savings throughout the season. So follow these tips for deep discounts on Black Friday, Cyber Monday, and beyond.



Silver Line Positives Continue to Boost Lifestyles and Economy

By Marcia McAllister

As the Metropolitan Washington Airports Authority Silver Line team works with the Washington Metropolitan Area Transit Authority (WMATA), the future operator of Silver Line Phase 2, to prepare for passenger service between the Wiehle-Reston Metrorail Station and eastern Loudoun County, news of ongoing positive economic and lifestyle changes continue along the alignment.





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Tyson's Premier Team

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THE MAGAZINE FOR TYSONS | RESTON | ASHBURN | LEESBURG
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FALL 2022

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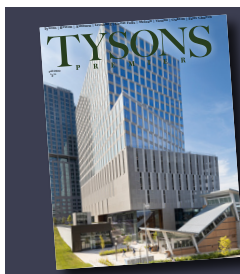
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ON THE COVER

Read more about Tysons Central at the doorstep of the Greensboro Metro Station on page 64.

Photo credit: Quentin Penn-Hollar.

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The Tides Inn

Stewards of the Chesapeake

by Allison Chase Sutherland



The Tides Inn, exquisitely situated in the naturally scenic Northern Neck of Virginia, birthplace of George Washington, is celebrating its 75th anniversary this year. The inn has long been known for its resort status, delectable cuisine, exceptional spa, and luxurious accommodations, but they go much further than expected to protect their exceptional setting. They demonstrate great respect and reverence for the unique ecosystem they are fortunate to enjoy. And guests of The Tides get to experience the resort's impressive ecological programming.

The Tides recently completed an extensive Shoreline Restoration project, further establishing their position as stewards of Virginia's Northern Neck region. On Carter's Creek which flows directly into the Rappahannock River, this location is a vital tributary of the Chesapeake Bay estuary, and these impactful improvements represent an environmentally important accomplishment for the inn and community.

Meander leisurely along the Shoreline Trail wooden boardwalk past the Oyster Reef up to the Sunset Bluff, where the hotel recently hosted an exclusive viewing debut outdoors in an intimate gathering of a documentary short film which illustrates the project's environmental impact and new educational programming about the property's recent extensive restoration of its shoreline. This sustainability initiative will continue to reestablish wetlands, attract wildlife and increase habitat for aquatic life.

The following describes what this ambitious Shoreline Restoration project encompasses:

Teeming with more than 3,000 migratory and wildlife species, including its two most famous residents, blue crabs and oysters, the Tides Inn is a leading supporter of the restoration not only of the Bay's natural bounty and beauty, but also of sustainable fishing and the historic lifestyle of the region's watermen.





■ In 2021, the Tides Inn embarked on an extensive restoration of its shoreline to reestablish wetlands, attract wildlife, promote responsible recreation and replenish habitat for aquatic life in collaboration with Friends of the Rappahannock (FOR).

■ The \$3.6 million project includes complete beach restoration with 18,000 square feet of “living shoreline” along Carter’s Creek and 1,300 linear feet of new wharf along the water’s edge:

- 150 linear feet of oyster reef
- Preservation of approximately 30 old-growth trees
- 42 new trees
- 21,000 shoreline and upland plants

The ongoing project completed its inaugural phase in Summer 2021, including development of a curvilinear wharf and nature trail, as well as restoration of the property’s original beach and shoreline by the visionaries behind the project, including internationally acclaimed Gluckman Tang Architects, Waterstreet Studio, a landscape architecture firm based in Richmond, along with Bay Design Group, the civil engineers on the project.

On your way to The Tides, take the scenic route through Fredericksburg over rolling roads with a canopy of trees on the Tidewater Trail, Route 17, for some tangy pulled pork barbecue or a mahi sandwich with the ripest red beefsteak tomatoes at 17 SOUTH for a convenient pit stop along the way. They even have a country fried filet mignon. Pass the Rappahannock River Valley Wildlife Refuge along the Blue Star Memorial Highway past marshy areas before entering Tappahannock and continue through the small town of Kilmarnock, your final gateway to your charming destination of Irvington with its colorful Victorian homes, inviting art galleries and a coffee shop.

The Tides is your Chesapeake Bay retreat, a home away from home, where you can just relax and breathe in the fresh bay air

or participate in a plethora of activities. Beside the pool, enjoy some shade beneath a bungalow or play some bocce ball on the court or corn hole or croquet on the lawn. Borrow a bike and ride with the wind in your hair along shady lanes or glide along as you stand-up paddle, kayak, or canoe Carter’s Creek. Sporting activities abound, such as a par 3 golf course and volleyball. You can also play tennis or pickle ball on the tennis courts. They also have giant tricycles with front baskets that you can ride to the farmers’ market located at the center of Historic Irvington at the Irvington Commons on King Carter Drive on the first Saturday of the month from May through November from 9:00 am - 1:00 pm. Bring back some loot of fruit and fresh local vegetables and other home-made treats for a picnic.

Or whet your appetite and head over to one of the resort restaurants which highlight coastal culinary concepts. For lunch, enjoy the breeze off Carter’s Creek poolside while you eat at the Fish Hawk Oyster Bar. The tuna poke bowl with mixed greens, seaweed, ponzu, edamame, radish, avocado, and sesame seeds was refreshing on a balmy afternoon. Another winning selection was the Baja fish tacos with red cabbage slaw, avocado, crema, and tomato. Diner Cathy Pongmalai particularly relished the unexpected Chesapeake twist of soft shell crab on a BLT, all with service with a smile from Joey.

Stellar starters in the elegant Chesapeake Restaurant & Terrace with a view of the marina include burrata and local melon, estate berry reduction, and blood orange with grilled peaches as well as tuna crudo with charred avocado purée, grapefruit, and pickled habanero pepper. Standouts among Executive Chef Terrence Doyal’s entrées include halibut with heirloom tomatoes, chickpeas, capers, olives, baby kale, and a sherry vinaigrette and the succulent Virginia filet mignon, accompanied by whipped celeriac root potato purée, vegetable du jour and beurre rouge. For a sweet treat, the strawberry brown butter cake with chantilly cream does not disappoint. One unique feature of the restaurant is the historical wooden liquor lockers dating back to when Irvington was



a dry town. Nowadays you can enjoy local wineries, even at the Dog & Oyster micro-vineyard at the nearby Hope & Glory Inn and Triple V Farms, a little further afield.

"It's the quintessential Chesapeake Bay vacation getaway," says Cathy Pongmalai of Falls Church. "It's ideal for a romantic escape, alone for a quiet respite, business meetings, a weekend away with friends or family get-togethers."

The Tides keeps families coming back for generations. Christine Dolan of Arlington can relate. "I first went to the Tides Inn when I was young with my parents and sister. My mother would come to the Tides Inn on her parents' classic Chris Craft boat and had many fond memories of the resort. Another time my husband and I trailered our 20' boat and took our children for several days. We had a fabulous time exploring the resort, the marina, and the local waterways by boat. The Tides Inn has always been a very special place to me – it has moved me every time I have gone there."

In fact, one of the most delightful experiences of this Chesapeake adventure was to see a group of young children on the beach, excited to encounter marine life at the shore. Their ecstatic smiles and happy shouts of discovery said it all. The Tides is a place to make memories. ♦



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Out and About CONCERTS & EVENTS IN TYSONS



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ATLAN
The Barns at Wolf Trap
OCTOBER 27



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JENVIOLIN: THE CELEBRATION LIVE CONCERT

September 25

4pm

TIX start at \$48

The Celebration Live Concert is a presentation of classical, jazz, R&B, and hip-hop selections. You won't want to miss this debut, which will also feature guest performances.

UNITED STATES OF ARYANA 2.0

USA Tour 2022

September 30

8pm

TIX start at \$62

Regarded by many as the “Voice of Afghan Women”, Aryana Sayeed is a superstar in Afghanistan and among Afghans worldwide. Her voice carries the aspirations of women seeking hope and empowerment in a country that has once again fallen under the Taliban rule.

BLUE'S CLUES & YOU! LIVE TOUR

October 7

6pm

TIX start at \$29.50

Blue's Clues & You! Live on Stage is an epic new adventure! Josh is conjuring up a magical theater show, but he needs YOUR help! Kids and families will fall in love with theater as they solve Blue's Clues to find out what Josh needs to make a



Photo credit: Connie Tsang

KINAN AZMEH
The Barns at Wolf Trap
October 21

show. With Broadway-style song and dance, this production pulls out all the stops! See Josh and Blue skidoo to amazing places! They'll make a rainbow with MAGENTA! They'll make a music video with RAINBOW PUPPY! They'll float in outer space! And MORE! Discover all the singing, dancing, laughing & creativity with Blue, her friends, and of course, YOU!

HOME FREE: ROAD SWEET ROAD TOUR with special guest Casey Barnes

October 13

8pm

TIX start at \$29.50

All-vocal Country entertainers Home Free have made their mark on the music scene, racking up nearly 600,000 album equivalents globally; embarking on major international tours; amassing 500+ MILLION views and over 1.3-MILLION Subscribers on YouTube; and being declared “Country music fans’ favorite a cappella group” (Taste of Country).

FAIRFAX SYMPHONY ORCHESTRA

October 15

8pm

TIX start at \$45

Jeremy Denk is one of America's foremost pianists, proclaimed by the Chicago Tribune as an artist “able to draw the listener into his own feeling of renewed discovery.” Winner of a MacArthur “Genius” Fellowship, and the Avery Fisher Prize, he has also been elected to the American Academy of Arts and Sciences. His memoir Every Good Boy Does Fine, published earlier this year, has become a New York Times bestseller.

