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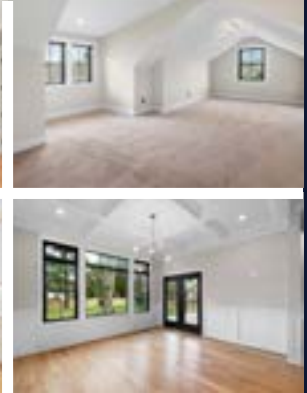
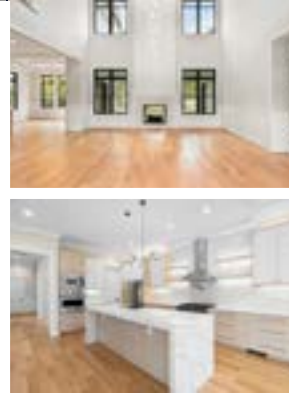
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— Over 3 Billion Sold — Fine Homes & Estates

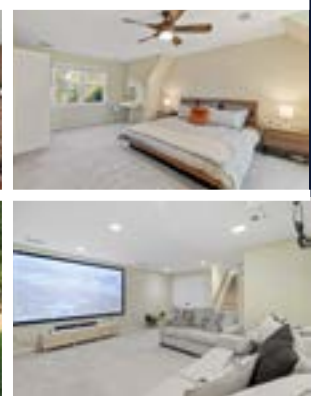
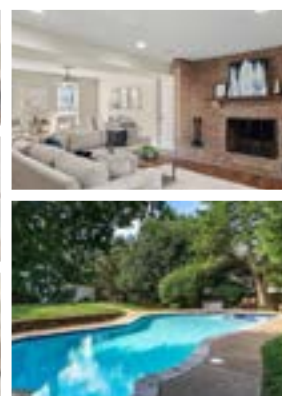
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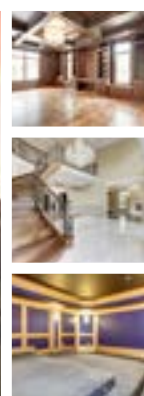
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2326 Trott Ave, Vienna, VA 22181 - \$2,399,900



11910 Holly Spring Drive, Great Falls, VA - \$1,169,900



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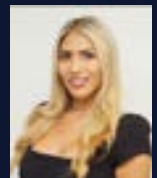
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Features

Top Home Remodeling Experts

Spring is usually the time we look to renew our surroundings. View the work of some of our area's finest companies in home remodeling. Put them at the top of your list when exploring home improvement providers when you want to make some changes at home.



Fort Lewis Lodge A Haven of Rustic Elegance

by Allison Chase Sutherland

Fort Lewis Lodge is the perfect mountain getaway, sprawling across 3,300 acres of pristine forest and pastureland along the scenic Cowpasture River. You'll find yourself in the territory of Shenandoah Mountain bordering the George Washington National Forest. As lodge guest Guiselle Ortega describes it, "It is always healing to be in nature."

Spring Real Estate Opportunities

This select list of real estate agents can aid you in the sale of high-end properties or in your search for desirable listings to expand other endeavors in real estate opportunities. See how their track record in networking, maintaining relationships, and providing exceptional client services set them apart.



A Sweet Dancer and Netflix Star

by Linda Barrett

Who knew, as they watched the Netflix hit series Dance Monsters, that one of our local dancers was masquerading before the judges. Chelsea Cushing, a resident of Great Falls, Virginia, was one of the 2022 cast members of the popular show, disguised as the character "Candy."





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TYSONS P R E M I E R

THE MAGAZINE FOR TYSONS | RESTON | ASHBURN | LEESBURG
GREAT FALLS | MCLEAN | VIENNA | OAKTON | FALLS CHURCH
SPRING 2023

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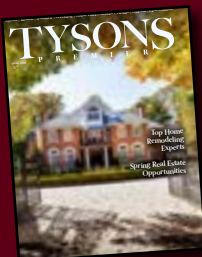
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ON THE COVER

Great Falls property
listing by Lori Shafran.

*Learn more about this
property on page 61.*

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Out and About

CONCERTS & EVENTS IN TYSONS





THE ALDEN

McLean Community Center
1234 Ingleside Ave. McLean, VA
22101

Enjoy a night at McLean's premier performing arts venue. The Robert Ames Alden Theatre is a 383-seat performing arts venue that presents national and international touring acts in music, comedy, dance, film and more.

mcleancenter.org

PERFORMING ARTS MOVIE

April 20

1-2:25pm

Free admission. Registration is recommended.

Learn a little about the performing arts through these one-hour (or so) documentaries. Join Performing Arts Director Sarah Schallern Treff for a discussion after.

WINDMILL THEATRE COMPANY OF AUSTRALIA: "HICCUP!"

April 23

4-5pm

Non-MCC District Resident

Cost: \$15/\$12 seniors and students

It's a perfect, balmy night in the outback. A sleep-deprived camper, a cheeky quokka and an emu with a penchant for creating wild inventions, awake to discover that a koala has come down with a stubborn and ear-shatteringly loud case of the hiccups! The three embark on an epic journey frantically eating, singing and inventing their way towards a cure before the sun comes up. "Hiccup" is a hilarious rocking musical extravaganza about working together, finding friendship and how to, once and for all, stop the hiccups.

FOREIGN LANGUAGE MOVIE

May 4

1-2:55pm



Free admission. Registration recommended.

The Alden's foreign language movie series is curated by Performing Arts Director Sarah Schallern Treff, with more than a little help from you, our audience members! The series has a few surprises thrown in.

(THE) UNRULY THEATRE PROJECT

May 5

7-8pm

Free admission

Come enjoy a night of laughs on us! (the) Unruly Improv is The Alden's professional teen improv company dedicated to bringing comedic performances to the community. In May 2022, UTP was named 1st place Champions at Improvicon of Northern Virginia!

HONOLULU THEATRE FOR YOUTH: "THE PAAKAI WE BRING"

May 6

4-5pm

\$10

Non-MCC District Resident
Cost: \$15/\$12 seniors and students
Bringing together stories and

shared ritual, Honolulu's Theatre for Youth's latest performance is centered around practices and perspectives of healing, including elements such as salt, breath and Hooponopono, a traditional system of restorative justice. Each element will be explored using a mix of distinct theatrical tools: chant, movement, puppetry, dance, music, projections, participatory or interactive engagement, discussion and time for reflection. Created in partnership with the Bishop Museum and cultural elders and leaders, the performance is intended for a multigenerational audience and performed by a majority Native Hawaiian cast.

