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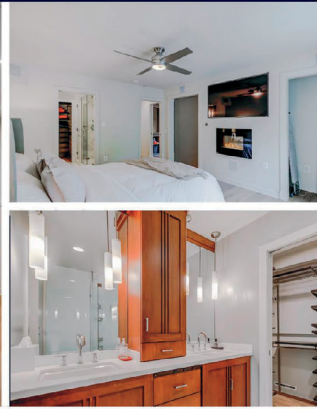
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# Features

## Salamander Resort & Spa Middleburg, Virginia

*by Allison Chase Sutherland*

The Forbes 5-Star-rated Salamander Resort & Spa is gracefully situated at the edge of the quaint town of Middleburg on 340 acres of pristine, preserved land. The charming Bella Vilgrain, fluent in French and English, may greet you at the reception. Help yourself to an Arnold Palmer upon arrival.



## Considering Boot Camp for Your Troubled Teen? There May Be Safer, More Effective Options

*by Kimberly Blaker*

When supporting your teen surpasses your capabilities, you may be desperate to find solutions to help turn your adolescent's life around before it's too late.

## Finding a Good Tutor for Your Child Regardless of Your Budget

*by Kimberly Blaker*

Does your child have a learning disability, poor or declining grades, poor time management skills, or difficulty understanding homework? If so, tutors are an effective way to get kids back on track and keep them there. Today, there are many options.



## Make Your Own Wine at Tin Lizzie Wineworks

*By Linda Barrett*

You've certainly tasted great wine, and may even have a cellar filled with favorite vintages, but have you ever thought about making your own premium wine? Dave Zuchero, the head winemaker and instructor of Tin Lizzie Wineworks can lead you through the process at his internationally-acclaimed "make your own wine" facility in Clarksville, Maryland.





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THE MAGAZINE FOR TYSONS | RESTON | ASHBURN | LEESBURG  
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LATE SUMMER 2022

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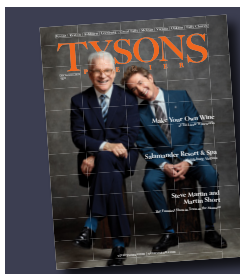
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ON THE COVER

See what live concerts  
and events are taking  
place near you on page 14.

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*Out and About*  
CONCERTS & EVENTS IN TYSONS

STEVE MARTIN AND MARTIN SHORT  
The Filene Center at Wolf Trap  
AUGUST 21

*Photo courtesy of Wolf Trap*



## NEXTSTOP THEATRE COMPANY ANNOUNCES 2022/2023 SEASON

269 Sunset Park Dr.  
Herndon, VA 20170

*For tickets, visit [www.NextStopTheatre.org](http://www.NextStopTheatre.org)*

### LITTLE WOMEN

August 26-September 25, 2022

Based on Louisa May Alcott's beloved novel, *Little Women* follows the adventures and struggles of the March sisters as they come of age during the mid 1800's. Using just two pianos and ten actors, this beloved story is guided by the impetuous Jo March as she embarks on a journey towards self-empowerment through love, loss, and loyalty in the face of great change.

### FRANKENSTEIN

October 21-November 13, 2022

When Victor Frankenstein deciphers the secret of life, he creates a child-like, but grotesque creature that is seemingly the shadow of a human. Rejected by his creator, the creature is cast out into the world, where he learns both the depths of man's cruelty and the heights of human aspirations.

### 46 PLAYS FOR AMERICA'S FIRST LADIES!

January 27-February 19, 2023

Devised by the Neo-Futurists (a Chicago-based theater collective), this fast-paced comedy offers a unique perspective on American history. These ladies will make you laugh, cry, and illuminate the pressures inherited with a completely made-up and often under-appreciated role. Megan Behm, the director of 45 Plays For 45 Presidents, returns to NextStop to direct this wild look behind the curtain of American history.



ZIGGY MARLEY & STEPHEN MARLEY  
The Filene Center at Wolf Trap  
July 27

### THE CAKE

March 10-April 2, 2023

*The Cake* is a deliciously sweet story about love, acceptance, and being willing to have a change of heart. Under the direction of Aria Velz, NextStop's second newly appointed Co-Associate Artistic Director, this ambitious co-production will be mounted first by Prologue Theatre at the Atlas Performing Arts Center in Washington, DC before transferring to NextStop for an extended run.

### IN THE HEIGHTS

May 12-June 11, 2023

Experience the heartbeat of a community through infectious Latin and hip-hop beats, in this life-affirming musical about the ties that bind us all together. *In the Heights* was originally slated for the spring of 2020 and NextStop is thrilled to finally

bring the show to Herndon under the direction of Elena Velasco.

Tickets for the 2022-2023 season will go on sale Friday, July 29th at 9:00am. Season subscriptions, early bird tickets, and regular individual tickets for all productions will be available at [www.NextStopTheatre.org](http://www.NextStopTheatre.org).

