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# Features



## Fairfax County Public Schools Proposes a Back-To-School Plan

*By Amanda M. Soggi*

On June 23, 2020, the Fairfax County School Board of the Fairfax County Public Schools (FCPS) system met and agreed upon a plan to deliver educational instruction to the 189,000 students of Fairfax County for the 2020–2021 school year, which is scheduled to begin on August 25, 2020.

## Restaurants Open for Carryout or Curbside Pickup

COVID-19 is still preventing restaurants without outdoor seating from serving patrons, however, some restaurants are pivoting to offering carryout and curbside pickup. See this list of participating restaurants.



## You Want To Move...Wondering If It's The Right Time To Sell?

*By Casey Margenau*

Spring is usually the best time to put your home on the market; the trees are green and the flowers are in bloom. Then along came COVID-19 and everyone's plans were put on hold. As we worry about social distancing and working from home, now that home that was already too small starts to feel like a shoe box. Or maybe you just want to get some land around you, but the thought of selling a home right now is daunting. Here are some things to consider.



## What's New in Virginia Wineries

*By Linda Barrett*

Every year there is a new winery, a latest wine, and a fresh way to enjoy what nature provides. The industry has been expanding as well, with now twelve wineries offering breweries and four with distilleries onsite, and numerous cideries and meaderies on the Wine Guide list.





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## ON THE COVER:

Home and Design By Syntha Harris.

Read *Where to Begin the Remodeling Process?* on page 12.





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# Sanitizing Appliances

## FROM AJ MADISON



*Ultimate Laundry Room WM3900HBA DLEX3900B DLGX3901B*

**By Jessica Petrino, Educator & Appliance Expert at AJ Madison**

Spring cleaning is taking on a whole new meaning in 2020. As the COVID-19 pandemic spreads worldwide businesses and communities are urging residents to stay home, avoid close contact with others, and take necessary precautions to avoid spreading germs. Staying healthy does not require a degree in microbiology; it just takes a bit of common sense and knowing where to disinfect.

In addition to the obvious places like floors, toilets, showers, sinks and countertops, focus on surfaces that are germ hotspots. We use home appliances every day. It is important to sanitize high-touch spots like appliance handles, cabinet pulls, control buttons, touch electronic control panels, faucet handles, sink drains, and light switches. Before cleaning your appliances, make sure to reference the use and care guide for the best cleaning practices. This is especially true when using cleaning products on control buttons and electronic control panels.

In addition to home cleaning practices, there are many appliances that can help you sanitize and purify your home. Home appliances are here to make cleaning easier. Before the COVID19 pandemic, most appliance experts talked about sanitizing appliances as a necessity for allergy sufferers. However, it is evident that sanitizing appliances benefit all consumers. According to the World Health Organization, the COVID19 virus is extremely contagious and can live on surfaces for up to several days. This means it is critical for all consumers to take extra precautions to sanitize dishware and clothing.





WM9000HVA TWIN Wash Pair



Samsung Essential Sanitizing Appliances

Sanitizing appliances have a sanitize cycle. The best sanitation cycles meet the standards set by the **National Sanitation Foundation** for NSF Certification. NSF Certified appliances (clothes washers, dryers, and dishwashers) undergo rigorous testing to ensure that the appliances eliminate potentially harmful allergens, microorganisms, and bacteria. For washers, the wash water must reach 131° F and for dishwashers the rinse temperature must reach 150° F.

Fortunately, you can find sanitizing appliances in any price range. Well-known brands like [GE](#), [Whirlpool](#), [Maytag](#), [Bosch](#), [Samsung](#), [Electrolux](#), and [LG](#) have NSF Certified appliances. [Since all NSF Certified appliances are held to the same high standards, there are many styles and brands to choose from.](#)

### Sanitizing Washer/Dryer Tips:

- If your washing machine is high-efficiency, make sure to use high-efficiency (HE) detergent for best results.
- If your washing machine has a sanitize or allergen cycle, consider using it on heavily soiled items. This hot cycle is typically about 170 degrees F and is designed to eliminate harmful germs and allergens. Hot water is better for killing bacteria. If you don't want to run a hot water cycle, warm soapy water should also do the trick.
- If your washing machine has a self-cleaning cycle, run it at least once per month. A self-cleaning washer cycle is a high temp cycle around 150 degrees F. Self-cleaning will reduce the bacteria and residue living in your machine.
- You can also purchase cleaning tablets designed to eliminate potentially harmful bac-

teria and mildew from your washer.

### Sanitizing Dishwasher Tips:

- Your dishwasher is responsible for keeping your plates, glasses, pots, and pans clean and bacteria-free. It is critical to take care of your dishwasher since the items that go into it will also touch your food and your mouth.
- Like with your washing machine, it is important to occasionally clean your dishwasher. If your dishwasher has a filter at the bottom, make sure to check it for any food particles. You should also check the spray arms to make sure they do not have any debris, as this can affect the cleaning performance of your dishwasher.
- Some models have a dishwasher cleaning cycle. If yours does not, occasionally run a hot water or sanitize cycle to eliminate any odor or bacteria to clean the interior.

In addition to sanitizing washers, dryers, and dishwashers, there are many new appliances that have tremendous health benefits. Air purifiers, HEPA vacuum cleaners, steam convection ovens, and the new LG styler are all designed to eliminate bacteria and sanitize hard-to-clean items.

Luckily, they are available in a wide variety of prices. If you do not have a sanitize cycle, hot water cycles are better for eliminating germs and bacteria. Make sure to clean your appliances regularly and pay close attention to sanitizing door handles, knobs, and buttons. ♦

MonblancD AS560DWro  
Air Purifier





## THE KITCHEN

# Where to Begin the Remodeling Process?

## PART 1: CABINETRY

By Syntha Harris Interiors

Kitchens have long been called the heart of the home. Whether you enjoy cooking, entertaining, or just love a beautifully designed space, having a well planned and aesthetically pleasing kitchen is a must. Remodeling an older kitchen is also one of the best investments that can be made to increase the value of your home.

Where do you begin the remodeling process? Over the next three issues we will cover the top items to consider when starting the task, and how the decisions around each of those should not be made in a vacuum. Every choice must be carefully considered to insure a successful end result.

Our "Kitchen Series" will give an overview of pertinent topics, with design inspiration, things to consider, and tips from me and other industry experts that I partner with to create beautiful kitchens for our clients. Where better to start the series than with the topic of cabinetry...

### Kitchen Cabinets

One of the first considerations when deciding what type of cabinet you select, is to determine your budget. This decision should be tied into the style of the home and be an extension of the home's structure and the other design elements you have incorporated.

If the budget does not allow for replacing the existing cabinets then a well done, professional resurfacing job is in order. However if the



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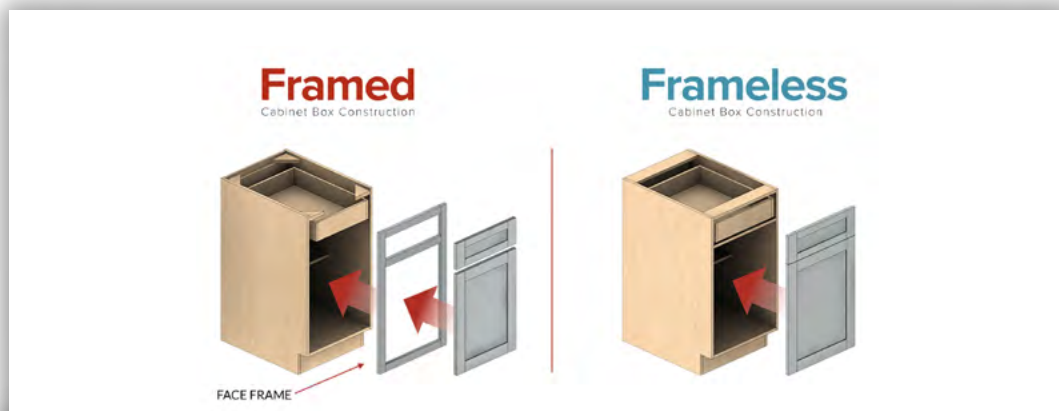




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"A true qualified designer will help you realize your vision, improve functionality, and may actually reduce costs with creative ways to maintain design integrity while lowering cost. Most computer savvy people can manipulate a design in the design software, but if they do not truly understand how cabinetry works, there may be design errors. Examples may be not "pulling" a blind corner cabinet, moulding projection issues, traffic flow issues, and missed design opportunities, etc."

Jeff Waggoner  
Kitchen Designer, NKBA  
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## Framed or Frameless

Based on the style you seek there are two available options. They are full access also known as frameless, and a framed cabinet door which has three types of overlay (Inset, Standard and Full Overlay). Framed cabinets is an oft used style which permits greater ease in installation and greater offering and modification diversity. Frameless cabinets are a sleeker, more modern construction and are popular in Europe, but are definitely becoming more popular here. Though both options offer slab, shaker, and traditional door styles,

budget allows, ideally, replacing the cabinets will give you the latest in soft close drawers, full extension glides, removal of unattractive soffits, and of course updated cabinets that utilize all available space.

## Designing Your Kitchen—Layout

Design layout and flow are one of the most critical aspects of a kitchen remodeling and almost always requires the expertise of an experienced kitchen planner. We have all heard of the "kitchen triangle principal", but the details of what that means is often not known by the lay person, and is an important consideration in design as is the "kitchen work zone" theory.

"The kitchen work triangle principle is used by kitchen designers and architects when designing residential kitchens: No leg of the triangle should be less than 4 feet or more than 9 feet. The sum of all three sides of the triangle should be between 13 feet and 26 feet."

"Instead of focusing on the distance between appliances, the zone theory, divides up the kitchen into five distinct work zones by function."

If all of this seems way more than you anticipated, don't dismay. This is exactly why there are professionals that specifically design kitchens. Through my two decades in design, I have worked hand-in-hand with kitchen designers, creating the perfect kitchen for clients. Having the right team is important; the interior designer, kitchen designer, and the contractor make up the trifecta of talent and skill that will ensure a successful project.

## Cabinet Species

Considering the species of wood is an important first step in the design. Most painted finishes are on Maple or MDF. If you go with a stained wood you will want to consider graining. Maple has less visible "tighter" grain, Cherry is rich, keeping in mind it darkens with age and has red undertones. If the budget allows, Walnut is a stunning wood



### SYNTHA'S DESIGN TIP:

**"Make sure to get a sample door in the finish and door style that you select. That way you can take it with you when shopping for other elements in your kitchen, like backsplash and countertops."**





both natural and with glaze to add depth. Though Oak may conjure up visions of a 1980's kitchen, by adding a grey washed glaze it gives a great Farmhouse or relaxed design to a space. Of course we should talk about sustainability and there are a number of good options including Lyp-tus, which is a renewable environmentally conscious hardwood, when stained dark resembles mahogany.

## Cabinet Finish

Cabinet finish selections are another critically important part of your kitchen re-design considerations. Shades of white, grey, and taupe are always timeless. Mixing finishes with the perimeter in one finish and the island in a different finish, is also popular and looks like a trend that is here to stay.