LEE GREENWOOD

October 21

7pm

TIX start at \$25

With seven #1 songs & 25 charted singles to his credit, choosing songs proved to be a success for Greenwood. His country hits include: “It Turns Me Inside Out”, “Ring On Her Finger Time On Her Hands”, “She's Lying”, “I Don't Mind the Thorns If You're The Rose”, “Dixie Road”,



Out & About

“Somebody’s Gonna Love You”, “Going Going Gone”, “You Got A Good Love Comin”, “Fools Gold”, and “Mornin Ride” while he already garnered several crossover hits such as “Touch & Go Crazy”, “IOU” and the duet with Barbara Mandrell, “To Me”.

THE BARNS AT WOLF TRAP

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5pm

TIX start at \$10

Featuring The Children’s Chorus of Washington, Alexandria Harmonizers, The Heritage Signature Chorale, Washington Gay Men’s Chorus and the GenOUT Youth Chorus, The Duke Ellington School of the Arts Chorus, Towson University Singers, and the WPA Women, Men, and Children of the Gospel Choir.

REBIRTH BRASS BAND

October 6
8pm

TIX start at \$37

Comprised of some of the Crescent City’s finest musicians, Rebirth Brass Band embodies the spirit of their hometown. The band’s trademark sound pays homage to the New Orleans brass band tradition while weaving a tapestry that combines elements of jazz, funk, soul, R&B, and the sounds from the streets of NOLA.

MICHAEL CLEVELAND AND FLAMEKEEPER

October 13

8pm

TIX start at \$27

This award-winning bluegrass fiddler has shared the stage with some of the genre’s biggest names—including performing as a member of Béla Fleck’s My Bluegrass Heart band at the Filene Center this past summer. Cleveland and his band, Flamekeeper, carry the bluegrass torch by pushing themselves and their music forward.

NASHVILLE EMERGING ARTISTS NIGHT

Featuring Gabe Baker, Jason Cross,
REVIE, and more

October 15
8pm

TIX start at \$22

They don’t call Nashville Music City for nothing! For years, aspiring young musicians have flocked to the city with dreams of making it big. Now, The Barns welcomes seven of Nashville’s finest emerging artists: sister duo REVIE, The Voice star Audra McLaughlin, country-rocker Jason Cross, smooth singer/songwriter Ryan Neal, Baltimore native Pierson Swanson, cellist Gabe Baker, and singer/songwriter Kyle Winski.

HOT CLUB OF COWTOWN

October 16
7:30pm

TIX start \$35

Inspired by Bob Wills and the Texas Playboys, fiddler Elana James, guitarist Whit Smith, and bassist Jake Erwin seamlessly blend Western swing music with hot jazz standards à la Django Reinhardt to create “an arsenal full of technique and joy,” (The New York Times).

BOB MOULD

H.C. McEntire

October 19
8pm

TIX start at \$32

Bob Mould, legendary Hüsker Dü frontman, brings a blistering live electric solo set full of what Mould de-

scribes as, “a lot of crowd favorites, a handful of deep cuts, and a little bit of chit-chat,” to The Barns. The evening opens with Mount Moriah vocalist and songwriter H.C. McEntire.

KINAN AZMEH

October 21
8pm

TIX start at \$22

Originally from Damascus, Syria, clarinetist and composer Kinan Azmeh melds music from across the globe to create an “intensely soulful” (The New York Times) sound. Having toured extensively as a member of Silkroad Ensemble, Azmeh brings his New York-based CityBand to The Barns. With CityBand, Azmeh strikes a unique musical balance between classical music, jazz, and the music of his Syrian homeland.

MEOW MEOW

October 23
7:30pm

TIX start at \$32

Post-post-modern diva Meow Meow has hypnotized and inspired audiences globally with unique creations and sold-out shows from New York’s Lincoln Center to London’s West End. “The voice alone is glorious in its range and texture. But combine it with carefully chosen songs, superb comic timing, improvisational wit, and some engaging audience participation, so cannily conducted that you suspect a degree in psychology, and you have an evening that demonstrates that Meow Meow really is the cat’s whiskers” (The Guardian).

ALTAN

October 27
8pm

TIX start at \$29

Hailed as “the hottest group in the Celtic realm” (The Boston Globe), Altan’s spirit and sound comes from the deep and rich musical tradition of their native Ireland. Since forming



in the 1980s, Altan has established themselves at the forefront of traditional Irish music and made a lasting impact on audiences and music lovers throughout the world.

AMERICAN VISITORS

Chamber Music Society of
Lincoln Center

Chamber Music at The Barns

October 28

7:30pm

TIX start at \$45

The United States has been enriched by many distinguished visitors, including artists who came to perform, create, teach, or simply to be inspired by this country's natural beauty and welcoming spirit. Wolf Trap's continuing collaboration with the Chamber Music Society of Lincoln Center begins the 2022–2023 Chamber Music at The Barns season by celebrating America's imported musical diversity.

The program features the sublime music of Czech composer Dvořák; Belgian virtuoso violinist, composer, and conductor Eugène Ysaÿe; and English composer and conductor Samuel Coleridge-Taylor.

STEPHEN KELLOGG

November 4

8pm

TIX start at \$32

Singer/songwriter Stephen Kellogg has been described as “John Prine fronting the Heartbreakers” (Rolling Stone). Kellogg's storytelling skills combined with his sense of humor about the stuff that hurts makes for an excellent evening of music. Kellogg's upcoming album, *Keep It Up, Kid* (out December 2022), will be a musical note of solidarity and encouragement to listeners.

ELIANE ELIAS

November 5

8pm

TIX start at \$57

Eliane Elias blends her Brazilian roots and alluring voice with virtuosic jazz playing to create one of the most unique and immediately recognizable sounds in jazz. Elias' piano mastery will be on display as she performs tracks from her most recent album, *Mirror Mirror*, which won the Grammy Award for Best Latin Jazz Album (2022). The extraordinary record

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Photo courtesy of Wolf Trap



REBIRTH BRASS BAND
The Barns at Wolf Trap
October 6

features Elias performing duets with the late jazz great Chick Corea and famed Cuban pianist Chucho Valdés.

TOWN OF VIENNA

www.viennava.gov

OKTOBERFEST

131 Church St NE
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October 1

Prost! to the Vienna Business Association for hosting this annual event the first Saturday of October. Festivities include German food, beer and wine, music, a marketplace and business expo, as well as some polka dancing.

HALLOWEEN PARADE

October 26

7pm

Since 1946, the Town of Vienna has hosted a Halloween parade for area families. Now held rain or shine on Wednesday evening the week before Halloween, the parade includes decorated floats, marching bands, and costumed children. All “monster mash”

their way down Maple Avenue, from Branch Road to Center Street. The Town’s annual parade is a longtime tradition. To participate in the parade visit: www.viennava.gov.

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RICHIE KOTZEN

September 21

7:30pm

TIX start at \$25

Richie Kotzen has always been on a clear, laser-focused mission as an artist. While he is rightfully acknowledged worldwide for being a stellar guitar player, an emotive singer, and,

frankly, a balls-out dynamic live performer to boot, Kotzen is quite aware he must maintain an ever-vigilant eye on ensuring one particularly important creative arrow in his artistic quiver continues to be properly nurtured — and that is his songwriting.

THE STRANGER

A Tribute To Billy Joel

September 24

9pm

TIX start at \$17

THE STRANGER is the complete premiere tribute to the music of one of the world’s most beloved performers, Billy Joel. Comprised of some of the best and most experienced musicians in the business, this 6 piece band brings together an authentic replication of Billy’s timeless music, crowning it with soulful, spot on vocals that makes listening to a Billy Joel song so special. Out front on piano & lead vocals is founder & front man Mike Santoro. Born and raised in Levittown like



Joel himself, Mike not only looks and talks a lot like Billy, but has the piano chops, vocal prowess and stage presence of the Piano Man - so much so that you will soon forget you are watching a tribute show.

KICK - THE INXS EXPERIENCE

September 29

8pm

TIX start at \$20

KICK is a unique blend of incredibly talented musicians who bring the highest level of musicianship to the audience while showing a true passion for the music of INXS- consistently causing the spontaneous eruption of a decadence-rock party!

HIRIE - MOOD SWING TOUR

Ballyhoo! & Surfer Girl

October 21

8pm

TIX start at \$20

San Diego's seven-piece band HIRIE is ready to offer a global spiritual uplift. Melding the balmy island touches of its singer's beloved home—as symbolized by its moniker's first letter, a “H” for “Hawaii,” with that feeling of irie, the award-winning group offers a soundtrack of hope.

TAB BENOIT

with special guests Dirty Dozen Brass Band

November 17

8:30pm

TIX start at \$42

Tab Benoit is a Grammy nominated singer, songwriter and guitarist who has built a remarkable 30+ year career on the foundation of his gritty and soulful Delta swamp blues, acquiring a devoted legion of fans along the way, as well as 5 Blues Music Awards, including BB King Entertainer of the Year (twice) and an induction into The Louisiana Music Hall of Fame. ❖



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16 STEM TOYS

To Boost Kids' Knowledge, Understanding, and Interest in Science, Technology, Engineering, and Mathematics

by Kimberly Blaker

Today, it's more crucial than ever that boys and girls alike develop a keen interest in science, technology, engineering, and mathematics (STEM). Over the coming decades, the pace of scientific and technological advancement is expected to continue climbing at an exponential rate. As a result, STEM fields will see continued growth while blue-collar jobs, among other professions, decline. So it's essential kids are well prepared for a drastically different job market.

STEM offers kids other benefits as well. It stimulates and teaches critical thinking and problem-solving skills – competencies that go a long way in any career and in life.