### THE FILENE CENTER AT WOLF TRAP

1551 Trap Road  
Vienna, VA 22182  
[www.wolftrap.org](http://www.wolftrap.org)

### ZIGGY MARLEY & STEPHEN MARLEY

Bob Marley Celebration

July 27

7pm

TIX start at \$47



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Multi-Grammy Award-winning brothers Ziggy and Stephen Marley come together to honor their famous father. This next generation of reggae royalty puts their own spin on Bob Marley's most beloved and enduring songs like "Get Up, Stand Up," "Redemption Song," "Three Little Birds," and many more.

### OUTSIDE PROBLEMS TOUR

**Andrew Bird and Iron & Wine**

**Meshell Ndegeocello**

July 28

7:30pm

TIX start at \$37

"Are You Serious?" We are! Internationally acclaimed multi-instrumentalist, vocalist, whistler, and songwriter Andrew Bird is joined by Iron & Wine for a night of eclectic and imaginative indie-rock during their Outside Problems Tour. Singer-songwriter and D.C. native Meshell Ndegeocello makes her Wolf Trap debut to open the show.

### JOHN WILLIAMS

#### STAR WARS: THE EMPIRE STRIKES BACK IN CONCERT

National Symphony Orchestra

Emil de Cou, conductor

July 29

8pm

TIX start at \$42

"You must feel the Force around you..." The battle for the galaxy intensifies in this thrilling fifth episode of the unfolding saga. The National Symphony Orchestra presents John Williams's iconic Oscar®-nominated score from The Empire Strikes Back performed live along with the full feature film.

### 123 ANDRÉS

**Activate**

Children's Theatre-in-the-Woods

1551 Trap Road

Vienna, VA 22182

August 3

10:30am

TIX \$12 (Free Under 2)



123 Andrés, Latin Grammy winners and Washington, D.C. favorites, present a fun mix of Spanish and English songs. This special show is packed with música, energía, familia, y comunidad (music, energy, family, and community) and encourages children and adults alike to dance and sing along.

### THE WRONG PARTY TOUR FITZ AND THE TANTRUMS

Andy Grammer

Breland

August 3

7:30pm

TIX start at \$32

This show will make your hands clap! Multi-platinum artists Fitz and the Tantrums have quickly grown from independent upstarts to bona-fide hitmakers. The LA-based band's much-anticipated, fourth album *All the Feels* (2019), featuring singles "123456" and "I Just Wanna Shine."

The band is joined by "Honey, I'm Good" singer/songwriter Andy Grammer in his Wolf Trap debut. Georgetown University alum Breland brings

his unique blend of country-rap to the Filene Center stage to open the evening.

### LITTLE BIG TOWN

Karley Scott Collins

August 4

8pm

TIX start at \$47

CMA, Grammy, and ACM Award-winning country group, Little Big Town—consisting of members Karen Fairchild, Phillip Sweet, Kimberly Schlapman, and Jimi Westbrook—first entered the music scene over 20 years ago. With powerful four-part harmonies and a crossover sound, the band has garnered critical acclaim for its many hits including "Girl Crush," "Better Man," and "Pontoon," as well as its new album *Nightfall* (2020). Actress and singer-songwriter Karley Scott Collins makes her Wolf Trap debut to kick off the evening.

### ABBA THE CONCERT

August 7

8pm

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Photo courtesy of Wolf Trap



**GREENSKY BLUEGRASS**  
The Filene Center at Wolf Trap  
August 12

TIX start at \$37

Sweden's ABBA The Concert continues to be the top ABBA tribute group in the world, dazzling audiences with fantastic performances of ABBA's iconic hits including "Mamma Mia," "S.O.S.," "Money, Money, Money," "The Winner Takes It All," "Waterloo," "Gimme, Gimme, Gimme," and "Dancing Queen."

**GREENSKY BLUEGRASS**  
**The Wood Brothers**

August 12

7pm

TIX start at \$32

Greensky Bluegrass has created its own version of bluegrass music, mixing the acoustic stomp of a string-band with the rule-breaking spirit of rock 'n' roll. "The members are virtuosos in the genre. Live shows are often transcendent musical experiences. When the band takes off, it can rock like a countrified hurricane" (NPR). Modern Americana mainstays The Wood Brothers open the show.

**ELVIS COSTELLO & THE IMPOSTERS**

Nick Lowe & Los Straitjackets

August 18

8pm

TIX start at \$37

For over 40 years, this Rock and Roll Hall of Famer has flipped genres like rock, punk, and new wave on their heads. Best known for hits "Alison," "Pump It Up," and "Everyday I Write The Book," Costello's latest release, *The Boy Named Li* (2022) showcases an artist "back at his best" (The Guardian).