Also strong is the lower cabinets in one finish and uppers in another, as well as adding a glaze to a stained finish to create a rich, unique look while still showing some wood graining. The options are limitless and serve to distinguish almost every project, space and client.

## Door Style

There are a plethora of options when it comes to door styles. We have seen certain styles come and go over the years from raised panel with roping and intricate carved details, to the now incredibly popular shaker style. The style of door helps set the tone for the entire kitchen and therefore should tie into the feel you are trying to create in your home.

- **Shaker Door**—Runs the gamut from updated traditional, transitional, to contemporary. A very good choice to use for most kitchen which explains its popularity.
- **Beaded Paneling**—Country, traditional, to transitional.
- **Raised Panel**—Mostly traditional.
- **Flat Panel**—Also known as Slab, very clean and updated, more modern. Can range in finish including Thermofoil and Textured Melamine for a very modern look.
- **Glass Inserts**—Another feature to add a

unique look to a kitchen is glass inserts. From simple clear glass, to bubble, seeded, frosted, and antiqued. The choice is also design style dependent and should be taken into consideration with all other selections. Using purposely placed glass cabinetry will break up walls of solid cabinets and add interest to your kitchen design. It can also showcase a homeowner's beautiful collections, so adding inside lighting to glass front cabinets should be considered.

While the aforementioned discussion simply covered the basics in kitchen cabinet selections, there are many important issues that must be considered. Functionality, storage, and usability which includes decisions related to the use of drawers versus cabinets, pull-outs, tip trays, pantry cabinet heights and stacked cabinets are a few of the other equally important decisions that, if made correctly and during the initial planning stage, have the potential to both save money while also enhancing your satisfaction with the end result. Hiring a professional early on in the process can be very important as mistakes and change-orders can prove very costly. Next issue we will share an overview of things to consider when selecting appliances and flooring for your kitchen renovation. ♦

## SYNTHA HARRIS INTERIORS

The visionary and the creative force behind her boutique interior design firm in Northern Virginia, Syntha Harris has been the principal designer at Syntha Harris Interiors since 1996. Before founding her company, Syntha was a runway and print model for European and American fashion houses for over two decades. Surrounded by style icons, Syntha has had the privilege to be a part of the creative process and behind-the-scenes in making fashion. With a trained eye for all things style and meticulous attention to detail, Syntha's vision sees no boundaries when creating a living space that's equally beautiful, functional and inviting. For the past 20 years, she's earned a reputation for her transformational designs informed and inspired by her client's needs, desires and aspirations.



### SYNTHA'S DESIGN TIP:

**“Make sure to get a sample door in the finish and door style that you select. That way you can take it with you when shopping for other elements in your kitchen, like backsplash and countertops.”**





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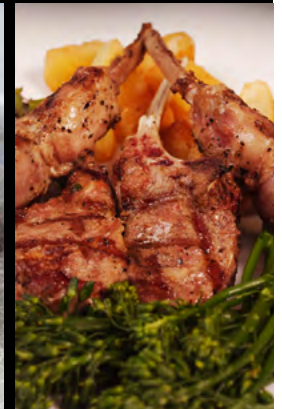
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**Merrifield | American | \$\$**

Owned by the group that brings you Circa, Trio Grill, and The Italian Market and Deli,

Open Road Grill and Icehouse is inspired by the owners’ love of cars, trucks, motorcycles, and Americana. Their open patio at open road Merrifield will be open daily at 11 am.

8100 Lee Highway #300 | 571.395.4400

openroadmerrifield.com

### MATCHBOX VINTAGE

#### PIZZA BISTRO

**Merrifield | American | \$\$**

This outpost of the popular D.C. pizza chain is located in the Mosaic District, close to the Dunn Loring Metro. Fresh ingredients comprise their salads, appetizers, sandwiches, pizza, and entrees. Food for pick up delivery and limited patio eating hours.

2911 District Ave. | 571.395.4869

www.matchboxmerrifield.com

### SISTERS THAI

**Merrifield | Thai | \$\$**

Sisters Thai offers the best authentic Thai food in the area—their original Old Town Fairfax location is a cult favorite among the locals.

Every dish has some heat, often from colorful sauces. Besides bursting with potent flavors, the dishes are balanced and attractive to the eye. The service matches the style—friendly and upbeat. You’ll leave with feelings of nostalgia of the good ol’ days.

2985 District Ave | 703-280-0429

www.sistersthai.com

### BLACKFINN AMERIPUB

**Merrifield | American | \$\$**

Located two blocks south of the Dunn Loring Metro, Blackfinn Ameripub specializes in American food with a twist. Flatbreads, salads, burgers, and sandwiches (called “handhelds”) are among the fare offered at this great place to meet with friends, family, or coworkers.

2750 Gallows Road | 703.207.0100

www.blackfinnameripub.com

## VIENNA

### AMPHORA

**Vienna | American | \$\$**

For over 40 years Amphora Restaurant, a landmark in Vienna, has been serving an extensive menu featuring authentic European and American flavors and offerings along with award-winning desserts and pastries. Open 24-7, order online with doordash and grubhub.

377 Maple Avenue West | 703.938.7877

www.amphoragroup.com

### RISTORANTE BONAROTI

**Vienna | Italian | \$\$**

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

428 Maple Ave E. | 703.281.7550

www.bonarotirestaurant.com

### CAFE RENAISSANCE

**Vienna | French | \$\$**

Touted as the most romantic dinner in Northern Virginia, Cafe Renaissance is an

elegant restaurant in the true sense of Parisian tradition that is Vienna’s most sophisticated dining experience. An old-world destination with an enormous wine list & ornate, gilded rooms, its cuisine is classical French with a modern twist and an Italian accent.

163 Glyndon St SE | 703.938.3311

www.caferenaissance.com

### MAGGIO’S

**Vienna | Greek-Italian | \$**

Specializing in Greek and Italian cuisine with American favorites, Maggio’s offers award winning Mediterranean selections such as Greek festive rotisserie chicken, classic gyros, souvlaki, moussaka, pita wraps, and falafel, as well as their popular marinated flame broiled lamb chops, and Italian specialties. Committed to healthy eating, they use only the freshest, high quality ingredients and cooking methods.

21 Maple Ave E | 703.938.7777

www.maggiosvienna.com

### NOSTOS

**Vienna | Greek | \$\$**

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

8100 Boone Blvd. | 703.760.0690

www.nostosrestaurant.com

### PEKING EXPRESS OF VIENNA

**Vienna | Chinese | \$**

Peking Express offers outstanding selections for lunch and dinner. Combination platters include egg rolls and choice of soups, authentic appetizers, chicken, shrimp, beef, and pork selections, plus the fried rice or lo mein is to die for!

103 Center Street N #107 | 703.281.2445

www.peking-express.com

### PLAKA GRILL

**Vienna | Greek | \$**

Established in 2007, the award-winning Plaka Grill offers authentic Greek cuisine in a cheerful cozy setting. Chef/Owner Peter Drosos along with his enthusiastic staff prepare several Greek specialties which are all made in-house from the finest, freshest ingredients available. The made-from-scratch signature “Plaka gyro” is available exclusively at Plaka Grill in Vienna. Now in Falls Church at 513 W Broad St.

110 Lawyers Rd NW | 703.319.3131

www.plakagrill.com

### SUNFLOWER VEGETARIAN RESTAURANT

**Vienna | Vegetarian | \$\$**

Sunflower Vegetarian Restaurant has two locations: Vienna and Falls Church. This award-winning restaurant offers vegetarian and vegan entrees, sandwiches, soups and salads as well as Asian-style dishes.

2531 Chain Bridge Rd. | 703.319.3888

www.crystalsunflower.com



# For Northern Virginia Restaurants, Change is on the Menu

By Renee Sklarew

It had been thirteen days since Bear Branch Tavern opened its doors, and Logan Skidmore says the restaurant was getting a great reception from the community: “We were heading into the strongest week of the year—March Madness and St. Patrick’s Day - it’s normally very big for us.” Skidmore is the director of operations for Vintage Restaurant Group, which includes Bear Branch Tavern, Dogwood Tavern, Rhodeside Grill, William Jeffrey’s Tavern and Ragtime, all located in Northern Virginia.





## GIVING BACK

*CAVA Grill has donated more than 130,000 meals to families of frontline workers in partnership with World Food Kitchen.*

At that same time, the COVID-19 virus was spreading, and governors across the United States were shutting down operations of everything except essential services. Virginia's Governor Ralph Northam ordered restaurants to close on March 17, 2020, and St. Patrick's Day became the restaurants' last day of normal service. "It was surreal, uncertain, scary," says Skidmore. "Information was sparse and changing by the minute."

### Shutting It Down

All Vintage Restaurants shut down completely for the first week and a half so management could figure out what to do. They made hard decisions about staffing and finances and decided to distribute perishables from the restaurants' kitchens. "We set up a grocery day for our hourly staff. We let them take the perishables home in boxes," says Skidmore. Then they began a deep cleaning and repairs, work that is hard to do in a busy restaurant.

When they were ready to begin their takeout program, Vintage owners, Adam Lubar and Chris Lefbom, brought back a skeleton staff, striving to follow best practices, especially considering the limited amount of information they had to work with. Skid-



Steamer pot from Bear Branch Tavern

more said the announcements came with levels of ambiguity, which was a source of frustration at times.

Planning to reopen for takeout was an endeavor in and of itself. Restaurants made the majority of their revenue from full service, and though most offer takeout, it's not a lucrative system. "We got our act together," explains Skidmore. "We set up online platforms in all five locations to allow for automated ordering. We looked for contact-free solutions for takeout. At Bear Branch it was easy, because we have an open-air window in the back."

### More Challenging for the Small Restaurant

When the small fine dining restaurant Maple Avenue shut its doors, the owners began a robust takeout system, including selling groceries and yeast so her customers could bake bread at home. For Juste Zidelyte, co-owner of Maple Avenue, the work prior to this was exhausting. "I worked all day, every day," she explained. Maple Avenue is usually open for breakfast, lunch and dinner and has a huge community following, especially among the Vienna Foodie Group. Currently they're only offering

takeout dinners, but her customers remain very supportive. "We broke a record on Mother's Day - that was amazing! We aren't open inside for Phase 2 because we are so small, but we are selling restaurant space for small groups that want to have a social trust party," says Zidelyte.

### Making it Work

For fast casual restaurants like CAVA Grill, the changes had a drastic effect on profitability. "The business was really doing well, then COVID-19 hit, and our sales were significantly disrupted," says Chelsea Grieco, communications specialist for CAVA. The company implemented safety procedures to protect their frontline workers and still sell their meals at their 97 locations countrywide. Urban and suburban restaurants were impacted differently, but nevertheless, CAVA quickly implemented contactless service operations, including curbside deliveries and creating off-premise digital kitchens to respond to the increase in Uber Eats and other online orders.

To respond to the changes going on in their customer's lives, CAVA promoted their Family Meal Feast, which can feed up to six people. It was a beneficial option for





Empanadas, Maple Ave Restaurant

people who were working and schooling at home, and wanted to streamline shopping, cooking and cleaning duties.