So how do you help your child develop an appreciation for STEM and boost their knowledge and understanding in these subjects? Play that provides opportunities to apply concepts and skills is one of the best ways for kids to learn. There are numerous

games, toys, and kits on the market that make learning STEM loads of fun.

TOYS THAT TEACH STEM

Curious Space for ages 3+. This 4-in-1 family card game teaches kids about the solar system, milky way galaxy, and more. Kids learn simple strategy and creative problem-solving skills while developing vocabulary and enhancing their memory.

Magformers for ages 3+. These magnetic geometric construction kits come in a variety of choices. Kids can build 3D structures such as houses, pyramids, and balls out of colorful magnetic triangles, diamonds, trapezoids, and squares.

MuddWatt STEM Kit: Clean Energy from Mud! for ages 8+. Kids will love conducting these experiments with soil by adding ingredients from the fridge to build a living

fuel cell. A free app then gives kids the tool to measure the power and track microbe growth.



Snap Circuits for ages 7+. Keep kids busy and learning with these electronics discovery kits that provide kids more than 100 projects to do. Snap Circuit kits have won numerous awards and come in several variations. Contents of various kits include phototransistors, LEDs, resistors, ICs, DC motors, flying propellers, electromagnets, lamps, switches, and much more. Projects kids can make include an AM radio, burglar alarm, doorbell, flying saucer, and voice recorder, to name a few.

Sequence for Kids for ages 4 to 7. The goal in this strategy-building card and board game is to be the first to place 4 chips in a row. The challenge is to think strategically and finish before your opponent uses a unicorn card to remove a chip.

Gravity Maze for ages 8+. Kids use spatial reasoning skills to arrange towers to create a path for a marble to go from its start position to its target tower. It includes 60 challenge cards ranging from beginner to expert.



Osmos Genius Kit for ages 5 to 12. This kit boasts 5 games that turn an iPad into a hands-

on learning experience. On the iPad, Osmo interacts with every real-live move. This kit enhances kids' visual thinking, creative problem-solving skills, and self-expression.

ThinkFun Rush Hour for ages 8+. Winner of a national Mensa award, Rush Hour is a game of logic that sharpens kids' planning and sequential reasoning skills. There are 40 challenges from beginner to expert in this traffic gridlock game. The goal is to move cars through the puzzle until the red car escapes the traffic jam.

IQFit for ages 6+. This spatial reasoning and problem-solving game boasts 120 challenges in which kids must fill the board with the missing 3-D pieces. It's a compact travel size game and a great value.



DoughLab STEM Kit: Bake and Learn for ages 6+. This yummy bread-making experimentation kit includes 5 experiments through which kids discover the perfect recipe and learn about the power of yeast.

Rock On! Geology Game for ages 5+. Kids explore the earth's geological treasures in this fun science game. It comes complete with an assortment of rock and mineral specimens.

Big Bag of Science for ages 8+. More than 70 fun activities can be performed with this kit in the areas of chemistry, physics, biology, geology, magnetism, weather, and flight. Kids use real scientific tools, which are included in the kit, to do their experiments that'll amaze family and friends.

Kids can build 12 different toy designs while developing their motor skills, eye-hand coordination, logical thinking, and problem-solving skills.

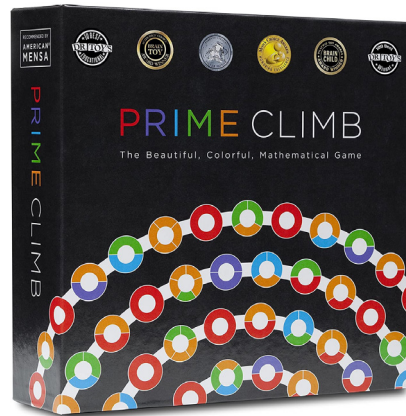


Projects kids can make include an AM radio, burglar alarm, doorbell, flying saucer, and voice recorder, to name a few.

ETI Toys Lil' Engineers Engineering Blocks for ages 3 to 6. This box of colorful, multi-size and multi-shape blocks, screws, nuts, plates, wheels, and connectors keeps kids engrossed for hours. Kids can build 12 different toy designs while developing their motor skills, eye-hand coordination, logical thinking, and problem-solving skills.



iron balls, and tripods. Children will develop a sense of proportion while improving eye-hand coordination, problem-solving skills, and learning the basics of physics, geometry, and architecture.



Prime Climb for ages 10+. Learning to add, subtract, divide, and multiply is a breeze with this award-winning mathematics board game.

Goobi Construction Set for ages 3+. Kids learn about magnetism while constructing 3D structures out of colorful plastic bars,

Green Kid Crafts, Rainforest Discovery Science Box for ages 3 to 10. This kit embraces kids' creativity while providing them scientific exploration. Kids can conduct a rainforest pollution experiment, create a rainstick, and build a rainforest terrarium, among other activities. ❖

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GUM HEALTH IS IMPORTANT FOR CHILDREN

September is National Gum Care Awareness Month, so now is the perfect time to teach your children about gum health. The more they can keep their gums healthy, the better their overall dental health will be throughout their lives.

What are the Gums For?

Your gums, also called the gingiva, are extremely important. They are the soft tissues that not only hold your teeth in place, they cover and protect the roots by providing a seal against disease-causing bacteria.

Good Gum Health Practices Can Help Prevent Gum Diseases

Almost half of all adults in the United States have periodontal, or gum, disease, a condition that if allowed to progress to its worst, can result in tooth loss. Even when gum disease is in its early stages it can cause problems like discomfort and pain, bad breath, or bleeding gums.

There are a number of causes for gum disease. Dental plaque is one of them. Plaque is a sticky film that forms on your teeth's surface. It starts as a clear film, then becomes visible within 12 hours. If not removed, it can harden and become tartar both on the teeth and under the gumline.

The best plan of action is to teach your children about proper gum care and gum health. Children (and adults) should brush their teeth twice a day (morning and evening) with a soft-bristled toothbrush, and floss once a day. Twice yearly, they need to visit their pediatric dentist for a professional cleaning and examination.

Children should be taught not to "scrub" their teeth or gums. Overzealous brushing can irritate the gums, causing them to become inflamed and damaged, or even wear away the gums, thus exposing the roots and allowing harmful bacteria and gum disease to take hold. Receding gums do not grow back, so it is important to start a good habit now.

Signs of gum disease can include:

- Swollen or red gums
- Bleeding gums when you brush or floss
- Gum tenderness
- Receding gums along the gumline
- Pus in the gums
- Loose tooth or teeth



How Young Should Good Gum Health Begin?

You should begin caring for your children's oral health as soon as their first tooth appears—about 6 months of age. At around six years old, your child should be able to brush their teeth on their own. The best way to teach is to demonstrate on yourself the proper brushing methods. Then have your child practice while you are watching. Around two minutes is a recommended length of time to brush.

Insert fun into the brushing routine with a kid-friendly electric toothbrush and a flavored toothpaste. Electric toothbrushes have been shown to remove up to 21% more plaque than manual brushing and can help mitigate the instinct to scrub. They can also come with a built-in timer that turns the toothbrush off automatically after the two-minute optimal brushing time.

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Helping Haitian Angels

by Linda Barrett

It was a chance meeting between Patsy Norton and the beautiful children of Haiti that opened her heart and forged a new passion in Helping Haitian Angels (HHA).

The Christian non-profit organization was founded by Bill & Debbie Harvey in 2008 following a biblical directive to rescue vulnerable children through family-style loving care and sustainable solutions that fight against Haiti's child abandonment crisis.

It caught Patsy Norton's attention at a fund-raising event the couple held in McLean, VA, and not long afterwards, she made her first visit to the island nation. "The first moment I walked in the door, a baby was having a seizure and we thought she was dead. We rushed her to the hospital. That's the baby I'm holding in the picture." The girl in the photograph survived and was adopted, along with her two sisters by U.S. couple.



It turned out the seizures were a result of trauma. Sadly, all the children at HHA have experienced trauma in one way or another. Some endure physical trauma like rape, restavek (child slavery), or corporal punishment inflicted by the parents. Others suffer psychological trauma as a result of extreme poverty, such as not knowing where their next meal is coming from.

Fast forward ten years and HHA has an entire complex named Kay Anj Village—Haitian Creole for "Angel House." Safely ensconced on 40 acres, the compound features 8 homes along the main street, The Harvey School, community center, Hope Church, and a clinic, along with offices and a volunteer house where visitors stay. To maintain self-sufficiency, Kay Anj has an agricultural program, with a community garden, goats, cows and chickens.

"When I first started volunteering, a lot of the 40 children were orphaned. For others, the parents brought them because they think they'll have a better life there," Norton said. Children are now placed with HHA by the Haitian Government (IBESR) as the "best" last resort for orphaned/abandoned children in crisis, and reunification and family preservation are a priority whenever possible.

Currently, HHA sponsors children through the 6th grade. "Then they have nowhere to go," Norton explained. "So we're starting a capital campaign now to add a high school for 7th-9th grade. We'll add grades 10-13 next." The new construction will include classrooms, an auditorium, sanitary block, cafeteria, stage for performing arts, soccer field, and commercial kitchen. After the children age out of HHA at age 18, they go



into one of two transition homes. “We’re proud that two of our former students are in medical school in Cuba, three are at University, and several are in trade schools.”

Financial literacy is also important, and through a microfinance program called SALT, students can save money as a group and make group decisions on who can borrow from that money. The group started with 12 people at \$10 each, with the fund now grown to more than \$500. Students often use the money to start their own microbusinesses.

Sponsors & Donations Needed

Helping Haitian Angels is 100% funded by donations, and you can get involved by being a child sponsor. It costs about \$400 to educate a child per year. This covers their books, uniforms, twice-daily meals, teachers, housing and medical care. Sponsors get to learn about their sponsored child, with communications several times a year. In addition, you can sponsor on-campus initiatives like HHA’s science lab or culinary program.

