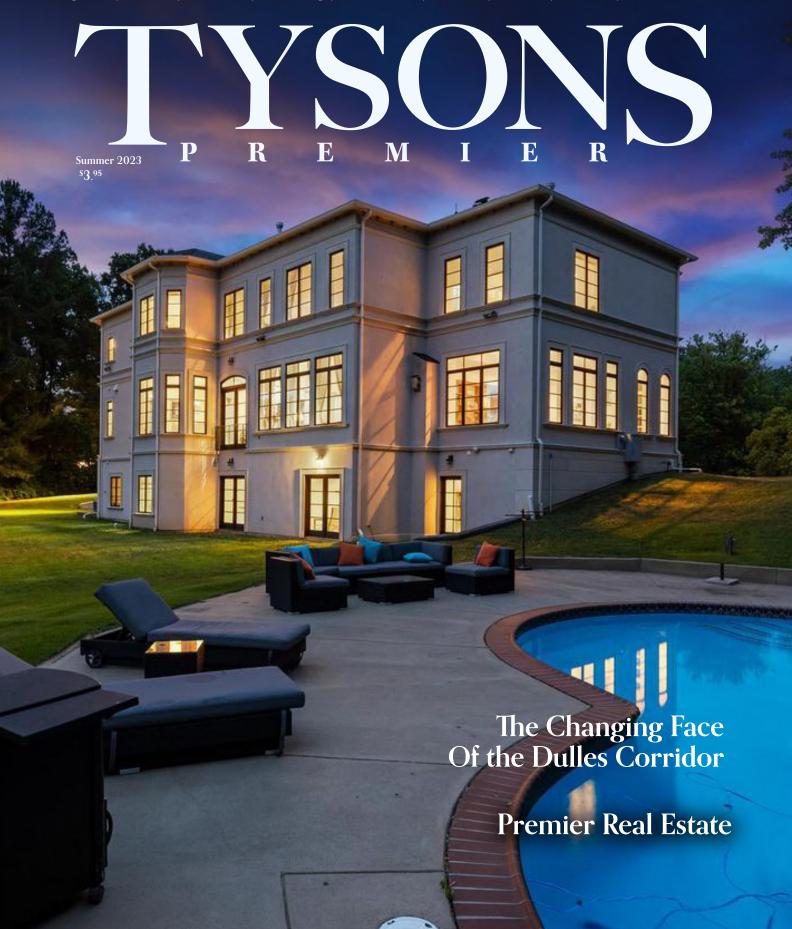
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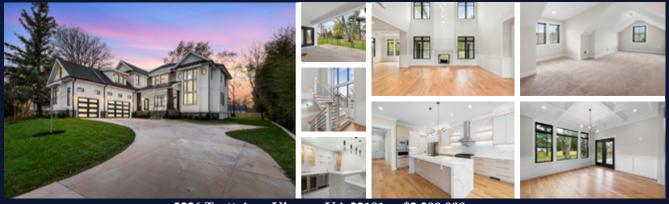
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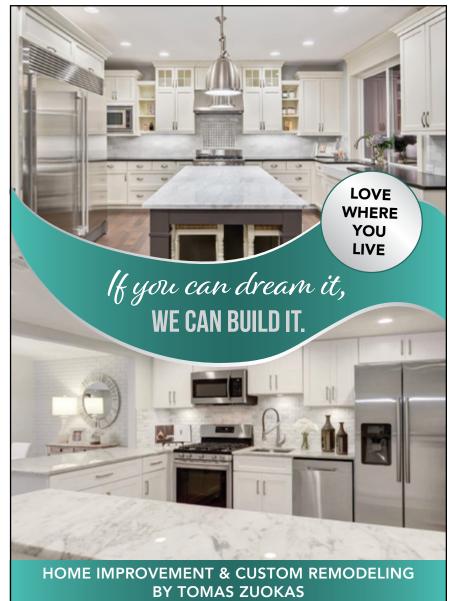
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Features

Wolf Trap Has Hot Summer Ahead

By Keith Loria

One of the goals of putting together any Wolf Trap season is to try to have something for everyone—music lovers of all ages and different musical genres. The Wolf Trap Performing Arts summer season is going to be one to remember, as the Filene Center will be hosting some of the biggest names in music, including Sting, Diana Ross, John Legend and many, many more.



How do I find the best doctor for my child's tongue and lip tie frenectomy?

By Dr. Rishita Jaju

Not every frenectomy provider has the experience, skill, and knowledge to treat tethered oral tissues, but it can be crucial for both you and your child to find an experienced frenectomy provider to get the best post procedure outcome. Here are some tips for selecting a provider that specializes in frenectomies for Lip and Tongue Ties!





The Changing Face of the Dulles Corridor

by Marcia McAllister

Just take a ride on those trains now running through Tysons, Reston, Herndon, Dulles Airport and eastern Loudoun County. The changes have come based on decades of planning by local governments maximizing the potential of the Silver Line to become sought-after commercial centers and multipurpose areas where people can work, live, play and be connected by trains to Arlington, DC and Largo, Maryland.



Tysons Community Alliance Board Katie Cristol as the Organization's new Chief Executive Officer

by Marcia McAllister

Tysons Community Alliance has selected Katie Cristol to lead the organization as its first permanent Chief Executive Officer. Cristol will start with TCA on July 5, 2023, leading efforts in the establishment and launch of the new community improvement district.





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Out and About

CONCERTS & EVENTS IN TYSONS

SUMMER SUNDAY CONCERTS IN THE PARK

McLean Central Park 1468 Dolley Madison Blvd McLean, Va., 22102 The upbeat and sunny music is filled with powerful messages that encourage kids to become the best versions of themselves. *mcleancenter.org*

TIM KUBART AND THE SPACE CADETS

June 11 3pm Free

Tim Kubart and the Space Cadets are Grammy Award-winners whose heartfelt songs celebrate real life kid and family moments and milestones.

UNCLE DEVIN & FRIENDS PRESENT: "GO-GO FOR FAMILIES, A DC LEGACY!"

June 18 3pm Free

Join us for McLean Community Center's Celebration of Juneteenth and the brilliance of black cultural contributions. Calling all dads! On your special day, bring the kids to experience the infectious energy of original Go-Go tunes, funky grooves and the D.C. style of African call-and-response. This percussiondriven, interactive show will have you dancing and singing as you experience what it was like in the 70s and 80s when Go-Go was born.