**STEVE MARTIN AND MARTIN SHORT**

**The Funniest Show in Town at the Moment**

August 21

8pm

TIX start at \$47

Steve Martin and Martin Short are two comedic masters driven to make each other laugh as much as the audience. From the small screen (most recently in Hulu's *Only Murders in the*

*Building*) to the stage, the famous friends' comedy truly soars when they lovingly (and relentlessly) roast each other.

**WAIT WAIT... DON'T TELL ME!**

August 25-26

8pm

TIX start at \$42

*Wait Wait... Don't Tell Me!*, NPR's weekly hour-long news quiz program, will test your knowledge of what's real and what's made up. The show returns to Wolf Trap for two nights with more news, laughter, and special guests.

**MARY CHAPIN CARPENTER**

Emmylou Harris

August 27

7pm

TIX start at \$35

While DC isn't typically known for its Americana scene, two of the genre's stalwarts got their start in the district. Beloved singer/songwriter Mary Chapin Carpenter considers herself a Hometown Girl, having



called the Washington area home for nearly 30 years. Carpenter is joined by Emmylou Harris, “one of music’s most revered voices” (The Guardian). Harris has collaborated with everyone from Dolly Parton to Bright Eyes across her 50-year career but she cut her teeth in DC’s club scene.

### Sixty Years of the Sounds of Summer THE BEACH BOYS

August 28

3pm

TIX start at \$42

Led by Mike Love, America’s favorite surf rockers continue to ride a wave unequalled in American music history. The Beach Boys provide the perfect summer soundtrack with songs like “Surfin’ USA,” “Fun, Fun, Fun,” “Wouldn’t It Be Nice,” and many more.

### THE STATE THEATRE

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All of our indoor shows require a proof of vaccination (original card or picture is sufficient), or a negative COVID 19 test that is no more than 72 hours old for entry. At home tests will not be accepted. Please call the box office at 703-237-0300 with any questions.

### JOHNNY FOLSOM 4:

Tribute To Johnny Cash

July 16

8pm

TIX start at \$20

From A Boy Named Sue to Ring of Fire to Rusty Cage, Johnny Folsom 4 is the ultimate tribute to the legendary Man in Black. Lead singer David Burney’s lilting southern baritone delivers Cash’s classic songs so well you may well wonder from time to time if Johnny himself is in the building. Phil Wise fills the shoes of Luther and Carl Perkins on those classic guitar licks, while Randy Benefield (drums) and Glenn Jones (bass) provide that hallmark, train-like rhythm the whole world knows and loves. No



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Photo courtesy of Wolf Trap



**THE BEACH BOYS**  
The Filene Center at Wolf Trap  
August 28

Depression Magazine says “For those of us unable to have seen Cash perform during his life, this is more than a treat. It’s a time machine.” When it comes to honoring Johnny Cash, JF4 walks the line.”

### SAVED BY THE 90’S—A PARTY WITH THE BAYSIDE TIGERS

August 12

9pm

TIX start at \$17

2021 is soooo overrated, but you know what’s ALL THAT? The SAVED BY THE 90’s PARTY! BOO YA! Hailing from NYC and now active all over the U.S., this party has tons of live 90’s music from a totally fresh band (they’re da bomb). Get ready for everything from Third Eye Blind to the Spice Girls, from The Backstreet Boys to The Beastie Boys. And after that, we’re not leaving you hangin’! As if! Get Jiggy with the DJ spinning dope tunes all night! It’s gonna be the raddest thing since your mom!

### RED NOT CHILI PEPPERS

August 25

8pm

TIX start at \$12

The Red Not Chili Peppers pay tribute to the ultimate funk rock quartet—a band who has transcended three decades of chart-topping success as well as developed one of the largest die-hard followings in the world. Come be reminded of the hits and high energy performances that brought the Chili Pepper’s international acclaim. Having performed at many of the country’s most prestigious concert halls as well as every major tribute festival, the Red Not’s sincere devotion to that classic Chili Pepper sound is filling venues and rocking people’s socks off around the US and abroad. With the ability to span over three decades of hits and hundreds of songs, every show provides a unique and high energy live music experience.

### THE MCLEAN COMMUNITY CENTER

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[mcleancenter.org](http://mcleancenter.org)

### McLean Community Players “THE SHOW MUST GO ON!”

July 22-24

Times vary

Tickets: \$27 for Adults; \$20 for Seniors (65+), Older Students (13+), MCC tax district residents; \$15 for groups of 10 or more and students under 13.

at The Alden

McLean Community Players returns to The Alden at the McLean Community Center July 22-24, with a gala revue remembering songs from past shows and looking to the future with songs from shows MCP has not done yet.