CAVA stores needed to adapt to different state and county regulations, working through the diverse timelines for Phase I and II. “The hardest thing about Covid is that there is such a lack of clarity from state to state - for some it’s masks suggested, in others, it’s masks required,” notes Grieco. “There is so much variability. We had to stay on top of the C.D.C. guidelines as well as each county’s rules, and those rules can change weekly.”

### Creative Solutions

Phase I meant restaurants could begin service on their patio, and while guidance from Virginia’s health department

was helpful, it was not always clear. The management team at Vintage Restaurant Group were constantly waiting for more information on what to enforce. Since the re-openings, Skidmore has seen customers eagerly return, and others stick with takeout. “We partnered with local crab fisherman and did crabs for takeout. We did Seafood Steamer Pots and lobster rolls,” says Skidmore. “We wanted it to feel like a beach trip you can’t go on. We do it at all our restaurants, but Vienna is the strongest supporter of our larger scale endeavors.”

Vintage Restaurant Group applied for PPP loans which were ultimately helpful but posed some unique challenges. Some employees were ready to come back while others were hesitant, especially those with young children. In Phase II, Vintage



Lithuanian Doughnuts, Maple Ave Restaurant

*To learn more about supporting local restaurants, check out the following websites: Visit Fairfax Take Out Trail, Vintage Restaurant Group, Maple Avenue Restaurant and CAVA.com.*

restaurants began serving customers indoors at fifty percent capacity while adhering to medical guidelines for their staff like checking temperatures and wearing masks. Another challenge – some quality food purveyors shuttered making it hard to access supplies of beer and wine. Bear Branch Tavern supported its bartenders by creating DIY craft cocktail kits and disposable growlers of craft beer. “The governor did allow for takeout wine beers and spirits, and we really leaned into that,” says Skidmore.

### The New Normal

At CAVA Grill, indoor dining means keeping tables six feet apart, closing beverage stations and placing signage on tables that describe their store’s hygiene rules. “We are hyper-aware of safety practices and our cleaning concierges keep up with high-touch surfaces,” explains Grieco. “We’re on a reimagined culinary journey; adjusting to local laws so our customers and team members stay safe, and we can remain the same CAVA that communities know and love.”

Although Maple Avenue doesn’t have outdoor patio dining yet, regulars are continu-





Green Tomatoes, Maple Ave Restaurant

ing to order Zidelyte's delicious comfort food. "Everyone got really excited about our fried green tomatoes, but they are enthusiastic about our fried chicken and pulled pork barbeque sandwiches too," notes Zidelyte. She is dedicated to operating safely to protect her customers and her employees. "Our limited physical space is working against us now, so we're taking the situation day by day."

At Vintage Restaurant Group, Skidmore says margins were already tight before this happened and now they face extra layers of complications. "But we will work together to figure our way through this. I don't think ultimately restaurants are going anywhere, and we want to position ourselves to be in a good place on the other side of this, whatever this is, and however how long this lasts. That's the best we can do."❖

*Maple Avenue has been collecting donations for food-insecure families, and through the Vienna Foodies, are distributing food to local families in need.*



Bear Branch Tavern



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# Fairfax County Public Schools Proposes a Back-To-School Plan

By Amanda M. Socci

On June 23, 2020, the Fairfax County School Board of the Fairfax County Public Schools (FCPS) system met and agreed upon a plan to deliver educational instruction to the 189,000 students of Fairfax County for the 2020–2021 school year, which is scheduled to begin on August 25, 2020. This plan is radically different than anything the county has ever seen, as it has been challenged by the effects of 2020's novel coronavirus. The Board is giving parents two options for returning to school: an online-only option or a partial in-person option combined with a virtual learning environment.

## Online-Only Option

FCPS plans to administer the online-only option to children in grades K-12 by providing educational instruction in a 5-day

school week. The plan is to offer four days a week of virtual synchronous learning, which means live teacher-led instruction with students simultaneously logged in and actively participating. The fifth day is set aside for offline asynchronous learning, which gives students the opportunity to work independently.

At the elementary school level, FCPS teachers will provide between 2.5–3.5 hours of daily synchronous instruction to students in language arts, mathematics, science, social studies, and health. Teachers will provide synchronous instruction to middle school students for approximately 3 hours per week, per subject area. Synchronous instruction for high school students is not clearly set forth; the instruction model will vary depending on enrollment in core classes or electives.

FCPS carefully noted its intention to deliver synchronous instruction to elementary and middle school students based on the cohort model which includes students from the same school. By contrast, synchronous instruction for high school students will not be provided by the cohort model, but will include instruction from teachers from their base school plus virtual learning from additional sources.

Any parent who chooses the online-only option is required to keep their children in a virtual learning environment for the entire school year, irrespective of whether school buildings are permitted to open. In addition, FCPS expects parents to support their children's active participation in online learning and complete required activities, such as annual state-mandated educational assessments in core areas.



## Partial In-Person Option (Combined with a Virtual Learning Environment)

Parents may also choose to allow their children to engage in learning at the physical school buildings as a partial in-person option, which is supplemented by a virtual learning environment. This option allows students to receive in-person instruction at schools for a minimum of two days per week, with the other two days at home in a virtual learning environment.

FCPS is restricting access to school buildings to students and instructional staff only and ensuring a 6-foot distance between students and staff as much as possible. Visitors will not be allowed to enter school buildings. FCPS plans to

allow students to ride school buses and enter school grounds using established health protocols and social distancing measures already in place by the state. School buses will have new limited-capacity seating arrangements.

FCPS plans to require caregivers to complete health screening forms each day a child is scheduled to ride a school bus or enter school grounds. This is to ensure the child is asymptomatic and has not been exposed to anyone who has had COVID-19. Depending on how many parents select the partial in-person option, FCPS may have to develop a schedule that offers at-school instruction on rotating days to accommodate those who prefer this option while still complying with physical distancing requirements.

FCPS specifically noted it may have to adjust the quantity of students it is able to serve with the in-person option depending on public health data of coronavirus cases or new infection rates.

## Enrollment Letters and Updates

FCPS is sending enrollment letters to parents and asking them to indicate their preference between the online-only option or the option to receive partial in-person instruction combined with complementary instruction in a virtual learning environment by July 10, 2020. FCPS will continue updating its policies regarding delivery of educational instruction throughout the summer.

According to FCPS Director of News and Information, Lucy H. Caldwell, FCPS believes many parents will choose the full-time online-only option. "In our initial surveys, roughly, 42 percent of parents said they wanted virtual instruction...Parents and staff expressed that they wanted choices—we worked with a task force to provide options that would allow parents/staff to choose what works best for them, given that we are following state and local health guidance."

To better understand how FCPS arrived at its present status of choosing between in-person and online-only educational instruction, it is good to review a brief

history of all that has happened since March 2020.

## The Coronavirus Changes Everything

The year 2020 has been unlike other years in modern history, bringing about a deadly sweep of a new virus, COVID-19. By early March, the effects of the coronavirus started getting serious; infection rates were at alarming heights, causing a global public health crisis. By mid-March, the fear of getting the coronavirus began causing a domino-effect of closures from public schools to small businesses to restaurants to everything in-between.

On March 12, 2020, FCPS played it safe by announcing school would be canceled for two days. Unsure of the long-term effects of COVID-19, FCPS released additional information over that following weekend, extending the period of school cancellation for almost two weeks. On March 23, 2020, parents were stunned to receive news from Virginia governor Ralph Northam ordering full closure of all public schools for the remainder of the school year.

During the month that followed, FCPS announced it would provide two tracks of continuing education to its 189,000 students while the physical school buildings remained closed. They proposed offering online synchronous learning for two days each week, with the other two days intended for offline asynchronous learning. Fridays were reserved for teacher workdays.

Given the challenges of the coronavirus forcing things to be canceled or closed, FCPS bravely weathered the storm with its suggested synchronous and asynchronous distance learning objectives. Unfortunately, implementation of distance learning hit major bumps in the road early on. FCPS used Blackboard Learn (FCPS 24-7), a proprietary software solution developed by Washington, D.C.-based Blackboard, Inc., to deliver online distance learning. The system was riddled with security holes and caused disruptions to its student users.

*continued on page 25*



# 6 Ways to Control Your Portion Size

Forget the magic recipes and theme diets, the “no-fail” food combinations guaranteed to shrink your waistline. And, forget the cabbage soup. These may work, but they ignore the simple truth or principle of weight loss.

## **Which is: Burn more calories than you consume.**

It just requires a lot of discipline and consistency.

The good news for you is that we’ve got the burning calories part covered, thanks to a personal workout routine or killer exercise sessions plus cardio in-between with your personal trainer. These lean muscle-building routines actually help in speeding up your metabolism but they work hand-in-hand with your caloric intake. Even better news is that we have that covered also with our award-winning Nutrition Together program.

So, if you’re in that group of people concerned with physical health, the more difficult part of the losing-weight equation may be eating less. We think that mindful portion control is a key factor in reducing your caloric intake. Since this is much easier said than done, we’ve got a few portion control tips to send your way.

## **Read the writing on the wall.**

Or, in this case, on the ice cream container. Start being an avid reader of food packages, and you’ll gain a much clearer sense of what is considered the right amount of food to eat. If you’ve never really paid attention to these serving sizes, you’re bound to be in for a surprise. You’ll be shocked at what a 200-calorie serving of cookies or cheese really looks like.

## **Measure up.**

Once you’re familiar with how much of each food you’re really supposed to be

**Article by: Fitness Together**

[FitnessTogether.com/Tyson](https://FitnessTogether.com/Tyson)

(703) 289-9909



eating, grab your food scale, measuring cups, tablespoons and get busy. Don't discriminate – measure everything from the oil you use to sauté your veggies, to your salad dressing, to the ham on your sandwich. Only by being meticulous will you get a very realistic picture of your actual caloric intake. This gives you more control over your weight management.

### **Bulk up.**

Your food, that is. If the thought of a 1-cup serving of pasta and sauce is a little depressing, then you'll do well to learn the art of bulking up with greens and other low-calorie options. By simply incorporating foods that have few calories with more calorie-dense foods, you can increase your allowable serving size immensely, leading to less hunger and more overall food satisfaction.

### **But first, we drink.**

Always start, and interrupt, each meal with a large glass of water. You'll be surprised at how water can fill and satisfy your stomach when you're hungry, and how it seems to expand the food that you've just eaten.

### **Rock the skinny jeans.**

It turns out that wearing form-fitting clothing can help keep your mind focused on not eating too much. Think about it – aren't you more likely to say 'yes' to seconds when you're wearing sweatpants?

### **Change the main attraction.**

Planning on serving bowls of pasta with a little bit of protein and veggies on top? Flip the script and feature a meal that has a veggie and protein base and use carbs as a topping. Here's an idea we love: roasted portabella mushroom cap topped with a few whole-grain noodles covered with lots of marinara sauce and melted cheese.

