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Faces of Tysons

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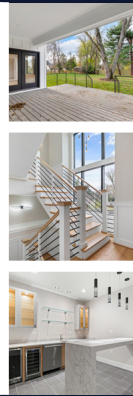
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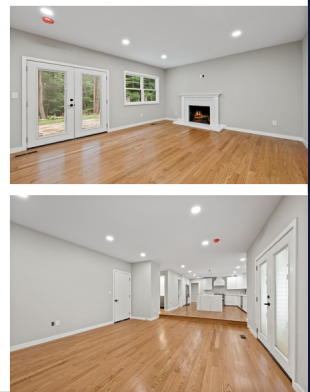
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Features

Women in Real Estate

Meet these successful women Realtors who have the courage to own who they are and have applied their vision to positively impact the world. These women in real estate know the importance of continual learning and have grown to achieve balance and perspective in all aspects of their lives.



The Legwarmers Turn Back Time With Music of the '80s

by Keith Loria

As someone who grew up in the '80s, I greatly appreciate the music of the time, and have long been impressed with how D.C.-based band The Legwarmers capture the style and uniqueness of that era.

From the electronic drum kit to the checkered vans and skinny ties, the Legwarmers relive the '80s with audiences whenever they take the stage.



Three Ways to Enjoy Maryland's Eastern Shore

By Linda Barrett

Looking to get out of town for a few days and can't decide what type of getaway to take? Why not combine your love of the water and in-town adventure with history and relaxation with a couple of days in Maryland's Eastern shore communities.



The Faces of Tysons

Filled with entrepreneurs, medical professionals, award-winning restaurateurs, and professional service providers, Tysons and the surrounding areas have access to individuals and companies that offer world-class exceptional services and results.

Get to know the faces of these small business owners that serve their community well.





And More . . .

- 8 Out & About**
See what concerts and events are taking place near you.
- 28 Premier Real Estate**
See new luxury listings in the real estate market.
- 30 Local Real Estate Experts**
- 38 Vienna Merchants**
- 39 Health**
What is the best time to get my baby's lip or tongue-tie frenectomy?
- 40 Taste**
Yellow Diner Set to Open in November
- 44 Beauty**
LightRx Tysons Reshapes Body Image





TYSONS P R E M I E R

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

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ON THE COVER

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BRANFORD MARSALIS QUARTET
October 17 & 18 | Wolf Trap

Out and About CONCERTS & EVENTS

1ST STAGE

1524 Spring Hill Road
Tysons, VA 22102
www.1ststage.org

THE CHOSEN

September 28 - October 15
General Admission Tickets \$55.00

Following a twice-extended run of *My Name is Asher Lev* in 2016—making it the most successful production in 1st Stage's history—1st Stage brings another Aaron Posner and Chaim Potok adaptation to the region. Adapted from the well-loved novel, this critically acclaimed play takes us on a journey with two young Jewish boys as they navigate the complexities of their relationships with each other, their families, and their religion. Set against the backdrop of 1940s Brooklyn, *The Chosen* is a timeless story about the universal struggles of growing up and finding one's place in the world.

CAPITAL ONE HALL

7750 Capital One Tower Road
Tysons, VA 22102
www.capitalonehall.com

C.S. LEWIS THE SCREWTAPE LETTERS

September 16 | Doors 3pm & 7pm
Tickets Start At \$53.00

The *ScrewTape Letters* is a provocative and wickedly funny theatrical adaptation of C.S. Lewis' novel about spiritual warfare from a demon's point of view.

The *ScrewTape Letters* creates a topsy-turvy, morally inverted universe, set in an eerily stylish office in hell, where God is called the "Enemy," and the devil is referred to as "Our Father Below." The play follows His Abysmal Sublimity ScrewTape and his slavish creature-demon Toadpipe as they train an apprentice demon, Wormwood, on how to ruin the life and damn the soul of an unsuspecting human on earth.

CRAIG MORGAN: GOD, FAMILY, COUNTRY TOUR 2023

September 23 | Doors 7pm
Tickets start at \$40.50

Country music hit-maker, author and Army veteran Craig Morgan will launch his headlining "God, Family, Country Tour 2023," in partnership

with Operation Finally Home and special guests The Reeves Brothers. Catch Craig Morgan live in Tysons, VA when he performs at Capital One Hall on Saturday, September 23.

Following his sold-out tour stop at Nashville's Ryman Auditorium last year, Craig is excited to bring his fan-favorite "God, Family, Country Tour 2023" back out on the road this fall. "I cannot wait to bring the GFC tour back out again this year and share our music with the greatest fans in the world," says Craig. "It was truly special performing in intimate venues last year and we just enjoyed it too much to not do another run."

TRIPLES: [AUTHENTIC] LOVELUTION

October 3 | Doors 6:30pm
Tickets Start At \$49.50

Recently debuted K-pop girl group tripleS garnered attention as the world's first decentralized artist. The 8 members of tripleS LOVElution will come to you live with the tripleS 1st World Tour [Authentic] LOVElution in Tysons, which will be held on October 3 at the Capital One Hall.



Proving their capabilities as rookie monsters, tripleS LOVELution is ready to take center stage on their first world tour starting from the U.S. They have showcased their presence through special performances combined with beautiful melodies. The unit is expected to showcase lovely pop-genre music.

PAT MCGEE BAND WITH JOHN POPPER OF BLUES TRAVELER

October 14 | Doors 6pm
Tickets Start At \$35.00

We Rock Cancer presents their annual benefit concert at Capital One Hall - join us for Pat McGee Band with John Popper of Blues Traveler.

Doors open at 6:00PM for skin screenings in the Atrium.

CREATIVE CAULDRON

410 South Maple Avenue, Retail 116
Falls Church, VA 22046
www.creativecauldron.org

MONARCH: A MEXICAN-AMERICAN MUSICAL

October 5 - 29
Tickets

Tier One \$50, Tier Two \$40,
Students \$25

Monarch follows the journey of dreamers and undocumented immigrants who live and work in this country, but still must remain in the shadows. After 20 years of running a successful workshop in the US, beloved handyman Luis becomes the relentless focus of ICE Officer Castelo. Fearing for his future, Luis seeks sanctuary in a local church where memories abound of the Monarch sanctuary in Mexico where he met his wife. Like the Monarch butterfly, Luis is determined to follow his fate-defining journey.