### TOWN OF VIENNA

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3rd Friday of each month

June–September

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# *Salamander Resort & Spa*

## MIDDLEBURG, VIRGINIA

by Allison Chase Sutherland



The Forbes 5-Star-rated Salamander Resort & Spa is gracefully situated at the edge of the quaint town of Middleburg on 340 acres of pristine, preserved land. The charming Bella Vilgrain, fluent in French and English, may greet you at the reception. Help yourself to an Arnold Palmer upon arrival.

You find yourself in a meticulously appointed space. All the art in the buildings was personally curated by the owner, Sheila Johnson, who also took all the photographs in the rooms. Ms. Johnson is passionate about art. They're even working on a brochure for a walking art tour throughout the property.

Ms. Johnson designed the Grand Living Room to give the feeling of welcoming guests into her own home. With a library, two fireplaces, and equestrian statues, it is inviting indeed. You can even get a room with a fireplace. And there are several fire pits outside as well.

Upstairs rooms toward the left side of the building have the choicest views and look out upon a beautiful little pond and the over 100-year-old Stallion House, where they have activities such as wine and painting. The charcuterie board, with local butcher's sausage and cured meat with stone ground mustard and pickled garden vegetables, like a zesty giardiniera which tantalizingly tickles the tastebuds, can be ideal to order in to share on your balcony overlooking the lawn.

The Gold Cup Wine Bar – noted for its extensive wine list – also serves flights. It is a community-style restaurant with small plates designed for sharing. Just behind the bar is the Billiards Room, with more of a sports bar atmosphere. Slate floors lead to the Cooking Studio by Fontessa, where they have cooking classes every other Saturday.

### HARRIMANS VIRGINIA PIEDMONT GRILL

Harrimans Virginia Piedmont Grill for fine dining is an elegant octagonal space





with windows all around with views of the Virginia countryside from every table. The high-ceilinged dome houses a gargantuan chandelier. Chef Bill Welch hails from Cape Cod in New England and has also worked in the Sea Islands, so there is a seafood slant to the menu, but it is also famed for its butcher's cuts of meat. They also serve Sunday brunch. The horse sculptures *Midnight* and *Shadow* on the Middleburg Lawn light up at night.

Start off dinner with a velvety sweet potato soup poured tableside over roasted sweet potato cubes and mustard crème fraîche, with beurre de noix de muscade, warm spices, and lime. Choose from French baguette, Irish rolls, or multigrain bread with a ramekin of fermented butter and lemon seed oil.

Next up, the Asian-inspired charred cauliflower exhibited a rich umami flavor profile with baby bok Choi, red quinoa, Mt Defiance cider, and golden raisin jam with toasted pepitas.

Not to be missed is the 6-ounce Wagyu filet from Oroca Farms in Paris, Virginia with root vegetables and savory miniature beech mushrooms complemented by a delicately light horseradish cream, paired nicely with a pinot noir from Oregon. If you're in a seafood mood, you might try the *Loup de Mer* with saffron, baby fennel, calamari, and shellfish fumet.





And palate-cleansing desserts which include flavors such as yuzu cream and lemon-basil granita perfectly punctuate the last of the repast.

The culinary garden grows herbs and spices to enhance the cuisine, including mint for cocktails, in addition to grapevines to make house-made jam, as well as hot sauces from the peppers. In fact, the local Lost Barrel Brewing brewed a special beer with hops from their garden.

### A PLETHORA OF EXPERIENCES

On the Grand Lawn you can play lawn games, such as life-size chess, or walk your dog, as the dog-friendly first floor opens to patios. It is often also used for team-building activities. The Salamander



counts numerous hiking and biking trails (they even have bikes available for the guests) with picturesque names such as Tulip Poplar, Sycamore, Chestnut Oak, Dogwood, Birch, Virginia Pine, and Goose Creek, in addition to 20 acres of zipline course. For the fishing pond, they even have fishing poles for rent. They also have unique activities such as axe-throwing, archery, and a falconry experience.

The Equestrian Center, open daily 9-3 offers private horseback-riding lessons and trail rides. They also offer a unique class In Equine Communication – kind of like being a horse whisperer, using your body and energy to communicate with the horse. You will encounter horses such as a Belgian draft horse, dappled Welsh Pecheron, and Stella, an Arabian, before they head to paddocks to graze in the evening.

Fridays and Saturdays at four, the miniature horse Cupcake comes up to the Grand Lawn for happy hour. She's cute but she's a little sassy. Sometimes she'll take a child in a little cart for a little country ride. They also have pony rides for kids and grooming lessons as well. They can give a horse a bubble bath. You might get a glimpse of the black cat Hamlet lurking about the barn.

### SALAMANDER SPA

Sip on some cranberry hibiscus tea as you enter the fountain-lined, fragrant hallway to the spa. Or pour a cup of ginger peach, Moroccan mint, green passion, white ambrosia, or Masala chai. Select from a variety of treatments or opt for a massage



from the nurturing Christine. “Healing is my vision. Relax and detox. Be free.”