"L'CHAIM"

Jewish American Heritage Month
Event

May 7

2-3:30pm

Non-MCC District Resident
Cost: \$30/\$25 seniors and students
From the stages of the lower east side to the bright lights of Broadway, "L'Chaim" is a musical journey that pays tribute to the Jewish legacy of musical theater



by exploring and celebrating the unique role of Jewish composers and lyricists. Rooted in history, heritage and tradition, four Jewish performers bring to life the most iconic songs from the stage of past and present and the historical stories that go with them.

JENNIFER CUTTING AND OCEAN ORCHESTRA

“The Lusty Month of May”

May 13

5–6:30pm

McLean Central Park, 1468 Dolley
Madison Blvd., McLean, Va. 22101

Free admission

The ancient Irish festival of Beltane (May Day) signaled the end of winter and the coming of summer. Come hear the celebrated Celtic band in a program of traditional and original music. OCEAN’s soaring vocals, fiery fiddle tunes and rollicking button accordion will have your heart swelling and your toes tapping, while you sing along with songs that stretch back for centuries.

FURIA FLAMENCA: “RECORDANDO LA ALHAMBRA”

June 3

7–8:30pm

\$25/\$15 MCC district residents/\$20
students and seniors

Local flamenco dance company, Furia Flamenca, ends its 2022-23 residency at The Alden with a program combining flamenco and Middle Eastern dance traditions. Running Time: Approximately 90 minutes.

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With a passion for the arts, pride in our headquarters in Tysons, Virginia and a firm commitment to serving our community, we pursue a mission of creating a welcoming experience and an occasion of “the magic of theater” for every patron and for each performance and event.

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ON YOUR FEET! THE STORY OF EMILIO & GLORIA ESTEFAN

April 21 - April 23, 2023

Times vary

Tickets Start At \$63.50

ON YOUR FEET! is the inspiring true story about heart, heritage and two people who believed in their talent—and each other—to become an international sensation: Gloria and Emilio Estefan. Now their story is an all-new exhilarating original musical winning the hearts of critics and audiences alike, with the Chicago Tribune declaring “IT’S A HIT!” and The New York Times cheering, “The very air in the room seems to vibrate in this undeniably crowd-pleasing musical!”

NATPHIL PRESENTS WHEN I FALL IN LOVE: THE MUSIC OF NAT KING COLE

April 27, 2023

Doors Open 6:30pm

One of the greatest singers in pop and jazz history, Nat King Cole had a velvety voice that soothed and stirred the heart in equal measure,



JOHN LEGEND
June 2-3 | The Filene Center at Wolf Trap

leaving an indelible mark on the American Songbook with iconic interpretations of countless hit songs. The smoothest of crooners, he made it look easy singing unforgettable songs that still feel as nostalgic as a drive down Route 66. Embrace the retro vibe and join NatPhil Principal Pops Conductor Luke Frazier as we welcome Tony Nominee, Grammy- and Emmy Award-winner Chris Jackson (In the Heights, Hamilton), Aisha Jackson (Frozen, Paradise Square), and duo piano team Steven Mann and Ray Wong, award-winning pianists and veteran performers based in Manhattan. Nat King Cole broke color barriers in music, but his smooth persona belied the challenges he faced. His long and storied career is a testament to his patience, grace and talent, and his songs are still mainstays on jazz radio. The program includes Cole's greatest hits, like L-O-V-E, The Very Thought of You, Stardust, Mona Lisa, For Sentimental Reason, Sweet Lorraine, and many other timeless tunes to make you long for a dry martini and the perfect dance partner.

**ANCIENT ALIENS LIVE:
PROJECT EARTH**
April 29, 2023

Doors Open 6:30pm
Tickets start at \$42.00

Ancient Aliens LIVE: Project Earth is an experiential extension of Ancient Aliens that explores the theory that extraterrestrials have visited Earth for millions of years.

The ninety-minute live experience celebrates the long-running program Ancient Aliens on The HISTORY Channel and features leading Ancient Astronaut theorist Giorgio A. Tsoukalos, investigative mythologist William Henry, aerospace engineer and intelligence experts Dr. Travis Taylor, UK government UFO investigator Nick Pope, and real-life Indiana Jones, David Childress, as they discuss thought-provoking extraterrestrial theories on fan-favorite topics from Ancient Egypt to the moon, paving the long road to Disclosure.

**YES EPICS & CLASSICS
FEATURING JON ANDERSON
AND THE BAND GEEKS**

May 3, 2023

Doors Open 7pm
Tickets Start At \$39.50

Legendary YES vocalist/songwriter Jon Anderson will be touring with The Band Geeks Spring 2023! The ensemble will be performing classic

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LEANNE MORGAN
May 6 | Capital One Hall

YES tracks including “And You and I,” “Starship Trooper,” “Heart of the Sunrise” and epic works like “Close To The Edge,” “The Gates of Delirium,” “Awaken” and others!

DINO RANCH LIVE TOUR

May 5, 2023

Doors Open 5pm

Tickets Start At \$32.50

For the first time ever, Dino Ranch, as seen on Disney Junior, comes to the stage with a fun-filled, action-packed live show. Dino Ranch follows the adventures of the Cassidy family as they tackle life in a fantastical, “pre-western” setting where dinosaurs still roam. As the young ranchers learn the ropes, they discover the thrill of ranch life while they navigate the great outdoors through unpredictable challenges.

LEANNE MORGAN: JUST GETTING STARTED

May 6, 2023

Doors Open 6pm

Tickets start at \$39.75

After 22 years in comedy, Leanne Morgan has cemented herself as a must-watch comedian. Leanne has garnered over 2 million followers

across social media and her popular stand-up special, *So Yummy* has reached over 50 million views on YouTube. Her fan base continues to grow with her relatability as she discusses everything from being a housewife, sharing Jell-O recipes to having a new grandbaby. She has appeared on *The Kelly Clarkson Show*, *The View*, *Nick at Nite's Funniest Mom* and toured with the *Southern Fried Chicks*.

NATPHIL PRESENTS COSMIC CYCLES

May 11, 2023

Doors Open 6:30pm

In partnership with NASA's Goddard Space Flight Center, National Philharmonic presents the world premiere of the Henry Dehlinger's *Cosmic Cycles*. Dehlinger's new work integrates a symphonic suite played live against the backdrop of out-of-this-world images, animations, and groundbreaking visualizations from NASA Goddard.

MADAGASCAR THE MUSICAL

May 26, 2023

Doors Open 5:30pm

Tickets start at \$35.

