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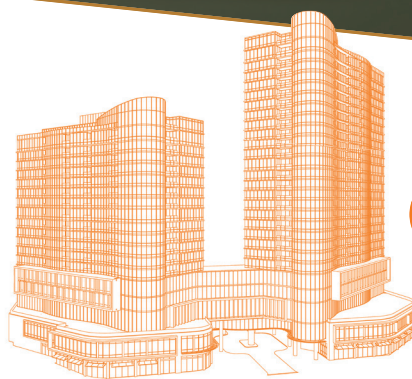
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Features

Sixty Vines Wine Country Comes to Reston Town Center in a New Restaurant Concept

by Linda Barrett

Longing for a European-style wine and food adventure? Travel no farther than Reston Town Center where Sixty Vines opened in December 11, 2023. This new restaurant is creating a unique dining experience by offering a broad range of wines on tap sourced from various regions, paired with a casual, yet refined, farm-to-table menu.



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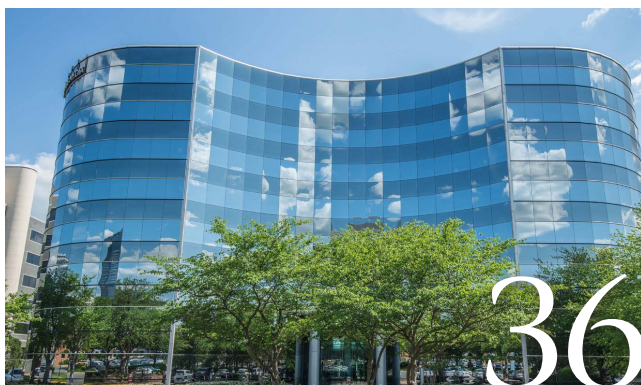
The Island of Guam, Pacific Paradise Portuguese Explorations of the Pacific

by Allison Chase Sutherland

In 1521, Ferdinand Magellan, Portuguese explorer and navigator in the service of the King of Spain, discovered the island of Guam in the Mariana archipelago, which forms part of Micronesia, surrounded by the beautiful blue Pacific Ocean. .



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Redefining Business Elegance 8609 Westwood Center

by Bernstein Management Group

Step into a world where architectural beauty meets practical design. The eight-floor glass facade of 8609 Westwood Center isn't just a structure; it's a statement. This landmark building, with its stunning visual appeal, is set to leave a lasting impression on clients and visitors alike..



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TYSONS P R E M I E R

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

PRESIDENT & PUBLISHER Johnny Hanna

DIGITAL MEDIA ADVISOR/

CLIENT ADVOCATE Nawara Omary Elliott
Tricia Leimbach

ART DIRECTOR / PRODUCTION MANAGER/ Robin Long

WEBSITE DESIGNER

TRAVEL CONTRIBUTOR Allison Chase Sutherland

WINE EDITOR Linda Barrett

VIDEOGRAPHY Kari Cannistraro

PHOTOGRAPHIC CONTRIBUTORS Greg Knott

CONTRIBUTING WRITERS Marcia McAllister

Tysons Premier Magazine | 703.585.3354 | 2108 Robin Way Court, Vienna, VA 22182

General inquiries and comments about this publication can be sent to:

info@vivatyson.com

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ON THE COVER

8609 Westwood Center

*Redefining
Business Elegance*

Read the article on page 36

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Out and About CONCERTS & EVENTS

Photo courtesy McLean Community Center

1ST STAGE

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

SHUTTER SISTERS

February 1 - February 18
General Admission Tickets \$55

This sweet and funny tale explores the parallel lives of two women. A white woman named Michael struggles with strained family relationships at her adopted mother's funeral, while a Black woman named Mykal navigates a challenge of her own: becoming an empty nester. A surrealist journey through womanhood, identity, and what it means to belong. "Shutter Sisters is a very enjoyable and empathetic look at how connections between mothers, daughters, friends, and even strangers impact the story of your life." -Broadway World

CAPITAL ONE HALL

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

THE CHER SHOW

February 16 - February 18
Tickets start at \$58.50

Superstars come and go. Cher is forever. For six straight decades, only one unstoppable force has flat-out dominated popular culture-breaking down barriers, pushing boundaries and letting nothing and no one stand in her way. THE CHER SHOW is the Tony Award®-winning musical of her story, and it's packed with so much Cher that it takes three women to play her: the kid starting out, the glam pop star, and the icon. THE CHER SHOW is 35 smash hits, six decades of stardom, two rock-star husbands, a Grammy®, an Oscar®, an Emmy®, and enough Tony Award-winning Bob Mackie gowns to cause a sequin shortage in New York City, all in one unabashedly

fabulous new musical that will have audiences dancing in the aisles!

MICHAEL FLATLEY'S LORD OF THE DANCE - 25TH ANNIVERSARY TOUR

March 7 | Doors 6:30pm
Tickets Start At \$50.75

For a quarter of a century, Michael Flatley's Lord of the Dance has been dazzling audiences across the globe with its unique combination of high-energy Irish dancing, original music, storytelling and sensuality. Since its premiere 25 years ago, it has become one of the most successful touring productions in entertainment history, having been seen by over 60 million people. The show will go to the next level in 2024 for its 25th-anniversary tour. Fans can expect new staging, new costumes, and choreography, plus cutting-edge technology, special effects and remarkable lighting.



CENTER FOR THE ARTS AT GEORGE MASON UNIVERSITY

4373 Mason Pond Drive
Fairfax, VA 22030
cfa.gmu.edu

MNOZIL BRASS

February 25 | 3:00pm
Tickets \$55, \$47, \$33

Known as the Monty Python of the music world, Austrian septet Mnozil Brass seamlessly combines slapstick comedy with virtuosity. Hailed as one of the world's premier brass ensembles, this group blends classical, jazz, folk, and pop with sketch comedy, silly songs, and sidesplitting buffoonery on their trumpets, trombones, French horn, and tuba.

VIRGINIA OPERA: MADAMA BUTTERFLY

March 16 | 7:30pm
March 17 | 2:00pm
Tickets: \$110, \$70, \$40

Virginia Opera's season comes to a stunning close with one of opera's most beloved works. Set in imperial Japan, Giacomo Puccini's *Madama Butterfly* follows a young Japanese maiden after she is abandoned by a reckless American naval officer. This ever-popular opera will feature an all-female, Asian creative team, bringing a new lens to this tragic tale. Virginia Opera Artistic Director Adam Turner conducts the Richmond Symphony Orchestra. Sung in Italian with English surtitles.

CREATIVE CAULDRON

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

WORKING

February 8 – March 3
Tickets
Tier One \$50, Tier Two \$40,
Students \$25

Based on Studs Terkel's best-selling book of interviews with American workers, *Working* paints a vivid

portrait of the workers that the world so often takes for granted: the school teacher, the phone operator, the waitress, the millworker, the mason and the housewife, just to name a few. Nominated for six Tony Awards, this classic has been updated for a modern age, featuring new songs by Tony Award-winning Lin-Manuel Miranda, as well as favorites by Stephen Schwartz, Craig Carnelia, James Taylor, Micki Grant, and more.

JAMMIN' JAVA

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

MISSY RAINES

February 28 | Doors 6:00pm
Tickets Start At \$15

With the success of her latest release, *Royal Traveller*, Missy Raines has stepped into the spotlight as a songwriter and singer as well. Currently, Missy is touring with her own band, Missy Raines & Allegheny, a bluegrass ensemble featuring banjo, fiddle, mandolin, guitar, and bass. With more than a nod to her deep bluegrass roots, Allegheny offers Missy fertile ground to bring a together a lifetime of traditional inspiration along with her unique approach to string band music.

THE FABULOUS DIALTONES

March 15 | Doors 6:00pm
Tickets Start At \$15

Our friends Brad Marshall and Kevin Artz with the clever name, Marshall Artz, will kick off the party with their cool acoustic stylings and harmonies. The FDT acoustic show follows with tunes new and old featuring covers from America, The Beatles, John Mellencamp, CSNY, Poco, Don McLean Jason Mraz and others. After THAT, we put away the acoustics and bring on the horns and electric guitars for some dancing and some Rockin'!! Some Steely Dan, some Blues Brothers and Doobie Brothers some Chicago and so much more.