Whether you've been waiting for that perfect time to take control of your portions or your overall health, we are here to help you! ❖

## **Fairfax County Public Schools Proposes a Back-To-School Plan**

*continued from page 23*



### **Challenges with Online Learning**

The central issue appeared to be that this was the first time FCPS rolled out a virtual learning software program for all 189,000 students to use simultaneously. Technical glitches took virtual learning offline, essentially forcing students to continue distance learning on their own. Students continued to learn during those uncertain times strictly through asynchronous means, by working on distance learning paper packets and accessing other FCPS-approved educational resources.

While FCPS's Department of Information Technology worked with the vendor around the clock to fix the technical issues, delays in reinstituting Blackboard Learn (FCPS 24-7) caused parents to be angry. Emails, letters, and phone calls of protest made it to the Office of the Superintendent. The problems with the software came to a head on April 22, 2020, when then-Assistant Superintendent for the Department of Information and Technology, Maribeth Luftglass, resigned from her position.

Immediately thereafter, synchronous online distance learning resumed with a different Blackboard, Inc. software program, Blackboard Collaborate Ultra, which gave teachers the chance to provide live instruction with students logged into their respective classrooms. FCPS managed to finish off the school

year successfully by providing glitch-free synchronous and asynchronous distance learning to its students until the last official day of instruction, which was June 11, 2020.

### **Fall 2020**

Even though the online distance learning instruction did not proceed as planned in the spring of 2020, FCPS is confident things will be smoother in the fall. As per Ms. Caldwell, "The technical challenges were addressed by our staff, in collaboration with Blackboard. We also ended up encouraging teaching staff to use Google Meets in addition to Blackboard Collaborate to engage with students for distance learning."

To date, FCPS has not filled Maribeth Luftglass' position with the Department of Information and Technology, but they have been working with the new Superintendent's Technology Advisory Council to explore how to better process information security issues with FCPS leadership.

FCPS parents are encouraged to keep abreast of ongoing developments with the plans to return to school by participating in Superintendent Scott Brand's virtual town hall meeting on July 6 and by reviewing the back-to-school FAQs which will be updated as more information becomes available: [www.fcps.edu/return-school/return-school-questions-and-answers](http://www.fcps.edu/return-school/return-school-questions-and-answers). ❖





# Spray Tanning Made Simple

It's no secret that spray tanning is synonymous with beauty queens and fitness competitors! Having a bronze glow onstage makes you look more fit, healthy, and gorgeous! Whether you want to look bronzed all summer long, or for a special occasion, spray tanning is really for everyone!

Today's technology in spray tanning has really improved! Tanning solution has come a long way in looking more natural and, with a skilled technician, application can be flawless! It is also FDA approved and a safer option than tanning booths. It will reduce your UV rays exposure that comes with sun tanning, slowing down the aging process. My organic tanning solution, in particular, is custom blended and I add a serum that makes the skin glow! You not only look gorgeous but your skin feels DIVINE!

There is still some confusion for many, and especially for women of color, as to why you should even consider getting a spray tan. The secret to achieving the perfect glow is to have a thorough consultation with your spray tan expert, and having the product custom blended. This will give you the desired effect of a beautiful, natural glow!

Here are some reasons why a spray tan can make all the difference for any and all skin tones on competition day, and/or for any of your special occasions:

- **Warms up skin tone** for a beautiful glowing effect. Think "bronze goddess"!
- **Evens out skin tone** creating the effect of smooth, flawless skin!
- **Camouflages imperfections** such as stretch marks, scars, cellulite, and veins!
- **Contouring techniques enhance the muscles**, accentuating your fitness level!

For the very best results, be sure to go to a trained professional who has experience with tanning for stage competition AND custom blends your solution to enhance YOUR skin tone!

I ALWAYS recommend trying out your first tan, as a trial, at least two weeks before the big day, to be sure that you love it! This is especially important if you are tanning for your wedding day or pageant!

Tanning 1-2 days prior to your actual wedding, pageant day, or special event is also highly recommended. This will allow you to shower at least once or twice before that day, reducing the risk of any tanning product rubbing onto your garments.

**\*\*If you have allergies, be sure to get "patch tested"\*\*\***

There you have it! A custom blended airbrush spray tan will have you looking radiant and feeling confident! ❖

## Marta Bota Beauty Editor

Marta Bota is a pro celebrity makeup artist with over 25 years experience in the fashion, TV, bridal industries. She currently works with Comcast NBC Universal and has worked with CNN, HBO, FOX News Channel to name a few! She teaches makeup lessons and teen workshops. Marta holds the title of Ms. Virginia America 2016 and is a philanthropist. Ms. Bota contributes articles on beauty routines and makeup tips throughout the seasons!  
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A photograph of a pond filled with large, round, green lily pads. In the foreground, a single lotus flower is in full bloom, showing pink and white petals with a yellow center. Several green lotus seed pods are visible among the leaves. In the background, a dense line of green trees is visible under a blue sky with some clouds.

# How Does Your Garden Grow?

By Renee Sklarew

As we spend more time at home and in our yards, we have learned that the simple pleasures of nature. The slowly changing seasons have provided many of us with strength and joy. Watching the new buds on the trees, the emergence of daffodils and then peonies, visits from butterflies and then dragon flies, have made these challenging times a little cheerier.



We also know that it's important to continue social distancing efforts to keep ourselves and our neighbors safe.

How can we make this summer a little brighter, maintain our physical and mental health, as well as increase energy and stamina? A visit to one of Virginia's lustrous gardens can offer visitors peace and tranquility. They offer exercise and safe interactions. Their blossoms brighten our world, and their rich greenery give us life-sustaining oxygen.

These gardens consist of open spaces for contemplation and are places for our children to stretch their legs and play as they cope with the stress of isolation. Summer is the time when the roses are in bloom, the water lilies open their faces to the sun, and birds frolic in the branches of the green canopy overhead. Don't you deserve a mini-trek through nature?

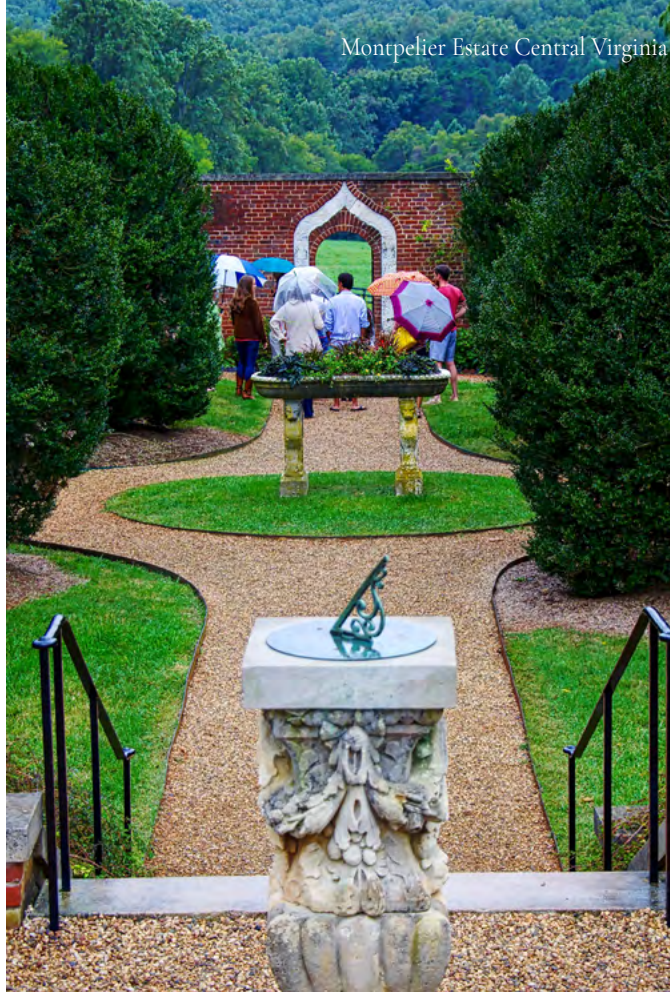
Here are some notable gardens where you can get away from it all and be one with nature.

## Fairfax County

Along the Potomac River and throughout Fairfax County, a collection of gardens awaits showcasing Virginia's beauty and history. Green Spring Gardens, a national historic site/outdoor classroom, is a county park with a naturalistic native plant garden, 20 thematic demonstration gardens and a greenhouse. In the summer, the water lilies and lotus blossoms are a magical sight at Meadowlark Botanical Gardens, home to native plant collections and the stunning Korean Bell Garden. Learn more at [FXVA.com](http://FXVA.com)

## Loudoun County

Some parts of Oatlands Historic House & Garden in Leesburg were planted two centuries ago. The garden has "outdoor rooms"



with a variety of plantings, including the Bowling Green and rose garden. Blooming Hill Lavender Farm offers a labyrinth for meditation and the garden is a burst of purple blooms. Learn more at [VisitLoudoun.com](http://VisitLoudoun.com)

## Alexandria

Located minutes from Washington, D.C. on the Potomac River, visitors to Alexandria can take in stunning gardens at Carlyle House, a Georgian Palladian manor house built in 1753, and River Farm, a historic 25-acre site that was once part of George Washington's original five farms. Learn more at [VisitAlexandriaVA.com](http://VisitAlexandriaVA.com)

## Fauquier County

The illustrious gardens of Airlie Center do more than look beautiful. They are also a source of food for the community and Airlie's dining rooms. The property has acres of natural landscapes and a bucolic swan lake. Learn more at [Airlie.com](http://Airlie.com)

## Charlottesville and Albemarle County

The historic gardens burst of Charlottesville offer the opportunity to learn about heritage plants and stroll through a variety of beautifully-maintained gardens at historic sites like Thomas Jefferson's Monticello, James Monroe's Highland, James Madison's Montpelier, or even on the grounds of the prestigious University of Virginia. Learn more at [VisitCharlottesville.org](http://VisitCharlottesville.org)

## Fredericksburg

A full-on horticulture spectacular can be found at the 18th and 19th century country manors and riverside homes in the Fredericksburg Region. The Georgian landscapes of Belmont, Kenmore, Mary Washington House, Ferry Farm, and Chatham will delight you with their symmetry and the colors. Learn more at [VisitFred.com](http://VisitFred.com)

## Harrisonburg

Enjoy a stroll through the Edith J. Carrier Arboretum. The 125-acre urban botanical preserve features a naturalized botanical garden and forestry with a diverse ecosystem of native plants of mid-Appalachians (wildflowers, azaleas, and rhododendrons); a collection of non-native trees, shrubs (magnolias, dogwoods, etc.); and the Oak-Hickory Forest. Time your visit to see the bounty of purple blooms at White Oak Lavender Farm, where you can pick your own lavender, sample lavender ice cream and shop for lavender products. Learn more at [VisitHarrisonburgVA.com](http://VisitHarrisonburgVA.com)

## Prince William County

Beautiful Burnside Farm is the place to learn about the life of a flower farmer. Spend a day picnicking, wandering through their unique sunflower maze, and picking your own sunflowers, gladiolas and liatris to take home with you. Learn more at [VisitPWC.com](http://VisitPWC.com) continued on page 57





**C**olour Bar Studio is thrilled to announce the opening of its new flagship salon at 1640 Boro Place on June 2, 2020. Since its founding in 2012 by Tania Saldaña, Colour Bar Studio has cultivated a devoted following by offering a luxury experience without formality at its original location in Vienna, VA. In choosing to relocate to The Boro, Colour Bar Studio is excited to extend its services to guests both new and old, welcoming them to a bespoke salon designed from the ground up by Interior Architect Savannah Montgomery.