Join Alex, Marty, Melman and Gloria as they bound out of the zoo and onto the stage in this live musical spectacular. This smash hit musical features all of your favourite crack-a-lackin' friends as they escape from their home in New York's Central Park Zoo and find themselves on an unexpected journey to the madcap world of King Julien's Madagascar.

This brand new musical from Dreamworks (*Shrek The Musical*) will leave audiences with no choice but to “Move It, Move It!”

JOHN CRIST: THE EMOTIONAL SUPPORT TOUR

June 4, 2023

3pm and 6pm

Tickets start at \$29.75

John Crist is one of today's fast-rising stand-up comedians, with more than one billion video views, over five million fans on social media and sold-out shows from coast to coast making Pollstar's Top 100 Global Tours list in 2019 with



over 197,000 tickets sold. Widely known for viral videos like “Honest Football Coach,” “Every Parent at Disney,” “Brands that need to be CANCELLED” plus hundreds more. John Crist has performed all over the world and in 2021 began his multi-city national theater tour called “Fresh Cuts” selling out theaters all over the United States.

John has been seen on ESPN, Sports Illustrated, CBS Sports, Barstool Sports, and BuzzFeed just to name a few.

WOLF TRAP

1635 Trap Rd
Vienna, VA 22182
www.wolftrap.org

DARRELL SCOTT

The Barns at Wolf Trap
April 28
8pm

Tickets start at \$32
Darrell Scott is a hitmaker. The Grammy-nominated Nashville songwriter has penned chart-topping songs in almost every genre. You’ve heard his words and melodies sung by Brad Paisley, Sam Bush, The Chicks, Zac Brown, and dozens more. He spent a year on the road in Robert Plant’s Band of Joy and has collaborated with artists like Steve Earle and Joan Baez. Scott has the uncanny ability to make just about every instrument talk, and his songwriting is rich with emotion.

THE AVETT BROTHERS

The Filene Center at Wolf Trap
May 25-27
7:30pm

Tickets start at \$51
The Avett Brothers’ “accessible mix of bluegrass, rock, and folk” (NPR) has made them Wolf Trap fan favorites. Don’t miss the Americana stalwarts (Rolling Stone) when they return to the Filene Center for three nights of folk-tinged songs filled



CHARLIE PUTH
June 4 | The Filene Center at Wolf Trap

with unbridled energy and honest, heartfelt lyrics.

TAJ MAHAL LOS LOBOS

The Filene Center at Wolf Trap
June 1
7:30pm

Tickets start at \$30
Living legend Taj Mahal uniquely blends traditional blues and rock with influences of the American South, the Caribbean, and Africa to produce a memorable sound heard in hits like “Queen Bee” and “Corinna.” Los Lobos’ blend of Tex-Mex rock ‘n’ roll, country, and blues in tunes such as “La Bamba,” “Come On, Let’s Go,” and more made them a fan-favorite for decades. Southern blues band North Mississippi Allstars open the show.

JOHN LEGEND

The Filene Center at Wolf Trap
June 2-3
8pm

Tickets start at \$49
John Legend is an iconic 12-time Grammy Award winner (“All of Me,” “Love Me Now,” “Ordinary People”), critically-acclaimed concert performer, philanthropist/social activist, and one of Time magazine’s 100 most influential people. He is one of only 17 entertainers who have

achieved EGOT status by winning at least one Emmy, Grammy, Oscar, and Tony Award.

NIGHT AND DAY, U.S.A.

Steven Blier, Artistic Director
The Barns at Wolf Trap
June 4
2pm

Tickets start at \$50
Recital Artistic Director Steven Blier takes his audiences through a whirlwind of a day—24 hours—travelling around the United States. There’s no better tour guide than Steve!

Véronique Filloux, soprano
Mary Beth Nelson, mezzo-soprano
Daniel Rich, baritone
William Clay Thompson, bass
Michelle Papenfuss, piano

CHARLIE PUTH

The Filene Center at Wolf Trap
June 4
8pm

Tickets start at \$39
Charlie Puth, one of pop music’s most consistent hitmakers and sought-after collaborators, returns to the Filene Center in support of his latest album, CHARLIE (2022), with hit songs like “Attention,” “We Don’t Talk Anymore,” and “One Call Away” in tow. ♦



2023

TOP HOME REMODELING EXPERTS

Photo: courtesy of Daniels Design & Remodeling

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ASSISTING IN HUMANITARIAN AID

Aseel Makes a Difference

By Maryanne Christiano-Mistretta

Five years ago, a team of visionary and tech savvy entrepreneurs developed Aseel, a tech-based startup which provides a digital platform, allowing artisans to sell their handcrafted products and provide humanitarian aid to—and from—anywhere in the world. There are also opportunities to fight for the humanitarian crisis in Afghanistan.

How you can support is divided into two major platforms—Buy Good and Do Good.

Buy Good is an online marketplace that links aspiring makers with buyer from all over the world. Handmade goods like carpets, rugs, home décor, artwork, jewelry, and ceramics, can be purchased through their website or via the app.

Do Good allows anyone who wants to assist Afghan families in need to purchase emergency packages, sponsor a family, start a campaign, and/or become a volunteer. Aseel partners with organizations that help provide both individuals and families with basic food and shelter items.

Nyna Ramamurthy has been working as a Growth Specialist for Aseel for the past three months. She said, “As a 26-year-old, I feel I have more of an impact and more of a voice than in previous jobs.”

Ramamurthy shared some of the issues Afghan women have due to the work barriers and their current government and what Aseel is doing to help. She explained, “The country, even before the Republic became more extreme, they didn’t have access to





laptops. Many Afghan villages struggle with stable electricity and Wi-Fi is expensive. Aseel is sending laptops, solar panels, and other tools to help Afghan women get connected and expand their knowledge and network. We're [Aseel] a very international organization. We have Afghan women who work from home. There's no issue with the government. There are other women in the U.S., refugees, who are new to this area. We connect them with other types of companies. They become confident in their skills and connect with a company to build a career."

In addition to education campaigns for Afghan women, other Aseel campaigns include winter relief, education campaigns, and an earthquake relief campaign for Turkey. "People can start their own campaign on our website if they see something is not being addressed in Afghanistan and Turkey," said Ramamurthy. "We take what you say seriously. Seventy percent of our humanitarian efforts are started by people based in the U.S."

Currently, the project Ramamurthy is most excited for working with is React DC, a nonprofit that came together to assist Afghan allies. Aseel is partnering with React DC to onboard 30 Afghan women refugees onto Aseel so they can open their own shops and sell handmade products.