GAY MEN'S CHORUS OF WASHINGTON: POTOMAC FEVER June 25

3pm Free

Join us for McLean Community Center's Celebration of PRIDE Month and honoring the beauty in all of us. GMCW's 14-voice harmony pop ensemble will sing a fun mix of contemporary pop, crowd favorites and Broadway songs—all without a single instrument.

CAPITAL BLEND

July 2 3pm

Free

Watch out, "Pitch Perfect." D.C.'s allfemale a cappella group will knock your socks off with their original arrangements and mash-ups of pop songs.

> SIX PACK RODEO July 16 3pm

Free

Six Pack is back! Led by McLeanlocal Gerry Last, Six Pack Rodeo plays country, classic rock and all the tunes you can sing along to.

JUSTIN TRAWICK AND THE COMMON GOOD

July 23 3pm Free Somewhere between John Prine and Jason Mraz lies Justin Trawick. With a raw, emotional take on Americana, Justin Trawick and the Common Good take the genre to exciting new places.

PHILIP BOWEN

July 30 3pm Free

Born and raised in West Virginia, Philip Bowen's uplifting sound is heavily inspired by his Appalachian roots. From NPR's "Mountain Stage" to his 1M TikTok followers, Philip's guitar and fiddle playing has captivated music lovers of all ages.

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

CAMP SHAKESPEARE 2023

Summer camp for Youth ages 9–11 June 20–June 30 \$850 10am–4pm Campers will discover how to bring Shakespeare's words to life by examining scripts to create characters, learning the



fundamentals of stage combat and performing selected scenes. Camp will culminate with a performance for friends and family. 10% discount for MCC district residents. Please call 202-547-5688 to register and receive the MCC resident discount.

CAMP SHAKESPEARE 2023

Summer camp for Teens ages12–14 July 3–14 (no camp on July 4) \$850 10am–4pm Campers will investigate how Shakespeare guides actors through text and exercise the actor's toolkit to explore multiple characters in an ensemble performance. Camp will culminate with a performance for friends and family. 10% discount for MCC district residents. Please call 202-547-5688 to register and receive the MCC resident discount.

MCP' PRODUCTION OF "AMERICAN IDIOT"

Weekends, July 21–30 Fridays at 8 pm; Saturdays at 2 pm and 8 pm; Sundays at 2 pm

\$27/\$20 for seniors. students and MCC district residents McLean Community Players returns to The Alden for 2023, with a production of Green Day's "American Idiot." The two-time Tony Award-winning hit musical boldly goes where the American musical has never gone before. Three friends struggling to find meaning in a post 9/11 world find themselves on drastically different paths. They must choose between duty, family, love, addiction and brotherhood. Composed of songs from two acclaimed Green Day albums, "American Idiot" and "21st Century Breakdown." Visit mcleanplayers.org for more information.

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Out & About



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TOAD THE WET SPROCKET: ALL YOU WANT TOUR WITH MARCY PLAYGROUND

June 15 Doors 6pm Tickets Start At \$39.75 Toad the Wet Sprocket is still making new music and touring with the same spirit of unwavering independence that started it all over three decades ago. While most will still feel the comforting familiarity of the Billboard-charting hits, "Walk on the Ocean", "All I Want", "Something's Always Wrong", and "Fall Down", fans will also be well familiar with tracks with lyrics that resonate for so many life milestones like "The Moment", "I Will Not Take These Things for Granted", "Transient Whales" and so many more. Meet & Greet Experience available.

BLIPPI: THE WONDERFUL WORLD TOUR

June 17 Doors 1pm Tickets start at \$29.75 Blippi is coming to Tysons, VA for the ultimate curiosity adventure in Blippi: The Wonderful World Tour! So, come on! Dance, sing, and learn with Blippi and special guest Meekah as they discover what makes different cities unique and special. Will there be monster trucks, excavators, and garbage trucks galore? You bet! So get ready to shake those wiggles out and OJ Twist your way through this brand-new musical party! Blippi, along with his best friend Meekah, inspires curiosity in preschoolers around the world by creating content and experiences that are relatable, accessible and make learning fun. Blippi has become a worldwide sensation with more than one billion monthly views on YouTube and more than 50 million fans around the world.

STEPHEN SHARER: SHARE THE LOVE TOUR June 18

Doors 5pm Tickets Start At \$39.50 Stephen Sharer is one of America's top and fastest growing content creators with over 5-billion YouTube views and 100's of millions of music streams. His Share the Love brand is popular for its family friendly videos, music hits, and one of a kind creations. This is your chance to spend the evening with YouTube sensation Stephen Sharer LIVE and IN PERSON as he brings the SHARE THE LOVE music tour to your city. Join the Sharer Fam and sing along to Stephen's hit music, grab exclusive merch, dance with the neon light show and get a chance to be a part of the show! It's a family

fun experience you don't want to miss. Tickets and exclusive VIP Meet and Greet packages are available now.

SHANE GILLIS LIVE

June 24 Doors 6pm and 8:30pm Tickets Start At \$39.00 Shane Gillis is a stand-up comic, actor, and writer from



Mechanicsburg, Pennsylvania. After winning Philly's Funniest at Helium Comedy Club in 2016 Shane was named an "Up-Next" Comic at Comedy Central's 2019 Clusterfest in San Francisco and a "New Face" at the prestigious Just For Laughs Comedy Festival in Montreal. In 2021, Gillis released his debut comedy special Shane Gillis: Live in Austin on YouTube which has been viewed over 6 million times. Gillis is one-half of the comedy fan favorite Matt and Shane's Secret Podcast. He's a regular guest on Sirius XM's The Bonfire, Spotify's The Joe Rogan Experience, and Barstool Sports KFC Radio.