JAMMIN' JAVA

227 Maple Ave E
Vienna, VA 22180
www.jamminjava.com



Photo courtesy of Capital One Hall

SHENANDOAH RUN

September 16 | Doors 5:30pm
Tickets Start At \$20.00

Shenandoah Run is comprised of founder Bob Melissinos (vocals and guitar), Jill Nelson (vocals, guitar and percussion), Ben Hamblin (vocals and guitar), Renee Moyer (vocals and percussion), Leslie Smile Hoyle (vocals and fiddle), Joe Dickey (banjo), John Werntz (bass), Jim Johnson (vocals, guitar, mandolin).

With a winning blend of voices and instruments, our performances attract large, often "sold out" audiences of as many as 1,200 patrons. For events such as summer concert series, SR regularly attracts some of the largest audiences the venues have experienced.

DANIEL CHAMPAGNE

October 1 | Doors 5:30pm
Tickets Start At \$25.00

One reviewer recently wrote "Daniel Champagne exudes a natural ease on stage, as he sings poignant lyrics and beautifully crafted melodies that invariably whisk the heart up with grand romanticism. Coupled with an exhilarating guitar talent that transcends mere acoustic playing to replicate a whole band, Champagne must be seen to be believed"

TOBY LIGHTMAN

October 20 | Doors 6pm
Tickets Start At \$22.00

Through her sultry vocals and soothingly epic productions,

the album focuses on themes of womanhood; the trials of becoming a mother while struggling through infertility and loss. In her relatable songwriting, and her epically glorious productions, Lightman confidently sings encouragingly to herself through her own personal hard times, while reeling her listener in with messages of strength, support and comfort.

NEXTSTOP THEATRE

269 Sunset Park Drive
Herndon, Virginia 20170
www.nextstoptheatre.org

THE 39 STEPS

September 8 - October 8
General Admission Tickets \$45.00

To celebrate the 10th anniversary of the beginning of NextStop, we are remounting the very first production we ever presented as a professional theater! The 39 Steps is an hysterical comedy based on one of Alfred Hitchcock's first hit films. It is the thrilling saga of a handsome, yet unassuming gentleman who gets swept up in the high stakes world of international espionage.

RESTON COMMUNITY CENTER THE CENTERSTAGE

2310 Colts Neck Rd.
Reston, VA
www.restoncommunitycenter.com

A CONVERSATION WITH



Photo courtesy of Jammin' Java



SHENANDOAH RUN
September 16 | Jammin' Java

**MANDY PATINKIN AND
KATHRYN GRODY -
MODERATED BY THEIR SON
GIDEON GRODY-PATINKIN**

September 30 | 3pm & 8pm
Tickets

Reston \$40.00, Non-Reston \$60.00

He's a star of TV, stage and film. She's an award-winning actress and writer. Together on social media Mandy Patinkin and Kathryn Grody shared hilarious nuggets of their "uninterrupted togetherness," thoughts on marriage and hundreds of other topics, entertaining millions during the COVID shutdown. Now they are hitting the road with A Conversation with Mandy Patinkin and Kathryn Grody, moderated by their son Gideon Grody-Patinkin, a live in-person visit full of family stories, professional anecdotes and glimpses into their 40-plus years of mostly marital bliss.

**SCREENING OF "WE FEED
PEOPLE" WITH PRODUCER
NATE MOOK**

October 16 | 7:30pm
Tickets

Reston \$15.00, Non-Reston \$20.00

"We Feed People", from Oscar-winning director Ron Howard, spotlights renowned chef José

Andrés and his nonprofit World Central Kitchen's incredible mission evolution over 12 years. The film follows them from being a scrappy group of grassroots volunteers to becoming one of the most highly regarded humanitarian aid organizations in the world relief sector. This screening will be followed by a discussion with one of the executive producers, Restonian Nathan Mook.

THE STATE THEATRE

220 N. Washington St
Falls Church, VA 22046
www.thestatetheatre.com

CHERRY POPPIN DADDIES

September 16 | Doors 7pm
Tickets \$25.00

The Daddies' music is primarily a mix of swing and ska, contrastingly encompassing both traditional jazz-influenced variations of the genres as well as contemporary rock and punk hybrids, characterized by a prominent horn section and Perry's acerbic and innuendot-laced lyricism.

THE LEGWARMERS

September 23 | Doors 8pm
Tickets \$25.00

Washington DC's Premier 80's

Tribute Band.

Judging from the huge response we get every time they're here, a lot of you find the same guilty pleasure we do in reliving the 80s. The big hair. The lacy ankle socks. And the music!

You thought it was a forgettable decade, but the Legwarmers (great accessory, great band name) will make you remember each and every hit. Come out and Safety Dance like it's 1985.

GONDWANA

October 7 | Doors 7pm
Tickets \$33.00 Advance
\$37.00 Day of Show

Gondwana brings forth a fresh blend of Latin and Jamaican rhythms among other influences such as Rock n' Roll and soul. With pulsating energy and a smooth, original sound, eight polished musicians are the soul of Chile's number one reggae band.

WOLF TRAP

www.wolftrap.org

The Filene Center at Wolf Trap
1551 Trap Rd
Vienna, VA 22182

SQUEEZE

THE PSYCHEDELIC FURS
September 14 | Gates Open 6pm



Tickets Start at \$49.00

Talk about a tempting line-up! British New Wave heavy hitters Squeeze ("Tempted," "Pulling Mussels (From the Shell)") team up with The Psychedelic Furs ("Love My Way," "Pretty in Pink") for an evening that is "Cool for Cats."

RAY LAMONTAGNE

September 17 | Gates Open 6:30pm

Tickets Start At \$39.00

Master songwriter Ray LaMontagne creates folk songs that are alternately lush and intimately earthy. Taking inspiration from Laurel Canyon-era greats like Stephen Stills, Richard Manuel, and Rick Danko, LaMontagne weaves together lyrics and music full of heart and soul. Many of his songs, including "You Are the Best Thing," "Let It Be Me," and "Be Here Now" have been featured on countless hit shows such as Bones, Criminal Minds, House, ER, and One Tree Hill. Kentucky singer/songwriter Tomberlin opens the show.

The Barns at Wolf Trap

1635 Trap Road

Vienna, VA 22182

ANDY SUMMERS OF THE POLICE

October 13 | Doors 6:30pm

Tickets Start At \$58.00

Andy Summers, renowned member of The Police and one of Rolling Stone's top 100 guitarists, brings his unique blend of music, photography, and literature to The Barns with The Cracked Lens + A Missing String tour. Fans don't need to worry about "standing so close" to the Rock and Roll Hall of Famer in the intimate setting at The Barns as he sequences photographs and his signature guitar style and music in a captivating evening.