When asked about challenges working with Aseel, Ramamurthy said, "Obviously there's a language barrier. My parents are from India. I grew up all my life here in the United States. I do not speak the language." Nevertheless, she's learning so much about Afghan culture and shared that Zahra Kazemi, founder of Women Weavers, is one of her favorite vendors on Aseel's Buy Good platform.

"The weaving they do is almost historical," said Ramamurthy. "They've done it for generations. They've put in beautiful handicrafts and sell to the world. We have our own marketplace in India, but there's something in Afghanistan I've never seen before. For an American girl like me, it's

amazing to see such a rich culture. The food is amazing. The art is amazing. Some of these underdeveloped countries, they have so many stories to share."

Other art favored by Ramamurthy is the work of Ahmad Shah Arts, which can be purchased via the Aseel website or app. The Afghan calligraphy paintings can be customized. "They are gorgeous in person," Ramamurthy raved.

The Aseel Mobile App

To contribute to charitable causes and/or purchase handcrafted merchandise, the Aseel mobile app is the convenient way to go, to make a positive impact in the world. It can be downloaded from the App Store or Google Play Store. You can create your account to stay updated with Aseel news.

While the Aseel platform is relatively new, Ramamurthy would like there to be more awareness about what they do, especially in the United States. "You see how Esty connects people," she said. "I'd like that for Aseel too. We're getting support. More support would be amazing."

For more information, visit Aseel at: aseelapp.com ❖





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Fort Lewis Lodge

A HAVEN OF RUSTIC ELEGANCE

by Allison Chase Sutherland

Fort Lewis Lodge is the perfect mountain getaway, sprawling across 3,300 acres of pristine forest and pastureland along the scenic Cowpasture River. You'll find yourself in the territory of Shenandoah Mountain bordering the George Washington National Forest. The air even feels fresher out here. And there is time and space to breathe deeply. As lodge guest Guiselle Ortega describes it, "It is always healing to be in nature."

Fort Lewis Lodge has been a family-run operation for the past 30 years – and what a welcoming family; innkeepers John, Caryl, David, and Erin Cowden will make you feel at home right away.

You'll take the entrance just past the Farmer's Cottage, pass the Farm & Garden and Lewis Manor on your way to the main part of the Lodge. Check in at the Office and Gift Shop just behind Lewis Mill and Buck's Bar.

Sunset is majestic as it descends slowly below the mountains at Fort Lewis Lodge. Grab a bottle of wine and head down to the Pavilion, a covered outdoor patio with a stone fireplace overlooking the pasture of black cows. They also have a farm and garden – including goats, chickens, pigs, and horses, which they say the children particularly enjoy – but I dare say we enjoyed just as much.

Identify bright constellations and planets (we spotted Jupiter) in the dark skies from the stargazing platform of this serenely beautiful location.

This family has great respect for the land and take advantage of the sunshine as well."In the spring of 2018, Fort Lewis introduced a 60KW solar array engineered to supplement 85% of our energy usage. As stewards of the land, we see it as our responsibility to adopt clean energy practices and are excited to integrate this technology."



There are several rooms in the main house of Fort Lewis Lodge in addition to its three unique silo rooms in a converted corn silo. They also have four rustic cabins – the two-story Tall Timbers Cabin, the Uplands Cabin, the Walatoola Cabin and the John Lewis Cabin – and two more modern cottages, the Andrew Lewis Cottage and the Charles Lewis Cottage.

The John Lewis Cabin is a charming reconstructed timber cabin with comfy dark brown overstuffed leather seats and a back porch with a roomy and relaxing swing. The comfy beds were adorned with exquisite quilts. On colder nights make a fire in your own fireplace. They have a supply of wood waiting for you. So cozy. So thoughtful.

Another option is to reserve one of the five rooms in the Riverside House or the entire house for larger groups.

A homestyle farm-to-table supper of barbecue grilled chicken, fiesta rice medley, baked broccoli with parmesan cream sauce, glazed baby carrots, creamy sweet coleslaw, tossed garden greens with mushrooms, hardboiled eggs and sweet/sour vinaigrette, a delectable peach muffin, and for dessert, yellow squash cake with a lemon glaze hits

the spot. They also pick fruit from their own orchards. They even get their drinking water from the natural mountain springs on the property. Both dinner and breakfast are included in the room price.

At Fort Lewis Lodge, there is so much to explore. Take the short trail that leads to the Cowpasture River that runs along the mountain. You'll pass the second-story hot wood-fired sauna along the way. Or you may opt to gently sway in the hammocks below.

Outdoor activities abound – from hiking and biking by fields and forests, plunging into the swimming hole, and if the river is high enough you can float down the river tubing or on a sit-upon kayak – in addition to fishing for small-mouth bass, rock bass, or rainbow trout. Or try your hand at the Disc Golf Course. Immerse yourself in nature. Some of the hiking/biking trails have picturesque names, such as the Cave Springs Trail, Lime Kiln Trail, Rabbit Patch Trail, and the Cabangi Trail. These trails vary in level of difficulty. The most majestic views can be had from the Hickory Loop Trail.

You'll find yourself in the vicinity of Hot Springs and the grand Homestead Resort,





and Warm Springs Pools, where our forefathers have been said to have taken the healing waters.

During our visit we chanced upon a cousins' reunion gathered by the outdoor Pavilion fireplace. Some of their kids were running around while others were roasting marshmallows for s'mores on wooden sticks over the roaring fire. They came from far and wide to reconnect and revel in togetherness and were clearly having a wonderful, unforgettable time. Fort Lewis Lodge is ideal for just this sort of event. They were making new memories for the next generation. This is a place where you can just let loose, kick back, and be yourself. The Lodge would also be great for a fun family trip, romantic getaway or friends' weekend. Open April to October, the most inviting months of the year, Fort Lewis Lodge is just the place for your idyllic Allegheny mountain escape. ❖



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What 3 things helped my struggling baby breastfeed?