JINKX MONSOON: EVERYTHING AT STAKE

July 6 Doors 7pm Tickets Start At \$52.50 The Witch of all Witches is ready to cast her next great spell! Twotime RuPaul's Drag Race winner and Broadway breakout star Jinkx Monsoon presents her biggest concert tour to date with "Everything at Stake." For the first time ever, Jinkx and her musical main squeeze Major

Scales, will tour North America with a full rock band performing a decade worth of covers and original music from her critically-acclaimed albums (The Ginger Snapped, The Inevitable Album), along with new songs from her upcoming 3-part album The Virgo Odyssey. Known for her electric and eclectic performance style, Jinkx weaves together tales from her enigmatic life in a show where music, comedy, witchy magic, and camp-fantasy collide. At a time where literally everything is at stake, get ready for a spell binding, bombastic, and revolutionary experience straight from the heart of this "internationally tolerated" superstar. This Show is Age Restricted - 18+

NIGHT RANGER: 40TH ANNIVERSARY WITH SPECIAL GUEST FIREFALL

July 7 Doors 6pm Tickets start at \$39.75 Heavy hitting rock legends, Night Ranger are set to release their 12th studio album, "ATBPO" (which stands for And The Band Played On), an ode to making music during the covid era. The album will be

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released on August 6, 2021 via Frontiers Music Srl on CD, Color Vinyl (a variety of limited edition versions), and Digital. The band began writing the album in early 2020, amid the rise of the global pandemic. After narrowing down the song selection and tightening them up to their well-known rock 'n roll sound, the band hit the studio. although separately, due to the times we are in. Throughout ATBPO we hear Night Ranger continuing their hot streak that kicked off with 2011's "Somewhere In California". Ten years on, and two highly acclaimed albums later, "High Road" and "Don't Let Up", the band's latest studio work shows them still burning with that high octane hard rock energy. Night Ranger has always had a knack for killer melodies, intricate instrumentation, and captivating lyrics; ATBPO delivers all of that and more.

KARLOUS MILLER: AT THE END OF THE DAY TOUR July 22

Doors 6pm

Tickets Start At \$39.50 Comedian, actor, and rapper, Karlous Miller, announces his newest comedy tour, At the End of the Day... The tour will include 25 dates across the country. Mississippi native Karlous Miller grew up in a large blended family including eight siblings, who all became a major influence on his edgy and boisterous comedy style. After working briefly as a firefighter in Oxford, he moved to Atlanta in 2005 to pursue a career as a standup comedian. He's been making audiences laugh ever since.

TRAVIS TRITT 2023

July 28 Doors open 6pm Tickets start at \$50.75 Travis Tritt will be joined by special guest War Hippies at Capital One Hall on Friday, July 28, 2023! Thirty years after Travis Tritt launched his music career, the Southern rockinfluenced artist continues to sell-out shows and stay true and relevant to country music fans across the globe. Continuously performing shows and withholding a heavy appearance schedule, Tritt is proving to be unstoppable.

OAK RIDGE BOYS: FRONT PORCH SINGIN' TOUR

August 3 Doors open 6pm Tickets Start At \$45.00 Theirs is one of the most distinctive and recognizable sounds in the music industry. The four-part harmonies and upbeat songs of The Oak Ridge Boys have spawned dozens of Country hits and a Number One Pop smash, earned them Grammy, Dove, CMA, and ACM awards and garnered a host of other industry and fan accolades.

Every time they step before an audience, the Oaks bring four decades of charted singles, and 50 years of tradition, to a stage show widely acknowledged as among the most exciting anywhere. And each remains as enthusiastic about the process as they have ever been.

INTOCABLE EVOLUCION TOUR 2023

August 5

Doors Open 7pm Tickets Start At \$53.50 INTOCABLE is one of the most influential groups in the Tejano/ Norteño music scene today. Their road to success began over twenty five years ago in Zapata,Texas, when friends Ricky Muñoz and René Martínez dreamed of bringing their songs to the world as they crafted

a unique and extraordinary style of music which expertly fuses Tejano conjunto music, Norteño folk rhythms, pop ballads and rock.

WOLF TRAP

The Filene Center at Wolf Trap 1551 Trap Rd Vienna, VA 22182 www.wolftrap.org

TROMBONE SHORTY & ORLEANS AVENUE ZIGGY MARLEY

June 17 7pm Tickets start at \$49 Where y'at? We know where you should be—at Wolf Trap for the hottest party of the summer! Reggae royalty Ziggy Marley takes the stage. The Big Easy's best musicians, Trombone Shorty & Orleans Avenue, then close out this jampacked night of stellar music. Blues legend Mavis Staples kicks off the exciting evening.

STRAIGHT NO CHASER

June 21 8pm

Tickets start at \$35 Straight No Chaser reinvents a cappella with style, swagger, and spirit. With merely microphones in hand the group belts out songbook staples, R&B smooth jams, and stadium anthems. Their popularity has led to over 100 million YouTube views and collaborations with Paul McCartney, Stevie Wonder, Elton



John, and Dolly Parton. California rock band Ambrosia rose to fame in the 1970s with hits "Biggest Part of Me," "Holdin' On To Yesterday," "Nice, Nice, Very Nice," and more. Their symphonic art rock sound fused with slickly produced pop has cemented them in the hearts of yacht rock fans galore.

STEVE MILLER BAND

June 22 8pm Tickets start at \$49 Steve Miller and his band planted their roots in the psychedelic-blues music scene of 1970s San Francisco, and their instantly recognizable tunes continue to captivate audiences today. Audiences won't be able to resist singing along to hits such as "The Joker," "Take the Money and Run," and "Fly Like an Eagle!" Blues guitarist Christone "Kingfish" Ingram opens the show.

DIANA ROSS July 1 8pm Tickets start at \$52 From "I'm Coming Out" to "Ain't No Mountain High Enough" and "Stop in the Name of Love,"— Diana Ross' iconic songs are the soundtrack of a generation. Don't miss the supremely talented performer when she returns to Wolf Trap for one night only.

TORI AMOS

July 5

8pm Tickets start at \$38

Tori Amos changed the landscape of music with her debut album Little Earthquakes (1992). Since then, the singer/songwriter and pianist has stolen the hearts of audiences with her raw lyrics, haunting soprano, and memorable melodies. The DCnative returns to Wolf Trap for the



first time in over 25 years with a set of favorites alongside songs from 2021's Ocean to Ocean.

UB40 45TH ANNIVERSARY TOUR

July 9 7:30pm Tickets start at \$33 Make sure your picnic includes a bottle of "red, red wine" for this show! UB40 celebrates 45 years of smooth reggae-pop sounds with a set jam-packed with fan favorites "Kingston Town," "(I Can't Help) Falling In Love With You," "Food For Thought," and of course—"Red Red Wine." Maxi Priest and Inner Circle kick off the evening.

NICKEL CREEK

July 23 7:30pm Tickets start at \$39 Nickel Creek, the renowned roots trio of mandolinist Chris Thile, violinist Sara Watkins, and guitarist Sean Watkins, stops by Wolf Trap on their long-awaited reunion tour. Grammy winner Aoife O'Donovan, a frequent collaborator of Sara Watkins and Chris Thile, kicks off the evening.

AMERICAN BALLET THEATRE GISELLE WITH WOLF TRAP ORCHESTRA

July 27 8:30pm Tickets start at \$28 An exciting new generation of American Ballet Theatre stars come to Wolf Trap for one of the world's most cherished ballets. A perfect fusion of music, movement, and drama, Giselle has been called "American Ballet Theatre's best, most moving classical production" (New York Post).