MAGPIE: A 50TH ANNIVERSARY CELEBRATION

October 14 | Doors 6:30pm

Tickets Start At \$34.00

Folk music fans rejoice! Stalwarts of the DMV scene for decades, Magpie celebrates their 50th anniversary by



Photo courtesy of McLean Project for the Arts



MPAARTFEST 2023
October 1 | McLean Central Park

showcasing their stirring harmonies and moving instrumental arrangements at The Barns. Magpie's versatile compositions blend blues, swing, folk, and country music with the instrumentation of the mandolin, harmonica, dulcimer, and concertina to create a unique sound on stage.

BRANFORD MARSALIS QUARTET

October 17 & 18 | Doors 6:30pm
Tickets Start At \$68.00

National Endowment for the Arts Jazz Master Branford Marsalis shares his signature contemporary saxophone sound at The Barns. As the eldest son of "the first family of jazz," Marsalis thrives in the national spotlight: writing for stage and screen, acting in Hollywood, and leading the Tonight Show Band. Adept as a soloist and a bandleader, Marsalis and his Quartet turn The Barns into a lively jazz club for two special performances.

FESTIVALS & OKTOBERFESTS

PERCHFEST

September 15 – 17

Capital One Center
1805 Capital One Dr

Tysons, VA 22102
www.capitalonecenter.com

Capital One Center's weekend festival returns September 15th-17th featuring putt putt, local music, craft beer from Starr Hill Biergarten, fitness classes, Shop Made in VA & community vendors, and so much more. New this year: the inaugural Perch Putt Open will kick-off the weekend festivities on September 15th.

FALLS CHURCH FESTIVAL

September 23 | 10am – 4pm

City Hall and
Community Center Grounds
300 Park Ave.
Falls Church, VA 22046
www.fallschurchva.gov

Our 47th Annual Falls Church Festival returns to The Little City in 2023! This family-fun event features The Taste of Falls Church, a beer garden, live music, children's entertainment, and booths from local crafters, businesses, and civic organizations.

RESTON MULTICULTURAL FESTIVAL

September 23 | 11am – 6pm

Reston Town Center
Performances in the Pavilion and

Reston Town Square Park
www.restoncommunitycenter.com/mcf

The Reston Multicultural Festival is a celebration of Reston's diversity and community spirit. This annual event brings together the people of Reston to celebrate our rich medley of cultures.

OKTOBERFEST AT THE BORO

September 23 | 2pm – 5pm

8350 Broad Street
Tysons, VA
www.theborotysons.com

Our annual Oktoberfest is returning to The Boro! Join us in celebration of our favorite fall traditions including specialty German food from local food trucks, a biergarten featuring pumpkin and other traditional beer favorites from local breweries, a steinholding competition, a polka band, family activities and giveaways!

MOSAIC FALL FEST

September 23 & 24 | 11am – 6pm

Mosaic
District Avenue
Fairfax, VA 22031
mosaicdistrict.com

Join us for a weekend of fun-filled activities for the whole family. In partnership with URBNmarket and



FRESHFARM; Mosaic District will transform into a vibrant outdoor festival with over 90 handmade and vintage vendors, special performances, and an array of activities for the entire family.

MPAARTFEST 2023

October 1 | 10am – 4pm

McLean Central Park
1468 Dolley Madison Blvd
McLean, VA
www.mpaart.org

During MPAartfest, McLean Central Park is transformed into a lively landscape of mini art galleries showcasing and offering for sale the work of juried artists from throughout the mid-Atlantic region. This FREE event features contemporary art, live music throughout the day from some of the DC-area's best musical talents, a Children's Art Walk, food vendors, and much more!

VIENNA OKTOBERFEST

October 7 | 11am – 7pm

Historic Church Street
Vienna, VA
www.viennaoktoberfest.org

Celebrate Oktoberfest in Vienna, VA with great food, vendors, music & entertainment, plenty of kids activities and, of course, our top, locally-sourced beer and wine selections! The festival has historically drawn 25,000-30,000 attendees and increases each year!

47TH ANNUAL FALL FESTIVAL

October 14 | 10am – 5pm

After Fest Concert
5:30PM - 8:30PM

Old Town Fairfax
www.fairfaxva.gov

The annual fall festival brings more than 400 arts, crafts, information, food & gourmet food vendors, children's activities, three stages of music and entertainment for all ages to historic Old Town Fairfax. ❖

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BEFORE



AFTER



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– KELSEY S.



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– RAMIREZ F.



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Since earning his doctorate from the Medical College of Virginia, Dr. Makarita has continually upgraded his skills and knowledge with continuing education so he can always bring you the most advanced options for all your dental needs.

About Dr. H.R. Makarita

- **Accredited Fellow**, American Academy of Cosmetic Dentistry
- **Master**, Academy of General Dentistry
- **Master**, International Congress of Oral Implantologists
- **Master**, Las Vegas Institute for Advanced Dental Studies



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Women **in REAL ESTATE**

Meet these successful women Realtors who have the courage to own who they are and have applied their vision to positively impact the world. These women in real estate know the importance of continual learning and have grown to achieve balance and perspective in all aspects of their lives.



Jessica Avila

Knowledge. Experience. Trust.

Jessica specializes in luxury rentals and sales. Born and raised in Northern Virginia, she has a keen understanding of the area. She received her BS from George Mason University in Biochemistry and MBA from the University of Miami in Business. Jessica has over a decade of experience in senior management and sales roles. Her real estate career started in New York City then COVID rooted her back to Northern Virginia. Jessica's diverse experiences have made her a savvy salesperson and negotiator which is of great benefit to her clients.

Jessica finds building enduring relationships with her clients to be one of the most enjoyable aspects of her role.

She speaks Spanish and English fluently. In her spare time, she enjoys spending time with family, Pilates and traveling.

Real estate is one of the most important investments you'll make in your life. Jessica believes that with trust, knowledge, and experience, she can help you make a confident, informed decision in your next real estate venture.

🌐 www.margenau.com

📞 703-827-5777

📍 8478 Tyco Rd
Vienna, VA 22182

CaseyMargenau
Fine Homes & Estates



Jane Webb

Knowledge. Experience. Trust.