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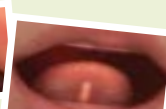
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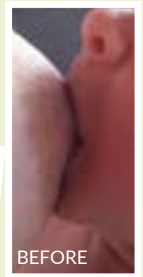
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Lip Tie



Tongue Tie



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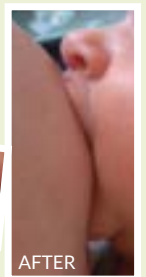
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No Tongue Tie



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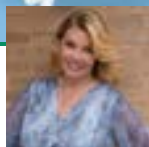
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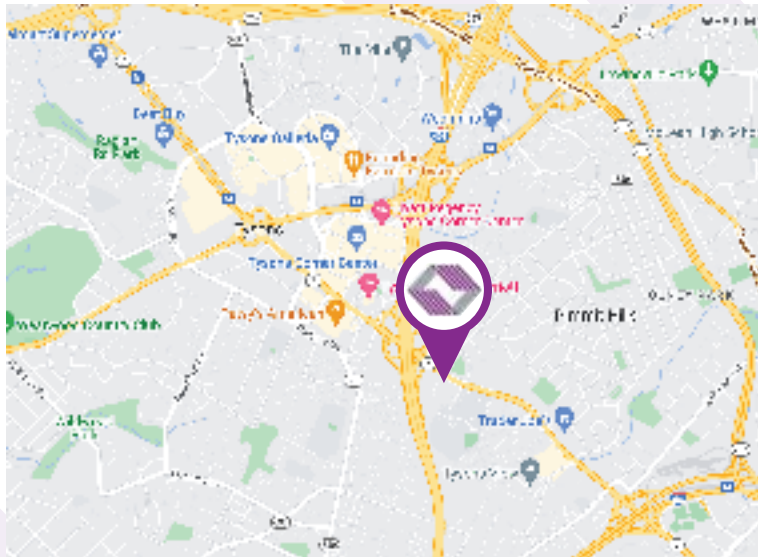
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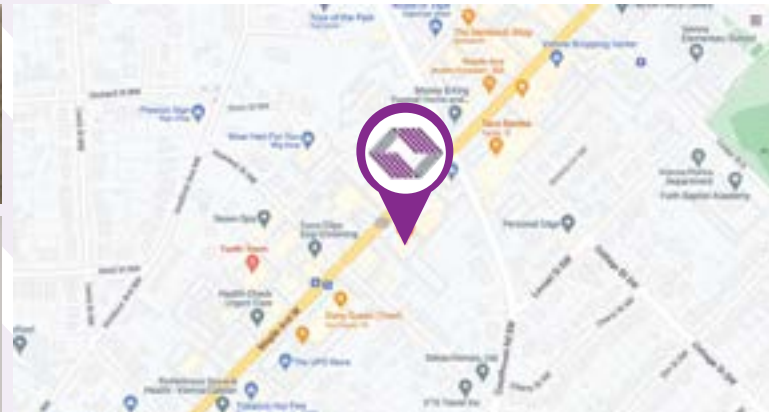
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A Sweet Dancer and Netflix Star

**Local dancer Chelsea Cushing Dances as
“Candy” on Netflix’s Dance Monsters.**

By Linda Barrett

Who knew, as they watched the Netflix hit series *Dance Monsters*, that one of our local dancers was masquerading before the judges. Chelsea Cushing, a resident of Great Falls, Virginia, was one of the 2022 cast members of the popular show, disguised as the character “Candy.”

“I’d describe *Dance Monsters* as a dance version of the *Masked Singer* meets the movie *Avatar*,” Cushing quipped. The 15 cast members were each given a monster alter ego to dance as, with the help of advanced CGI technology that hid their physical appearance. Outfitted with calibration suits

and motion-capture cameras, the dancers danced off camera while their monsters appear before the judges—singer/songwriter Ne-Yo, Internet personality and TikTok dancer Lele Pons, and Ashley Banjo, the UK’s biggest street dancer, choreographer/actor, and the world. The show’s 8 episodes aired in 190 countries and 36 languages, and ran from December 16 through December 30, 2022 with the title of *Ultimate Dance Monster* and a \$250,000 prize up for grabs.

Behind the scenes, viewers got to know the stories and struggles of the dancers, and witnessed them overcoming physical and





mental obstacles that were holding them back from dancing professionally. But their identities were not revealed to the audience until they were eliminated from the show.

"We arrived in London, England and were given essentially three months to go to the finale," Cushing described. "We were given sets of difference challenges, a song and a team of choreographers who gave us moves. I had a really great run...I made it to the quarter finals before becoming eliminated."

Cushing was recommended to be on Dance Monsters by Queen P, who knew Cushing and was part of the casting team. "I didn't even know what the show was," Cushing continued. "They were referring to it as 'Secret Dancer,' and telling us it would be on 'One of the biggest networks in the world.' We didn't learn what the show was ourselves until the last minute."

What was your Dance Monsters experience like?

"Overall, it was like nothing I had experienced in my dance career. The feeling of being there was incredible, but exhausting," she exclaimed. "I am 37 and was dancing with dancers aged 18-22. Their bodies could bounce back, but I felt it for the first time in my career. I needed a massage therapist to work out the muscle aches and pains. It was a wake-up call that I'm not 20 any more!"

"The beautiful part was that I had already had a career for such a long time that I could approach this at an emotionally mature level. Where the younger dancers stressed, I didn't feel I needed to. I realized it wasn't just a dance competition, it was entertainment. The producers were going to produce a story with an entertainment aspect to it."

"When you are a professional dancer, you are often low on the totem pole. This experience made us stars for the first time. We had our own trailers and runner and could ask for anything. It was a very different experience and everyone gave us our star moment. It was such a cool experience."



How did you become the character Candy?

"They assigned our avatar based on our personality. I went through a series of interviews prior to being cast where they really got to know us. My character Candy was basically a series of different candies that made up my body...candy cane legs, a wrapped-candy head, and a sweet personality."

Cushing's costume limited the types of moves she could make. "I am used to doing a lot of ground work as a dancer, and found I couldn't do feet-over-head rotations on lie on the ground or the avatar would glitch out on screen."

What is your background?

"When I turned 18, I wanted to move to New York for an intern affiliate program. I had only done show choir in high school and was a strong athlete, playing basketball my whole life. But I loved dance. I presented the program to my parents who were supportive as long as I had a plan and a timeline and I got my training at the Broadway Dance Center. Six months





into it, I got my first professional job as a choreographer for the band “The Roots.” They were touring and I worked with them. I then started working with other artists like Missy Elliott, Ludacris and LL Cool J and touring the world teaching master classes in dance: mainly hip hop and contemporary.”

“In 2018, my life was put on a dramatic pause when I was diagnosed with cancer: Polycythemia Vera JAK2, a rare type of chronic blood cancer with only 50 reported cases in the world. I was on vacation with my now-husband and got extremely sick. They found an exorbitant amount of blood clots in my abdomen and I flatlined and almost lost my life. I was in the UCI for several weeks.”