BIG TONY AND TROUBLE

FUNK

July 29

7:30pm Tickets start at \$28

The ambassadors of Go-Go music—the legendary Big Tony and Trouble Funk—star in The Go-Go Explosion featuring some of DC's best, including all-female band Bela Dona and "Hood Rock" collective Black Alley. If there was an official soundtrack for DC, essentials like "Let's Get Small," "Drop The Bomb," and "Pump Me Up" would be at the top of the list. Come celebrate this "proudly regional music born in the nation's capital" (Rolling Stone). �



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WOLF TRAP HAS HOT SUMMER AHEAD

By Keith Loria

STING September 1-2

The Wolf Trap Performing Arts summer season is going to be one to remember, as the Filene Center will be hosting some of the biggest names in music, including Sting, Diana Ross, John Legend and many, many more.

One of the goals of putting together any Wolf Trap season is to try to have something for everyone—music lovers of all ages and different musical genres.

"We are so lucky to be in the DMV and have so many populations from different backgrounds and we always think about our diverse community and have a three-person team with different areas of focus and expertise, working on reflecting everyone in our region," says Sara Beesley, director of programming at Wolf Trap. "We want to make sure we are celebrating all who are emblematic of music in America."

The Wolf Trap season kicks off with three nights featuring the Avett Brothers, May

25-27, which has become something of a tradition. Each show will be different and have a different opening act.

In June, John Legend plays at the beloved outdoor venue for two nights, June 2-3, with other highlights in the month including Charlie Puth (June 4), the Indigo Girls (June 7), Kenny Loggins (June 14), Trombone Shorty (June 17-18), the Steve Miller Band (June 22), and the team-up of Robert Plant and Alison Krauss (June 29).

The Out & About Festival, a two-day, threestage festival of music and nature headlined by Brandi Carlile will take place the weekend of June 24-25. Others appearing include Yola, Rufus Wainwright, Lucius, Celisse, Jake Wesley Rogers and Bad Moves.

"We haven't done a festival in over a decade, and we are celebrating LGBTQ artists and allies across the age spectrum," Beesley says. "We're also working with different partners who focus on supporting the



LGBTQ community and celebrating love, nature and music."

July kicks off with the immortal Diana Ross on July 1, with the iconic singer performing all of her and the Supremes' favorites.

Tori Amos plays on July 5, with the month also seeing incredible acts such as UB40 (July 9), Boney James (July 19) and Big Tony and Trouble Funk (July 29).

On July 12, Broadway's Christy Altomare, Shoba Narayan, Anneliese van der Pol and Syndee Winters join forces in "Disney Princess—The Concert," where the four will perform Disney classics, aided by music director Benjamin Rauhala and their enchanting prince, Broadway's Adam J. Levy.

Kids will also get excited about Kidz Bop on July 30, a pop concert where children performers sing some of today's biggest hits on stage, including "Anti-Hero," "About That Time," and "As It Was."

Regina Spektor and Aimee Mann share the





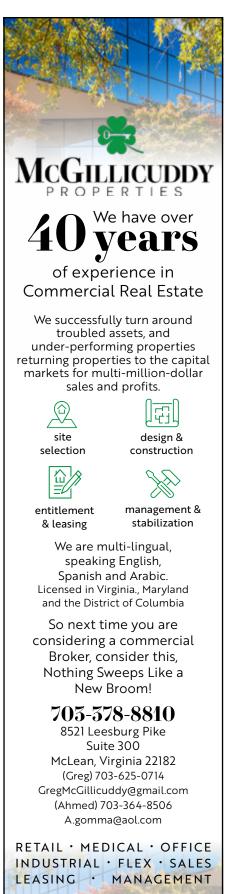
stage on Aug. 3, with other highlights of the month including Lyle Lovett (Aug. 5), Jason Mraz (Aug. 6), John Fogerty (Aug. 19), Jethro Tull (Aug. 24), Mary Chapin Carpenter (Aug. 26), and Train (Aug. 27).

September sees two of the greatest singers of all-time back at Wolf Trap. The iconic Sting plays two nights, Sept. 1-2, playing such classics as "Roxanne," "Message in a Bottle" and "Every Breath You Take." Then the legendary James Taylor and his all-star band will come to Wolf Trap for three nights and perform all of his big hits, Sept. 7-9.

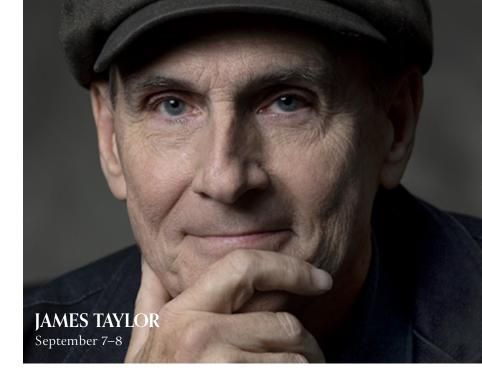
Fans of the '80s won't want to miss the double-bill of British new wave bands Squeeze and the Psychedelic Furs on Sept. 14.

Among the first-time performers this summer are Lauryn Hill (June 9), who will be celebrating the 25th anniversary of her acclaimed album, "The Miseducation of Lauryn Hill," and Mexican singer/ songwriter and 15-time Latin Grammy winner Natalia Lafourcade (July 20). International artists making Wolf Trap debuts include Indo-jazz supergroup Shakti





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(Aug. 23), featuring John McLaughlin and Zakir Hussain on their 50th anniversary tour, and eclectic Brazilian pop and samba artist Marisa Monte (June 30).

"We have an all-female programing team and it was really important to us to make sure we balance how often we are seeing women on the stage, and we have some great female artists, including Marisa Monte," Beesley says. "Natalia Lafourcade is also going to be an amazing night."

Wolf Trap will also celebrate the 50th anniversary of Hip Hop with two special programs—Masters of the Mic: Hip Hop 50 Tour featuring Big Daddy Kane, Doug E. Fresh, KRS-One, Rakim, Slick Rick, Roxanne Shante, and DJ Spinderella on Aug. 17; and Robert Glasper's Black Radio: A Hip Hop 50 Celebration, a Kennedy Center Hip Hop Culture collaboration with Wolf Trap on Sept. 9.

Children's Theatre-in-the-Woods' sevenweek season features the best in family entertainment including The Okee Dokee Brothers, Maryland Youth Ballet, Starr Chief Eagle, and more. Performances take place Tuesday through Saturday mornings at 10:30 a.m., June 20 through Aug. 5.