There is an indoor blue-tiled Vitality Pool with waterfall to loosen tight shoulders. Then rest on the tile Tepidarium Lounge Chairs, heated to 95° to increase blood flow and circulation – the name reminiscent of ancient Roman baths.

For a bit of nourishment in the Quiet Room, pick up a mandarin; small square house-made Salamander lemon-thyme sugar cookies; and some strawberry-orange infused water.

Indulge in the Experience Shower, which mimics Tropical Rain with the water dancing over you. Try the refreshing Arctic Mist or more invigorating Body Sprays – or venture into the steam room. There is also a sauna downstairs just past the fitness center and the indoor heated pool. The outdoor heated pool for all resort guests opens Memorial Day.

Be serenaded by songbirds in the spa’s outdoor hot tub heated to 104° beside the infinity pool, heated to a soothing 81°. You will enjoy being cooled by the spring breeze. They say people even get in there when there’s snow.

Contented guest Olia Legoshina marveled, “They thought of every detail.” She’s right. When I didn’t feel like getting my hair wet in the outdoor Jacuzzi one morning, they instinctively brought me a hair tie. And then a bottle of water just at the right moment. They even have a spinner to dry your swimsuit. They just know. They even send you on your way with the most flavorful lollipop I’ve ever tasted, with a fox emblazoned on it.

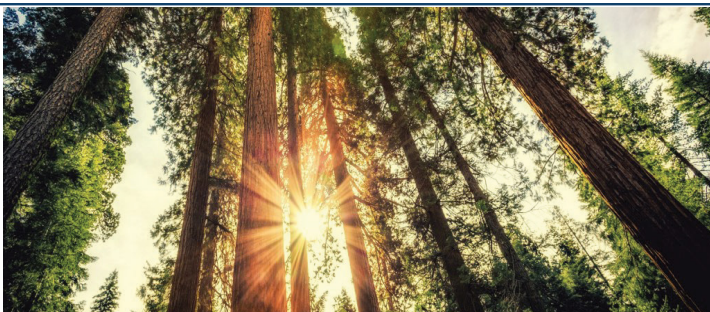
Olia states her sentiments succinctly. “This is exactly what I needed. I never want to leave.” ❖





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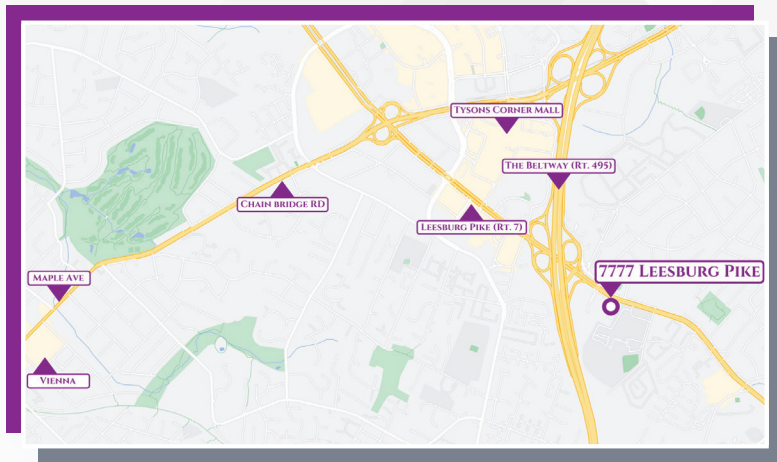


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# *Burapa Thai & Bar*

## THERE'S A NEW THAI IN TOWN

by Allison Chase Sutherland

**O**f all the world cuisines, Thai cuisine reigns as the queen of Asian cuisine. So refined. So elegant. And they don't typically use chopsticks as do many of their neighboring nations. With flavors that dance on your tongue—savory, sweet, spicy, sour, salty—it brilliantly blends irresistible flavor profiles. And now we have a new place to get our Thai on—right on 123 in Vienna.

Owner Bo Boonyaket and Chef and Co-owner Noom Sampach opened Burapa (which literally means 'east' but metaphorically suggests a fresh start or new beginning as the sun rises each morning in the east) to present a vast array of authentic and innovative Thai dishes. "We opened the first Tara Thai in this location in 2005. It changed hands for several years and now we're back after having been in Tysons for a few years. We have come full circle. And our neighborhood following has come along with us."

For starters, try the zesty and artistically plated Zapp Salmon Sashimi in spicy fish sauce topped with scallions and fried shallots. Or opt for flaky flavorful Chicken Curry Puffs with potatoes in puff pastry and cucumber relish. A go-to for Peggy James, President of the Vienna Business Association is the mouth-watering Burapa Duck Roll is honey roasted duck wrapped in roti, scallion, cucumber, and savory hoisin sauce. Burapa recently catered one of the official gatherings.