Jane Webb is an experienced agent with 18 years under her belt. She works closely with her clients and makes sure that they feel like family to her, buyers and sellers alike. Jane is sharp as a tack and knows the market like the back of her hand; you would be hard pressed to find an agent as knowledgeable as Jane. She is widely known among her colleagues as a bright and fun woman who always has a smile on her face and warmth in her heart. Behind the curtain of warmth, she's savvy and highly skilled when dealing with any type of negotiation from start to finish.

As a 'military brat' she has lived in many places to include Northern Virginia, while her father was stationed at the Pentagon for two tours. After spending 22 years in Texas, she returned to Northern Virginia in 2003 and has worked side by side with Casey Margenau since that time.

Jane's favorite quote is "Wonderful things cannot happen unless you are willing to take a chance"

🌐 www.margenau.com

📞 703-827-5777

📍 8478 Tyco Rd
Vienna, VA 22182

CaseyMargenau
Fine Homes & Estates



Missy Whittington

Seize the Day!

With just a few years under her belt, Missy Whittington has sold over \$12M in homes, serving clients in Northern Virginia. She entered the real estate market after having a career in accounting and finance, and attributes her work ethic as a key component to her success. "My father and mother taught me the meaning of commitment and what it takes to perform on the job at a high level. My youth softball coaches taught me the meaning of hard work and going above and beyond to see superior results, and my teammates showed me how to make others around you better athletes and better people. I've taken all of this to my business at Samson Properties, showering my clients with exceptional client care."

SPECIALTIES

- 🏠 HER ABILITY TO TURN PROPERTIES INTO HOMES AND CLIENTS INTO LIFELONG PARTNERS
- 🏠 A DEEP UNDERSTANDING OF THE EMOTIONAL AND FINANCIAL SIGNIFICANCE OF REAL ESTATE TRANSACTIONS

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📍 361 Maple Avenue W #100
Vienna, VA 22180

SAMSON
PROPERTIES



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

- 🏠 PASSIONATELY COMMITTED TO HER CLIENTS
- 🏠 NEGOTIATIONS 🏠 COLLABORATION

🌐 www.mackenziehorne.com
📞 571-594-9136
📞 703-738-9577
✉ mhorne@mcenearney.com





Lori Shafran

Over 100 Years of Real Estate Tradition

With over 35 years of career experience in residential real estate sales, luxury home sales and marketing, office leasing and real estate settlement services, Lori has in-depth knowledge and experience in the Northern Virginia housing market and provides her clients with a comprehensive level of support in buying or selling their home. In every real estate transaction, her focus is to meet and exceed the needs of her clients. She is committed to providing personalized sales support with attention to detail and responsive service—working closely with each buyer or seller to carefully understand their specific goals and needs of home ownership. Whether the purchase or sale is a single-family home, townhouse or condominium, she provides clients with the information they need to make wise investment decisions in buying or selling a home.

SPECIALTIES

🏡 LUXURY RESIDENTIAL SALES SPECIALIST

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📠 703-790-3330

📍 1309 Vincent Place
McLean, VA 221010



Dianne Van Volkenburg

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

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The Legwarmers Turn Back Time

With Music of the '80s

By Keith Loria

Photo by: Mike Stone

As someone who grew up in the '80s, I greatly appreciate the music of the time, and have long been impressed with how D.C.-based band The Legwarmers capture the style and uniqueness of that era.

From the electronic drum kit to the checkered vans and skinny ties, the Legwarmers relive the '80s with audiences whenever they take the stage.

Taking on the alter egos of Roxy Rio (vocals), Chet (vocals/bass), Johnny (guitar), Gordon (guitar), Lavaar (drums), Pondo (keys) and Clarence (tenor sax), the Legwarmers deliver some of the best '80s music on the East Coast, and bring audiences back in time with all the favorite tunes from the decade. There's even a backstory for each of the characters' bio on their website.

Cathy DiToro, who performs as Roxy on stage, has been playing in cover bands around the DMV ever since college, and was recruited to be part of the Legwarmers more than eight years ago.

"The band has been around for about 20 years but they were looking for a new female lead and it was totally life changing for me," says the singer, who was born in 1985. "I've always wanted to make a living doing music and I didn't know how I would be able to do that here, but I was able to quit my day job and go full-time with them."

A typical Legwarmers concert will feature a set list that includes a diverse collection of songs such as A-Ha's "Take on Me," The Bangles' "Manic Monday," Blondie's "Call Me," Cyndi Lauper's "Girls Just Want to Have Fun," and Guns N' Roses' "Sweet Child O' Mine."

“There are certain songs and artists that have to be played; people get annoyed if we don’t play Journey, Bon Jovi, Madonna,” DiToro says. “While we only do one song per artist, we will mix it up and do different songs.”

Popular artists such as Bruce Springsteen, Pat Benatar, Prince, U2 and many, many more also get the cover treatment.

“It’s the nostalgia factor that audiences resonate with most,” DiToro says. “That’s one of the most powerful feelings, whether it’s a site, a smell or audibly for the music. The ’80s had lasting power musically as a decade, and people want to hear the stuff they connected with when they were in high school, which is one of the most influential times of one’s life.”

The Legwarmers don’t just relive the music, but take people back in time with costumes, props, and even what they say on stage.

“We do a really good job of creating an experience for them and we take what we do really seriously,” DiToro says. “We have a lot of fun with it, and that comes through, which has helped us have a lasting power in the area and keeps us selling really well.”

Upcoming shows in the DMV include gigs at the State Theatre on Aug. 19; in the new Loudon Station Metro on Aug. 26; and Rams Head Live in Baltimore on Sept. 9. The band will also travel to Norfolk, Dewy Beach, Philadelphia and do a lot of private events all over the country.

“We travel and play all these cool rooms,” DiToro says. “We put on a really high-energy show and you can tell we’re excited about what we do. We bring fun and memories to people, and what more could you ask for.”

Although she was only 5 when the ’90s started, the singer had older siblings who taught her the ways of ’80s music, and she credits them with helping her become a fan early in life.

“I connected with music at a really young age,” DiToro says. “My mom’s a piano teacher and my dad plays guitar and my whole family sings. I was like that weird little kid who could remember all the words to songs off the radio, and my earliest memories of music are the ’80s—the stuff my brother and sisters liked.”

So, performing in an ’80s band is special to her because of her history and ties to the music.