“Everything in my life stopped and it made me think ‘What am I going to do with the rest of my career? I can’t dance forever.’ I started thinking about my next steps and created AF Talent Management, a modeling and talent agency where I develop models and do a lot of client work locally in the Mid-Atlantic. I still try to dance quite a bit too—it’s a passion I won’t fully step away from.”

Were there any surprises?

“There were constant twists and turns to the competition. We had essentially 2-3 practices to learn the routines but never knew what the final routine would look like. I had to be prepared, as they could throw anything at us, and there was always a last-minute ‘by the way...this has changed.’ But that was the art of the competition: do

you have what it takes to make these last-minute changes and deliver the product?”

“One of my biggest shocks was when I learned a whole duet routine using a long table and two chairs as props. When we went to film later that day, the chairs were now 10 feet tall and the table was elevated to 8 feet! I had a panic attack! We had just 30 minutes to adjust our choreography.”

“Dance Monsters was a true dance competition and you had one chance to film your dance routine. If you fell or forgot something, that’s what the audience saw.”

What happened since the show aired?

“I got a surge of social media following and so I set up a fan page on Instagram: [Instagram.com/candydancemonsters](https://www.instagram.com/candydancemonsters). The larger benefit was the support for my career. I got to make connections with some of the best artists and creators in the industry, and my affiliation with Netflix helps me to create awareness of different things I can use my platform for, like my business and cancer awareness.”

“I must also add that I couldn’t have done any of this if it wasn’t for the massive support my husband Kenny Cushing afforded me (they married during COVID). He was by my side throughout my cancer illness and treatments, and continues to support me as I pursue the arts and my passions.”

Dance Monsters Season 1 is available for streaming with a Netflix subscription. ❖

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A Seasoning for all Tastes

Michael and Bianca Clarkson go all in to create the best flavored butters and seasonings available.

By Linda Barrett

Every cook knows that there's nothing better than butter to make a dish taste good. At least that was until Yummy Butter came along! Now there is even a better option for quick and tasty meal preparation in the form of flavored butters and herb blends created by a local couple.

Yummy Butter is the creation of entrepreneurs Michael and Bianca Clarkson who stumbled across their first recipe and realized they had developed something fantastic. Here's their story...

Michael Clarkson lived with a grandmother who loved to cook, and the home was filled with wonderful aromas. This sparked his interest in learning more about the art of cooking, so Michael started watching

cooking shows and videos and taught himself to cook. It also encouraged him to explore various combinations of ingredients and flavors to create dishes he and his own family enjoyed.

One evening, Michael had the inspiration to create a garlic butter to flavor the pasta dinner. And both Michael and Bianca went "wow." "Michael's garlic butter was so delicious that I knew immediately that we should try to package it and sell it," Bianca said. Not long afterwards, they created the company Yummy Butter and made this their first product.

Experimenting with other flavors and ingredients the couple came up with four flavor profiles in total: Garlic Butter (best





seller!), Sweet Butter, Seafood Butter and Lemon Pepper Butter, and decided to see if they would sell at local farmer's markets. The couple's first market was the Juneteenth event in Leesburg, VA in 2021 where the butters sold out quickly.

As they wanted to expand their product line, they experimented more, and discovered flavor profiles they loved from combinations of herbs and spices. The C-Sonings line was born. "We created varieties like spicy or relaxed for different taste buds," Bianca said. The four-product C-Sonings line includes Caribbean C-Soning, Blackened C-Soning, Herb C-Soning and Taco C-Soning. Yummy Butters and C-Sonings are now created in two professional kitchens in Northern Virginia.

Sample Yummy Butters and C-Sonings at Local Farmer's Markets

The Clarksons continue to promote their products at area farmer's markets where they encourage visitors to sample their products. "We want people to taste what they like and get ideas on how to use the butters and C-Sonings," Michael said. "For example, you can use our Garlic Butter as a base ingredient, put it into the water when cooking pasta, or melt it onto chicken, steak or seafood after they are cooked—it's especially easy to create Shrimp Scampi! Our Sweet Butter is often used on toast with breakfast, sweet potatoes for dinner or popcorn for a late-night snack."

Eat Well While Saving Time and Money

As parents of two young boys themselves, the Clarksons know how their products save both time and money. "People are in a time crunch between work, the gym and kids," Michael said. "We want to give families the flavor they can't normally get unless they spent hours on it. Our Yummy Butters and C-Sonings give families the chance to enjoy good food, with all the flavor they need in one jar."

"Our products are very simple and contain butter and seasonings you'd find at the grocery store. Except we do the work of combining them, which saves the home cook money and time on purchasing all the ingredients separately," Bianca said. "Now it's fun to cook great meals at home, and a lot more healthy than eating out."

Living and Working Together

"We've always worked together," Michael added. "We met at UPS when we were both working there. I was a driver and she was in the warehouse. I stalked her for three years—but not in a creepy way," he said with a laugh. "We then went to work at JK Moving and started creating businesses together. They both took the leap to leave their jobs and focus on Yummy Butter full time in 2023. "We're putting everything into it."

"Working together can be challenging," Bianca added. "We bring work home. But it's really nice to know you can count on your partner to be there every day and to trust them when it comes to advice. And having done this ourselves, I encourage other people to start their own business



too. Start something with your family, husband, wife or kids. You can do anything!"

Purchase Locally, Online and Through Subscription

Yummy Butters, C-Sonings and other merchandise are available at farmer's markets and online through the Yummy Butter website. Local pickup from online orders is available too. And the couple's newest endeavor is a subscription service where subscribers receive eight recipes per month, discounts on refills, and other bonuses. Sign up, order online, find recipes, and learn more at: www.yummybuttershop.com.

If you want to enjoy delicious meals, prepared in a fraction of the time and cost, you need to visit, sample and fall in love with Yummy Butter. Are these the best butters and seasonings you'll ever try? You butter believe it! ❖



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Brain Health

CERESSET VIENNA LOOKS TO BALANCE YOUR BRAIN

by Keith Loria

The brain is the most complex part of the human body. As the central command center, the brain drives everything we humans do, think, say, sense, feel, and experience. So a brain in harmony can make life as good as it can be.

That's the goal behind Cereset Vienna, a new center at 404 Pine Street in Vienna, VA. Cereset uses patented BrainEcho® technology to help restore hope.

Cereset Vienna is owned by Kris Tschetter, a former LPGA golfer who still plays on The Legends Tour. Kris developed "the yips" while on tour.