Other ways to help fund HHA is to give generously at one of the organization’s fundraisers held here in Northern Virginia. More information on donating can be found on the HHA website at www.helpinghaitianangels.org.

Education is the Way Out of Poverty

Patsy Norton (an owner of Great American Restaurants) visits Haiti 4-5 times a year in the volunteer role of education. “I train teachers, work with the school and teachers, and help in any way I can to help.” Having Haitian natives on staff is important; the 60+ support members are hired out of the community.

It was discovered that these children speak Creole, while schools in Haiti are taught in French, since Haiti was a former French colony. When young children attended these schools, they couldn’t understand what the teachers were saying. Plus, there were no schoolbooks in Creole; HHA created them. HHA teachers teach in Creole, and French is introduced in the 3rd grade. By doing this, the kids learn the foundations and can switch over to French more easily.

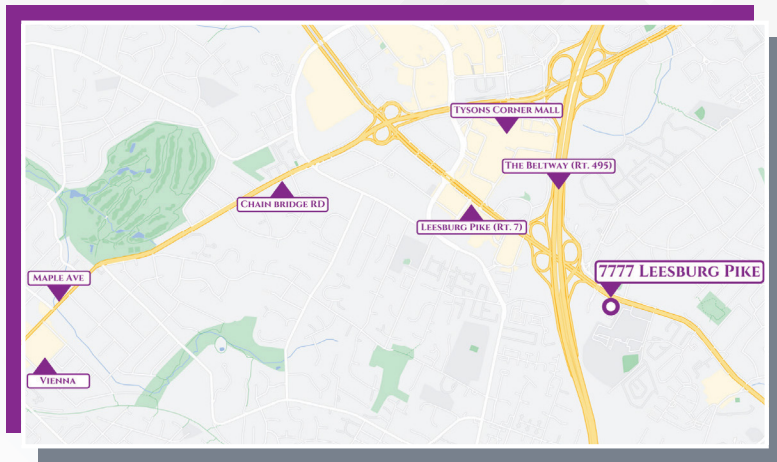
“My husband and I have visited countries with extreme poverty, but I never saw anything like the poverty in Haiti. It took your breath away,” Norton explained. “There was no water or electricity, and garbage was everywhere. Interestingly, Haitians don’t beg. They’re proud people. They work hard and sell little things at markets along the side of the street, like fruit or vegetables they picked. Many families live on less than \$2 a day.”

“I wish everyone could go to Haiti and meet these kids and the people there. My life is so much better because I went,” Norton exclaimed.

When asked how it changed her, Norton replied, “It taught me how you can help people; not by giving money, but by educating them. I sincerely feel that you can educate people out of poverty. It also opened my eyes to how everyone is just like us—we all want the best for our kids. But they don’t have the opportunities we do. If we can give them those opportunities, and make psychosocial changes to communities plagued with trauma and disaster, I know they’ll make the world a better place.” ♦

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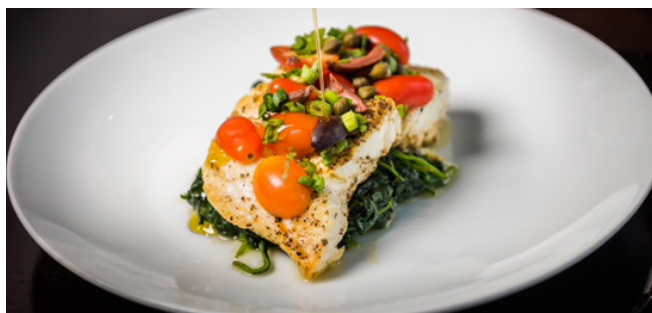
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www.notyouraveragejoes.com/reston/



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www.caferenaissance.com



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Herndon | Italian | \$\$

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

728 Pine St, Herndon, VA | 703-318-7000

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332 Springvale Rd, Great Falls, VA | 703.759.3800

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Forget the Anti-Aging Products

Affordable Cosmetics to Protect and Highlight Your Natural Beauty as You Mature

by Kimberly Blaker

When you have a tried-and-true beauty routine, it's easy to fall into the habit of relying on your usual methods. As you get older, the cosmetics you use and the routine you follow to take care of yourself and your signature look may no longer serve you. That's because as you age, your body stops producing the same level of natural oils, and your skin doesn't hold moisture as well. You might also be noticing more fine lines and wrinkles, less elasticity, and an uneven tone. Your nails and hair may get more brittle and dull in color. This can feel frustrating, tempting you to try to hide these changes to fit into a society that highlights youth as the epitome of beauty.

It's easy to fall into the trap of spending money on anti-aging products or expensive cosmetics. But more costly doesn't always equate to more effective. Often, similar products with the same ingredients offer results that are just as good, if not better, for a fraction of the cost. Instead of trying to hide perceived imperfections or imitate youthful

trends, try embracing the aging process by using minimal products that highlight your natural beauty. When it comes to cosmetics for mature skin, it's more about taking care of your skin and body. So keep makeup simple and natural while also having fun and finding what makes you feel good.



NAIL CARE

1. **Essie Treat Love & Color** offers a range of colored nail polishes containing collagen and camellia extract to help strengthen nails and reduce breakage. To help balance

cool tones in older hands, try bright and light colors with orange or pink undertones. (\$10)

2. **Barielle Hydrating Ridge Filler** is a clear polish that can be used as a base coat or on its own to smooth and fill in dry, weak, or ridged nails. It strengthens the nail with silk protein fibers as your nails grow. (\$9.99)



SKIN CARE

3. **Gold Bond Ultimate Strength & Resilience Skin Therapy Lotion** is specifically designed to support the needs of mature skin with a blend of vitamins, proteins, lipids, and moisturizers. (\$9.34)
4. **CeraVe Moisturizing Cream** can be used on the face, body, or hands to smooth and moisturize the skin. It rebuilds your skin's natural barrier with ceramides and hyaluronic acid. (\$15.92)



HAIR CARE

5. **Living Proof Full Thickening Mousse** gives a thicker, full-bodied appearance to thinning hair with a lighter, more flexible hold. (\$29)

6. **YANIBEST Silk Pillowcase** provides a softer, smoother sleeping experience to prevent hair and skin from losing moisture. It also reduces the friction that increases damage or wrinkling in the skin and hair breakage and tangles. (\$23.99)



MAKEUP

7. **NYX Color Correcting Palette** has various colored concealers to use when color correcting uneven tones in the skin. The idea is that using opposing shades on the color wheel will cancel out to create an even tone. (\$8.99)
8. **Boomstick Color** is one stick that can be used as lipstick, blush, bronzer, and more. It is made by Boom, a "pro-age" company that embraces the beauty of aging and is a sheer shade that uses your natural coloring. (\$28)
9. **Clinique Moisture Surge CC Cream** is an oil-free color correction cream with SPF 30 sunscreen protection to give your skin moisture and coverage with a more lightweight formula. (\$39.50)
10. **L'Oreal Paris Age Perfect Magnifying Mascara** is designed for mature lashes. It creates volume while protecting lashes with a gentle brush and a formula with conditioning serum and jojoba oil. (\$7.69) ♦

Kimberly Blaker is a freelance writer. She also owns an online bookshop, Sage Rare & Collectible Books, specializing in out-of-print, scarce, signed, and first editions; fine bindings; ephemera and more at sagerarebooks.com



Black Friday, CYBER MONDAY, AND BEYOND Cashing in on Super Holiday Savings

by Kimberly Blaker

Whether you're a Black Friday enthusiast or hater, there are ample ways to cash in on super holiday savings throughout the season. So follow these tips for deep discounts on Black Friday, Cyber Monday, and beyond.

Subscribe to store email lists. Decide on which stores you want to shop at least a couple of weeks in advance. Then visit each store's website, and subscribe to their email list. Early signup will ensure you receive all promotional emails for the season's big Black Friday and Cyber Monday events as well as ongoing savings right on through Christmas Eve.

Buy discounted gift cards. Visit Raise.com, and order discounted gift cards for the stores you know you'll purchase from. You can use these cards to buy sale and special-buy items for added savings. The caveat, make sure

the gift cards are for stores you'll definitely shop at, so you don't blow your savings. Discounted gift cards also make great gifts.

Begin collecting Black Friday and Cyber Monday deals that show up in your newspaper, mailbox, and email. Also, visit

your favorite stores online a few days in advance to see what kind of deals they'll offer. Print any coupons you find. Then store them together in a safe place.

Organize for the big day. Once you've collected

all the deals, sort through, and match them up to your holiday shopping list. Compare deals, and determine when the sales or doorbusters begin and if there'll be limited quantities. Then strategize. If you can't stand in line for hours for a limited quantity doorbuster, skip it, and focus on other deals that are easier to fetch.

Some stores mark up merchandise before they reduce it to make it look like a great bargain.



Prepare a 'second-best' list. You can't be everywhere at once, and you're sure to miss a deal or two. So prepare for that possibility and know where to go and what to look for as an alternative.

Watch for early bird freebies. Many stores offer free gifts to the first 25 or 100 people in their store. It's true, there are some pretty nice prizes to be had. But many will require you to arrive well before the crack of dawn and spend hours waiting in line. Before you succumb to these lures, consider whether it's worth the risk of losing out on savings elsewhere.

Black Friday isn't always the best day for hot bargains. So do your research. Stores tout their Black Friday deals to get consumers into a buying frenzy early in the season. Some even offer their super deals on Thanksgiving evening and start to reduce prices on Wednesday. Keep in mind, all those Black Friday deals can also often be found online on Cyber Monday. In fact, many hot deals, and some better deals stretch well into December.