Being a member of the Legwarmers has also allowed DiToro to concentrate on her original stuff more because she doesn’t have to worry about that day job anymore. And she’s also part of a 2000 tribute band called So Fetch.

As a solo artist, recording under DiToro, she’s opened for SmashMouth and Letters to Cleo, playing ’90s alt-rock inspired tunes. She also runs a nonprofit for women in music, which is a passion for her.

“I want to pay it forward and help other people break into the music scene, because my journey has been pretty cool,” she says. “People think that going full-time in music isn’t possible, but we live in an area where it actually is.”

For more information on the Legwarmers, visit www.thelegwarmers.com. ♦



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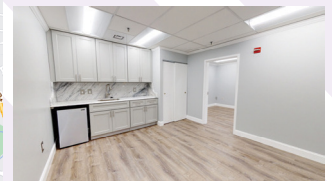
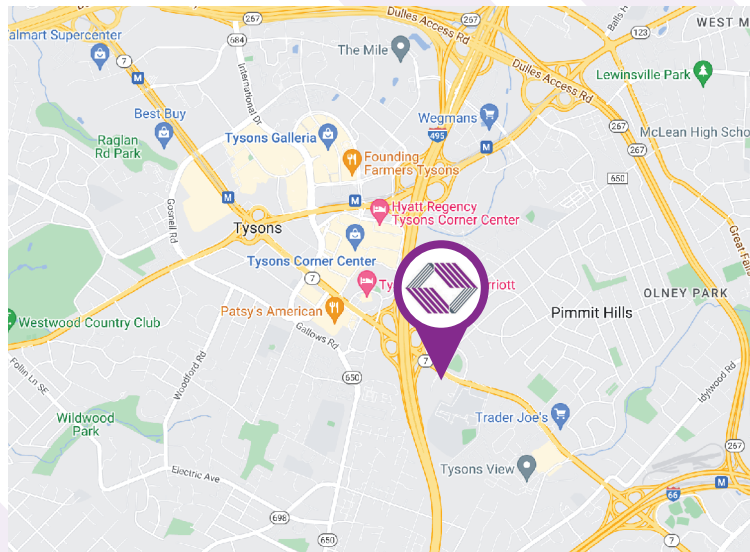
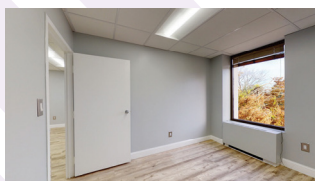
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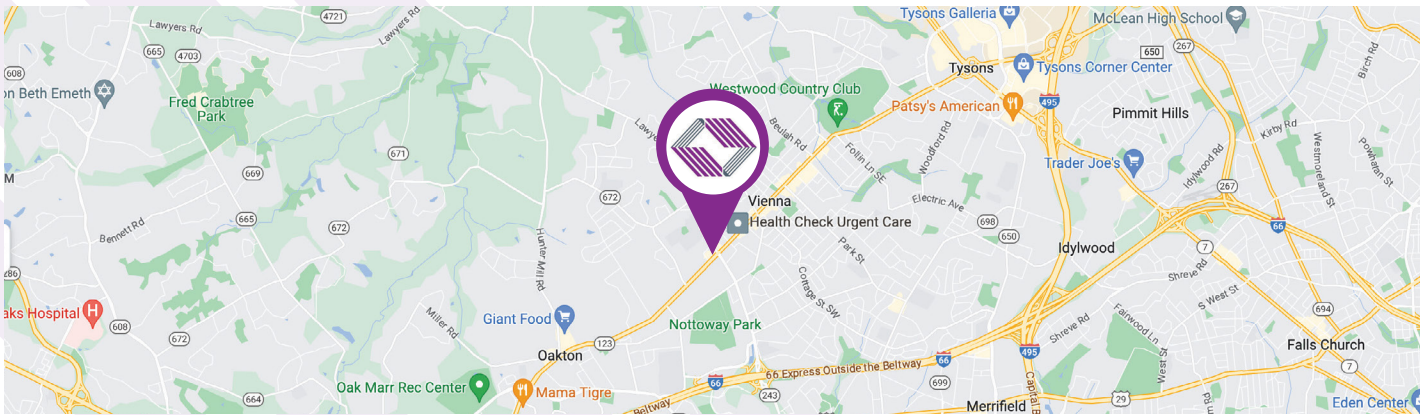
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Three Ways to Enjoy Maryland's Eastern Shore

By Linda Barrett

All photos by Linda Barrett



Looking to get out of town for a few days and can't decide what type of getaway to take? Why not combine your love of the water and in-town adventure with history and relaxation with a couple of days in Maryland's Eastern shore communities.

On the Water

Just across the Bay Bridge about 20 miles from Annapolis, a trip to **Kent Narrows** offers a day or two filled with water and seafood.

Plan a trip aboard Captain Jason Seman's boat "**The Marylander**" for a fishing or sightseeing charter. Leave from the Kentmorr Marina and to get up-close views of the Thomas Point Shoal Lighthouse or to try your hand at catching the local rockfish.

After returning to shore, relax with a glass of artisan wine and a charcuterie board at **Love Point Vineyards and Winery** in Stevensville. The winery has an expansive lawn overlooking the Chester River. Then if you still have energy, getting your shopping fix at the 65+ stores of the **Queenstown Premium Outlets**.

In the mood for seafood? For dinner, dig into the famous Maryland crabcakes (shipped nationwide) at **The Narrows Restaurant**. Don't forget to try the local desserts!



After a fun day on the water, wind down your day with a stay at the **Holiday Inn Express** in Grasonville. Enjoy the waterfront pool, walk off your meal on the 6.5-mile linear park, or sit in the hotel's gazebo to watch the sun set over the Bay.

The next morning, breakfast at **Dessert First**, a dockside coffee and dessert bar located near the **Chesapeake Heritage & Visitors Center** and Ferry Point Park. Select from delectable pastries or egg dishes accompanied by hot or iced coffee from local roaster Rise Up Coffee.

While you're here, take a moment to visit the adjacent outdoor art installations featuring striking images of the Chesapeake Bay through the 20th century, and learn a little about the Oyster and Crab trade. It is located on the docks outside **Harris Crab House & Seafood Restaurant** and the **Harris Seafood Company**—home to the last commercial oyster house in Maryland. Keep an eye out for "Chessie," the local sea monster.