McLEAN COMMUNITY CENTER THE ALDEN THEATRE

1234 Ingleside Ave.
McLean, VA 22101
www.mcleancenter.org

BUCKETS 'N BOARDS

February 23 | 7:00pm
\$10 MCC district residents
\$15/\$12 seniors

Back by Popular Demand! BNB is a hilarious, high-energy and interactive percussion show that has captivated audiences worldwide! They have something for everyone in the family—amazing tap dancing, clean comedy, body percussion, beatboxing and more!

MEZZO-SOPRANO KRISTEE HANEY

March 3 | 2:00pm
\$5 MCC district residents
\$10/\$7 seniors

Praised as “darkly seductive” with a “smooth, rich tone,” Mezzo-Soprano Kristee Haney recently joined the roster of the Metropolitan Opera. Her genre, adventurous and versatile repertoire, encompasses everything from core baroque and romantic roles to cutting edge contemporary operas to jazz standards and musical theater.

NEXTSTOP THEATRE

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

SCHOOL GIRLS; OR, THE AFRICAN MEAN GIRLS PLAY

March 8 – April 7
General Admission Tickets \$45

Paulina, the reigning queen bee at Ghana's most exclusive boarding school, has her sights set on the Miss Global Universe pageant. But the arrival of Ericka, a new student with undeniable talent and beauty, captures the attention of the pageant recruiter—and Paulina's hive-minded friends. This buoyant and biting comedy explores the universal similarities (and glaring differences) facing teenage girls across the globe.



Out & About

RESTON COMMUNITY CENTER THE CENTERSTAGE

2310 Colts Neck Rd.
Reston, VA

www.restoncommunitycenter.com

LÚNASA WITH DAOIRÍ FARRELL

February 25 | 3:00pm & 7:00pm
Reston \$25, Non-Reston \$35

Named for an ancient Celtic harvest festival in honor of the Irish god Lugh, patron of the arts, Lúnasa is indeed a gathering of some of the top musical talents in Ireland. Its members have helped form the backbone of some of the greatest Irish groups of the decade.

SHENANDOAH CONSERVATORY AND FRIENDS: "SLAVIC DREAMS"

March 16 | 3:00pm
Reston \$15, Non-Reston \$20

Violinist Akemi Takayama, a long-time friend of the CenterStage, with her musical colleagues from

Shenandoah Conservatory and the Audubon Quartet, performs a concert celebrating their history and great music. Performers include Akemi Takayama (violin), Ellen Jewett (violin), Michael Stepniak (viola), Julian Schwarz (cello) and Ryo Yanagitani (piano). The afternoon's music includes Dvorak's Piano Quintet No. 2 in A Major, Op. 81 and Borodin's String Quartet No. 2 in D Major.

THE STATE THEATRE

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

TUSK- THE WORLD'S NUMBER ONE TRIBUTE TO FLEETWOOD MAC

February 23 | Doors 7:00pm
Tickets \$35

No fancy tricks, no gimmicks, just five musicians recreating the music of Fleetwood Mac to perfection with note for note renditions that no

other Fleetwood Mac tribute on the touring scene today can come close to duplicating.

THE LEGWARMERS: DC'S BIGGEST 80'S RETRO DANCE PARTY FRIDAY

March 1 & 2 | Doors 8:00pm
Tickets \$25

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.

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20937 Ashburn Road
Suites 115 and 120
Ashburn, VA
www.stagecoachtc.com

FROM BOND WITH LOVE: A 007 MUSICAL SHOWCASE

March 9 – March 24
Tickets \$25

What in the living daylight is StageCoach up to in March? Martinis and music are on the menu as we present "From Bond with Love: A 007 Musical Showcase." The spy who loved me is getting the casino royale treatment in a cabaret that will leave you shaken AND stirred! This isn't for your eyes only, so join Dr. No and the man with the golden gun for an evening of glitz and glamor. After all, you only live twice.





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The Barns at Wolf Trap
1635 Trap Road | Vienna, VA 22182
www.wolftrap.org

COMEDIAN RHAPSODY THE BEST OF THE SECOND CITY

February 14 - February 17
Tickets Start at \$47

Come see why The Second City has been the first name in laughter for over 60 years! From the place that launched the careers of Tina Fey, Stephen Colbert, Steve Carell, and more comes the next generation of comedy superstars. The Second City's

Comedian Rhapsody is a brand-new revue featuring the best sketch comedy and songs, newest classics, and trademark improvisation from the famed company's best, brightest, and funniest cast members!

MASTERS OF HAWAIIAN MUSIC GEORGE KAHUMOKU JR., DANIEL HO & TIA CARRERE

March 7 | Doors 6:30pm
Tickets Start at \$32

Slack-key guitarist George Kahumoku Jr., ukulele virtuoso Daniel Ho, and actress and singer Tia Carrere (Wayne's World, True Lies) share the culture and folklore of Hawaii, transporting audiences from The Barns to the Pacific. The trio has earned more than 10 Grammys combined, with Ho often producing, arranging, and composing for Kahumoku and Carrere.

MEOW MEOW

March 21 | Doors 6:30pm
Tickets Start At \$34

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

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- **Accredited Fellow**, *American Academy of Cosmetic Dentistry*
- **Master**, *Academy of General Dentistry*
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Sixty Vines

Wine Country Comes to Reston Town Center in a New Restaurant Concept

By Linda Barrett

Longing for a European-style wine and food adventure? Travel no farther than Reston Town Center where Sixty Vines opened in December 11, 2023. This new restaurant is creating a unique dining experience by offering a broad range of wines on tap sourced from various regions, paired with a casual, yet refined, farm-to-table menu.

We were pleasantly surprised by the long tables that define the European-style concept, and the open kitchen spanning the far wall that allowed us to watch the 16 chefs in action at their various stations. “The long tables are exactly the kind of tables you’ll find in the vineyards, filled with people sharing stories,” said Rae Philips Luther, Chief Brand Officer for Sixty Vines. Indoor and outdoor dining is available.

On each table was a large menu featuring the white, rosé and red wine options, cocktails (alcoholic and non-alcoholic), ciders, brews and bubbles, along with coffees and teas. Choose your own wine tasting adventure or let the staff delight you with a custom flight based on your preferences. Wines are available in half glass (2.5 oz.), full glass (5 oz.), quartino (8 oz.) and carafe sizes (750 ml.).

“Sixty Vines is often referred to as ‘the wine lover’s restaurant.’ It’s an opportunity to explore so many different varietals in a single setting—and you don’t have to commit to a full glass,” Philips Luther said. All servers are extensively trained at a sommelier Level One level, and can share their favorite pairings and tell you about the winemakers. “Let your server take you on an adventure—there’s a story behind every tap!”

Scan the QR code for the latest food offerings (the menu changes monthly). For shared plates, create your own charcuterie board by selecting either one, three or five items from a list of fresh selections of meats and cheeses. Add a Burrata plate, Citrus Olives or Bacon Wrapped Dates for a lovely combination that’s ultimately shareable. Artisanal wood-fired Pizzas, Pastas, Salads, Sandwiches and Mains are also offered, along with freshly-made desserts.

For our meal, we chose a Board featuring delicately-sliced Prosciutto di Parma, Finocchinoa and Speck, along with creamy chunks of Jake’s Aged Gouda and Rogue Smokey Blue cheeses. These paired perfectly with our Fumé Blanc wine.

Bring in
a handful of
your own wine
corks for a free
wine tasting!





Photo Credit: Sixty Vines

As for entrees, we couldn't resist the Pan Roasted Chicken and the Spicy Sausage Pizza (it's spicy!), along with the garlicky Pan Roasted Mussels, all of which provided delightful taste experiences reminiscent of times spent in Europe. And of course, we had to finish off our meal with something sweet—the sticky toffee cake.