"That dreaded word that athletes don't want to say out loud," she laughs. Yips are a sudden loss of ability to execute certain skills in experienced athletes. She heard Cereset's brain balancing helped release "stuck stress" and gave it a try. Two weeks

later Kris played in an LPGA tournament and the yips were gone.

Tschetter found she was sleeping without medication for the first time in a decade.

"It was so much easier to quiet my mind when it was time to hit a golf shot," Tschetter says.

That's why she decided to get involved with her own franchise—to give people a chance to experience something life-changing.

"People experience Cereset, and they say things like, 'You gave me my life back. I look forward to the day again.' I love being able to impact people's lives in such a significant way," she says.

Cereset's patented BrainEcho® technology works to mirror the brain so it can see itself, how it's performing and begin to make corrections. There is no outside intervention.



Cereset was founded by Lee Gerdes, 20 years ago, after he was assaulted in San Francisco and suffered from a traumatic brain injury (TBI) and PTSD, and knew he needed help. He came up with the technology to heal himself.

Cereset is brain balancing, not neurofeedback. Cereset does not train the brain to perform a certain way. Cereset supports the brain to relax, reset and rebalance so the brain can optimize its own performance. Including functions such as thinking, mood, energy, and sleep.

“We put sensors on your head which read what’s going on in your brain at different frequencies and apply musical tones to different frequencies and it’s like holding a mirror up to your brain,” Tschetter says.

These notes are played in a brain rhythm as it changes and thus the brain can “see” itself and “correct” itself. And it does!

The Cereset process is a series of four consecutive in-office BrainEcho® sessions, followed by a fifth session three weeks later known as the Integration session—a package which runs approximately \$1,750 with family discounts available.

“The five-session package is required to begin,” Tschetter says. “To get the brain used to the process. We don’t offer single sessions because it isn’t enough meaningful support at first.”

With the Cereset process, your brain creates new neural pathways. Neural pathways can be thought of as “roads” on which brain signals travel. Every thought, action, belief, choice, or habit is a neural pathway in the brain.

The Cereset process continues to work even after clients leave. So when they return for that fifth session three weeks later, their brain has had the chance to reset and rebalance.

“These sessions take about an hour and a half, and you don’t have to do anything; in fact, we encourage you to get under a

blanket and go to sleep,” Tschetter says. “After each day’s session, data is reviewed, and adjustments are made to support the client’s unique brain. Additional sessions are called tune-ups and may be purchased singly or in packages at discounted prices.”

Monica Owczarzak, an Air Force veteran and now Cereset coach in Vienna, tried the Cereset method herself because she hadn’t slept well in 11 years and still struggles with effects from trauma.

“I had all types of health issues and was absolutely trending in the wrong direction,” she says. “I was dealing with obesity, had horrible nightmares, had poor concentration, and I knew I was headed for a stroke or heart attack and would probably die before I turned 60. When I found Cereset, everything changed.”

Cereset addresses dysregulation of the autonomic nervous system (ANS), which is what can happen when a person experiences an event traumatically. The ANS the body’s system for self-regulation and when a stress is severe or prolonged, the regulation system can get stuck “on,” just like a button that has been pressed too many times and be in a constant state of stress, unable to relax.

For instance, one stuck in a “Fight or Flight” response will often report a chronic feeling of dis-ease or underlying tension and anxiety. They may also report great difficulty sleeping and feel their brain is constantly racing; while those stuck in a “Freeze” response will often report feeling numb or disconnected with poor sleep. When they experience stress, they tend to shut down and retreat into themselves.

“Cereset works for people struggling with mood, dealing with sleep issues, memory issues, concussion and even symptoms of Long COVID like brain fog,” Tschetter says. “We have even helped people get back their senses of taste and smell. By allowing the brain to see itself and reset and rebalance this is supporting self-healing, which is restoring hope.” ♦



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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.

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

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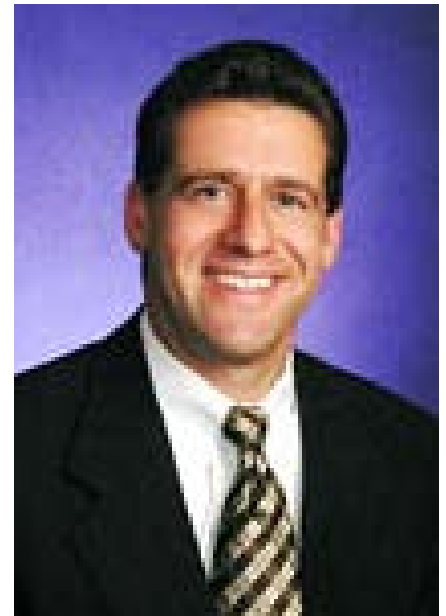
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Missy Whittington has lived in Vienna for 50+ years and is trusted and respected within the community. Her finance and accounting background led her to real estate in the fall of 2019, and within that short period of time, she has sold over \$5 Million 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."

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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.

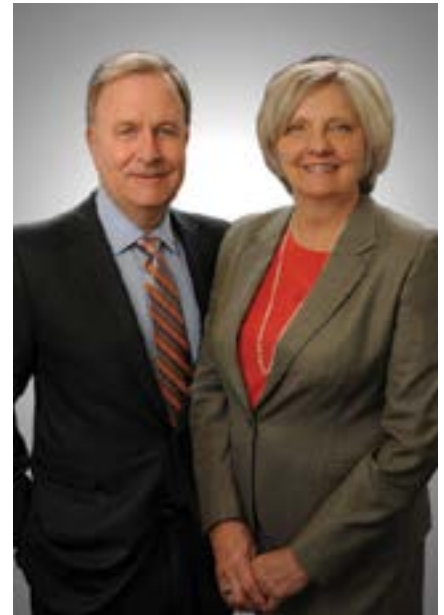
Specialties:
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Dave and Joanne Adams

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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dave@joanneadams.com



Ahmed Gomaa

MCGILlicuddy COMMERCIAL PROPERTIES, VICE PRESIDENT

Virginia has been Ahmed's home since 1998 which gave him exceptional knowledge of the DMV market and community. He has always loved real estate and received his REALTOR® license in 2016. To further his mission to provide top-quality service and provide expert advice to his clients, he continued his education and completed ABR® designation, PSA certification, and SFR® certification. Ahmd Gomaa has a Bachelor degree in Accounting and Marketing, equipping him with the skills needed to engage in outstanding marketing and effective negotiation, always striving to get his buyers and sellers the best price on the best terms with as little stress as possible. He is always available to help you achieve your homeownership dreams and looks forward to connecting with you!



c: 703-364-8506

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A.gomma@aol.com

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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

Passionately Committed To Her Clients
Collaboration



c: 571-594-9136

w: 703-738-9577

mhorne@mceneaney.com

www.mackenziehorne.com



Greg McGillicuddy

MCGILlicuddy COMMERCIAL PROPERTIES, PRESIDENT

Greg has more than 35 years of experience in real estate, and has managed over a million and a half square feet of properties in the Greater Washington Metropolitan area. Mr. McGillicuddy is a licensed broker in Virginia, Maryland, and the District of Columbia. He specializes in Industrial, Land, Office, Retail, Flex, Specialty, Multi-Family property types. Greg volunteers as the chair of the Annandale "Revitalization Committee," and is a member of the Annandale Chamber of Commerce. He is an active advocate for change in Annandale and other Revitalization Districts in greater Fairfax.