Shop late in the day. If you're like many, you wouldn't even consider shopping on Black Friday simply because of the chaos. But on Black Friday, the vast majority of shoppers start at the crack of dawn or earlier. By 5:00 p.m., early birds are exhausted, and malls and stores are dead quiet. So Black Friday evening is a great time to get in some peaceful, early shopping with plenty of great deals still going on.

Shop online. This is another option if you don't want to participate in the madhouse. Many stores offer the same deals online as they do in their stores. In fact, many online stores don't even have storefronts. Keep in mind, supplies are often limited, even online. So by the time you reach checkout, an item in your basket might be sold out. If you're shopping for multiple items from a store,

do multiple checkouts, so the items in your basket don't disappear while you shop.

MORE HOLIDAY SHOPPING TIPS

Arrange your finances in advance. If you intend to pay by credit card, plan well in advance, so the credit is available to you. Make your credit card payments at least 2 weeks in advance to allow time for processing. Use your credit cards that offer cash back or reward points to increase your savings. If paying with a debit card, check your balance before you head out to avoid an unwelcome surprise. Also, avoid carrying cash in chaotic crowds because of the increased risk of pickpockets and purse-snatchers.

Leave the kids at home. The chaos of the holiday shopping season, especially Black Friday, poses risks to children. Although the

chance is slim, there's the potential risk of trampling by crazed crowds on Black Friday. Your child could also get lost among the mob. Besides, shopping for long hours is stressful and exhausting for kids. Not to mention, it'll increase your own stress level and deplete your energy.

Avoid carts. On Black Friday, carry shopping bags or totes instead unless you plan to buy heavy items. Carts will slow you down through crowds that are unwilling to budge for you.

Hold off on toy purchases. Black Friday doesn't offer the best deals on toys. The first week of December usually provides much more significant savings on these items.

Use social media for extra savings. Many retailers offer exclusive coupons and discounts to people who 'like' them on Facebook or other social media. Check the social media accounts of the stores you plan to shop at.

Check on return policies. Most major retailers have liberal return policies. But not

But on Black Friday, the vast majority of shoppers start at the crack of dawn or earlier. By 5:00 p.m., early birds are exhausted, and malls and stores are dead quiet.



all. So do your homework before you make purchases. Also, ask for gift receipts to make exchanges and returns easy for your gift recipients.

Avoid impulse buying. Many shoppers' savings go right down the drain because they grab unnecessary 'great buys' at the spur of the moment. So prepare yourself mentally for the temptation before you head out.

Get extra savings with instant store credit. Most stores offer 10 to 25% savings by opening a store credit card at checkout. If you pay your charges off immediately and don't use it for unnecessary purchases, it's well worth the savings. Otherwise, the long-term cost of interest will exceed the savings you gained.

Make sure a sale is really a sale. Some stores mark up merchandise before they reduce it to make it look like a great bargain. Furniture stores, in particular, are known for this tactic. But many other stores do it as well on select merchandise. So do your homework.

Don't waste time trying to price match. On Black Friday and Cyber Monday, stores typically don't honor price matching.

Outside of these two days, it's worth your time to do so.

Be prepared for long lines. Before you head out, add your email account, music, audiobooks, or video games to your phone, so you have entertainment for the long wait in line. Better yet, spend your time in line visiting online stores and watch for rotating deals. Also, download a Black Friday deals apps such as Dealnews, Slickdeals, Shopkick, Flipp, or The Coupons App.

Organize yourself for rebates. Print rebate forms in advance so you don't lose track of them.

Also, request duplicate receipts for rebate purchases, and store them in a safe place in your wallet or purse. If you shop online, download the Ebates app for automatic rebates when you buy on participating websites.

Forego extended warranties. With a few exceptions, extended warranties are a waste of money. Most electronics already come with a limited manufacturer's warranty. Defects usually show up within the scope of the manufacturer's warranty. Accidental damage that might be covered under a store's extended warranty tends to occur rarely. Cell phones or small personal electronics people carry with them that are likely to get dropped, lost, or run through the washing machine are the exception. ♦

Kimberly Blaker is a freelance writer. She also owns an online bookshop, Sage Rare & Collectible Books, specializing in out-of-print, scarce, signed, and first editions; fine bindings; ephemera and more at sagerarebooks.com



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My Drug Addiction

AND HOW TO KICK THE TOBACCO HABIT

by Kimberly Blaker

I woke up this morning and felt the agonizing withdrawal symptoms washing over me. It's a persistent anxiousness that doesn't cease until I get my fix.

I slipped on my robe and slippers, poured a cup of coffee, and frantically headed to the garage, where I try to keep the substance from my family. As always, my habit is waiting to greet me.

As I take a hit, a peaceful feeling washes over my body and mind. I can now begin my day feeling alive once again.

Yet as the day wears on, I feel the chemicals drain. Every hour or so, this drug starts calling me, unrelentingly, and I continue to replenish my body with the chemicals I so desperately need.

Every worrisome or sad thought or happy reminiscence drives me to another fix. Even tiredness, hunger, and boredom can be eased through this addiction of mine.

Now, as I lie in bed, I reflect on it. It's my best friend and my worst enemy. I deliberate on how much it's costing me, not just financially, but the toll it's taking on my body. It's stealing the rug from under my feet. It's draining my energy and making my heart race through life. I can't catch my breath. My skin is aging, and the substance leaves my body with a repulsive odor. I think about the diseases it puts me at risk for, such as cancer, heart disease, and emphysema. I don't want to die that way. I want to live a full life.

I tell myself to go to sleep, and tomorrow I'll start anew. I'll dry up and go straight. But as I drift closer to sleep, I know tomorrow will go unchanged, for the craving is already creeping in again. I'm dependent in this love-hate relationship. I look forward to my next drag off a cigarette. Nicotine is my life—and will probably be my death.

.....Three years later

Fortunately, this relationship finally soured and came to a screeching halt. I kicked the habit and slammed the door behind. Through the years, I tried relentlessly to cut my ties with this shadow that seemingly couldn't be shed; quitting cold turkey, cutting back, New Year resolutions, patches, gum, Zyban. All were temporary at best. But I never gave up.

Today I wake up to the smell of the fresh summer breeze rather than the stench of stale cigarettes that once drenched my body. My skin glows, and my heart is calm. My midnight cough is long gone. Walking up the stairs doesn't leave me breathless. My energy soars, and I look forward to the once dreaded pleasures of life.

Now I can enjoy a vigorous peddle through the park or a spirited hike in the woods. Best of all, the diseases I could almost feel setting in have mostly been erased from my body and mind. I now feel an inner peace I could never leave behind.

Nicotine Patches: These come in a 16-hour and 24-hour patch and don't require a prescription. Manufacturers typically suggest 8 weeks, though the FDA recommends 3 to 5 months.

Nicotine nasal spray: By prescription only, nasal spray delivers a quick dose of nicotine to the bloodstream. Recommended use is 3 to 6 months.

Nicotine gum: No prescription is required for nicotine gum, which comes in two strengths. It can be used for up to 6 months, though 1 to 3 months is the usual recommendation.

Nicotine lozenges: These should not be confused with tobacco lozenges. Tobacco lozenges are a form of smokeless tobacco and have not been proven a successful cessation

Today I wake up to the smell of the fresh summer breeze rather than the stench of stale cigarettes that once drenched my body.

aid. Nicotine lozenges, on the other hand, have been approved by the FDA for quitting smoking.

Nicotine inhalers: These can be used for up to 6 months and are by prescription only.

eCigarettes: Electronic cigarettes and vaporizers have become the latest success story in helping millions of people to quit smoking. While useful for quitting smoking, there is much debate on their safety as they have not been around long enough for any conclusive studies.

Bupropion: An anti-depressant, also known as Zyban, requires a prescription. It doesn't contain nicotine, yet affects brain chemicals that lead to nicotine cravings.

Varenicline: Chantix is a drug developed for smoking cessation. Studies have shown a high success rate with Varenicline. Some studies have found it to have higher success rates than Bupropion.

Hypnosis: This method is useful for some smokers. Ask your doctor to recommend a hypnotist.

Be one of the millions of smokers on Thursday, November 17th, 2022, to kick-the-habit for a day, or for good, during the Great American Smokeout. If you don't think you can quit cold turkey, try one of the following nicotine replacement methods or medications, most approved by the FDA for quitting smoking. ❖

Kimberly Blaker is a freelance writer. She also owns an online bookshop, Sage Rare & Collectible Books, specializing in out-of-print, scarce, signed, and first editions; fine bindings; ephemera and more at sagerarebooks.com



As indicated by the crowds at our area wineries any weekend afternoon, wine tasting is a popular pastime. Many wineries offer charcuterie boards and cheeseboards for purchase, and groups will often bring their own.

If you're looking to enjoy the combination of wine and cheese, or are planning a get-together, how do you know which pairings will be the best? This guide may help.

What Creates Cheese?

All cheese begins with a milk product, with cows, goats, sheep and buffalo the most common producers. What helps to create the cheese is a natural bacteria, the acid that sours the cheese and allows it to ripen. When using pasteurized milk, bacteria cultures must be added.

Similar to wine aging, the older a cheese, the sharper its flavors. Younger cheeses are more mild, soft and subtle.

The biggest tip is to buy good cheese. Avoid the pre-packaged cheeses commonly found in the dairy section. Instead, look in the gourmet cheese section and purchase 4-6 different styles of cheese, varying in type and age.