You don't often encounter Blistered Shishito, pan-seared glazed in a savory sauce and topped with truffle salt, on a Thai menu. Larb Aroi is grilled slices of pork, onion, scallions, and Thai herbs in lime dressing. And don't forget the ever-popular Larb Gai, similar ingredients but with chicken, or Num Tok with beef.

Entrées include the Famous Kaprow – your choice of meat (chicken pairs well) stir-fried in spicy Thai basil sauce, peppers, and onions

served with a side of white rice. Ginger Perfect is your choice of meat (pork complements nicely) stir-fried in homemade ginger sauce with onion, scallions, and fresh ginger.

Pla Pao is a seasonal fish—in this case branzino—wrapped in banana leaves and roasted, served with homemade spicy sauce, and a side of white rice. The juxtaposition of the fresh flaky white fish with the tangy sauce is tantalizing. For a special occasion, try the signature dish Crispy Duck—half a crispy duck topped with dazzling sweet chili sauce and crispy basil leaves. An ample selection of vegetarian dishes round out the menu to cater to all tastes.

Thai diner Patricia Wilson of Chiang Mai noted that the chicken krapow was particularly flavorful. “It’s exceptional. I feel like I’m back in Thailand.” Sprinkle on extra chili flakes and drizzle on some nam prik—Thai hot chili and fish sauce—and ask for a few extra Thai basil leaves.

Unique drink selections include taro, mango, and honeydew. Don’t miss creative cocktails in the rock band Queen-themed Bo’s Rhapsody Bar, which offers intriguing Thai-inspired concoctions such as Bohemian Rhapsody—spicy lemongrass mule, honey vinegar, lime juice, and kaffir lime leaves. They also offer an impressive array of non-alcoholic beverages like We Will Rock You, blended with Ritual Zero Proof Tequila, mango, mint, lime, and jalapeño, which enhance the vibrant flavors of the delectable Thai dishes.

The vision for this venue hails from Northeastern Thailand, or E-Saan. This region has a rich history, culture, biodiversity, as well as cuisine. The presentation of classic and modern Thai cuisine is Bo’s passion. So if you’re interested in a menu with a variety that goes well beyond the usual curries and satays, be sure to add Burapa Thai to your favorite Vienna restaurant list—you won’t be disappointed you did. Welcome, Burapa. Here’s to new beginnings. ❖





## CONSIDERING BOOT CAMP FOR *Your Troubled Teen?* There May Be Safer, More Effective Options

by Kimberly Blaker

Being a parent isn't easy, especially during the teenage years. While some amount of attitude and rebellion is normal, a teen with at-risk behaviors who is spiraling out of control may need more help than you can provide. When supporting your teen surpasses your capabilities, you may be desperate to find solutions to help turn your adolescent's life around before it's too late. Boot camps and military school may be the first approach that comes to mind. These programs promise to straighten out difficult kids quickly by using military tactics. But they're not the healthiest option for helping your teen in the long term.

Instead of looking at traditional programs promising to punish teens and stamp out bad behavior, consider alternatives that will support your teen through difficulties to turn around problematic habits naturally.

*Treatment centers seek to understand and address the cause of problematic behaviors to enact lasting change.*

### THE TROUBLE WITH BOOT CAMP

The concept behind boot camp is to mimic strict military programs where attendees will experience harsh discipline, extreme structure, and physical exercise or challenges to wear them down. These programs attempt to force teenagers to respect authority figures by taking a punitive approach with harsh consequences for not following directions.

Boot camps are often run by people without any counseling or psychology background. They use intimidation tactics to punish bad behavior

rather than understanding how to support struggling teens effectively. When the focus is on training youth to fear and follow authority figures, this approach can be traumatic for teens whose behaviors stem from mental or emotional distress. Boot camps are also often not regulated. In some cases, boot camp



tactics have led to severe abuse and even the death of teens attending them.

Even if the boot camp is resultful in the context of the boot camps' environment, the changed behavior doesn't necessarily translate when teens return to real life. According to [teenbootcamp.org](http://teenbootcamp.org), a website dedicated to educating parents about the risks of boot camps, the recidivism rate for some juvenile boot camps is 80%. Once adolescents go home, it isn't easy to replicate the extremely structured environment. Also, since the underlying issues causing the teen's bad behavior aren't addressed, young people who attend boot camps often fall back into the same patterns. Additionally, instead of automatically translating learned deference to a particular authority into respect for their parents, teens may feel resentful or further alienated from their parents.

### WHAT ARE THE ALTERNATIVES?

Fortunately, many evidence-based programs are available. In these, teens are surrounded by counselors and others who are trained to help young people heal and learn new, healthier patterns of behavior in a supportive environment.