Specialties:

Commercial Leasing, Sales, Retail Investments, and Industrial investments



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Casey Margenau

Fine Homes & Estates



6618 VAN WINKLE DR

FALLS CHURCH, VA | \$2,450,000

This large rambler offers 6 bedrooms, 6 full baths and 2 half baths all on one level. There is a billiards room, a bar, two large family rooms, and two office spaces all sitting on a beautifully landscaped 1-acre lot with a big flat area for kids to play on. There is a beautiful water feature and planting beds for a gardener as well as a little garden house. The home offers plenty of parking with a circular driveway. This is a custom home that was owned by the Koons family at one time; it has 15 foot ceilings, very dramatic and something that, if you're looking for one level living at its best with an incredible location off of sleepy Hollow near lake Barcroft, this home may be the one for you. You have a large patio area with an outdoor fireplace looking at the water features, and a pergola with barbecue grills. That's where you'll find the big flat area that makes it perfect for croquet, badminton, or any other type of outdoor activities you want.



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VIENNA, VA | \$1,772,000

The welcoming front porch is just the beginning of the Old World charm and craftsmanship in this amazing well-loved home. Fabulous great room with stone fireplace, beautiful built-in cabinetry, crown molding, back staircase and more. Grand primary suite with large windows and beautifully tiled bath. Main level library and full bath. Media room and 6th bedroom/5th bath in lower level.

FABULOUS COMMUNITY

OAKTON, VA | \$1,984,000

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 Windsong-area community in Oakton.



REMODELED TOP TO BOTTOM

OAKTON, VA | \$1,085,000

This terrific home on over two acres has been completely updated with a fabulous gourmet kitchen, grand primary suite and secondary baths. Newer hardwood flooring, windows, doors, lighting and more. Relaxing screened porch overlooks extended rear yard backing to County parkland. Upper-level laundry, side-load garage, walk-out recreation room and patio. Berryland community tennis courts.



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MCLEAN, VA | \$2,199,000

This French Country Style Colonial is absolutely stunning, and sits on almost two acres on a quiet cul-de-sac. The owners have made significant improvements over the past two years, including a new formal stone entry way with lighting, a new retaining wall along the driveway with planters, and a complete garden overhaul. Step inside to a grand two-story foyer, living room, professional office, half bath, dining room, butler's pantry, and gourmet kitchen. In the kitchen, you will find a Wolf range (stove and oven), a Wolf toaster oven, a Subzero refrigerator, a new Bosch dishwasher, and two sinks. On the upper level, you will find four separate bedroom suites with full baths, one of which is the spacious primary bedroom suite with new custom cabinetry in the walk-in closets. Many attractions are close by, including Great Falls Park, Riverbend Park, Wolftrap National Park for the Performing Arts, Tysons Boro, and Tysons Galleria.



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MISSY WHITTINGTON SAMSON PROPERTIES

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7017 CAPITOL VIEW DR

MCLEAN, VA | \$3,950,000

Sited on a premium near-half acre lot in one of McLean's sought-after neighborhoods, Old Dominion Gardens, Linden Homes presents an innovative transitional home, custom-designed by James McDonald Architects featuring 6 bedrooms and 6 baths. Featuring approximately 9,000 sq ft of living space on 4 levels, white oak hardwood interiors, 10' ceilings, Low E windows, designer light fixtures & finishes and is ELEVATOR-READY!

826 POLO PLACE

GREAT FALLS, VA | \$1,550,000

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10009 WINDY HOLLOW RD

GREAT FALLS, VA | \$2,799,000

Magestically sited on a private 1.73 acre lot in the Great Falls riverfront neighborhood of Falcon Ridge, one of Washington, DC's sought-after suburban communities, is a beautifully appointed, Georgian colonial home offering over 10,000 square feet of extraordinary amenities, ideal for a lifestyle full of entertaining and leisure enjoyment. Special interior features include a two-story foyer, a family room with vaulted ceilings and impressive stone fireplace.



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2715 COLT RUN RD OAKTON, VA | \$2,695,000

Construction will be completed in March. This transitional meets contemporary home sits on a wooded 2.5 acre lot in the coveted Madison School district. The home boasts oversized windows, 3 car garage, screened in porch with double sided fireplace, oversize deck, custom designer tiles in the bathrooms, high end finishes both inside and out, Sub-zero/Wolf appliances, 5in sand-in-place wooden floors on two levels, and so much more. The home also has access to Vienna, Fairfax, Dulles, and major commuter routes.



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RENEE AT TREATWELL SPA

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703-967-4645 | @treatwellspa

After two decades of helming a salon on Vienna's own Maple Avenue, Renee Gilanshah founded Treatwell Spa in 2016 to fulfill a niche with her expertise in the classic European facial. Treatwell features a curated list of options, including from lash lifting and brow lamination to skin care services, always aiming to uplift and sculpt facial features.



BURAPA THAI AND BAR

226 MAPLE AVE W | Vienna, VA 22180
703-255-2467 | www.burapathaiandbar.com

Sanpach Uthes has been in the restaurant industry since 1993 when he immigrated to America from Thailand. Upon arriving to the US, Sanpach learned he had a passion for cooking. He joined forces with his wife, Prathumwal Uthes, to create a series of successful establishments all holding the name "Burapa Thai"—Uthes family's signature brand.

HAIR BY SARAH KIM

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Sara Kim is one of the best blonde specialists in the DMV. Her beautiful balayage work and gift for color corrections has made her a favorite on social media. Sara has a talent for turning hair into a work of art. Given her luxurious interior design and interpersonal service, it's no coincidence that Sara is the most sought after stylist in the area.



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