The National Symphony Orchestra summer residency features acclaimed violinist Hilary Hahn in her Wolf Trap debut on MAVIS STAPLES June 17



Aug. 4, Holst's The Planets with an HD film from NASA's space explorations (July 7), in addition to beloved NSO movie nights featuring Star Wars: Return of the Jedi in Concert (July 8), Jurassic Park in Concert (July 22), and two nights (July 14-15) celebrating iconic scores and scenes from Studio Ghibli, including Spirited Away, My Neighbor Totoro, and more, led by the composer himself, Joe Hisaishi.

No matter what sort of music you enjoy, coming to Wolf Trap this summer is just a perfect way to spend an evening with friends, family and loved ones.

"What's so beautiful about Wolf Trap is that it's really very visceral," Beesley says. "Parking is free, you can bring your own food and wine, and every experience and show helps to make it a quintessential summer. It really is a banger of a year."

For more information or to buy tickets, visit www.WolfTrap.org. �



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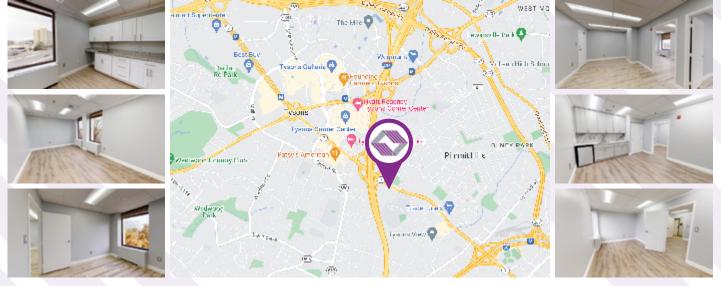
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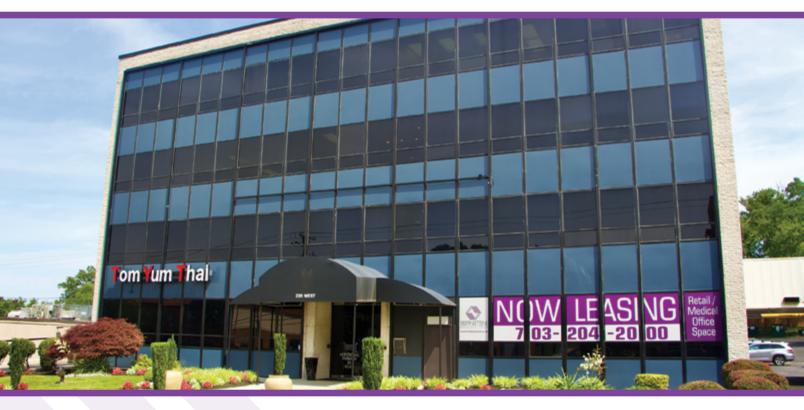
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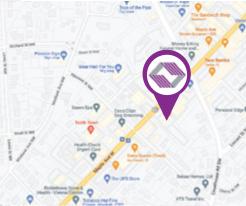


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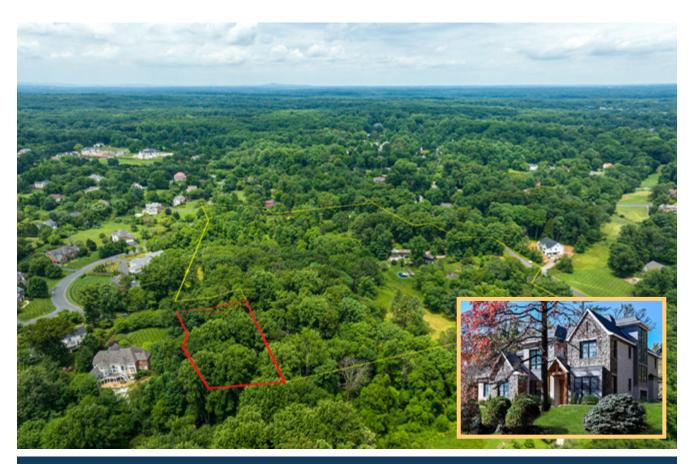
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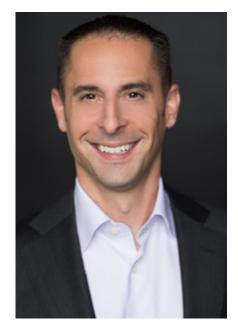
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Missy has grit and perseverance in her DNA and learned this about herself on the softball field as a youth. "When the going gets tough, the tough get going" and I've taken that to heart from the softball diamond to the real estate arena."

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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!



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Mackenzie Horne

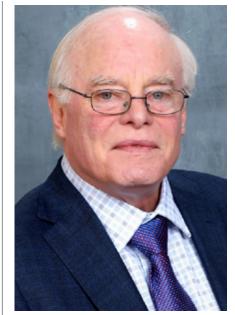
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Greg McGillicuddy McGillicuddy Commercial Properties, President

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.

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Photo credit: Mary Jeanne Cincotta

The Changing Face

Of the Dulles Corridor by Marcia McAllister

Any doubts that the Silver Line has begotten many changes?

Just take a ride on those trains now running through Tysons, Reston, Herndon, Dulles Airport and eastern Loudoun County. Gone are the dreadful service roads that used to line Route 7 and the mid-century low rise office parks, with acre after acre of paved parking lots.

Now these areas, including Tysons Corner, have lost the "corner", and are referred to as the "City of Tysons".

Reston has two commercial nodes—both at Silver Line stations. Big plans are unfolding

near the Herndon Metrorail Station. Innovation Center Metrorail Station anchors the toll road Route 28 corridor and the Loudoun/Fairfax border. Washington Dulles International Airport is expanding, and Ashburn Metrorail Station area is home to the world's largest concentration of data centers.

The changes have come based on decades of planning by local governments maximizing the potential of the Silver Line to become sought-after commercial centers and multipurpose areas where people can work, live, play and be connected by trains to Arlington, DC and Largo, Maryland.

The result is extraordinary for the users, the viewers and the regional economy. Recent data from Bisnow shows the Phase 1 Silver Line boosted office rates in Tysons, but data on impacts of Phase 2 are hard to find given the fallout from the pandemic and the delayed return-to-work. But there is plenty of enthusiasm for a positive future for the Silver Line corridor.

"You can see the economic development all around us," said Jack Potter, Airports Authority CEO.