The Inspiration for Sixty Vines

The idea for Sixty Vines was conceived by co-founders Randy DeWitt and Jack Gibbons—fans of wine countries around the world. While in Sonoma, CA, they were listening to the winemakers sharing a story and wondered how to bring that vibe back to their Texas hometown. The concept was meant to bring wine country to those who didn't live near one of the U.S.'s great wine-producing regions. The first Sixty Vines restaurant opened in Plano, TX in 2014, and is now represented in nine locations. Reston is the first Virginia location.

Sustainability Focus

Sustainability was always at the forefront. The founders were alarmed at the waste created in on-premises dining, and empty wine bottles were a large contributor. Today, the 60 wines are served through an eco-friendly on-tap keg system in the restaurants, with a wall of options. Each keg holds 26 bottles worth and saves 1,560 bottles, labels, foil and corks from landfills. Other sustainable practices include partnering with the Reston Town Center

landlord, the Boston Group, for a composting program in 2024, recycled candles on the tables, water glasses crafted from recycled wine bottles, and menus printed using wind-powered energy.

From the lighting to the supply chain, Sixty Vines sources sustainability partners and materials. You can help too. Bring in your corks from home and they'll be shared with artisans who create products such as passport holders, coasters and luggage tags that inspire adventure, and that you can purchase from Sixty Vines. The proceeds help provide aid for wine country crises like the Napa Valley fires, and those who lost their homes.

The Best Ways to Enjoy Sixty Vines

Explore the Wines

Sixty Vines is known for its diverse and extensive wine list of sixty organic and biodynamic wines utilizing an on-tap system to help maintain freshness and quality. Explore the different options that rotate frequently, representing travel to wine countries, and ask for recommendations from the staff. They can guide you based on your preferences.

Try a Wine Flight

A wine flight allows you to sample a variety of wines in smaller quantities for a more comprehensive tasting experience.



Photo Credit: Robin Long



Photo Credit: Robin Long



Photo Credit: Robin Long

Pair Wine and Food

Explore the menu and pair your wine selections with locally sourced, seasonal ingredient dishes. Don't be afraid to ask the staff which wines they recommend to complement your meal. "Our wine country-inspired bites pair brilliantly with the wine, and we have an incredible selection, including gluten-free and dairy-free items," Philips Luther said.

Share Small Plates

Sixty Vines features a menu of shareable small plates, appetizers and handcrafted pizzas ideal for sharing. The chefs often experiment with unique flavor combinations and culinary techniques to provide guests with a memorable dining experience. Larger meals are also available.

Attend a Wine-Centric Event

Check the calendar for upcoming tastings, pairing dinners or special promotions, or host your own private event. These events add an extra layer of engagement and education for wine enthusiasts.

Bring Friends

The restaurant concept features long communal tables that encourage a European-style camaraderie surrounding good food and wine, along with individual tables and private rooms. Enjoy the relaxed atmosphere in a setting designed for socializing and savoring both food and wine, and enjoy your meals at a leisurely pace.

Ask Questions

The staff is fully trained on both wines and food items to help you customize your choices based on your taste preferences. Ask them about the ingredients, preparation methods and wine characteristics. ♦

Sixty Vines

11905 Market Street

Reston, VA 20190

571-325-0421

Sixtyvines.com/locations/reston-va

Open daily

Sixty Vines
is a cashless
restaurant.



Photo Credit: Robin Long



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Photo Credit: Linda Barrett



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EDUCATION: Kenyon College

EXPERTISE: Board Certified by the American Board of Oral and Maxillofacial Surgery. Past Chairman of the Department of Oral and Maxillofacial Surgery, Division of General Surgery, at the Reston Hospital Center. Fellow, American College of Dentists.



ORTHODONTIC SPECIALIST

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Vienna, VA 22180
703.281.4868
www.bracesvip.com

EDUCATION: Eastman Dental Center, University of Rochester

EXPERTISE: Served as attending faculty and taught lingual "invisible" orthodontics in the postdoctoral orthodontic program of Children's National Medical Center and Washington Hospital Center. Diplomate by the American Board of Orthodontics.



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EDUCATION: University of Pennsylvania

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PEDIATRIC DENTISTRY &
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EDUCATION: George Washington University

EXPERTISE: Awarded both his Fellowship and Mastership in the Academy of General Dentistry (AGD). Member of American Dental Association, Virginia Dental Association, Academy of General Dentistry, and the American Academy of Cosmetic Dentistry.



5 Ways Parents Can Counteract Sugar's Effect on Kids' Teeth

**FEBRUARY
NATIONAL
DENTAL HEALTH MONTH**

February is a month where we often splurge on chocolates and candy. Valentine's Day is especially celebrated with flowers and chocolate by children and adults in most countries all over the world!

The good news is that choosing chocolate may be a better choice than chewy or sticky candies that can adhere to the teeth for a longer period of time and may also contain citric acid.

Tooth decay, often known as cavities or caries, is the number one chronic disease in children, and if left untreated, can lead to infections, pain and potential tooth loss. It can even cause problems with eating, speaking and learning.

February is National Children's Dental Health Month

The American Dental Association has designated each February as National Children's Dental Health Month, designed to promote good oral health practices from an early age.

The observance began on February 3, 1941 as a one-day event, and grew in popularity until in 1981 it became a month-long program filled with health fairs, free dental screenings, museum exhibits, dental office tours, and classroom presentations by dentist and other dental professionals, along with posters and coloring and essay contests.

"During National Children's Dental Health Month, and every month throughout the year, we want to stress the importance of taking care of your children's teeth and oral health from the very beginning," said Dr. Rishita Jaju, owner of Smile Wonders in Reston, Virginia and a board certified

pediatric dentist. "This helps develop healthy habits young so your children will become healthy adults."

While we won't say no to all sugars, there are things we can do to help prevent the negatives effects of sugar on young teeth.

1. Brush and Floss Regularly

Brush your child's teeth or have them brush twice a day with a fluoride toothpaste and a soft-bristled brush. Wait 30-60 minutes after eating sugar or acidic foods before brushing though; brushing too soon can erode softened enamel. Always have your children brush before going to bed because as we sleep our mouths are drier, and there is a risk they won't make enough saliva to counteract the bacteria caused by sugar left in the mouth. Clean between the teeth daily with regularly flossing. For babies, wipe your child's gums after each meal.

2. Rinse the Mouth

When you eat, the pH level in your mouth becomes more acidic, which is never good for tooth enamel. The acid can dissolve the minerals that make up the tooth enamel and leave areas vulnerable for bacteria. After eating sugary foods, have your child rinse out or swish their mouth with plain water to counteract the plaque acids.

3. Reduce Snacking

Limit your child's snacking on sugary foods to short periods of time, rather than snacking throughout the day. This helps reduce acid production in the mouth and lets the saliva levels rebalance in between meals.

4. Eat Healthy Foods

Feed your children healthy foods and limit sugary beverages served with meals and in-between. Vegetables and fruits are important, along with good sources of calcium like milk, yoghurt and broccoli.

5. Get Regular Dental Checkups and Cleanings

Bring your children to their pediatric dentist for regular check-ups and professional cleanings at least twice a year. This will help remove plaque and tartar that just can't be reached with brushing and flossing.

At Smile Wonders, we prioritize preventive care by creating positive experiences for children and informative visits for parents. Come find out why kids love us and parents trust us for their infants, toddlers and children with various levels of needs and abilities.



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Dr. Rishita Jaju was honored to be selected as a TedX speaker in November, 2023.



Unveil a New You for the New Year

By Linda Barrett

It's a new year, so why not start the year off with a new you! There's nothing like a rejuvenating beauty treatment to set you off on a journey of feeling great about yourself.

"Our appearance has a lot to do with how we feel. When you feel good about your outside you'll feel good on the inside, whether you've just gotten a new hair style, a massage or facial, or a treatment," said Mary Taylor, owner of Mira Spa and Salon in Reston, Virginia. "Being happy with the way you look completely ties together both your mood and your confidence, and there's no better compliment than someone telling you 'I thought you were 10 years younger!'"

Proper Skincare is Important at Any Age

Ultimately, you should begin a good skincare routine when you're young: watching what you eat, cleansing your skin before bed, and using high-quality skincare products and makeup. "However, there are things you can do at any age," Taylor said.