In Town

Ready for some in-town adventure? Head over to **Denton** to explore its Maryland-designed Arts and Entertainment District. Pop into **The Foundry Gallery and Gifts** to see works by local artists. We were happy to meet artist Kaitlyn McNeil on our visit, whose art is currently on display.

Next, visit the **Fiber Arts Center**, the region's premier resource for fiber artists and fiber art enthusiasts—the only one of its kind on the East Coast. Browse the large library, take a class in quilting (advance registration), or view the latest exhibits.

Lunchtime should include a visit to the **Craft Bakery** where owner Bri Rutkowski cooks up some of the freshest and most innovative sandwiches and pastries.

While in Denton, explore the **Byway Quilt Trail** honoring the Underground Railroad. Throughout the town and county, look for the 16 quilt block replicas on or near historic structures along the Harriet Tubman Underground Railroad Byway. Pick up a trail map for quilt block locations.

A trip to Denton should include a stop at the **Adkins Arboretum** in Ridgely (hint: there's a quilt block here). Wander the 400-acre native garden and preserve, explore the labyrinth, get up close with turtles and birds, and take a selfie at the gnome home.

In the afternoon, head out to **Easton** for a luxurious overnight stay at the **Tidewater Inn**. Built in 1949, the 86-room Inn serves as a beautiful getaway and wedding venue in the heart of town. You'll be able to walk to the many specialty shops in the neighborhood. The Tidewater Inn also offers the nearby Tidewater House, a historic 1874 mansion restored to offer 5 suites and a guest room—perfect for groups, reunions or bridal parties.

You can dine at one of the dining rooms at the Tidewater Inn, but we recommend heading out to the restored 19th-century house hosting the **Out of the Fire Restaurant**. Here you'll enjoy creative cuisine using ingredients often sourced from the owner's own farmette and local producers. Enter the restaurant and notice the wonderful aroma from the stone oven pizzas. Or order one of the daily specials.

The next day, explore Easton's history through the Talbot Historical Society at the Mary Jenkins House, the oldest frame house in Easton. See if you can get on the **walking tour** of historic Easton to learn its fascinating history and problems with fires (check for tour dates). Easton was founded by Quakers and still features buildings dating back to 1711, old taverns and a mill. Don't miss a visit to the **Academy Art Museum**, located in a renovated 1820 schoolhouse.

In the afternoon, take a side trip over to **Oxford** and lunch at **Doc's Sunset Grille** waterfront restaurant. And if you liked exploring the quilt trail, try your luck at the Oxford Fence Trail, where local artists have painted colorful scenes on four-picket sections of Oxford fence and mounted them around town.

Or to head directly to St. Michaels, lunch at the family-owned **Galley Restaurant** and finish the afternoon with a visit to the **Chesapeake Bay Maritime Museum** to explore world-class, hands-on exhibitions of boating and oystering history, a screwpile lighthouse and on-the-water experiences. The facility also houses a workshop where shipwrights build and restore boats. The new 12,000 square foot Welcome Center is slated to open October 2023.

Just Relaxing

After a full day of shopping and history, it's time for a quiet retreat, and you can't beat the sumptuous rooms and breakfast of the historic **Whitehaven Hotel B&B** and gift shop in Quantico. The hotel was built in 1810 as a roadhouse or private home and opened as a hotel in 1877 to serve steamship passengers and salesmen taking the adjacent Whitehaven Ferry. Sit back in the rockers on the porch overlooking the Wicomico River, take the kayaks out for a river tour or wander through the tiny town to admire the architecture. The themed rooms are all different and outfitted for comfort.

For dinner, head into nearby Salisbury for inspired coastal cuisine at **Mogan's Oyster House**. Chef Allison Porter pays special attention to the seafood culture of the Eastern Shore and the Chesapeake Bay. Try the Crab Cake or Newburg Mac and Cheese, and don't miss the Sticky Toffee Pudding for dessert.

If the schedule works out, enjoy a minor league baseball game with the **Delmarva Shorebirds**, a single-A affiliate of the Baltimore Orioles.

There is so much to explore and do in Maryland's Eastern Shore. You'll have to come back again and again. ❖

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Tidewater Inn
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Whitehaven Hotel
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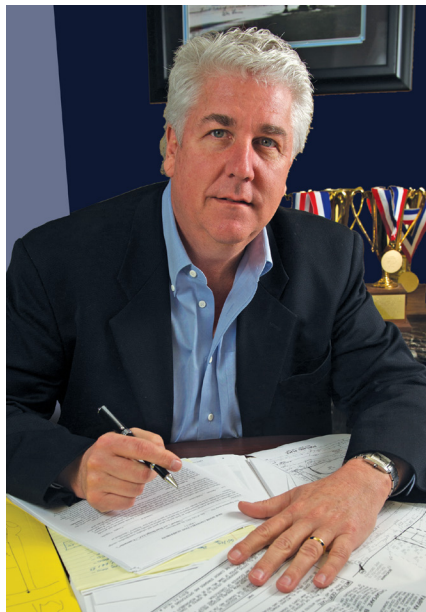
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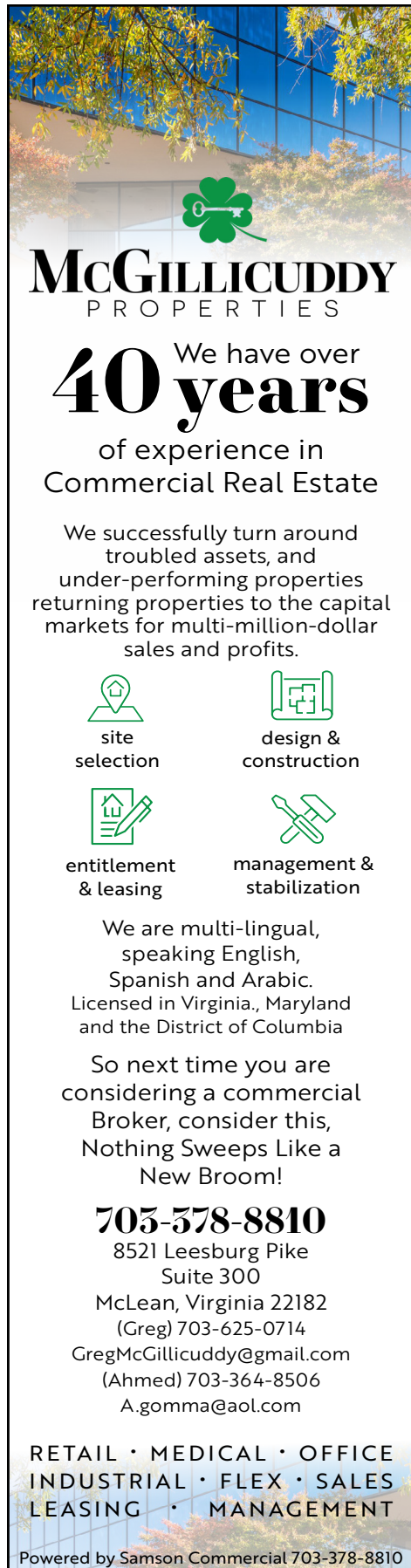
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TREATING LIP AND TONGUE-TIES

What is the best time to get my baby's lip or tongue-tie frenectomy?