"Its a catalyst for new jobs and a foundation for future growth", says veteran land use attorney Tony Calabrese, whose clientele have spanned the corridor. He is bullish about returning ridership post pandemic.

"The Silver Line runs through the county's most vibrant regions and is a testament to federal, state and local leaderships. The capital markets, public and private equity, the office, residential, industrial, hospitality, mixed use and data center industries have demonstrated support for an ongoing Silver Line commitment," he added.

"The coming expansion of United Airlines facilities at Dulles International and the Metropolitan Washington Airports Authority's decades-long determination to build the Silver Line will continue the push for communities that not only share sound economies, some of the nation's top employers and educational facilities but also save commuting time for family fun and relaxation."

Just check out the hotels, parks, Capital One Hall, and baseball, Pickleball at the Boro, historic spaces, restaurants, Tyson Galleria, Loudoun's wineries, Leesburg's outlets and antiques, Reston Town Center, Wolf Trap, Arrowbrook Trail and park in Herndon, pocket parks and the list goes on.

"Bringing the Silver Line to Tysons has been a game changer for the broader community, acting as a catalyst for smart and vibrant growth," said Capital One Center managing director Jonathan Griffith.





It is easy walking distance to the McLean Metrorail Station and the expanded Mitre Corporation is nearby. Block after block of high rise condos and apartments continue replacing older units along the edge of Pimmitt Hills, and the new beltway crossover that eases traffic.

Some property owners are converting commercial sites to residential. That's what is happening to the former Sheraton Hotel which not so long ago was Tysons' tallest building. Several car dealers on Route 7 will be demolished for workforce housing. At the same time, a long-awaited complex is rising adjacent to the Spring Hill Metrorail Station. Lerner Enterprises is building in the heart of Tysons, next to the Galleria.

Meanwhile, there is talk of a possible deal involving the dealership near Wendy's on Route 7 at Route 123 that could span major changes for that area near the Greensboro Metrorail Station. In addition, recent reports from Bisnow Washington reported that the Silver Line Phase1 has boosted office rents in Tysons.

Head west to Wiehle Reston East Station

(which was the end of Phase 1) where you will see Comstock's Reston Station development including Google offices, condominiums, CVS and a new luxury JW Marriott and Hotel Residence is coming soon at Reston Station. The Wiehle Reston East station area continues to attract tenants, but passengers have dropped because they can now board at the Ashburn Metrorail Station where Comstock also owns the Ashburn Station private development. The Old Ebbitt Grill, a modern version of DC's old treasure, is also coming there.

"The D.C. metro area is one of the top [metropolitan statistical areas] in the country, so you don't really have to tell other developers. They've got it", says Tim Steffen, CEO of Comstock Holdings. "There is a great deal of education. There is a great deal of income and thought that flows through the market."

Moving into Phase 2 of the Silver Line:

Earlier this month, regional real estate executives gathered at Comstock's Reston headquarters to focus on what's happening in the Reston/Herndon markets. The event was sponsored by Bisnow who promoted the event as a focus on the fast growing Herndon-Reston real estate market.

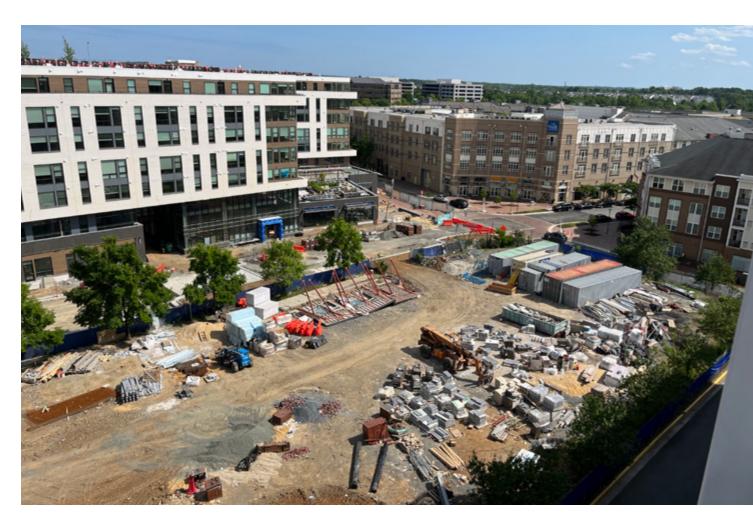
Lerner Enterprises' is building a mixed use development almost at the door of the Herndon Metrorail Station. The town of Herndon has detailed plans for that station. Near the Innovation Center Metrorail Station, development continues on the south side of the toll road and on the north of Center for Innovative Technology, but all eyes are on the future of Rivana, a 103-acre transit oriented development straddling the Loudoun-Fairfax line with about 1.8 million square feet of office, 2,000 multi-family housing units, retail, and banquet space proposed by Novais Partners and others.

"Looking for high-quality office space in a post-Covid environment, just one stop from Dulles International Airport, Rivana sets a new bar for mixed use developments and creates a new level of what is Loudoun Possible," says Buddy Rizer, the Executive Director of Loudoun Economic Development. A decision by Loudoun supervisors was pending at the time.

The International Airport at Dulles is home to the Dulles Airport Metrorail Station and has made changes to better serve its users. And a major expansion will soon begin.

The land near Loudoun Gateway Metrorail Station is restricted by airport height and noise regulations.

Ashburn Metrorail Station, at the end of the line, has already thriving office, retail and entertainment spaces in Comstock's Ashburn Station developments and is also near Brambleton and Moorefield communities. �



Mine Education that's

Fun for Everyday People

Little Washington Winery's Wine Education Classes allow everyone at every level to enjoy food and wine while learning about wine.

By Linda Barrett

I had heard great things about the weekend wine education classes offered by Carl and Donna Henrickson, owners of Little Washington Winery, and had to check it out for myself.

We signed up for the Vintners Table Learning Lunch where Donna provided a guided wine and food pairing exploring tapas-sized foods that took us through entrees, a cheese course, desserts and chocolate delicacies (from their own chocolate shop). Each food was paired with a different wine or port-style wine. We were more than full, and surprised by what did and wouldn't—pair well together. One of the most valuable take-aways was the Little Washington Winery's Cheat Sheet. It lists the type of wine, the main flavors associate with it and the perfect food pairings. Hang this in your kitchen and you'll never question which wine goes with what foods again.

Play Along for Discounts!