"Start with good hygiene and skincare in your teens, and maintain that throughout your 30s and 40s," she advised. "Then as you age, look

for other ways to maintain good skin. There are always little things that can improve your skin's quality and protect it from exposure to the elements and pollution so your skin will look healthy, plump and hydrated—even into your 60s, 70s and beyond."

Unfortunately, many people get their information from the Internet, commercials, advertisements or social media. And they don't always know the best products to buy. "The cosmetics industry is a billion dollar business, and what you might see in the factories would make you cringe. They use things like petroleum products in makeup or lead in lipsticks, and when you think about it, that's what you're putting on your skin and ingesting. And people wonder why their skin doesn't look its best, or why their hair is thinning."

"It's not about being vain...it's about taking care of the body you've been given," she says. Taylor often refers guests to the website safecosmetics.com to make comparisons, and offers organic- and botanical-based products.

Explore Medical-Grade Treatments

There are numerous spa and Medspa treatments available for your face and body that can help minimize wrinkles, plump skin, enhance tone and texture, reduce fat, increase collagen, remove unwanted hair, or stimulate hair growth. Explore services including Clear + Brilliant laser treatments to tighten and improve skin quality, Morpheus8 to reduce wrinkles, microdermabrasion, EvolveX radiofrequency (RF) treatments to give a slimmer and more toned appearance, and injectables.

Two of the more popular treatments Mira has seen an interest in are for thinning hair and healing damaged tissue.

- ◆ Nutrafol drug-free hair growth supplements help regenerate hair growth in both men and women by targeting the root causes of hair loss.
- ◆ PRP, or platelet-rich plasma therapy, uses your own platelets injected into a damaged portion of your body to accelerate healing. This can help with scarring (especially acne scarring), collagen stimulation, and reduction in fine lines and wrinkles.
- ◆ Other favorites include lymphatic drainage, cupping to reduce built-up fluids and pain, body contouring and microneedling.

Begin any Treatment Regime with a Consultation

Because the relationship between you and your provider is so important for a successful outcome, consultations will help define the right treatment avenues. Prior to obtaining any spa or Medspa treatment, expect your provider to explore your medical history and provide information on upcoming treatments, along with pre- and post-treatment instructions.

“Even if you’ve never done skincare treatments before, or don’t know where to start, come in for a consultation. This way you’ll get the best advice, results, and bang for your buck,”

Taylor said. Talk about your concerns and get recommendations on hair and skin care appropriate for where you are now in your personal care routines.

Hair and Nail Services Add to Your Beautiful Self

When you walk into Mira Spa and Salon, you immediately feel welcomed in the bright and inviting space where you can enjoy the relaxing environment and destress with refreshments and soft music while awaiting your appointment, followed by the pleasures of the one-on-one focus from your provider without distractions.

You won’t find rental spaces in this spa and salon. All providers are employees, and work together as a team to ensure the best results for each guest, as Taylor likes to call her clients. Refresh your hair style, or go all out with a “brand new do.” And treat yourself to a manicure, pedicure and makeup application for an all-over beauty experience.

Doing What You Love

Mary Taylor emphasizes knowledge and firmly believes in ongoing education for her staff—and even for herself, even though she’s been styling hair since 1974. At Mira, you’ll find the most up-to-date techniques and products, along with familiarity with the latest trends. Cleanliness is another important factor, and Mira follows strict federal guidelines and standards for disinfection and sterilization.

“I love this industry and what I do,” Taylor said. “But what I enjoy most though is the interaction with my guests—getting to know them and caring about their lives. Helping someone look beautiful and making them feel good about themselves—I can’t describe how great that is for both them and me.”

Support a woman-owned business and treat yourself to a healthier more beautiful you with a visit to Mira Spa and Salon. ♦



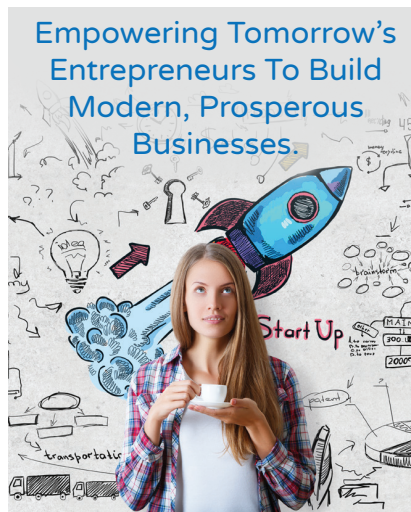
Mary Taylor, Owner

Mira Spa and Salon offers a wide range of beauty, spa and Medspa services. Visit their website at mireaspasalon.com to learn more. Appointments can be booked online, or just give us a call. Walk-in appointments are also available.

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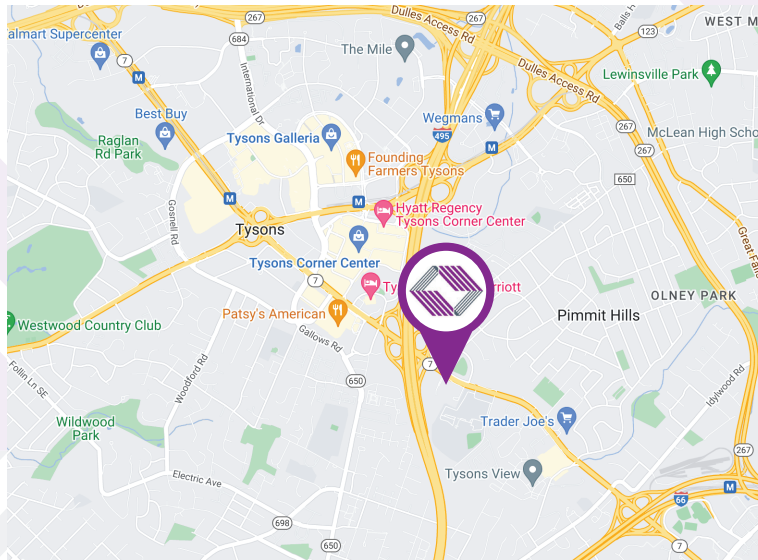
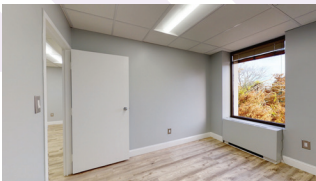
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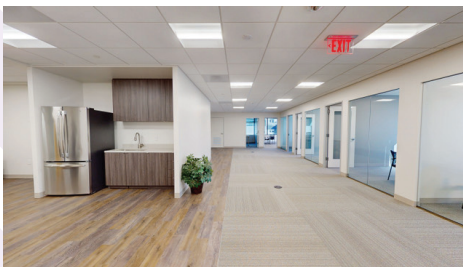
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The Island of Guam, Pacific Paradise

Portuguese Explorations of the Pacific

By Allison Chase Sutherland

In 1521, Ferdinand Magellan, Portuguese explorer and navigator in the service of the King of Spain, discovered the island of Guam in the Mariana archipelago, which forms part of Micronesia, surrounded by the beautiful blue Pacific Ocean. Guam, a mere 30 x 9 square miles, lies a full 6000 miles west of San Francisco, 3700 miles west-southwest of Honolulu, 1500 miles southeast of Tokyo, and 1500 miles east of Manila, which made it a key stopping point along the colonial maritime routes. The diverse topography of Guam is characterized by volcanic hills, limestone plateaus with steep cliffs, and vibrant coral reefs. The people of Guam, the Chamorros, were of Micronesian origin and spoke Chamorro, similar to the languages of the far-flung islands of Oceania. The Malayo-Polynesian language of Chamorro also includes Spanish and adopted English phrases incorporated into the language by contact with these seafaring peoples who landed on Guam's shores throughout its rich and fascinating history.