Tips to Pairing Wine & Cheese

To help you select the best-tasting combinations of wine and cheese, follow these tips:

Choose From the Same Region

Wine and cheese are both fermented products that taste like the place where they originated. When pairing European wines and cheese, look for what grows together in the same region, like a Spanish

continued on page 44



Best Cheese Pairings with White Wine

Champagne	Creamy Boursin, Brie, Camembert, Vacherin Mont d'or, Soft-Rind Cheeses
Chardonnay	Brie, Mild & Buttery Cheddar, Cheshire, Colby, Fontina D'Aosta, Gruyère, Monterey Jack, Triple-Cream Cheeses
Sauvignon Blanc	Feta, Goat Cheese, Havarti, Mozzarella, Cheese with Garlic & Herbs
Riesling	Blue Cheese, Brie, Edam, Emmentaler, Feta, Havarti, Raclette, Regular Gouda, Teleggio
Pinot Grigio	Fontina, Crème Fraîche, Feta, Ricotta
Pinot Gris	Muenster
Chenin Blanc	Camembert, Goat Cheese, Havarti
Gewürztraminer	Muenster
Rosé	Feta, Fontina, Havarti, Provolone, Ricotta, Mozzarella



Best Cheese Pairings with Red Wine

Cabernet Sauvignon	Aged Cheddar, Danish Blue, Smoked Gouda, Aged Cow Cheeses & Hard Cheeses
Pinot Noir	Brie, Camembert, Cheddar, Feta, Smoked Gouda, Gruyère
Beaujolais	Cheddar, Feta, Neufchâtel
Merlot	Smoked Gouda, Gruyère
Malbec	Edam, Gouda
Zinfandel	Gouda, Pecorino, Grilling Cheeses
Chianti	Parmesan Reggiano, Pecorino
Sangiovese	Asiago, Grana Padano, Pecorino
Barolo	Gorgonzola, Parmesan
Bardolino	Fontina
Syrah	Gouda, Edam, Havarti, Raclette, Soft-Ripened Cheeses
Marsala	Pecorino Romano
Tempranillo	Semi-Hard Sheep Cheeses
Port	Blue Cheese, Gorgonzola, Roquefort, Stilton, Soft-Rind Cheeses
Tawny Port	Pecorino Romano
Sauternes	Roquefort, Stilton
Ice Wine (Red/White)	Roquefort, Maytag Blue, Blue-Vein Cheeses



continued from page 42

Cava with Manchego cheese. The terroir can play a similar role in the United States. For example, pair a New York wine with a Finger Lakes cheese. Or try some of Virginia's artisanal cheeses, like those from the Culpeper Cheese Company or Arrowine & Cheese in Arlington with some fine Virginia wines.

Match Aging and Intensities

Cheese can range from a soft, mild and fresh option like a creamy goat cheese or soft mozzarella to long-aged version like a full-bodied Manchego. Match a young cheese with a young wine or an aged cheese with an aged wine.

- **Mild Cheese Pairing:** Typically, dry and fruity reds like a Pinot Noir or Beaujolais, or a crisp white like a Sauvignon Blanc or Pinot Grigio make great selections for milder cheeses.
- **Stronger, Older Cheese Pairing:** Fuller-bodied, bold and heavier wines, like a Cabernet Sauvignon or Zinfandel, or a California Chardonnay, are best paired with stronger and aged cheeses like Cheddar, Gruyère, Manchego or Gouda.

- **"Stinky" Cheese Pairing:** Strong-scented, washed-rind and blue-veined cheeses like Roquefort, Stilton and Blue cheese pair nicely with sweet wines, late harvest wines and Port-style wines.
- **Creamy Cheese Pairing:** Sticky, creamy cheese like Brie, Camembert, Cremont or Époisses de Bourgogne are a good match with sparkling wines with high carbonation and acidity.

Seek out Contrasts

Try pairing opposite textures and flavors like a dry sparkling wine with a soft, creamy, buttery cheese. A salty blue cheese can pair nicely with a sweet wine like a Port or Sauterne.

Look for Versatile Wines

If you are serving a cheese board, with several types of cheeses, look for a versatile "food-friendly" wine that can work well with various varieties of cheese and other foods.

- **Light-to medium-bodied reds** like a Merlot, Pinot Noir or Cabernet Franc
- **Light whites** like a Sauvignon Blanc or Chenin Blanc

- Dry, tart Rosés

Likewise, there are versatile cheeses. If you're stuck for ideas, choose a firm, nutty cheese like a Swiss, Gruyère, Comté, Emmentaler or Gouda. Be sure to take the cheese out of the refrigerator for about an hour before serving.

Experiment

Do you have a favorite wine? Don't be afraid to try different cheeses to see what you like!

Wines to Avoid

Since cheese can accentuate the tannins in oak, one of the worst pairings is a super-oaky, low-acid wine. A higher-acid wine would be a better choice.

The whole idea behind wine and cheese pairing is to enjoy the richness and flavors of each. Finding good matches is just part of that fun. ❖





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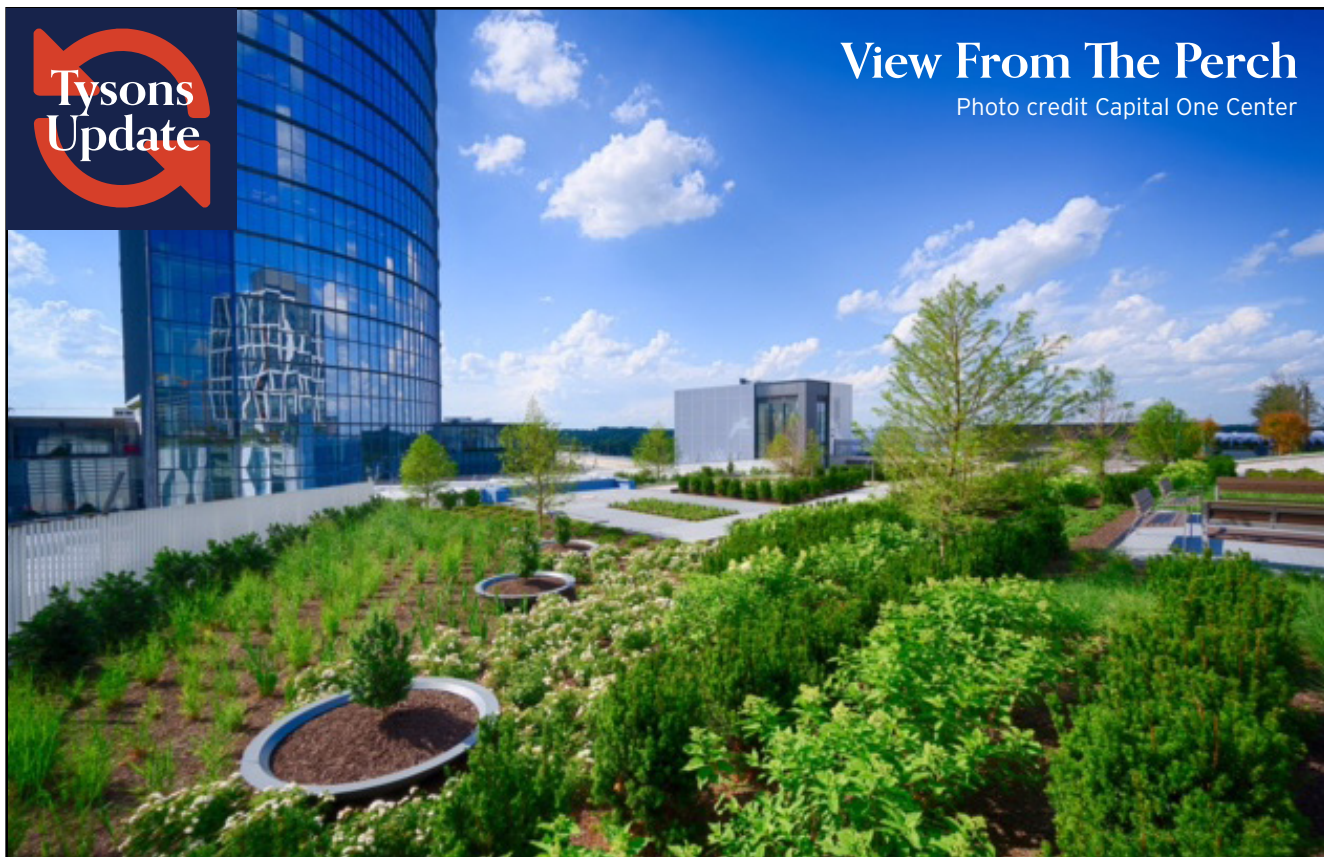
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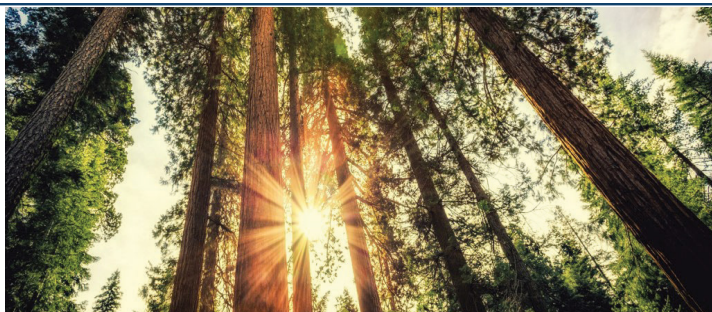
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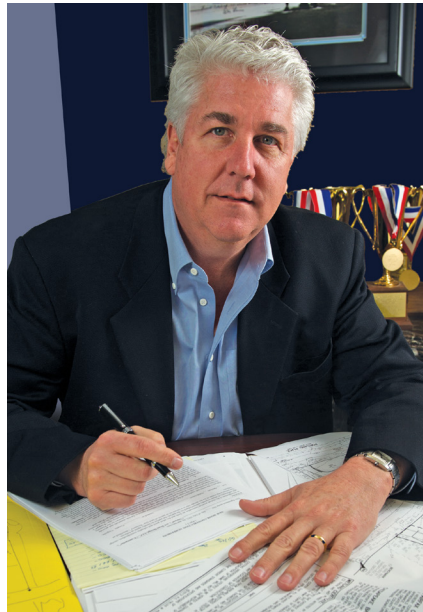
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Lee Brady

ACCOMPLISHED REAL ESTATE AGENT AND INVESTMENT CONSULTANT WITH EXPERTISE IN CONCEPTUALIZING SOLUTIONS THAT EXCEED CLIENT EXPECTATIONS

Recognized for his strong work ethic and analytical competencies, Lee Brady is a seasoned market leader in luxury real estate, land development, and investment consulting. Throughout his career, he has leveraged his market knowledge to represent clients from diverse backgrounds and negotiate contracts that deliver maximum financial value for his clients.