To encourage repeat visits, you'll receive a Passport. Check off wine education classes you attend—do any four and get 1 class free! We also played along with the Vino Trifecta Treasure Hunt. Visit their 3 tasting rooms (Little Washington Winery, Little







Washington BreWinery, and Wine Loves Chocolate), obtain a stamp or signature at each, and earn a Treasure Hunt Bag. Ours included a crystal Riedel Wine Glass, one ticket to a Foodie-U Wine Class, a stamp on your Foodie-U Passport (a \$100+ value!) and purchase discounts.

Back to the Beginning

Carl Henrickson explained how the idea for wine classes got started. "When we opened our winery in 2011, we wondered why people weren't arriving until after 2 PM. We figured out they were stopping at other wineries on the way here. So we decided to send out a marketing piece about our morning Wine Boot Camp. And yikes...1,700 people signed up," he exclaimed! "After we waded through those 1,700, people asked us 'What's next?' So in 2012, Donna created Foodie-U."

The wine school now offers around two dozen classes featuring two major orientations: wine-centric and food-centric. "We offer serious information, but set the tone for a little more casual atmosphere," Carl continued. "When people ask me 'Is wine so serious?' I answer, 'No, it's not serious. It's just a beverage! Do you like it or not?' That's the bottom line. If you do, buy it and enjoy it. This makes the enjoyment of wine accessible to everyday people."

Choose an in-person class led by either Donna or Carl, their winemaker, sommeliers or guest speakers, and enjoy a morning or afternoon with great wine and great people. Others at our table were working their way through ALL the classes!

Wine Education Classes

There is a tantalizing array of courses to suit every interest, with new ones appearing from time to time, driven by customer demand. But everyone should take **Wine Boot Camp**, the school's signature course on wines that Carl calls "Wine 301." It's filled with wine tastings, anecdotes and tidbits about wine that nobody else tells you about. (Note: In wine classes like Boot Camp, you get to drink a lot of wine, so Carl encourages you to bring along food or purchase some of their pre-packaged items for sale. (Feel free to enjoy it at the table.)

Other classes include Around the World in 80 Minutes, showcasing the finest wine regions in the world; Virginia Versus the World[™] pitting Virginia wines against international competitors in a blind tasting; The World's Iconic Masterpieces of Wine and their long histories; and classes featuring specific wine regions around the world. Test your taste buds in a tasting of Bordeaux-style wines in Guess the \$100 Bordeaux and see if you can guess the \$100 bottle. If you do, you can win your next Live Tasting free!

"One thing we constantly try to do is give you wine grapes and regions you've never heard of before, like a Merlot Corvina blend—I'll bet you've never heard of the Corvina grape!" Carl challenged.





FoodieU

FoodieU's tag line, "Straight talk in plain English all about enjoying food and wine," about sums it up. The classes are guaranteed to make wine tasting fun with their upscale foods that help you learn while you taste.

Courses include Cheeseology, on how to pair six categories of wines and cheeses; How to Pair Dessert & Wine, demonstrating how to get a perfect dessert and wine pairing every time; Anatomy of an Epic Nosh Board exploring the popular charcuterie board adventure; and Triple Threat—Chocolate, Cheese & Wine among the offerings.

Beer Education Classes

You're in luck if you like beer because the Little Washington school is offering beer classes (they have a brewery too) including **Beer Boot Camp** exploring the style differences and hottest trends of craft beer; **Beer Cheeseology** to discover what pairs best; **Choco-Brew Challenge**; and **Beer & Food Pairing**. Other things to do at the winery can include ordering a picnic for two, playing disc golf, wine retreats, Saturday concerts, and attending special events like the annual Winestock festival in May.

Sign Up for your Wine Education Classes

"We never have enough information about wine, but come because you enjoy wine," Carl encouraged. Classes are held usually twice a day on the weekends. View the list of courses at littlewashingtonwinery.com/ wineschool and sign up for the ones that pique your interest. Warning: they sell out quickly. Advance registration is required! �

Little Washington Winery at Skyline Vineyard 65 Clark Lane, Washington, VA littlewashingtonwinery.com

Little Washington BreWinery 72 Christmas Tree Lane, Washington, VA

Wine Loves Chocolate 353 Main Street, Washington, VA TREATING LIP AND TONGUE-TIES How do I find the best doctor for my child's tongue and lip tie frenectomy?



Not every frenectomy provider has the experience, skill, and knowledge to treat tethered oral tissues, but it can be crucial for both you and your child to find an experienced frenectomy provider to get the best post procedure outcome. Here are some tips for selecting a provider that specializes in frenectomies for Lip and Tongue Ties!

Considerations regarding Provider Skill for a safe and effective procedure:

Do they provide a 'small clip' of the tissue or a full release of the tether(s)? A small clip is not the same as a full release, and a full release is indicated for a good range of motion of the tongue and lip and total symptom resolution.

Do they have the highest level of proficiency and certifications from accredited laser dentistry organizations? Clinical training in the form of didactic education as well as hands on training is important for gaining the necessary skills required for safe and thorough removal of ties. Providers that have gone the extra mile to obtain their education, training and certifications from an accredited organization such as the Academy of Laser dentistry or World Clinical Laser Institute have a proven record of their knowledge and skill level. Advanced Proficiency and Master Level Status in Laser Dentistry are the highest level of certifications achieved by professionals. They have to go through the steps of didactic examinations, Case Presentations and Peer Case Reviews in oral and written format. This allows for review and critique of their diagnosis, treatment planning and short term as well as long term outcomes.

Do they have experience with a variety of age levels? Taking into consideration the experience and comfort level of each provider is important. Laser treatments of infants and toddlers is challenging on more than one level. A board certified pediatric dentist has years of additional training for landmarks, anatomy and physiology of infants, toddlers and children with special needs.

Do they have a background in infant feeding and lactation support? Knowledge of infant feeding and oral motor functional assessments are key to proper diagnosis and treatment. Hours of didactic education and examination of knowledge acquired is a long process that curates the provider's understanding of breastfeeding physiology as well as oral mechanics.

Considerations regarding provider protocols and support for bestlong term outcomes:

Do they provide aftercare wound instructions? Proper management of the healing is important to prevent reattachment of the tissue and to see optimal functional improvement after the procedure.

Do they have an Infant Care Team that supports communication and guidance post procedure? Having a designated person or infant team that coordinates with your other care providers, is easily accessible and can give you all the best tips for making your baby's frenectomy experience a positive one is so important!

Do they offer follow up appointments? Being seen for strategically timed follow ups to check progress with wound healing and successful aftercare at home is absolutely essential for the best long term outcomes.