Magellan found the ancient Chamorros to be playful and adventurous, traits evident in modern-day Guamanians. Spanish galleons also made Guam a regular port of call, and one such sunken vessel off Pago Bay allegedly holds four million in gold bullion. The notorious pirate Drake plundered these galleons as he roamed the seas of the Pacific in search of treasure. The Spanish used Guam as a key watering

and provisioning spot for the merchantmen and men of war trafficking between Manila and Mexico. Annexed by Spain in 1565, Guam became an American possession in 1889 at the end of the Spanish-American War, and is currently a strategic U.S. military base in the Pacific. Guam's geographical position in the North Pacific gives it an enviable tropical climate, which in recent years has attracted increasing numbers of sun-seeking visitors.

In the Path of the Typhoon

Verona Palomo, of Fairfax, is originally from Tamuning, Guam where most of her family (eight brothers and sisters) still live. Verona is from a typical big Chamorro family. Verona Dolores is named after her grandmother Dolores, who spoke Chamorro. Around Verona's Guamanian-style house in Tamuning grew beautiful red hibiscus flowers, flame trees, coconuts, bananas, a lemon tree, and three papaya trees. Her mother Margaret grew red hot peppers, sweet potatoes, and spring onions, but you still had to go to the grocery store for rice, and milk. These indigenous tropical plants yielded an interesting variety of dishes, especially at times of celebration. All over the tiny island of Guam, there are fiestas every week, except during Lent. "Every village celebrates at different times, and everyone is welcome." Verona's village celebrates the Feast of St. Anthony in June. Typically, at a festival,

you may find ahu, coconut with tapioca, (one of Verona's favorite drinks,) lumpia, chicken kelaguen, red rice, fried chicken, pancit, a dish with noodles and vegetables from the Philippines, roast pig, fritada, escabeche of freshly-grilled fish with vegetables with locally grown turmeric, sweet potatoes or bananas cooked with coconut milk, fried plantains, watermelon, cantaloupe slices, and boneelos, or banana doughnuts, for dessert.

The waters off Guam teem with mahi mahi, skipjack, and tuna. Verona's brother Roman used to take his boat out to go fishing and diving. "They start out at four or five in the morning, and they all go undersea fishing with nets and spear guns. They take two boats and divide all the fish between the two boats. The old way of the islands is that you share with everyone." Then they would cook up all the fish on the grill. Her brothers used to dive sunken ships. Sometimes they would take the boat over to Cocos Island, a little island off of Guam, to relax. The adventurous Roman also liked to go surfing and find the best waves on the island.

Frank Chaco, originally from the village of Agat, says that the scuba diving is very nice there. Chaco misses the friendly people of Guam. "Even the barracudas are friendly." Everyone looks forward to going fishing with their families and to the festivals, where the villages get together. "Everybody knows everybody. Everybody knows the name of Chaco on Guam." After his time in the military, Chaco's village of Agat wanted him to come back to be commissioner. Chaco mentioned the increased tourism on Guam, sometimes called Little Hawaii by the Japanese, many of

whom come to Guam to get married. In fact, Verona Palomo and her friends at the Catholic school sometimes were asked to throw rice at the visiting Japanese newlyweds. In fact, Verona and Vinny celebrated their beautiful wedding in Guam as well. Vinny joined the band on stage with his guitar for a few numbers to entertain the onlookers, including a few of us lucky friends, including my sister April and her husband Olmedo. Verona's originally family came to Virginia when her father Antonio Palomo was appointed Senator from Guam to Washington. Verona misses the tropical climate of Guam, the volcanic black sand beaches, and the many waterfalls throughout the island, like Talofofo Falls.

Like many of the tiny islands dotting the Pacific, Guam finds itself in the path of the typhoon with its strong winds and torrential rains. During Typhoon Pamela, Verona remembers their "roof blew off and flew three streets away. When a typhoon comes, it hits the whole island." Verona describes the island of Guam as peaceful. "I love it there. My family's there." Verona says she misses going to her Grandma's little house in Dededo, where everyone would bring something to eat. One way Verona reminds herself of home is to cook an occasional Guamanian dish. One of Verona's favorite Guamanian dishes is lumpia, similar to Chinese egg rolls. Although originally from the Philippines, lumpia have achieved wide popularity on Guam, reflecting the mingling of the Polynesian cultures and cuisines of the island of Guam. Verona Palomo offers us her favorite recipe for lumpia, a savory Polynesian snack. Lumpia wrappers can be found at local Asian groceries.



Lumpia

(Two dozen)

2 cups cooked ground beef, drained
4 spring onions, finely chopped
4 cloves garlic, mashed
1/2 cup carrots, slivered fine
Masa Harina tortillas, (Lumpia wrappers)
milk
1 egg white

Sauté garlic until brown, then discard. Brown ground beef and drain. Add onions. Simmer for about 10 minutes. Add carrots. Cook for about five minutes more or just until tender. If liquid remains, drain from mixture. Turn onto a large platter to cool. To make rolls, spread the wrapper with one corner toward you. Place two or three tablespoons of the mixture in the center. Fold bottom corner over filling, then the two sides and top. Moisten with egg white or milk to seal the top. Fry in hot fat, turning until a golden brown. Drain on paper towels or a brown bag. Yield 2 dozen lumpia.

Singing the Micronesian Blues

On his recent visit to Guam, Vinny Roth of Fairfax described the Guamanians as “very beautiful people, the friendliest I’ve ever met. Everywhere we went, people would make food for us, and tell us of the ancient stories of Guam, the folklore and myths. I want to go back there.” One of the highest points on the island, Two Lovers Point, according to Vinny, “is the most beautiful place on the island, especially at sunset.

Another of Vinny’s favorite places on the island, Spanish Steps, also known by the local name Orote Point Lookout, led to Fort Santiago, built at the time of the Spanish rule over the island of Guam. Verona describes how you need to hold onto a rope as you climb down the steep side of a cliff. This precarious pathway leads first through jungle to a beach where the water is absolutely translucent. Only the native Guamanians know about it. Vinny said the water was the clearest he had ever seen. Vinny notes, “there were black and green lizards everywhere, geckos darting through the jungle.” Another one of Verona’s little-known hikes is to an undersea cave on the northeastern part of the island.

Vinny Roth, musician by profession, particularly enjoyed the exotic strains of the Polynesian music of Guam. Fire Dancers threw flaming

torches while they danced to the powerful, driving beat of an ancient Guamanian drum. At the sandy Tahiti Rhama, a tourist club on the beach, Vinnie got to jam on the guitar a little with a local band, “The Micronesian Blues Society.” Of all the dishes he tried during his memorable visit to the island of Guam, Vinny says that his favorite Guamanian dish would have to be chicken kelaguen, typically eaten at the many festivals of Guam. Verona Palomo of Tamuning shares with us her authentic and tasty recipe for chicken kelaguen.

Verona’s Chicken Kelaguen

(Serves 4)

1 t. salt
1 t. pepper
1/4 cup lemon juice
1 fresh coconut, grated
3 chicken breasts
2 spring onions, finely chopped
4 small hot peppers (optional or less)

Crack coconut open. Pick out coconut meat, and blend a little at a time in blender until flaky. Sprinkle both sides of chicken breasts with salt and pepper. Cook chicken in broiler or do over charcoal. Broil for 10 minutes as the chicken should not be thoroughly cooked. Turn over and broil another 5 minutes. Chop chicken into small pieces. Mix chicken with lemon juice, coconut, spring onions and hot peppers in a bowl. Chill at least one hour. Serve with masa harina tortillas.

The Fire of the Islands

The fire of the tropical Guamanian sun can only be matched by that of its pepper sauces. Finadene Sauce is a fiery pepper sauce that is literally spooned on everything. Finadene sauce can be flaming, so start slow. Frank Chaco says, “The hotter the better, and squeeze some lemon on it, yes indeed.” This version of this potent accompaniment is also from by Dorothy Horn.