With Colour Bar Studio's new flagship location at The Boro, Ms. Saldaña challenged Ms. Montgomery to create a space that would integrate her motto of luxury without formality into the interior itself.

Their achievement is revealed the moment customers step across the threshold and onto the sumptuous Duchateau flooring, under the glow of John-Richard chande-

liers, surrounded by ROMO wallcoverings.

From imported Italian shampoo bowls to seats with a shiatsu massage feature and Electric Mirrors that keep guests bathed in bright daylight, the duo left no stone unturned on the path to unparalleled elegance and practicality.

Ms. Saldaña and her two daughters work alongside nine other team members to help guests find the truest expression of their personal style. Colour Bar Studio serves both men and women of all ages, satisfying any requirement—no matter how specific—with care and expertise. Services range from coloring and styling to 100% human Remy hair extensions and customizable treatments utilizing only top of the line products from Oribe, Kerastase and Wella to name a few. Family is at the core of this woman-led business, which prefers to call its customers guests. “The staff is welcoming, friendly, and talented,” writes one reviewer, and many more agree: Colour Bar

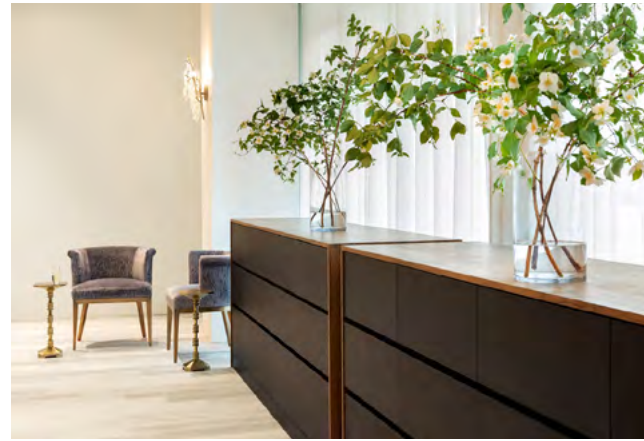
Studio was named Northern Virginia's best salon for the past four years.

While Covid-19 presents a unique challenge to the beauty industry, Ms. Saldaña and her team are perfectly poised to meet the demands of this moment with tenacity and grace. Colour Bar Studio is taking every precaution to protect both its staff and its guests. All employees will wear face masks, operations will be limited to appointments only, social distancing will be maintained between guests, and equipment will be disinfected after each interaction. For more information, please visit the Colour Bar Studio website, where an exhaustive list of precautions will be posted. With an eye towards a brighter tomorrow, Colour Bar Studio looks forward to delivering its unique luxury experience to guests for many years to come.

For more information, contact Karla Ferrel at [kferrel@colourbarstudio.com](mailto:kferrel@colourbarstudio.com) or (703) 848-2000.



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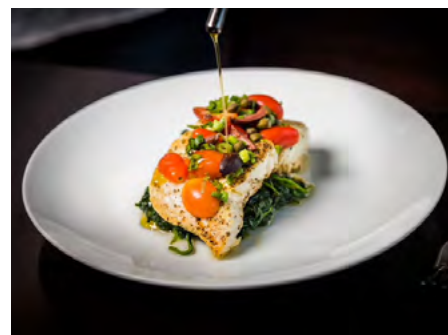
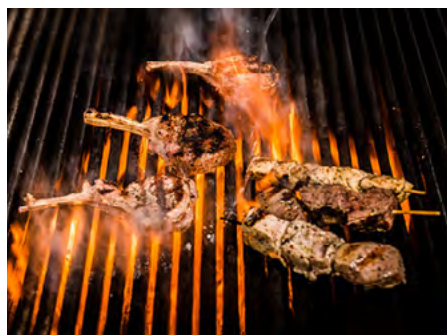




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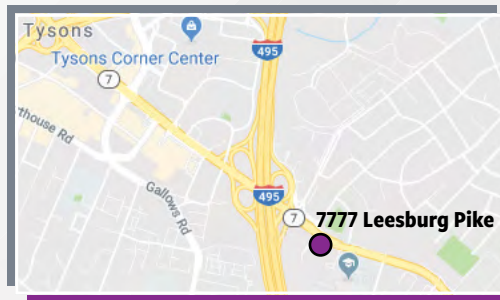


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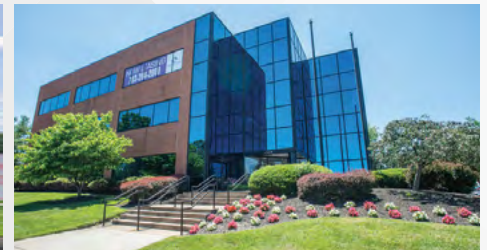
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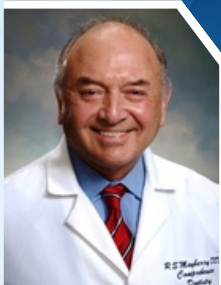
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# Treating Lip and Tongue-Ties

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 frenum 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.

## Consequences of Untreated Lip and Tongue-Ties

### Feeding issues

Many children struggle with transitioning from milk to purees or table foods. While some become picky eaters and have difficulty managing variable texture of table foods.

### Dental issues

Cavities seen on the front part of the incisors or recession of gums near the midline are often attributable to lip ties. Cavities on the chewing surface of the molars are often seen in patients that have a tongue tie and never developed the reflex to clean out the sticky foods after snacks or meals.

### Speech issues

Many children develop air management and speech clarity or articulation problems due to limited range of motion and elevation of all parts of the tongue required to produce various sounds – l/th/d/n, st/sr/kh/gh, m/p/b and so on.

### Sleep issues

Disordered Breathing and Sleep Apnea are often seen in children that cannot manage the proper posture and tone of the tongue muscle due to restrictions or ties. Snoring, exhaustion, grinding of teeth, attention deficit disorders, behavioral issues are all now being connected back to sleep disordered breathing in the literature.

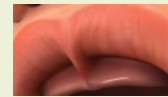
## How are Tongue-Ties and Lip-Ties treated today?

Thanks to the great advances in laser technology, most technologically-savvy and up-to-date healthcare providers are educated on the laser's properties and why they are highly favorable in soft tissue procedures. Dr. Rishita's expertise in using Waterlaser allows her 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 difference in personal comfort, baby's consumption, and efficiency while nursing or bottle feeding.

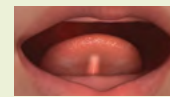
Breastfeeding should be a joy!

### Functional Issues

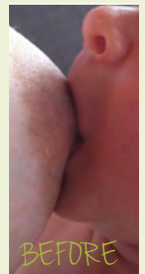
#### BEFORE



Lip Tie



Tongue Tie



BEFORE

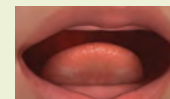
- ✓ Shallow ineffective latch
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- ✓ Poor weight gain
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### Benefits of Laser Frenectomy

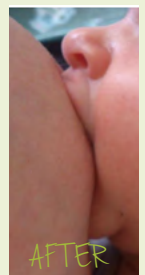
#### AFTER



No Lip Tie



No Tongue Tie



AFTER

- ✓ No anesthesia
- ✓ No scissors or sutures
- ✓ Possible to treat same day!
- ✓ Baby feeds immediately

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# You Want To Move...

WONDERING IF IT'S  
THE RIGHT TIME  
TO SELL?

By Casey Margenau  
Fine Homes & Estates

Spring is usually the best time to put your home on the market; the trees are green and the flowers are in bloom. Then along came COVID-19 and everyone's plans were put on hold. As we worry about social distancing and working from home, now that home that was already too small starts to feel like a shoe box. Or maybe you just want to get some land around you, but the thought of selling a home right now is daunting. You may be wondering things like: how do you deal with strangers coming in to view your property? Is anyone looking at homes right now, or should you wait until this ends? Or maybe you've heard that the banks are no longer lending home loans.



## To sell?

The fact is that the market stalled out in March and now buyers are starting to come back to the housing market and homes are selling. The truth is that there aren't as many homes on the market right now and bank loan programs were not easy to get qualified when the Bank did not know what was going to happen with the economy. The economic picture is getting better and now banks are starting to loosen up some of the restrictions. With that being the case and with interest rates as low as they are right now, many homebuyers will no doubt want to capitalize on those rates, in which case you may be in a good position to find a buyer should you decide to move forward with your home sale. Since we don't know what the economy will look like three, six, nine, or 12 months from now. So, if you hold off on listing your home, you run the risk of doing so at a time that may be more competitive and when the housing market as a whole could slow down and you're less likely to get the asking price you want. We are in an election cycle and the market usually slows down right before the Presidential Election as well as when the weather changes in the autumn and winter seasons. Although, there is less traffic in the market right now, what we have seen is that the people who do come out are real buyers rather than people just looking or filling their time on the weekends. These buyers are purchasing homes and the builders in the area have great traffic at their home sites and [NVAR statistics](#) are now showing that traffic and sales are picking up. We are seeing now that homes under \$1.2 Million are moving very quickly, most are selling within days of listing and many are receiving multiple offers. The upper bracket homes are getting more traffic but the sales are still slower. We feel that the upper bracket buyers will want to get in before the start of the new school year and the spring market will be pushed to the summer market.

The market is holding up very well given the situation. With agents, buyers, and sellers have all formed ways to look for homes that are selling. All are working to keep the selling processes moving in a post

COVID-19 world. Buyers are spending more time online searching as are Agents.

## ...or Not to Sell?

On the other hand, there's one very good reason to hold off on listing your home right now: your personal safety. With the [Center for Disease Control](#) (CDC) warning Americans to socially distance to avoid exposure to germs, now's really not the time to have people traipsing in and out of your home, touching your furniture, and breathing in your general vicinity.

Also, it's generally a good idea to vacate your home during open houses or while Agents are showing your home to prospective buyers, but given the self-isolation mandate, there's nowhere to go. This means picking up and leaving for hour-long stretches at a time, which is suddenly a much bigger ask.

Finally, many people are worried about their financial prospects even if their income has thus far held steady. Due to this, there is also a possibility that, if you try to sell your home now, you may struggle to

find a buyer, or one who has the money to give you the price you're looking for.

## Right Time for Listing Your Home?

If you have a specific reason for selling your home—say, you're already under contract to buy another one, you're relocating, your property is vacant or you've been struggling with your mortgage for quite some time and want to get out before you find yourself to be underwater—then it's a good idea to move forward with listing your home for sale, albeit with caution. On the other hand, if you're not desperate to sell, then you're probably better off waiting for a host of reasons, your health and safety being the paramount.