Over the years, Lee has established an international client base and developed strategic partnerships with local, regional, and national builders. He has a passion for delivering top-flight customer service which has enabled him to be the recipient of several national awards for exceptional marketing.

Today, Lee is the Team Lead at Casey Margenau Fine Homes, a boutique brokerage specializing in contriving tailored marketing strategies to ensure the financial success of its clients. Here, Lee spearheads a team of top-performing professionals to offer the ultimate real estate experience, resulting in transactions of over \$75M in 2020.

CaseyMargenau
Fine Homes & Estates

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Gloria Adams

TRUSTWORTHY. NEIGHBORLY. TENACIOUS!

Top Producer Gloria Adams has been listing and selling homes in the upscale markets of Fairfax for over 20 years building a reputation for service that exceeds one's expectations. Gloria received the NVAR Diamond Top Producer Award in 2018 from the NVAR Top Producers Club and is a Life Member of the NVAR Million Dollar Club. In 2017, Gloria also received a TTR Sotheby's Special Achievement Award for Sales Accomplished. Gloria moved to McLean, Virginia 25 years ago from the Texas/Oklahoma area. Prior to starting her career in real estate, she worked for the Congressional Budget Office on Capitol Hill, the Brookings Institution, and two Presidential Commissions, solidifying her grasp for the markets she serves so well. She developed a love for the real estate business and her reputation among her peers and customers alike is a testament to her desire to go that "extra step" to ensure a satisfied client.

Specialties:

Negotiation Expert,
Resale Residential, Rentals

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Ginger P. King

BEST REAL ESTATE AGENT AND TOP PRODUCER

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

Specialties:

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



ginger.king@cbmove.com
703-477-8793
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
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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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office: 703-790-3330

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McLean, Virginia 221010

www.lorishafran.com



Kevin Kleifges

SOMEONE WHO KNOWS THIS AREA INSIDE AND OUT!

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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o: 703-310-6111

kevin.kleifges@compass.com

www.compass.com



Missy Whittington

FASTEST GROWING AGENT

Missy Whittington has lived in Vienna for 50+ years and is trusted and respected within the community. Her finance and accounting background led her to real estate in the fall of 2019, and within that short period of time, she has sold over \$5 Million of homes. She received the "Fastest Growing Agent Award" earlier this year and plans to continue this upward trajectory into 2022. She attributes TRUST as the number one reason for her success saying, "when you hire a realtor to take on the sale of your home or to purchase a new one, you have to trust that this person will get you to settlement in a timely manner without drama and will continue to serve the client well after the transaction has closed."

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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703 943 7595



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Poppy completely understands that no two transactions are the same. Each transaction involves different people with different driving forces, different seasonal markets, locations, and property features. Poppy's background in nursing with its lessons in assessment, analysis, listening and team management are vital tools in a Real Estate transaction. The ability to bring these tools together and use modern technology in marketing and targeting specific audiences are a winning combination for clients. 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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Vienna, VA 22182
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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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o: 703-471-7220



Mackenzie Horne

EXECUTIVE-LEVEL CONSULTING EXPERIENCE

Mackenzie (Mack) Horne has over 10 years of executive-level consulting experience with a proven track record of successful sales and business development. She uses her knowledge and experience every day in each of her real estate transactions. Whether she is helping sellers prepare their property and negotiating top dollar, or guiding buyers as they find the right home at the right price, Mack is authentically dedicated to her clients every day of the week. She is known for being organized, focused, and passionate. Mack is a nationally recognized thought leader and a versatile salesperson.

Specialties:

Negotiations

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Casey Margenau

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2326 TROTT AVE

VIENNA, VA | \$2,399,900

This New Custom Six Bedroom and 7.5 Bath home is under construction (Trim work now complete). The home will be complete and ready for the new owner just in time for the fall school season. The home feeds into Flint hill ES and Madison HS. The home features Black window and a Stone and white Hardy Plank siding, with a 3 car Garage. Large front porch as well as a huge rear covered Veranda. You will Love the open floor plan, as you enter you will find a grand Great room that is open though the home. The left wing with find the Kitchen with large Breakfast room that walks out to the rear Veranda. The Kitchen feature Viking Professional stainless-steel Appliances. White wood cabinets and stone counters. There is a large pantry as well as a caterers Kitchen. You will find this home is great for the multi-generational Family with Two Owners suites one on the main level and one on the upper level.



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TIMBER LAKE

OAKTON, VA | \$1,794,000

Terrific and gracious in every way!!! Sited on a knoll, this brick home features a grand foyer, sunroom extension, main level library, large open kitchen with island, awesome primary suite with sumptuous bath, five bedrooms, media area with bar, work shop, exercise room and a walk-out recreation room with third fireplace. Beautiful two-lake community with trails!

CLASSIC COMFORT

OAKTON, VA | \$1,890,000

You will instantly feel right at home in this gorgeous upgraded colonial in beautiful convenient Oakton. Stunning remodeled kitchen with tall white cabinetry and top-of-the-line appliances. Fabulous primary suite with sumptuous relaxing bath. Two-story family room with one of two fireplaces with a deck overlooking private over-one-acre yard. Finest community and location in Oakton.



GOLF COURSE

FAIRFAX, VA | \$498,500

This fabulous three-level townhome backs right up to the one of the fairways in the Penderbrook golf course community!! Great open floorplan with white-cabinet kitchen and breakfast area overlooking dining and family room area. Large deck looks right at the golf course. WOW!!! Great upgraded primary bedroom and bath. Finished lower level with fireplace. Community pool, tennis, exercise facility, etc.



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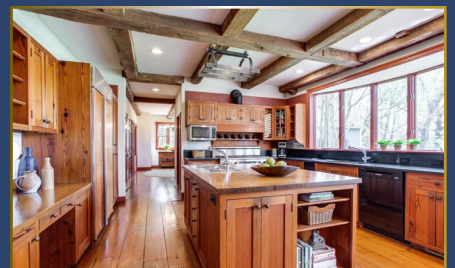
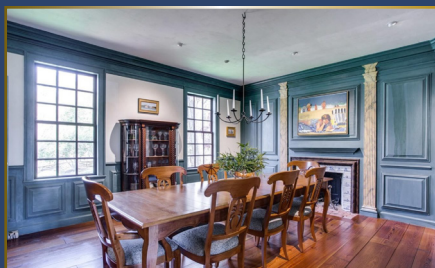
For years, the name Dianne Van Volkenburg has been synonymous with Great Falls real estate. She has been a consistent Top Producer with a 20 year background in sales, marketing and negotiating. She has lived in the D.C. metro area for most of her life. She is highly regarded as a knowledgeable, service-oriented realtor and high-energy negotiator.

With the first-class service she provides, the business has grown dramatically over the years. Past clients are the backbone of her business and she has many repeat clients who refer family and friends. Understanding her clients' needs and desires, having the sales skills from hard work over many years, and applying them is the key to Dianne's success.

111 COMMONAGE DR, GREAT FALLS, VA 22066 \$3,130,000



Bona Fide Williamsburg style home in idyllic setting in the unique and private equestrian community of Southdown Farm. Sited on a magnificent 5-acre estate offering 5 bedrooms, 5 bathrooms, with extensive additional available square footage in the attic/third floor of the house should a buyer want to finish that space, a true chef's kitchen with high end appliances and boasting an array of very fine and delightful appointments, showcasing random width heart pine floors throughout the main and upper levels, heart pine custom made kitchen and bathroom cabinetry, and exceptional display of custom millwork and craftsmanship.



9205 JEFFERY RD, GREAT FALLS, VA 22066
\$1,650,000



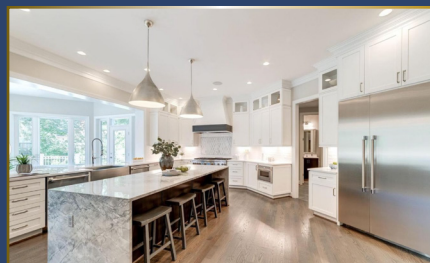
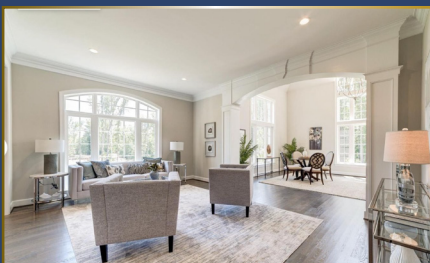
Lovely brick Colonial home sited on 2 lush acres. Offering 5 bedrooms and 5 1/2 bathroom. Huge rooms with soaring 9 foot ceilings. Beautiful archways lead you through the homes embassy sized formal spaces. Main level features gleaming hardwood floors, Family room with 2 story stone fireplace and a wall of glass with gorgeous vistas of the pool and patio areas, and a huge Kitchen with casual dining area. Enjoy resort style living in your backyard oasis complete with pool, spa and extensive hardscape with serene vistas.