Finadene Sauce

1/2 cup lemon juice
1/2 cup chopped onions
10 to 12 medium hot peppers
1/3 cup soy sauce

Mash hot peppers to obtain the spicy taste. Depending on the spiciness desired, mash a few or all. This will keep in the refrigerator. Onions may be added fresh just before serving. ❖

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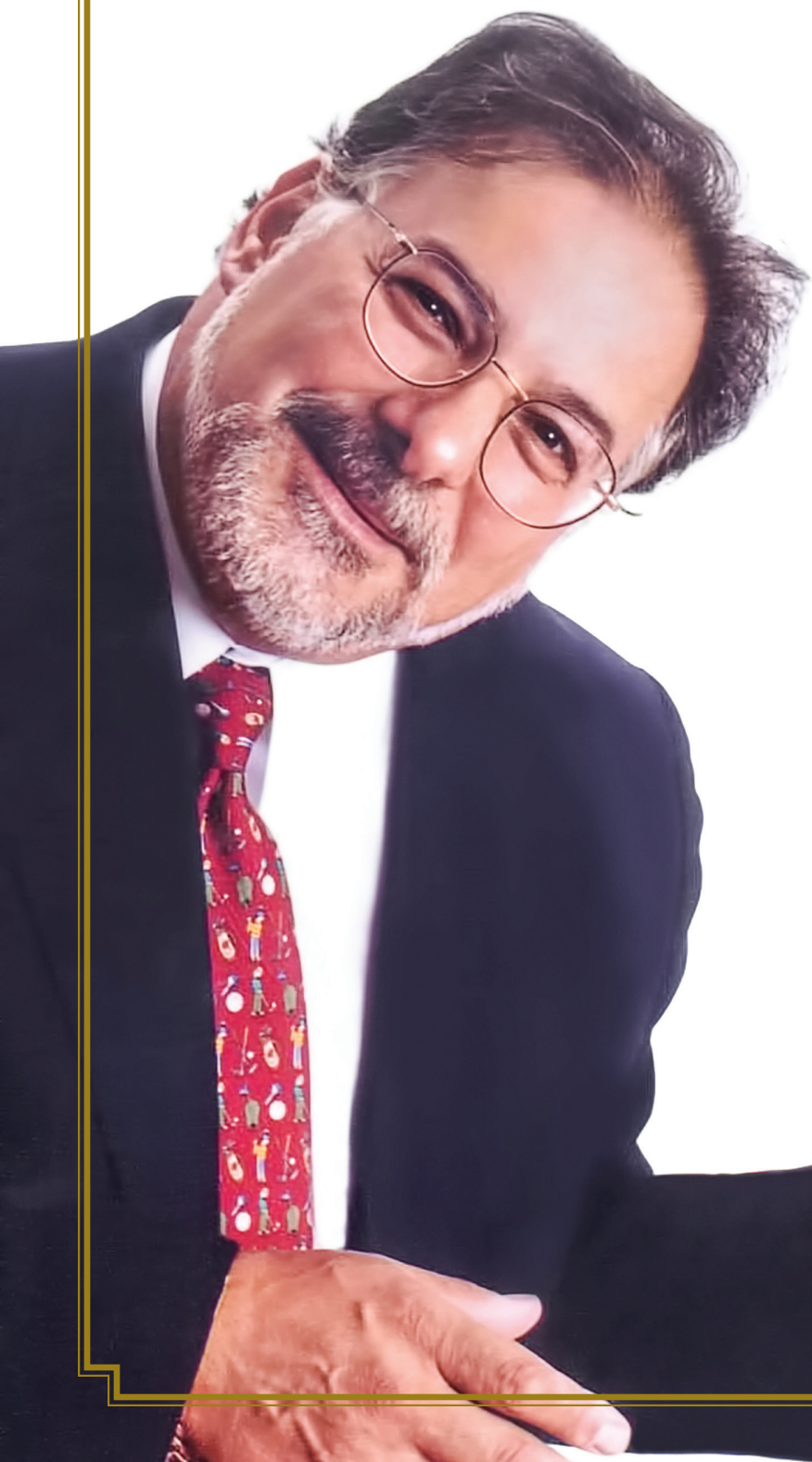


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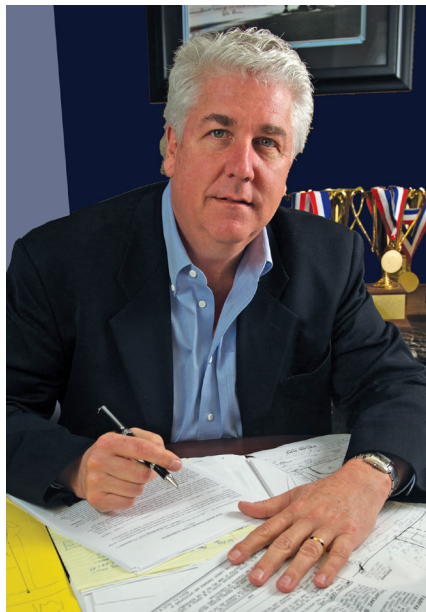
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Casey Margenau

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With exceptional credentials, Casey uses his 30 years of experience to help his clients maximize the value of their real estate transactions. His experience, extensive knowledge and understanding of Northern Virginia's Real Estate market have helped him to sell over \$3 Billion of homes. For 5 years straight, Casey was the #1 agent worldwide because of the fact that he enjoys helping families as well as individuals find the best homes, or the land to build their forever homes. The homes that Casey specializes in are some of the finest homes Northern Virginia has to offer. He has always been an innovator in marketing the properties he sells, using digital, print, and social media marketing. His reach is global, national, regional, and local to make sure that people, no matter where they are, see the homes that he has to offer so they can find the perfect home that meets their unique needs.

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Mark Goedde has been exceeding his clients expectations in quality real estate service throughout Northern Virginia. Mark has the financial and investment experience to help you make smart decisions concerning your home and/or your real estate portfolio, representing YOU when you're ready to either buy or sell a home. He can assist you with multi-million dollar homes and mid-level properties and has been serving residential real estate needs for over 30 years in Fairfax, Loudoun and Arlington Counties and the Cities of Alexandria, Fairfax and Falls Church. Mark is a full-service Realtor with mortgage, insurance, property management and title partners to serve your every need.

Specialties:

Investment Property, New Construction, Works With First-Time Home Buyers, Specializes in Relocations, Resale Residential, Single Family Homes and Townhomes, Associate Broker, Luxury



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Andy Boone

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A native Virginian, Andy has grown up loving the area, the people, and the community his entire life and is an Oakton High school and George Mason Alum. He is a fully devoted Realtor who loves doing his job everyday. Out of work he enjoys sports, and training children with disabilities and high school athletes, instilling in them the tools to be better athletes and people. Andy feels that in real estate he has found another way to give back to my community by helping his clients achieve the dream of owning a home. He is a determined agent, and will do whatever it takes to get you exactly what you are looking for.

Specialties:

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Richie Hanna

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Richie is an award winning sales professional that has worked in the sales/customer service industry his entire adult career. Over 20 years of sales experience perfected his skills needed to not only achieve his client's expectations but exceed them! Acquiring knowledge of schools, commute, surrounding amenities, and indispensable business relationships supplies him with the ability to help you buy or sell with the utmost confidence. If you are looking for a Real Estate Customer Service Expert that sets their expectations high, is totally up front with you, thrives on customer satisfaction, and is a fearless yet effective negotiator then "Real Estate Richie" is the right agent for you. Richie takes great pride in the relationships he builds and always works relentlessly to ensure his clients best interest!

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Lori Shafran

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With over 35 years of career experience in residential real estate sales, luxury home sales and marketing, office leasing and real estate settlement services, Lori has in-depth knowledge and experience in the Northern Virginia housing market and provides her clients with a comprehensive level of support in buying or selling their home. In every real estate transaction, her focus is to meet and exceed the needs of her clients. She is committed to providing personalized sales support with attention to detail and responsive service--working closely with each buyer or seller to carefully understand their specific goals and needs of home ownership. Whether the purchase or sale is a single-family home, townhouse or condominium, she provides clients with the information they need to make wise investment decisions in buying or selling a home. Her background in real estate settlements is a powerful asset to both her selling clients as well as purchasers. With an in-depth understanding of the settlement process as a former settlement agent, she is able to share this knowledge and successfully guide her clients through all phases of selling or buying a home— from contract to closing



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Missy Whittington

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

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

Let Missy be the one you can count on in Northern Virginia when it comes to your real estate needs. Seize the Day!