Do they coordinate care with lactation support or feeding therapy for optimal support of both maternal and infant health and feeding? The frenectomy itself gives the lip and/or tongue the ability to have full range of motion, but translating that to the skill of feeding efficiently relies heavily on targeted functional support from infant feeding specialists such as lactation consultants or feeding therapists as applicable.

Do they consider the mouth-body connection and focus on neuromuscular regulation as well as optimal suck, swallow, breathe rhythmic coordination? Providers that understand the mouthbody connection are able to assess and impact the overall function and have excellent long term outcomes by collaborating with occupational therapists, physical therapists, chiropractors and infant massage therapists as applicable.

Resources for detailed pre-appointment research:

Smile Wonders strives to educate the families of frenectomy patients and spread awareness on all the ways that we can help promote optimal oral function and development. To learn more, read this article in its entirety on our website's blog page.

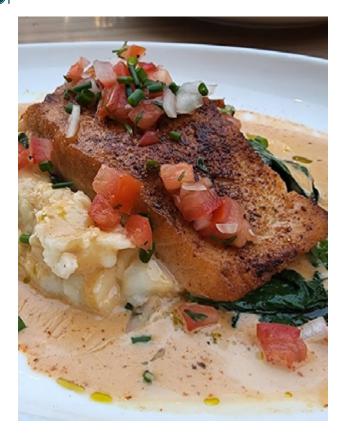
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▲ BAZIN'S ON CHURCH Vienna | American | \$\$\$

Set on historic Church Street in the heart of Vienna, Bazin's on Church continues to exceed the expectations of the town's discriminating diners. Chef Patrick Bazin's modern American cuisine is simply extraordinary. Stop in for a drink at the bar or a delicious meal in their comfortable and casual dining area. Reservations are strongly recommended. III Church St. | 703.255.7212 www.bazinsonchurch.com



▲ CAFE RENAISSANCE Vienna | French | \$\$

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

163 Glyndon St SE | 703.938.3311 www.caferenaissance.com



RISTORANTE BONAROTI Vienna | Italian | \$\$

Warm and romantic, Bonaroti's is a favorite of Italian fine dining patrons. Enjoy an extensive wine list and culinary creations made of the freshest and finest ingredients from Italy. There is everything from calamari to antipasti dishes and entrées of seafood, veal, and lamb. 428 Maple Ave E. | 703.281.7550

www.bonarotirestaurant.com



▲ NOSTOS Vienna | Greek | \$\$

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

8100 Boone Blvd. | 703.760.0690 www.nostosrestaurant.com



▲ PATSY'S AMERICAN Vienna | American | \$\$

Great beer and cocktail selections. The blue crab and shrimp fritters come highly recommended. French dip sandwiches, shoestring fries. You can't go wrong with this family chain by Great American Restaurants. 8051 Leesburg Pike | (703) 552-5100 www.patsysamerican.com



ZEFFIRELLI RISTORANTE ITALIANO Herndon | Italian | \$\$

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

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



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



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www.dolcevitaitaliankitchenandwinebar.com



▲ L'AUBERGE CHEZ FRANCOIS Great Falls | French | \$\$\$

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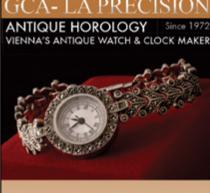
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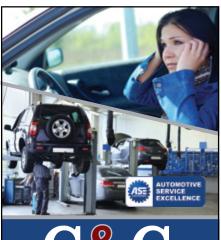
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Tysons Community Alliance Board



as the Organization's new Chief Executive Officer

by Marcia McAllister

Tysons Community Alliance has selected Katie Cristol to lead the organization as its first permanent Chief Executive Officer. Cristol will start with TCA on July 5, 2023, taking the reins from Acting CEO Richard Bradley who has been in the post since November 2021 leading efforts in the establishment and launch of the new community improvement district. Cristol announced in 2022 she would not seek reelection for another term on the Arlington County Board after her second term concluded this year. Cristol has served on the Board since November 2015 and served as its Chair in 2018 and 2021.

"We are thrilled to have Katie Cristol as the new CEO for the Tysons Community Alliance," said TCA Chair Josh White. "Katie has a proven track record of championing inclusivity, collaboration and community engagement. She is a well-respected leader and consummate professional with experience in catalyzing communities and urban management planning efforts in transportation, sustainability and economic development. We are thrilled to have her leading the organization as we continue to progress our work at the TCA and for Tysons."

"I am honored to be selected by the Tysons Community Alliance Board, and truly look forward to doing the work I love in our dynamic Northern Virginia region." said Cristol. "I'm compelled by the organization's focus on community building and inclusive, equitable economic growth, along with its vision for Tysons as a thriving regional downtown. Particularly exciting to me is how the TCA has already brought together the private and public sector and created a foundation of collaborative partnership on which to build. In the months ahead, we'll be growing the efforts already underway in coalition building and strategic planning, while starting to deliver tactical results and improvements for the Tysons community."

Providence Supervisor Dalia Palchik who championed for a community-based improvement district to be inclusive of residents, businesses and the public sector was equally pleased with the selection. She stated, "Katie Cristol will bring the necessary energy and broad approach to the TCA. She is an organized and strategic leader who knows how to move the needle to get key initiatives across the finish line. Her enthusiasm and ability to push projects forward within a collaborative environment will serve Tysons and the TCA well. We are thrilled to have her serve as the TCA's new CEO."

Cristol is a recognized leader in the region. In addition to serving on the Arlington County Board for eight years, she served on numerous boards including the Northern Virginia Transportation Authority and the Northern Virginia Transportation Commission where she also served as Chair. Additionally, she has served in leadership roles in the Virginia Municipal League, The Virginia Railway Express Operations Board and the Metropolitan Washington Council of Governments Human Services Policy Committee. She is a strong advocate for affordable housing, racial equity and women's issues. She holds a public policy master's degree from Princeton University and a bachelor's degree from the University of Virginia.

Cristol comes to the TCA as the organization is moving forward with key initiatives including a strategic plan, a market research study, and placemaking activation planning. The TCA has a full load of events it has already hosted with more in the works including its inaugural May Music Month at The Boro along with a planned summer music series and its popular monthly Connector Happy Hours. For more information on these events and others happening in Tysons visit tysonsva. org/events.

About Tysons Community Alliance

Tysons Community Alliance is a non-profit organization founded to promote economic and social development in the Tysons area. TCA actively works to foster collaboration and partnerships between members of the local business community, local residents, government, and non-profit organizations.

To learn more about TCA visit our website tysonsva.org. If you are interested in joining our mission to further transform Tysons into a vibrant, dynamic urban center, please contact info@tysonsva.org. *****









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