Even if you're not particularly worried about catching COVID-19, the fact that it has stunted life as we know it is jarring enough. The last thing you need during a period of nationwide upheaval is the hassle of having to deal with a home sale and moving. ♦

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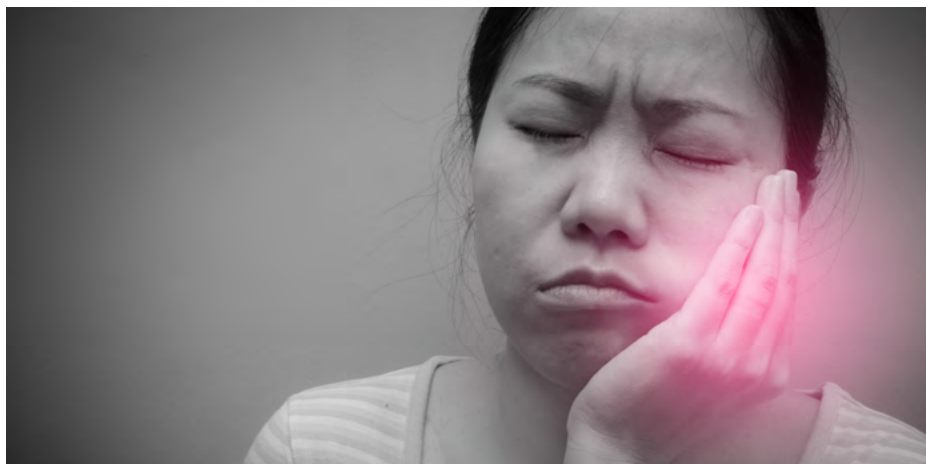
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# Waking up in Pain: Symptoms of TMJ?

By Dr. Liliana L.C.Calkins. D.D.S.

Waking up in pain is the worst! You should feel refreshed after sleep, however when you have temporomandibular joint disorder (TMJD), you can wake up feeling anything but rejuvenated.

TMJD, often known as TMJ, is unique to each person, and the symptoms and causes are specific to the individual. One of the first ways to start addressing your disorder is to evaluate your sleep since some of the worst strain can happen overnight.

## Best Positions for Sleep

The position you sleep in can influence a number of TMJ issues by straining the face, jaw and shoulder muscles. The type of pain can depend on how well your neck and head are supported, and if you are creating tension in your jaw by grinding or clenching your teeth in your sleep. However, if you suffer from sleep disordered breathing, you might need to sleep on your side, making sure your head and neck have enough support.

The worst position for TMJ is to sleep on your stomach, followed by sleeping on your side. Both can take your posture out of alignment. The best sleep position for TMJ is on your back. This helps by:

- Supporting your head, neck and shoulders
- Properly aligning the body

- Eliminating pressure on the jaw
- Reducing chances of grinding or clenching your teeth

## What is TMJ?

TMJ refers to the temporomandibular joint (TMJ) that is the hinge that connects your jaw to your skull in front of each ear. It enables you to move your jaw up and down, side to side, and backwards and forward so you can talk, chew, yawn or swallow. Problems with the muscles and joints in this area are called TMJ disorders.

If you suddenly experience pain in your jaw, you might be alarmed, but chances are it's not serious. Sore muscles and sudden jaw pain can be the result of a dental issue or strain. But are these symptoms of TMJ disorders?

## Temporomandibular joint (TMJ) disorders

occur when there are one or more problems within the joint that connects your jaw to your skull. The shock-absorbing disk that aids the jaw movement can become worn or slip out of alignment, or the muscles supporting the TMJ could be strained by grinding and clenching of your teeth while you sleep, for example. Both can cause sore muscles and jaw pain in a chronic fashion rather than a sudden onset.

Symptoms of TMJ disorders can include:

- Jaw tenderness
- Pain when opening or closing the mouth
- Pain or difficulty chewing
- Joint locking when the mouth is in a closed or open position
- Earache
- Clicking or popping when the jaw moves

Issues and habits that can cause pain and may lead to a TMJ disorder include:

- Clenching or grinding teeth
- Nail, cheek or lip biting
- Teeth misalignment or damage
- Jaw infection or injury
- Cartilage or tissue damage
- Sleep disordered breathing

It is not easy to find the specific cause of TMJ disorders since multiple factors may be involved. If you are exhibiting symptoms, make an appointment with Dr. Calkins, to gain more information visit the website: [www.airwayandsleepgroup.com](http://www.airwayandsleepgroup.com), we will start with an evaluation of your TMJ with the highest technology available and in conjunction with Magnetic Resonance Imaging. Dr. Calkins can evaluate the cause of your sore muscles and jaw pain, discover whether these are symptoms of TMJ, and prescribe remedies that can help.

## Dr. Calkins at Airway & Sleep Group Can Help

If you are not feeling refreshed after sleep with temporomandibular joint disorder, and you have tried sleeping on your back, it may be time to schedule an evaluation appointment with Dr. Calkins at Airway and Sleep Group. We will analyze the cause behind your TMJ disorder and design a treatment plan for you.

## Airway & Sleep Group

Dr. Liliana L.C.Calkins. D.D.S.

8180 Greensboro Dr #100

McLean, VA 22102

Phone: 703 942 8882

Text: 571.244.7329

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## Kevin Kleifges

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As an agent who's an expert in this local area, Kevin brings a wealth of knowledge and expertise about buying and selling real estate. Kevin is someone you can trust for up-to-date information who is eager to serve you. If you need to find your next home, Kevin will find you the ideal property at the right price for you, including all the neighborhood amenities that matter.

When it's time to move, Kevin will handle advertising your home, showing it prospective buyers, negotiating the purchase contract, arranging financing, overseeing the inspections, handling all necessary paperwork and supervising the closing. He can take care of everything you need, from start to close.

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### Specialties:

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After 19 years as a retail business executive with extensive marketing and negotiation skills, JoAnne transitioned into Real Estate. Dave served 21 years with the United States Secret Service before transitioning into Real Estate.

His unique knowledge of Northern Virginia and the Washington D.C. area has proven beneficial to their clients. Dave and JoAnne have been Northern Virginia residents since 1991 and work together as a team. They understand the stresses of relocating, having moved several times when Dave worked for the Federal government. Dave's relationships here and abroad, their knowledge of sophisticated database technology, analytical approach to tasks and commitment to service, honesty and integrity are the cornerstones of the Dave and JoAnne Adams Group.

### Specialties:

Military Relocation Professional (MRP®)

Seller Representative Specialist (SRS)

Certified Luxury Home Marketing  
Specialist (CLHMS®)



[dave@joanneadams.com](mailto:dave@joanneadams.com)

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## Laurie Mensing

### CHRISTIE'S INTERNATIONAL REAL ESTATE

Ranked in the top 1% of agents nationwide, Laurie Mensing eclipsed the \$800 million mark in real estate sales by the end of 2018. Her strategy, treating every transaction as if it's her own, has proved to be the key to her overwhelming success. In 2018 Laurie was ranked the #1 Agent Long & Foster McLean, #1 for the entire NOVA region for Long and Foster and #3 in the state of VA. Laurie's success is the result of the extraordinary service she's provided to her clients in Virginia, Maryland, DC. Her local knowledge and ambition to provide impeccable service to a wide range of clients with different price points, truly separates her from her counterparts. Consider Laurie YOUR trusted real estate advisor.

#### Specialties:

New Construction, Works With First Time Home Buyers, Specializes in Relocations, Resale Residential, Historic Homes, Downsizing



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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 had been 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; from 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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#### 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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Sari Dajani and Team's over 50 years of experience with residential and commercial real estate in northern Virginia and the Washington DC metro area have proven beneficial to their clients. Team Dajani's diverse background (speaking several languages) help them to understand the needs of both buyers and sellers in this cosmopolitan region and offer them negotiation edge. Together Team Dajani provide seamless service, creative marketing and support 7 days a week. Team Dajani's commitment to help coupled with Weichert's many resources can save you valuable time and effort in securing home financing, insurance, and home connections.

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## Cathy POUNGMALAI

### LISTING SPECIALIST & BUYER'S AGENT

As a top agent in the Northern Virginia real estate market for over 15 years, Cathy believes that putting her clients first is the key to her success. This "client-first" philosophy drives her to continually build her skills and consistently rank in the top 1% of Realtors nationwide. Cathy has a passion for studying homes and prices every day. When you hire her, you can expect timely communication, expert market knowledge, honest advice and effective negotiation on your behalf. As a listing agent, Cathy works with you to price your home correctly and then aggressively market it with professional staging, photography, high-quality printed materials and premium online placement.

As a buyer's agent, she will help you hone in on homes that meet your search criteria and budget—even those that you might not know are on the market—and develop a winning offer strategy. Whether you are, I can help you find your new home.

#### Specialties:

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## Gloria ADAMS

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

#### Specialties:

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

#### Specialties:

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



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## Richie Hanna

### REAL ESTATE CUSTOMER SERVICE EXPERT

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

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# What's New in Virginia Wineries

By Linda Barrett

Even though Virginia's wine industry is steeped in more than 400 years of history, our wineries continue to evolve. Every year there is a new winery, a latest wine, and a fresh way to enjoy what nature provides. The industry has been expanding as well, with now twelve wineries offering breweries and four with distilleries onsite, and numerous cideries and meaderies on the Wine Guide list. A number of wineries list themselves as adult-only, while 50 others welcome dogs on leashes.

While we are still under social distancing rules, visitors to our Wine Guide members are seeing changes in the way these establishments operate. Normal belly-up-to-the-bar tastings are suspended for the time being. Reservations are being recommended or required. Your own food can be brought onto the grounds at various venues. And you may need to purchase wine by the bottle or glass, or even bring your own glass. As each business has its own guidelines, restrictions and hours of operations, it may be best to check ahead online before driving up.

## New to the 2020-2021 Winery Guide

Although they may not be brand new, these Northern Virginia wineries and cideries are new to this year's winery guide or have something new to offer:

- **Capstone Vineyards**, 13400 Crimson Lane, Linden, VA 22642, [www.capstonevineyards.com](http://www.capstonevineyards.com). New to the current wine guide, this winery was founded in 2013 and is taking appointments for tastings.
- **Chapelle Charlemagne Vineyards**, 13453 Crest Hill Rd., Flint Hill, VA 22627, [www.chapellecharlemagne.com](http://www.chapellecharlemagne.com). Although this 60-acre farm vineyard has been providing hand-crafted, single-vineyards artisanal wines for decades, the new winery and tasting room opened in 2019. However, due to COVID-19 restrictions, the tasting room is temporarily closed to the public. The winery is offering free local delivery to the DMV area. Its wines include a Cabernet Franc, Chardonnay, and Rosé.
- **Eagletree Farm Vineyards**, 15100 Harrison Hill Lane, Leesburg, VA 20176, [www.eagletreevineyards.com](http://www.eagletreevineyards.com). This is a family-owned and chef-driven winery selling estate-produced wines. Enjoy their outdoor pavilion and wood-fired pizza oven, nature trails, and a full chef-inspired menu promoting local cuisine in its restaurant.
- **Fleetwood Farm Winery**, 23075 Evergreen Mills Rd., Leesburg, VA, 20175, [www.fleetwoodfarmwinery.com](http://www.fleetwoodfarmwinery.com). The adults-only Fleetwood Farm, also known as the Greenhill Plantation and Peggy's Green, offers a Federal-style house thought to have



been built around 1775. The historic Virginia manor house is ideal for weddings. During normal operation, visitors can enjoy food trucks and music along with their wine experiences, but until the coronavirus distancing rules are lifted, wine is available for purchase and the Grand Terrace is open at 50% occupancy with no reservations required. A designated event space is scheduled to open in 2020 and private events can be booked for July and beyond. This winery and tasting room opened in 2018, but appears newly on this year's guide.