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Specialties:
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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. Ahmed 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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Specialties:

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mhorne@mceneaney.com

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Greg McGillicuddy

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

Specialties:

Commercial Leasing, Sales, Retail Investments, and Industrial investments



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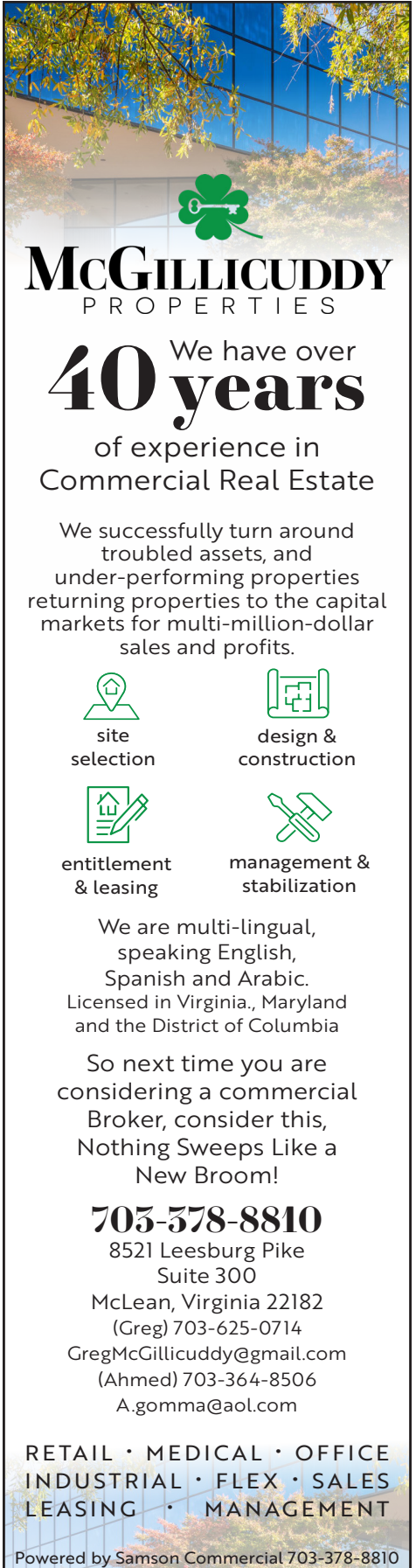
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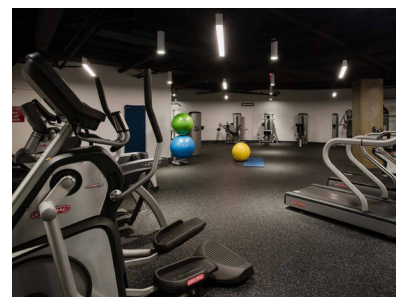
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Question: How Much Should I Pay for That House?

By Hans and Steve Wydler

The question every buyer wants answered is “How much should I pay for that house?”

Despite the impression that Zillow, Redfin or any of the other automated valuation model tools (AVMs) may give you, determining the fair market value of a particular property is stubbornly more complex than typing an address into one of these tools. As we explain below, home purchases, and hence values, are not solely driven by financial factors. What a particular buyer is willing to pay for a home can vary wildly depending on their personal circumstances and motivations.

Doing “real estate math”, however, is always the right place to start. The most common way to calculate the value of a particular property is to compare it to other nearby properties that have recently sold (“comps”), and make value adjustments based on features that they have or are lacking as compared to the subject property. The more similar a comp is to the subject property in terms of size, age, level of updates, acreage, etc., the fewer of these adjustments you’ll need to make and therefore the more relevant the sales price. This analysis is called a “Comparative Market Analysis” (CMA) and is typically done by a real estate agent. The challenge with CMA’s is that they can be quite subjective and deceptive. How an agent selects/rejects comps and makes the corresponding adjustments can suggest materially different values.

One way to take some of the subjectivity out of the equation is to look at the property through different lenses. For example, you might first create a CMA using sales in just that particular neighborhood. Then you might create a CMA of similar size homes, of similar vintage (aka year built), on similar size lots in the same zip

code. Then you might create a CMA of all sales within a price range in the zip code without regard to size, vintage, acreage to see what else that price range can get you. By looking at the property with multiple CMA’s, hopefully the data will start to help you triangulate on a tighter value range for that property. We call that value range the “reasonable price range.”

Once you’ve identified a reasonable price range for a property, the real fun begins. Here are five factors you should consider in your analysis on how much to pay for a particular property:

Market Trends

Is the market going up, flat or coming down? If you think the market is hot and getting hotter, then you might feel more comfortable paying at or above the high end of the reasonable price range. If you think the market is cooling off, then recent sales become a ceiling, not the floor.

Keep in mind that timing the market is extremely difficult. For what it’s worth, most prospective buyers think of “market timing” in terms of 2 factors: interest rates and home values. Let’s take a look at each, starting with interest rates. If you buy a home today and interest rates continue to rise, you will feel like a genius tomorrow because you locked in at a lower rate. If, on the other hand, interest rates fall, you can take advantage of the lower rates by refinancing. Heads you win, tails you still win.

Now, let’s look at home values. If prices continue to rise, then again, you win. If values fall, however, you lose... but by how much? As a point of reference, the value of close-in single family homes dropped about 5-10% during the 2008-2009 financial crisis. Homes in further

out suburbs crashed much more dramatically (as much as 35-40%). One of the big differences between then and now is that banks (hopefully) learned their lesson and credit standards are much more restrictive today. That, coupled with a chronic undersupply of housing suggests that a dramatic fall in values, at least in our local DMV market, is highly unlikely.

Hold Period

In reality, we believe a buyer's "market timing" analysis should be less about external factors (interest rates, house values, etc) and more about that buyer's anticipated time horizon for owning a particular property. A good rule of thumb is that if you reasonably think you'll own a home for at least 5 years (note that can be a combination of living there and holding it as an investment), then you should buy. If you think it will be less than 3 years, then rent. Between 3 and 5 years is a gray area. The longer you think you and your family can be happy in a home, the safer an investment it will be. Don't sacrifice your happiness just because you can negotiate 10% off the asking price. In a strong and relatively efficient real estate market like the DMV, the reason you're getting 10% off is likely because of a flaw (or collection of flaws) that impacts value. When it's your turn to sell down the road, those flaws will still be there. In addition, the "awesome" price you negotiated will be reflected in the public record as the fair market value (FMV), and the next buyer will consider your purchase price to be the benchmark for value going forward.

Substitution/Scarcity

As a buyer, this question is critical. Are you open to a variety of neighborhoods and housing styles, or do you want to live in a very specific neighborhood? Do you want to be in the same neighborhood as your best friend or family? Over the years, we've even had clients limit their search to just a handful of homes on a particular section of a street. If you're flexible and would be happy in any number of homes and neighborhoods, you can be more patient and wait until you find a home that trades at the lower end of the reasonable range. If you are hyper-targeted and find a home that works, don't be cute by half.

Liquidity

Real estate by definition is an illiquid asset, but not all homes are equally illiquid. In fact, some homes, even in tough markets, will sell in a weekend, while other homes can languish in a red-hot market. Unfortunately, your home's liquidity rears its ugly head at the end of your

ownership period, not the beginning. That's why, regardless of how long you will be in the home, we always encourage our clients to think about liquidity upfront. Keep in mind that in a soft market, the value of an illiquid home falls farther and faster than more desirable homes.

Seller Motivation/Preferences. Understanding why an owner is selling and what their main goals are in a sale can give you the winning edge. Of course, price will always play a factor but it is not always determinative. For example, we once represented a client who was looking to buy a highly sought-after piece of property in McLean that abutted our client's residence. The owner of the property was retired with health issues and facing major medical bills. The owner was reluctantly selling in order to pay his bills but did not want to move. The property received multiple offers 10% to 20% above the asking price. We offered just the asking price but allowed the owner to remain living in his house for the remainder of his life (aka a "life estate") at a modest rent that covered the carrying costs. The owner accepted our offer.