### WILDERNESS TREATMENT PROGRAMS

Wilderness treatment programs are especially effective at helping teens turn their choices around. Wilderness programs are short-term programs that use the mental health concepts of treatment centers in an outdoor environment. Wilderness programs offer many of the benefits of summer camp, but in a structured way similar to treatment centers to support and nurture teens who are struggling.

Although your teen may still feel like being sent away is a punishment, the wilderness program environment itself is not punitive. Teens are out in nature, getting healthy physical exercise, and engaging in cooperative activities to learn to work with

others and gain confidence in themselves. Just being exposed to the outdoors is proven to have a calming effect on anxiety and depression, which are common mental health issues that at-risk teens experience.

### SHORT TERM TREATMENT CENTERS

Short-term treatment centers are an option that removes your teen from a negative environment for more intensive care. This provides adolescents an opportunity to get out of harmful patterns or away from unhealthy social groups that may be contributing to your teen's unhealthy lifestyle.

Treatment centers, as opposed to boot camps, use a counseling approach where trained and certified counselors and support specialists work with teens one-on-one and in groups. Treatment centers seek to understand and address the cause of problematic behaviors to enact lasting change. Teens may participate in cognitive behavioral therapy where they can talk about the issues they face and learn to recognize and change the resulting, harmful behaviors. Staff focuses on the well-being of the whole person and teaches teens how to take what they are learning and apply it in their daily lives at home.

These centers often group teenagers who are facing the same problems or experiencing similar mental or emotional issues. This offers participants opportunities to share their feelings and experiences in a safe environment and with people who can relate. This can help teens to feel less isolated while providing them a community of peers with whom they can share successes.

Teens sent to a treatment center are more likely to understand that their parents care for them and want to help them because

the teens are in a nurturing environment. When the goal is to help young people instead of making them follow orders, they're more likely to be open to change and seeing its benefits.

*In some cases, boot camp tactics have led to severe abuse and even the death of teens attending them.*

While boot camps may sometimes be effective at stopping bad choices, it often works only temporarily. It can also come at a high cost to adolescents' emotional and physical well-being. On the other hand, alternative options, such as wilderness treatment programs and short-term treatment centers, are available. These programs, particularly short-term treatment centers, aid your teen's personal growth and desire to become a healthy, mentally strong individual who contributes positively to society. ♦

*Kimberly Blaker is a freelance writer. She also owns an online bookshop, Sage Rare & Collectible Books, specializing in out-of-print, scarce, signed, and first editions; fine bindings; ephemera and more at [sagerarebooks.com](http://sagerarebooks.com)*

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**EDUCATION:** University of Pennsylvania

**EXPERTISE:** Achieved dual specialty certificates in both Periodontics/Implantology and Periodontal Prosthesis (Advanced Restorative, Cosmetic Dentistry) and recognized as a Diplomate of the American Board of Periodontology.



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**EDUCATION:** National Autonomous University of Mexico City

**EXPERTISE:** Dr. Calkins has become well versed in the areas of dental sleep medicine, craniofacial orthopedics, nasolabial molding for infants, along with diagnosis and treatment for Temporomandibular Joint disorders.



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www.novelsmiles.com

**EDUCATION:** George Washington University

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



# FINDING A GOOD TUTOR FOR YOUR CHILD *Regardless of Your Budget*

by Kimberly Blaker

Does your child have a learning disability, poor or declining grades, poor time management skills, or difficulty understanding homework? If so, tutors are an effective way to get kids back on track and keep them there. But how do you find a good, reliable tutor you can trust? And what if hiring a tutor isn't in your budget? Today, there are many options.

## HOW TO FIND A TUTOR

Your child's teacher and the school administrator are an excellent place to start. They might be able to recommend a tutor in your community or online resources to help your child.

Also, chances are one of your child's friends has a tutor. So, ask other parents for a recommendation.

Another option is to search online for tutors in your area. You'll likely find a couple of

local tutoring companies. These often offer on-site tutoring, but some might offer in-home tutoring as well.

*First, a tutor should  
be patient, empathetic,  
positive, passionate,  
creative, and fun.*

There are also many websites developed for helping parents find tutors. Takelessons.com has a searchable database of tutors. Just enter your zip code and the school subject to find tutors in your area. This site also shows tutors' ratings and their fees per session.

Another source is Care.com, which connects people with various service professionals, including tutors. Experience in tutoring varies widely, however. So, check their reviews and ask for references.



Online tutoring is another popular choice, though, it isn't right for every child. Also, do your research because the reviews of many online tutoring companies are fair to mediocre, at best. The costs of online tutoring aren't always consistent with quality.

## FREE TUTORING

If tutoring isn't in your budget, there are several options. First, check with your child's school. Although the No Child Left Behind Act is now defunct, some schools still offer one-on-one tutoring programs for eligible students. Many schools also offer after-school group tutoring. Kids can stay after school to work on their homework with a teacher to assist. Some teachers also offer after-school tutoring for their students.