- **Lost Boy Cider**, 317 Hooff's Run Dr., Alexandria, VA 22314, [www.lostboycider.com](http://www.lostboycider.com). Opened in 2019, this is Northern Virginia's first urban cidery, featuring an industrial look in an old print shop and offering all-natural, gluten free, hand-crafted cider. It qualifies as a farm winery, since owner Tristan Wright was able to plant eight apple trees in a small space along the road.
- **Magnolia Vineyards**, 200 Viewtown Rd., Amissville, VA 20106, [www.magnoliavineyards.com](http://www.magnoliavineyards.com). Virginia's 251st winery began offering its wine in 2011, but opened its new tasting room with a wide wrap-around covered porch and outdoor seating among the vines in 2019. It provides a carefully-selected variety of Old World wines prepared in the classic European style. Groups of eight or more require a reservation.
- **Montifalco Vineyard**, 1800 Fray Rd., Ruckersville, VA 22968, [www.montifalcovineyard.com](http://www.montifalcovineyard.com). This small, adults-only, European-vibed winery opened in 2019 to offer Old World-style wines. Owner Justin Falco attended the French Culinary Institute, now known as the International Culinary Center, graduating with a Level II Sommelier Certification from the Court of Master Sommeliers. Wine and bison steak orders are currently available in advance for pick-up.
- **Mt. Defiance Cidery**, 495 E. Washington St., Middleburg, VA 20117, [www.mtdefiance.com](http://www.mtdefiance.com). Small-batch, artisan ciders and spirits like apple brandy, rum, almond liqueur and Absinthe can be found at Mt. Defiance in the cidery barn

tasting hall and the distillery. Although established in 2014 as a craft cidery, it is new to this year's guide.

- **Old Trade Cidery**, 13270 Alanthus Rd., Brandy Stations, VA 22714, [www.old-tradebrewery.com](http://www.old-tradebrewery.com). In addition to its craft

beer through the 2017-opened Old Trade Brewery, Old Trade Farm is now a farm cidery and winery with an indoor tasting room, indoor and outdoor playgrounds, adult lounging tasting room, and a bistro patio with sunset views. Groups of 8 or more should call for a reservation. ♦



There may be some new trails you haven't tried yet, or new members along these trails. Traverse the beautiful rolling hills of Northern and Central Virginia's wine country by following one of the many trails promoted throughout the region.

- **Artisanal Wineries of Rappahannock**, 5 wineries, [www.VisitRappahannockVA.com](http://www.VisitRappahannockVA.com)
- **Blue Ridge Whisky Wine Loop**, wineries, breweries and 2 distilleries, [www.DiscoverShenandoah.com](http://www.DiscoverShenandoah.com).
- **Fauquier County Wine Trail**, 26 wineries and vineyards, [www.VisitFauquier.com/things-to-do/wineries](http://www.VisitFauquier.com/things-to-do/wineries)
- **Foothills Scenic Wine Trail**, 2 family-run wineries, [www.FoothillsScenicWineTrail.com](http://www.FoothillsScenicWineTrail.com)
- **Foothills Wine & Cider Trail**, 4 wineries, 1 cidery, [www.FoothillsWineandCiderTrail.com](http://www.FoothillsWineandCiderTrail.com)
- **Heart of Virginia Wine Trail**, 5 wineries, [www.HovaWineTrail.com](http://www.HovaWineTrail.com)

- **Loudoun Wine Trail**, 40+ wineries, [www.VisitLoudoun.org/drink/wine-country](http://www.VisitLoudoun.org/drink/wine-country). Read about the county's latest award-winning wines at [www.LoudounWineAwards.com](http://www.LoudounWineAwards.com).
- **Monticello Wine Trail**, 30+ vineyards and wineries, [www.MonticellowineTrail.com](http://www.MonticellowineTrail.com)
- **Nelson 151 Trail**, 6 wineries, 2 cideries, 1 distillery, 1 meadery and 4 breweries, [www.Nelson151.com](http://www.Nelson151.com)
- **Shenandoah County Wine Trail**, 45 wine, beer and spirit locations, [www.VisitShenandoahCounty.com/experience/things-to-do/beerwine-spirits](http://www.VisitShenandoahCounty.com/experience/things-to-do/beerwine-spirits)
- **Skyline Wine-Whiskey-Beer Trail**, 7 wineries, 1 cidery, 1 distillery, 3 breweries, and the Wine Loves Chocolate urban tasting room, [www.SkylineWineTrail.com](http://www.SkylineWineTrail.com)
- **Virginia Cider Trail**, 21 cideries, [www.VirginiaCider.org](http://www.VirginiaCider.org)
- **Virginia Distillery Trail**, 55 listings throughout Virginia, [www.DistilleryTrail.com](http://www.DistilleryTrail.com)





# Ask An Advisor

## About Investing during the COVID-19 Market downturn

By Rose Price, CFP®, AIF®

We asked the advisors at local firm, VLP Financial Advisors on what investment advice that have or strategies they recommend during the recent market downturn.

### Buy Low (If you Can)

Warren Buffett said “Try to be fearful when others are greedy and greedy only when others are fearful”.

With these words in mind, a downturn can be seen as a “buying opportunity.” Though the market price of a particular investment may fall it is not necessarily reflective of the true value of that investment. There is a difference between the intrinsic value and the market value, in the most recent market downturn markets fluctuated swiftly in response to headlines and the overwhelming uncertainty that surrounded this epidemic, this reduced the price of many investments without the business themselves losing profit.

Some market sectors have been affected more than others during this downturn and some of them show strong recovery potential while other's future are more uncertain. Depending on your cash-flow you might be able to invest cash or move from bonds to equities.

Many of my clients who contribute to their IRA or 401k accounts bi-weekly wonder if they should continue to contribute—my answer is that this is great time to contribute and, if possible, consider increasing your contribution. When market values fall your monthly deposit will buy more shares than when market values are high and when markets recover you will have more shares that can participate in a market recovery.

Market declines are the perfect opportunity to purchase investments at low prices. It's impossible to time a purchase at the exact market bottom, but historically market prices have recovered.

Visit VLP Financial Advisors online at: [www.vlpfa.com](http://www.vlpfa.com).

Have a question for an Advisor? Email [info@vlpfa.com](mailto:info@vlpfa.com)

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Shenandoah Valley Virginia White Oak Lavendar Farm

continued from page 29

## Richmond

Head to Lewis Ginter Botanical Garden near Richmond, a 50-acre historic property with a classical domed Conservatory, the only one of its kind in the MidAtlantic. The highlights of this massive botanical wonderland are the Children's Garden, the Asian Valley, and the Rose Garden. Other Richmond treasures are the Italian and Japanese gardens at Maymont, while the gardens at Agecroft Hall reflect the opulence of English gardens. Learn more at [VisitRichmondVA.com](http://VisitRichmondVA.com)

## Shenandoah Valley

For garden and flower lovers, the Shenandoah Valley truly has it all. Come explore arboretums, delight in historic gardens,

gaze at hidden waterfalls, and relax near sun-dappled fields and forests. Colorful and delicate wildflowers abound in Shenandoah National Park, and along the Blue Ridge Parkway many scenic back roads. Learn more at [VisitShenandoah.org](http://VisitShenandoah.org)

## Virginia's Blue Ridge

Experience the bright blooms of spring naturally throughout Virginia's Blue Ridge along the Blue Ridge Parkway or beautifully grown in Virginia Western's Community Arboretum in Roanoke. Visitors of all ages can enjoy stunning plant gardens and collections, a plant maze, plant zoo, and Children's Garden in the magical two-acre educational Arboretum. Learn more at [VisitVBR.com](http://VisitVBR.com) ♦



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# Quarantine Rainbow

## *Manicure Edition*

by Allison Chase Sutherland

Beauty Contributor, Le Nouveau Moi

With more time on our hands than usual, we might as well paint our nails! Not everyone finds themselves in a situation with extra time to fill, of course, but everyone deserves a treat. In moments of physical isolation, we suddenly recall how to do things we can readily do ourselves. So this little public service announcement reminds us that—if we wish—we can easily paint our nails at home. If you've never ventured to paint your nails and always liked the look of painted nails, now is the perfect time to learn how. We've arrived at a universal learn-a-new-skill moment. And for this one, there are a dozens of tutorials on the subject. The millennials are, shall we say, on it.

Fortunately, it's not difficult. If you did it in the past, you'll find that it is quite like the proverbial riding of the bicycle. You don't need to be a professional. In fact, my niece and I have been enjoying doing mani-pedis together since she was three.

As I am also a teacher and tutor, I am continually inspired by my teenage students and my friends' teenagers with their cool, innovative styles—down to the unexpected colors and fresh designs adorning their fingernails. So I guess you could say they are style influencers. I guess you could say they are style influencers! They certainly influence me! It makes your life more fun. And why not? Especially now.

Painting the thumb and the fourth finger one color and the other three another col-

OPI has a fun way to try out colors depending on your skin tone and nail length, so you can really imagine the look. They are known for cool, fresh colors with fun-tastic names – hence their ubiquitous array adorning the walls of the finest nail salons. I remember clicking on models and paint colors when selecting my car color! Once I clicked Blue Topaz on my little Chevy Cruze, I was hooked!

At OPI, first you select filters over to the left of the screen for color family, including nudes, brights, pastels, and metallics, and finish type, including glitter, pearl, sheer, shimmer, or creme. Then you select your skintone and nail shape.

[www.opi.com/nail-studio#nl=80&st=0&p=N-LU19](http://www.opi.com/nail-studio#nl=80&st=0&p=N-LU19)



or with some extra shimmer on some was a popular trend. Then just add simple designs with nail paint—like dots or lines. The kids keep you young and out of the box.

Of course my lessons are all currently online, but for those in, say, the upper grades of elementary school who are old enough to paint their nails, you could introduce or review the colors of the rainbow for science class. ROYGBIV revisited—but better. Red, orange, yellow, green, blue, indigo, violet. Now there's a fun ancillary lesson!

Just paint each nail a different shade of the rainbow. Of course you can still paint your nails uniformly the same color if that is your preference. Hone in on your favorite hue—or just opt for clear or a shimmer for long wear. Now is the perfect time to experiment with your own creativity. It could be a nice outlet.