Diagnosis and therapeutic support for parents and babies with lip tie and/or tongue tie can start as soon as difficulties present. However, when we are considering a procedure to release the lip and/or tongue tie, we have to keep optimal timing and preparation/readiness in mind.

The Ideal Time to Get Infant Frenectomy

For newborns that are having difficulty with feeding, the ideal timing for infant frenectomy is between 2 to 6 weeks of age. During the first 2 weeks of life, infants have a chance to establish baseline feeding habits, regulate their bodily systems, establish appropriate weight gain, and be fully evaluated by their primary care provider to rule out any other health concerns. Sleep cycle management and caring for the postpartum dyad's needs are a priority during this time. This is also the time during which the nursing parent's milk supply is becoming established, and may require some management. During this time, parents can seek support from a tie savvy Lactation Consultant or Feeding Therapist to establish best practices. These first two weeks allow babies to find a way to get back to their birth weight and rule out any other concerns with their breathing,

body temperature management, liver and kidney function.

Why frenectomies are ideal at 2-6 weeks

After the first two weeks, specifically between 2-6 weeks of age is a great time to move forward with treatment for lip tie and/or tongue tie as the suck reflex is still strong and the process of retraining a baby to suck properly after the procedure is easier. This way they are in a much better and stable position to be able to tolerate a procedure and begin making improvements with feeding during the post operative time.

Effects of waiting to get a frenectomy procedure

Of course, treatment for lip tie and tongue tie is not always possible during the 'ideal-newborn-time frame'. Many babies have their ties identified and treated after 6 weeks of age. When a baby is closer to 3-4+ months of age, they have been relying on compensation methods like horizontal tongue movement or compressions from the lower jaw for a sustained period of time. It can be a little harder to break those patterns and encourage a baby to use their tongue and lip correctly as time goes on. If you are considering treatment much beyond the 2-6 weeks of age time-frame it is important to find a release provider

who can help with preparing the baby towards the procedure so that baby's compensations for feeding are not significantly disrupted by the procedure.

Importance of having a feeding therapist

Working with a feeding therapist, IBCLC, or bodyworker like a physical therapist, infant massage specialist or pediatric physical therapist can help prepare babies towards the procedure and ensure that they have an easier time with managing their new anatomy after the procedure.

Therapeutic intervention

Having comprehensive support for baby's feeding, and helpful expectations for what progress will look like post procedure, helps to create a positive mindset for parents post procedure as well. So in summary, incorporating therapeutic intervention and procedure preparation in the right sequence has a more positive impact on optimal outcomes than just doing treatment by a specific time.

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Yellow DINER

Yellow Diner Set to Open in November

Nostos owners bring comfort food to Vienna

By Dawn Klavon

Vienna's restaurant scene is slated to brighten, with a November opening of the Yellow Diner, owners say.

The modern American diner is the brainchild of the Pagonis family, owners of acclaimed Tysons-area Greek restaurant Nostos. The Yellow Diner will take over the former SunTrust Bank at 501 Maple Avenue West.

"My father's first restaurant when he came to the states was a diner," says Emanuel Pagonis, one of the owners and the Yellow Diner's operating manager. "We kind of decided to do a mix of the old school, traditional comfort that a diner brings you with the modern chic that Nostos has and put it all together in a new restaurant."

Pagonis says the idea to name the restaurant The Yellow Diner came after covid.

"We wanted to bring a happy restaurant to the community — that's where the yellow comes from," he says. "Enough yellow where it makes you feel happy when you walk in — it gives you those good vibes and the comfort that you would feel."

The restaurant's opening has proved to be lengthy. The owners began moving forward with the concept in 2021 and received approval back in July of 2022 from the Vienna Board of Architectural Review. Despite delays in the permitting, they hope to welcome guests in November.

"It's been a process — this was a bank, and it took two weeks just to get the two-ton vault out," says Pagonis, adding that the construction team is building walls around the drive-thru to create a private dining area, which will be connected to an outdoor patio.

Pagonis says the vision for the new 92-seat diner comes with a mission to continue to serve outstanding cuisine, something their sister restaurant Nostos has been doing for years. The upscale Greek restaurant has received numerous accolades, including the 2022 Best of Vienna Award.

The menu for the Yellow Diner will include American classic comfort foods, like meatloaf, chicken fried steak, French toast, pancakes, and eggs benedict, but offer a modern twist.

The diner will have a full bar, unlike many traditional diners. Reservations will be available and walk-ins will be welcome.

The Yellow Diner will serve brunch six days a week, from 9 a.m. until 4 p.m. and offer a modern American restaurant menu for dinner between 4 p.m. and 9 p.m. It will be open six days a week, and closed on Tuesday.

"We will switch over at nighttime to a modern new American cuisine with a variety of foods from Latin America, Europe, Asian fusion, things like that," Pagonis says.

Vienna is known for its culinary excellence, and Yellow Diner owners hope to enhance the community's reputation with their creative, locally-sourced (when possible) establishment. The ambiance for the new restaurant will offer a modern take on the classic diner setting.

"It's more hip and cool," says Pagonis. "We have a more casual vibe for people who come in but it's a modern chic restaurant where you'll feel classy walking in, having a glass of wine and enjoying your food."

Pagonis says the owners/operators for the Yellow Diner hope to become ingrained in the local community and plan to offer creative specials to meet the neighborhood's needs. In an effort to provide a safe space for local students after school ends, the diner hopes to have a discounted 'mocktail' hour for students from 3 p.m. to 5 p.m. Non-alcoholic special drinks, chock full of fresh fruit juices, will be a part of the menu.

As an homage to their Greek roots, the Yellow Diner is also considering a weekly Greek Night, offering Greek special menu items.