1339 BEULAH RD, VIENNA, VA 22182
\$2,974,500



New Clean and Contemporary Winthrop model features designer finishes and exceptional luxury details. 4-sides brick offering 5 bedrooms and 7.5 bathrooms with oversized brick and black windows, and large wrap-around deck. A newly designed "clean contemporary" elevation gives this home unparalleled street presence. Expansive professional kitchen with large island and expanded pantry. Sunlit sunroom and airy conservatory. The homesites are approximately 1-acre each, and are located in close in Vienna, offering an easy drive to Tysons, Reston, or DC.





ASK AN ADVISOR ABOUT COLLEGE SAVINGS

By Rose M. Price CFP®, AIF®

Summer break is coming to an end and another school year is upon us. Stores are filled with back to school supplies and clothes and shoe shopping is in full swing. Social media will soon be filled with 1st day of school pictures.

What does the milestone of another school year mean to your financial plan? If you plan on helping your child pay for college, it means you are 1 more year closer to college. If you don't have a plan, it's time to look into one. If you have a plan, it's time to evaluate whether or not you are on track.

When should I start saving?

Short Answer: the earlier the better!

The earlier you start saving, the more time your money has to grow – the magic of compounding! While, the benefits of early savings are dramatic, it's never too late to start. Those dollars will not have as long to grow, but every dollar saved is a dollar that is not borrowed!

It is important that you do not forgo saving for your own retirement in order to increase savings for your child's college. Keep in mind the fact that your child can get a loan for college but you cannot get a loan for retirement.



What types of accounts should I consider when saving for college?

Technically, any savings or investment account (outside of a retirement account) can be used. If you plan to use the funds solely for college expenses, a 529 plan offers the most tax benefits for your funds. Other options to consider are Pre-paid Tuition, an UGMA account, savings accounts, and investment accounts.

There are pro's and con's to each of these accounts and you need to determine which type of account best fits your needs. It is important to understand and compare the yearly contribution maximums, tax benefits and the withdrawal restrictions

What is a 529 Plan?

529 plans are among the most commonly used college savings vehicle. Invested funds can grow free from federal taxes and many states offer a state tax deduction or tax credit on contributions up to a certain amount. These tax benefits make 529 plans a more popular choice over traditional savings or investment accounts. In addition, these accounts can be set up for anyone and can change the beneficiary to another family member without penalty.

The best way to save for college looks different for each family, but 1 truth remains: it's never too early to start.

Rose Price is a Financial Advisor at VLP Financial Advisors. For more than 30 years, VLP has worked successfully and effectively with all kinds of families and individuals, retirees and business owners, women and men—all pursuing their own aspirations, each investing and saving in the ways that make the most sense for them. We've stood with those clients through life transitions, through celebrations and challenges, through milestones and market swings. We look forward to standing with you.

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*All situations are different, please consult your financial professional for information regarding your needs and suitability issues. An investor should consider the investment objectives, risks and charges and expenses associated with municipal fund securities(529 Plans) before investing. More information about municipal securities is available in the issuer's official statement. The official statement should be read carefully before investing. For a comprehensive review of your personal situation, always consult with a tax or legal advisor. Neither Cetera Advisor Networks LLC nor any of its representatives may give legal or tax advice.

Starr Hill Biergarten

Photo credit Capital One Center



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Silver Line Positives

CONTINUE TO BOOST LIFESTYLES AND ECONOMY

Airport Authority, WMATA focusing on final testing and safety as Phase 2 moves closer to opening

by Marcia McAllister

Ashburn Metrorail Station

Photo credit: Makena Smith

As the Metropolitan Washington Airports Authority Silver Line team works with the Washington Metropolitan Area Transit Authority (WMATA), the future operator of Silver Line Phase 2, to prepare for passenger service between the Wiehle-Reston Metrorail Station and eastern Loudoun County, news of ongoing positive economic and lifestyle changes continue along the alignment.

There are now many mixed-use transit oriented developments, such as The Boro and Capitol One campus in Tysons and Comstock's Reston Station complex in Reston, where people can live, work and play with easy access to the new Metro service. There are multiple tall condo and apartment structures. Affordable housing developments are coming.

Quality of life improvements flourish. People are walking, and walking their dogs. Soccer games are being played. Dining options are expanding. The new transit service is even prompting some people to give up their cars. More and more folks are enjoying live stage performances at Capital One Hall and on the plaza at Tysons Corner. Everybody is looking around to see the changes that have come – and keep coming -- because of the Silver Line.

Here's a look at a few of the latest plans for change in the corridor:

CAPITAL ONE HEADQUARTERS

Capital One Headquarters along Route 123 near the McLean Station continues to blossom. It is already attracting folks to The Perch, in the skyspark atop the Capital One Hall Center, which

The Watermark Hotel



This signature office tower includes 369,556 sf of trophy-class office space and 8,650 sf of on-site retail - all at the doorstep of the Greensboro Metro Station.

Photo by Quentin Penn-Hollar.



It's being built by Clark Construction, which announced recently that it is leasing half of a 12-story building on Westpark Drive, also in Tysons. Clark has also built The Boro and Reston Town Center's latest expansion, which happens to be close to the Phase 2 Reston Town Center Metrorail Station.

HILTON WORLDWIDE

Hilton Worldwide, a global hospitality company with more than 1.1 million hotel rooms in its portfolio, recently announced plans to keep its global headquarters in Tysons and "significantly" upgrade its current Jones Branch Drive location. Hilton also plans to add another 350 to its current 800 team members.

The deal was announced in early August by Virginia Gov. Glenn Youngkin. Hilton located its headquarters in Tysons, next door to its local hotel in 2009.

Since then, Providence District Supervisor Dalia Palchick said that move "helped spur the transformation of Tysons into a vibrant urban community."

COMSTOCK AT LOUDOUN STATION

In the Reston Station development at Wiehle Avenue Metrorail Station—already home to Google, ICF, Rolls Royce, Founding Fathers and a host of others and soon to be home to a JW Marriott hotel—Comstock Holdings announced a 2024 opening for VIDA Fitness facility in the first building set to open in its Reston Row District. It will include a penthouse pool club with views of the Reston and Tysons skylines. A VIDA executive said Comstock is creating a world-class urban environment.

Comstock has been the major player at the end-of-the-line station for Phase 1

provides top-notch live entertainment, and of course Wegmans grocery, whose owners have asked Fairfax County to approve plans to include a direct connection to the McLean Metrorail Station and create a public urban park and a temporary retail building on Scotts Crossing Road.

TYSONS CENTRAL

Calling it the "Gateway to the Tysons of Tomorrow," Foulger-Pratt and USAA Real Estate are creating Tysons Central, a complex of retail and office space across from the Greensboro Metrorail Station.

Using unusual architecture, the design features virtually-column-free floor plates, multiple terraces and stunning views.

It's in the heart of residential, office and retail properties between Route 123 and Westpark Drive.





Tysons Central:

Foulger-Pratt is the developer Tysons Central on the north side of Leesburg Pike near the Greensboro Metrorail Station at the heart of ongoing transformation of this area. Striking architecture is a highlight of this structure which includes a penthouse area with stunning views.

Photos by Clark Construction.

and already owns Loudoun Station development at the end-of-the-line station for Phase 2 in Ashburn. At build-out it will include 250,000 square feet of retail, and over 2 million square feet of office space and 1,500 residences.

And, Herndon officials are taking a major step to improve access to the Phase 2 Herndon Metrorail Station by funding an asphalt trail that will run from Worldgate Drive to the station entrance and pavilion. Surely a bonus for pedestrians and bicyclists! ❖



Comstock's Loudoun Station development



Photo courtesy of Comstock



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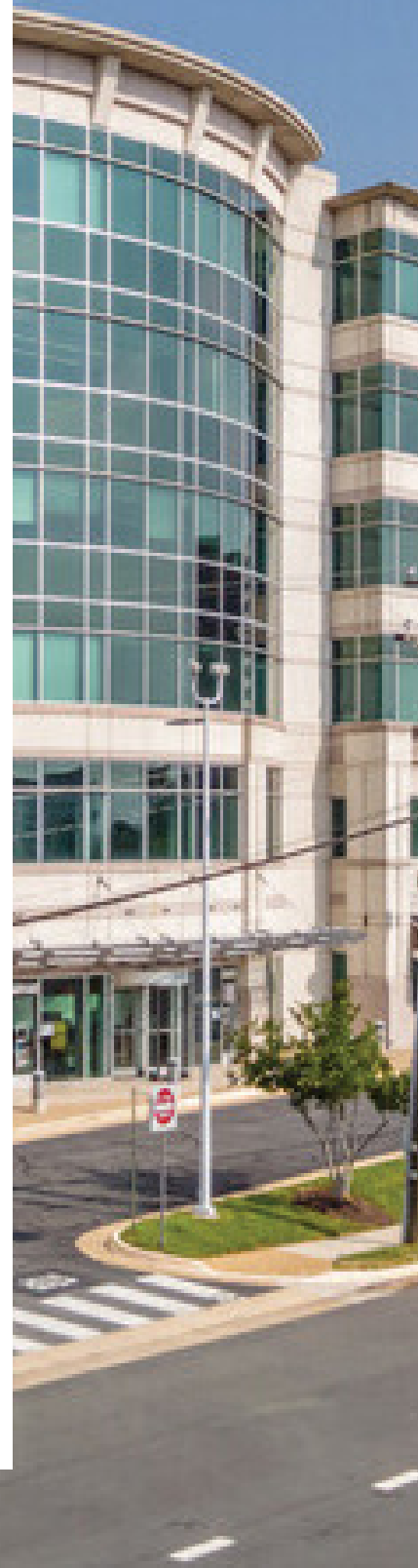
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