The challenge for me is waiting for the polish to dry. When other people paint your nails, you just start chatting, and before you know it—they're nice and dry. No tacky intermediate stage!

And if painting is not for you, Color Street offers intriguing patterns by mail that you can't get at the nail salon. Just attach, snip, and go!

You can also combine your nail art with a myriad of accessories or outfits. I selected a dazzling bejewelled bracelet to complement my Quarantine Rainbow nail design. My dear godfather Tom Kelly once sent me a check and said, "Buy yourself something pretty." So I got myself a bright summery dress and this magnificent bracelet. I think of him every time I wear it.

For me the Quarantine Rainbow represents optimism in the face of adversity. Especially for the children. But realistic optimism—safely at home as much as possible—painting our nails or doing whatever we enjoy that feeds our spirit. The time to take care of ourselves is now—and at the same time protect everyone else to the best of our ability. Cyberspace is alive with ideas to help each other do just that.

My Quarantine Rainbow design has more colors than I usually opt for in a manicure, yet it's not only whimsical this time, but more importantly, symbolic.

At times like these, simple things take on a deeper significance. In the end, this simple gesture effectively encapsulates how I often find myself feeling these days, as I think many do—trying to maintain the delicate balance of attempting to enjoy our lives to the best of our ability despite the current predicament while at the same time remaining cognizant of the underlying very realistic concern of the serious situation we must continue to face in order to overcome it.

And sometimes that's as simple as spa day at home—complete with a rainbow mani-pedi to brighten your day! So we can look down at our nails and think how love-

ly they look—and then remember what it really means. Striking a balance can indeed be a challenge. If we can approximate it, we will be getting somewhere.

At this moment where we find ourselves, the most important concerns are to stay safe, resilient, and hopeful—especially for the children. The first rainbow I saw during this time was drawn by my friend's little boy in Italy at the epicenter of the epidemic in Lombardia.



"Andrà tutto bene."

Yes, dear Stefanuccio, everything will be okay.

If we all work together—apart. #stayhome ♦

## Something fun to do with kids

**Non-pro tip:** Something fun to do with kids. It's like a nice bonding experience actually. I did it more for that than for the nails with my little niece! She started painting my nails when she was 3. It's great for developing eye-hand coordination too. She was pretty precise at such a young age!

We used non-toxic Piggy Paint, created to be a safer alternative for children, being water-based, odorless, and free of harsh chemicals.

They have great, fun colors such as Butterfly Kisses and Mermaid in the Shade! And their most popular products and color combinations come in fun gift sets.

[www.piggypaint.com](http://www.piggypaint.com)

Here are the directions for applying Piggy Paint for best results. I love the idea of using a blow dryer on warm heat at a low blower setting. No rookie moves over at Piggy Paint!

### DIRECTIONS:

Wash hands with soap and water. Apply 2 -3 thin coats of Piggy Paint. Air dry 60 seconds.

(Optional for best wear) Blow dry polished nails for 1 minute with hair dryer set on warm heat/low blower setting. Use Piggy Paint Basecoat for extended wear and Topcoat for added shine.

**The Funny Bunny Gift Set** Includes: .25 oz. PINKie Promise, Dragon Tears, Tutu

Cool, & Sea-quin + a Flower Nail Art pack.

Together my little niece and I invented a fun, effective system for doing manicures together that could work for anyone.

- We would each use our right hand to paint our own left hand.
- We would paint each other's right hand with our right hand, so no one would have to paint left-handed.

That seemed like the clever part when it dawned on us! We just sort of figured it out one day!

In the end, each person would have painted two hands—their own left hand and the other person's right hand.

That's it! No strategies for toes! You're on your own!





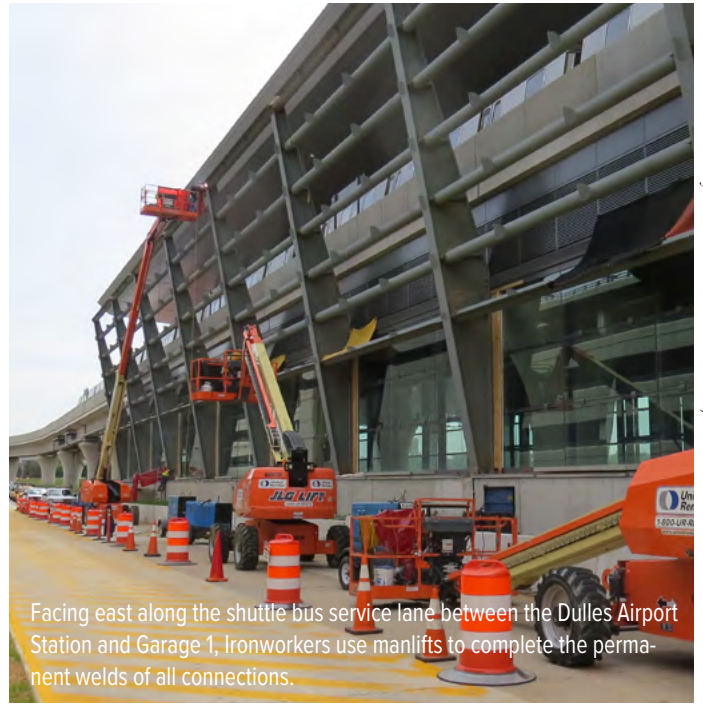
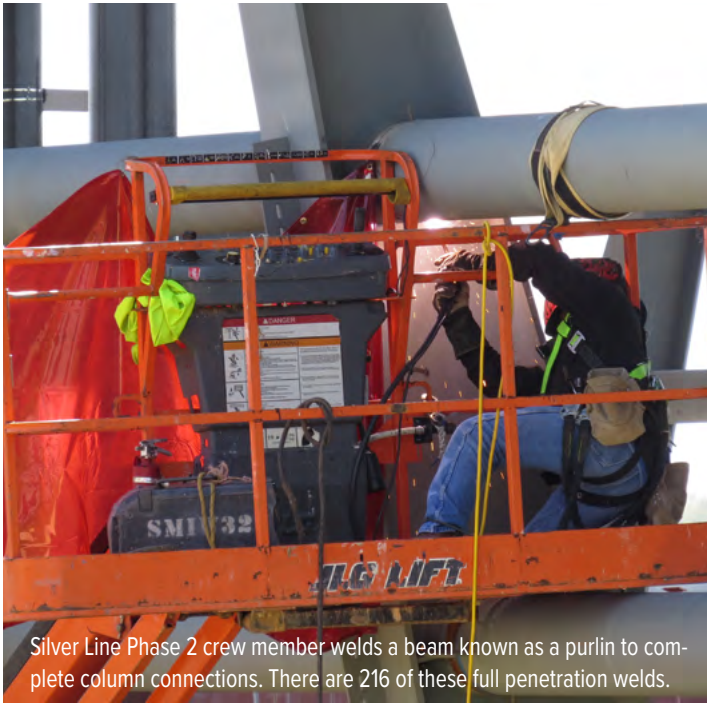


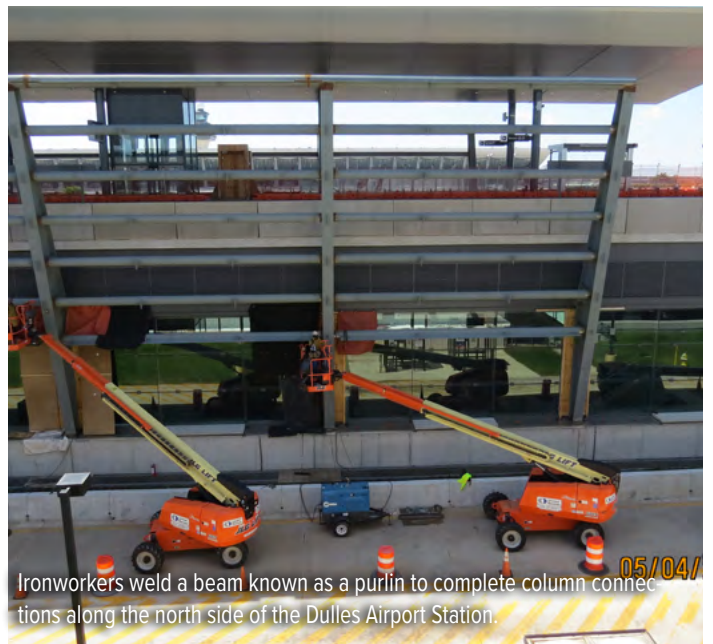
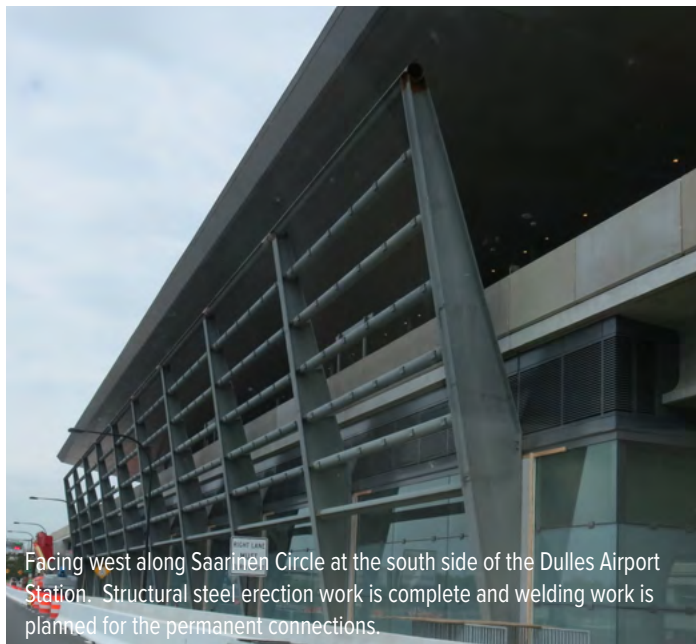
Photo credit: Photo courtesy of Dulles Corridor Metrorail Project.

# Silver Line Phase 2 Windscreen Updates Progress at Dulles Airport Station

By Marcia McAllister

Structural steel erection work is complete on the north and south sides of the Dulles Airport Station. The steel will support louvers on the north side of the station and the glass windscreen on the south side facing the main airport terminal. Once the contractor,

W.M. Schlosser Co., completes welding work, crews will begin applying the steel coating system and install the glass screenwall and louvers. Louver and glass deliveries are scheduled for June as long as there are no COVID-19 manufacturing issues. ♦







The Dulles Corridor Metrorail Project agreed to comply with more stringent stormwater requirements that were implemented after the project was approved. This stormwater pond southwest of Herndon Station will not only retain, but also treat stormwater before it reenters the Chesapeake Bay watershed. Photo courtesy of Dulles Corridor Metrorail Project

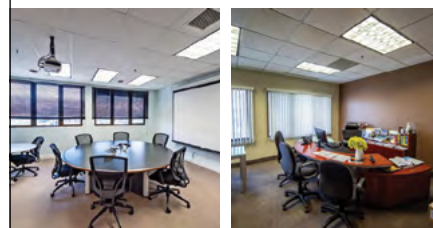
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