At the end of the day, determining the answer to the question "how much should I pay for that house?" is part art and part science. Use analytics for the CMA's and market trends to determine a reasonable price range. Use emotions and subjective views to determine your level of interest, personal situation and risk tolerance to determine what you're willing to pay. Remember, you're buying a home, look for a home and not for a deal. Rarely are they the same thing.

Being successful in the process of finding a home, determining the correct value and writing an intelligent winning offer is hard work. Does it sound complex? It sure is. Let's see if ChatGPT can do all that! ♦

Hans and Steve Wydler lead "Wydler Brothers of Compass", one of the highest producing real estate teams in the Washington, DC metro area, and indeed, the entire United States, with over \$2.5 billion in lifetime sales. Steve graduated cum laude from Dartmouth College and has a J.D. from Vanderbilt Law School where he was Associate Editor of the Vanderbilt Law Review. Hans received his B.A. from Yale University and an M.B.A. from Harvard Business School.

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WHAT THREE THINGS HELPED MY STRUGGLING BABY BREASTFEED?

Feeding a baby comfortably and efficiently is the most important aspect of a newborn's life and a precious experience for a new mom. A normal frenulum is a connective band bringing two soft tissue pieces together. In some cases, if that band connects too low or tight, it may result in a condition known as a Tongue-Tie or a Lip-Tie. These conditions can jeopardize the beautiful nursing relationship between a mother and her newborn.

What 3 things helped my struggling baby breastfeed?



1. Excellent Lactation & Feeding Support empowers parents with information and education regarding proper latch position, frequency and quantity of feeds, oral motor assessment for any restrictions or concerns regarding infant ability to effectively feed and an overall mental health support for a post-partum mom.



2. Skilled Frenectomy Provider who is master of their domain in performing thorough and complete Waterlaser frenectomy of tethered oral tissues. They are an expert in oral motor function and assessment of all areas of the baby's mouth - lip, tongue, buccal ties.



3. Effective Body Work recognizes the mouth and body connection and addresses muscle tension in the neck/shoulder/floor of the mouth and palate anatomy for effective seal, suction and stamina.

A Collaborative Team approach

They say it takes a village to raise a baby and it is true! Often difficulties have several components and having a tie-savvy, supportive team to assist the baby as a whole and address all aspects can make the biggest difference!

How Are Tongue-Ties and Lip-Ties Treated Today?

Thanks to the great advances in laser technology, healthcare providers that are educated on the laser's properties and why they are highly favorable in soft tissue procedures can provide a safe and complete release of the tissue. Waterlaser helps to provide desensitization, coagulation and cooling as it separates the tissue. The laser light beam is precisely controlled for the most thorough and safe procedure. Waterlaser virtually eliminates the need for scalpel, sutures, or anesthetic in infant frenectomy cases. The newborns we treat can feed immediately after the procedure for comfort. Moms report significant differences in personal comfort, baby's consumption, and efficiency while nursing or bottle feeding.

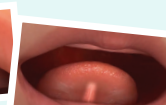
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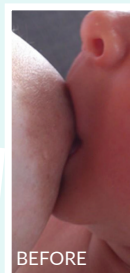
BEFORE



Lip Tie



Tongue Tie



BEFORE

- ✓ Shallow ineffective latch
- ✓ Gassiness/Reflux symptoms
- ✓ Poor weight gain
- ✓ Maternal pain / Mastitis

Benefits of Laser Frenectomy

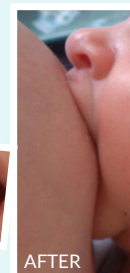
AFTER



No Lip Tie



No Tongue Tie



AFTER

- ✓ No anesthesia
- ✓ No scissors or sutures
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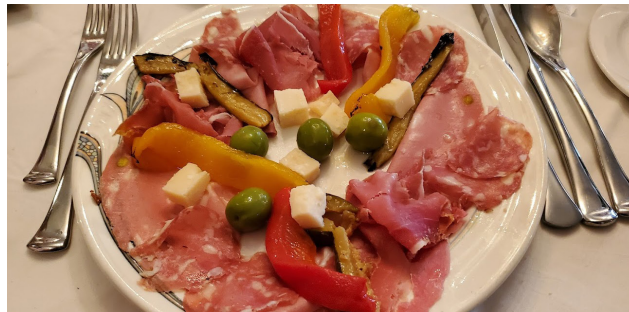
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Both Tysons and Reston are alive and well these days, thriving on the changes the Silver Line has brought. But there is certainly one thing neither needs and that's a casino.

By Marcia McAllister

Despite the heavy lobbying campaign to push state politicians into opening the door for the proposal to bring a gambling paradise to either community, the proposal is definitely not what either needs.

The idea is certainly not what decades of land use planning envisioned for either community. Yes, the Silver Line was predicted to bring change to both transit oriented, urban city-style communities. Not a casino.

Recently announced plans for several new high-rise and mid-rise work force housing developments along Route 7 did now envision casino development as future neighbors. Neither did the throngs who have invested in new residential developments and chefs who have opened dozens of restaurants. Certainly those who have created opportunities in this new city didn't make their decisions to invest with an eye to casinos that prey on hand-working humans.

Never in decades of planning was a casino thought to be a key to the success of the Silver Line or Reston or Tysons.

At this point, the call for a casino is fueled by some of the regions' top economic venturers. Virginia lawmakers are being asked during the current legislative session to make changes that would permit casinos near a Silver Line Metro station.

The issue was raised not by a lawmaker representing either of the targeted communities. And, it surely appears that local lawmakers and most don't want to see a gambling center here.

Reston Patch, which publishes online daily, has polled the Reston community and the verdict showed strong opposition. By the way, Patch has covered these proposals with integrity and professionalism in this day when the decline of local journalism has deprived local residents of factual information about what's happening

to their communities until deals are already made.

"I didn't know about that until the trees are gone or the roads widened," is too common a complaint these days.

Now it's a positive sign to see the community speaking out against the casino idea.

Neither Reston nor Tysons needs them.

However, there is one thing Tysons badly needs. That's a convention center.

That's something that those of us who spent decades planning for the future of Tysons failed to envision. That's a convention center. It would support the quality of recent development and increase tourism dollars. Tourism officials have long supported this idea.

Now is the time for elected officials, planners, developers and residents to focus on a convention center while there is still some prime space available.

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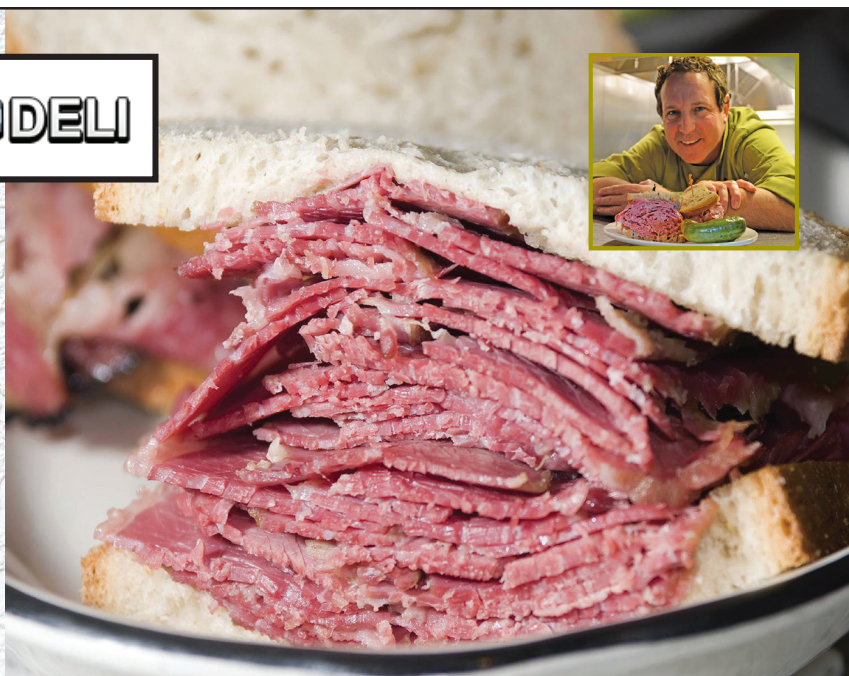
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