"I'm eager to visit the Yellow Diner, since it's near my home," says Vienna resident Pat Toth. "A new diner will be a welcome addition."

The Pagonis family remains eager to expand their local dining influence and deepen neighborhood roots.

"My main goal is to make a staple in the community, honestly, where people feel comfortable coming all the time," Pagonis says. "We're not trying to make anything too pricey; it's going to be nice, it's going to be modern, but we want people to feel comfortable to come every day if they want to." ♦



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LightRx Tysons Reshapes Body Image

Extensive Med Spa Services Available

By Dawn Klavon

Keeping fit and healthy takes work, and local businesses are stepping up to help. LightRx (www.lightrx.com/), a face and body medspa in Tysons, offers FDA-cleared, clinically proven treatments. Custom-tailored treatment plans using cutting-edge technology offer clients opportunities to change their body shape and overall appearance without surgery—all in a comfortable, safe setting.

“We do offer the gold standard treatment to clients—it truly gets the inner beauty from the clients,” says Lucia Rudisova, clinic director at LightRx Tysons, which opened last February. “It can make them shine and make them feel better.”

The Tysons location adds to the chain, which operates clinics in 14 states. Clients visit the busy medspa for a multitude of services, including laser hair removal, body contouring and skin rejuvenation, all of which bring back confidence and health.

“People come in for all kinds of different treatments,” says Rudisova. “The technicians are very knowledgeable.”

Anyone who shaves or waxes their armpits and legs knows these temporary solutions can be cumbersome. RxLight’s laser hair removal services get to the root of the problem, touts their website. The average person spends over \$30,000 and 1400 hours shaving and waxing during their lifetime, the company claims, and says undergoing laser hair removal saves time and money. The clinic can remove full body hair, or focus on particular areas, and Rudisova notes the treatments are popular with both women and men.

“Our men clients have grown over the years,” she says. “I feel like more men actually come in for these treatments.”

Reaching Body Image Goals

The reality for many is that just exercise and eating a nutritious diet isn’t enough to reach body image goals. As such, body contouring has gained popularity, and LightRx offers extensive services to reduce fat and loose skin, uncovering a tone physique. The best news is that treatment is painless, non-invasive and clinically-approved.

“It’s for clients who have stubborn areas of fat and they’re not able to lose it on their own,” says Rudisova. “Or to jump-start their weight loss program—it’s tailored to their needs.”

The treatment can target specific spots, whether in thighs, stomach or elsewhere. It enables redefinition of waistlines, enabling clients to look and feel better in their own skin. The 11-week ‘treat to complete’ program includes several services bundled into a treatment plan, personalized for each client.

“The client is advised to drink water, make sure they’re exercising and just living a

healthy lifestyle and you definitely see a huge difference.”

Hydra Facials For Indulgent Skincare

One of LightRx's most luxurious (and popular) services is the HydraFacial, which gently exfoliates and hydrates, without penetrating the skin. The treatment can be given in only 45 minutes up to an hour and a half and nourishes every skin type. Rudisova says the personalized treatment is relaxing, radiant results are instant and clients are very satisfied. Both men and women seek the service.

“The HydraFacial has been popular since we opened,” she says. “We can choose different boosters or different serums based on the client's needs—you see an almost immediate difference, before and after.”

LightRX offers clients personalized treatment plans, meeting individual goals. Rudisova says often clients' plan evolves, as they undergo treatment and discover other rejuvenating services at the clinic. They extend their business to LightRx, she says, because they see results.

Laser Lipo Provides Intro Treatment

Laser lipo (laser liposuction) is a non-invasive, introductory service provided to new clients and helps to blaze the fat cells, Rudisova says. Under the skin, the medical treatment shrinks and melts fat cells and is used as an alternative to more invasive procedures. Throughout the treatment process, she says, clients still have other assignments.

“You for sure have to work out within 12 hours of the treatment,” she says. “As long as you are working out you will see a difference.”

Glow Club for Frequent Clients

One money-saving option for those interested in multiple services at LightRX is to join the company's Glow Club. The \$350 annual membership fee provides discounts and services to incentivize members. But overall, pricing for services is competitive in the local market, Rudisova says.

“I think it's affordable,” she says. “There is definitely a package for every budget. ♦



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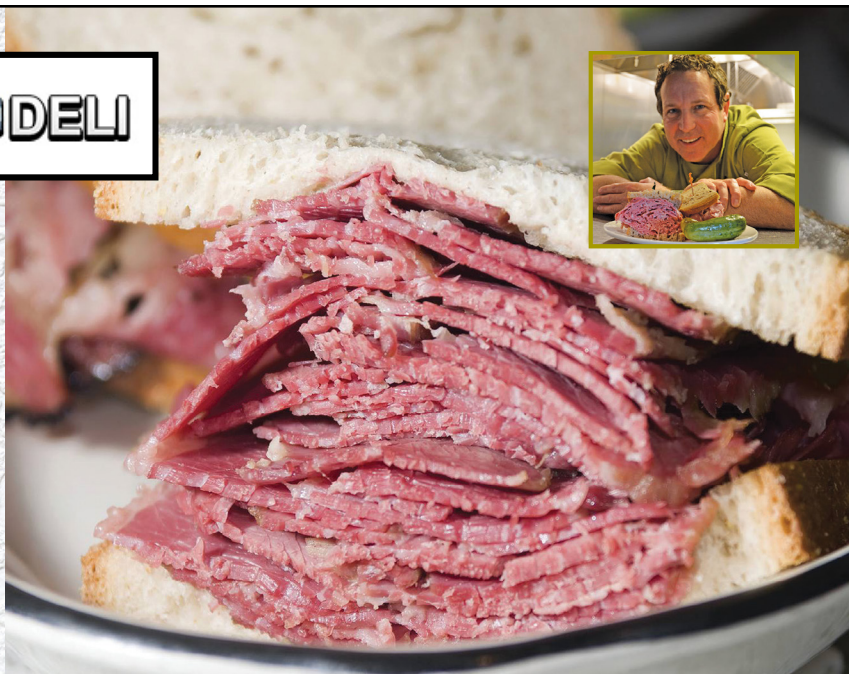
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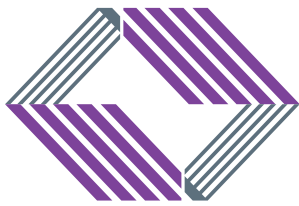
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