If tutoring isn't available at your kid's school, ask trusted family members, neighbors, and friends if they can help. You might discover someone you know is enthused to help your struggling child.

Another option is to contact your local high school and community college. Students majoring in particular subjects or teaching are required to do a certain number of hours of tutoring. For that reason, students often offer it for free.

There's also the popular Khan Academy website, which offers free online video tutorials for students at all levels. Visit <https://www.khanacademy.org/>

## WHAT TO LOOK FOR IN A TUTOR

There are several factors to consider when looking for a tutor. These include:

Is the tutor qualified? Your best bet is to look for someone with a teaching degree since tutoring requires skills that not everyone possesses. For younger students, if the tutor has a teaching degree, specialization in a particular subject isn't necessary. From high school and beyond, look for a tutor with expertise in the subject your child needs help with.

Does the tutor have the right personality? First, a tutor should be patient, empathetic, positive, passionate, creative, and fun. These characteristics help ensure your child can learn from the tutor and will walk away with self-confidence. Also, the tutor's personality should be a good fit for your child. It's essential the tutor and your child connect with each other.

Is the tutor flexible? Each child has their own best learning style. It might be visual, aural,

*Many schools also offer after-school group tutoring.*

physical, verbal, logical, or any combination of these. Also, some kids are solitary learners, whereas others are social learners and enjoy learning in groups. Look for a setting and tutor that fits your kid's style.

Does the tutor have excellent references? Online tutoring services often have reviews from previous clients. Look for those with overall high ratings and positive comments. But beware of reviews directly on the tutoring company's website, since these can often be manipulated. If you find your tutor offline or find very few reviews, ask for several references. Still, the references a tutor provides might not be an entirely accurate depiction of their character and experience either. So, use due diligence for your child's safety and to ensure your child receives quality service. ❖

*Kimberly Blaker is a freelance writer. She also owns an online bookshop, Sage Rare & Collectible Books, specializing in out-of-print, scarce, signed, and first editions; fine bindings; ephemera and more at [sagerarebooks.com](http://sagerarebooks.com)*



## Nearby Maryland offers a premier “make your own wine” facility.

**Y**ou’ve certainly tasted great wine, and may even have a cellar filled with favorite vintages, but have you ever thought about making your own premium wine? Dave Zuchero, the head winemaker and instructor of Tin Lizzie Wineworks can lead you through the process at his internationally-acclaimed “make your own wine” facility in Clarksville, Maryland.

You don’t have to own the equipment or even know how to make wine. Zuchero uses his knowledge and guidance to help you create a personal vintage. You’ll experience every step of winemaking in just four one-hour, hands-on sessions spanning a full year.

- **Session One:** Crush. The grapes arrive in the fall and you de-stem and crush using the motorized machinery. You’ll test and adjust the must and add yeast to begin fermentation.

- **Session Two:** Press. About seven days later, fermentation is almost complete. You’ll use the wine press to separate the wine from the grape skins, and transfer the wine to French or American Oak barrels, which are placed in the climate-controlled barrel room for aging.
- **Session Three:** Taste. Four months later, you return to taste your wine in a festive group tasting. Share it with others if you’d like.
- **Session Four:** Bottle. Almost year after you begin, you return to bottle, cork and capsule your wine and affix your custom labels. Provide your own labels, or let Tin Lizzie help design them.

### Select Your Quality Level by the Grape

“We offer three levels of grapes: premium, super premium, and ultra premium—or good, better, best,” Zuchero described. “Premium grapes



*Winner of “Best Make Your Own Wine Facility of 2022” by WineMaker Magazine, taking the “U-Vint of the Year” honors in the International competition.*

are sourced from a central California valley where many of our fruits and vegetables come from. They make a nice table wine perfect for pizza or pasta. Think Gallo,” he added.

Super premium grapes are sourced from some of the more well-known California grape growing regions like Paso Robles, Amador, and the Sierra Foothills, directly from the farmers who grow grapes and make wine, rather than the giant companies. These grapes provide a fuller-bodied wine with more flavor and color.

For the ultra premium grapes, Zuchero leases blocks of vines in famous Napa Valley vineyards and works closely with growers. “My son is a winemaker in the Napa Valley and goes into the fields for us, starting around the end of August,” Zuchero said. “He’ll check the grapes, taste them, and report back to us about ripeness and when they’re ready to pick. Once we pick, the grapes are delivered here in small bins on refrigerated trucks within four days.”



Although they’ll make whatever the client wants to make, Cabernets and Cabernet blends are their wheelhouse. Client favorites include Cabernet, Merlot, Syrah, Cabernet Franc and Malbec styles.

### **Sign Up Now for This Year’s Winemaking Sessions**

Since grapes are harvested in the fall, now is the time to sign up at Tin Lizzie Wineworks to reserve your spot, since capacity is limited. You’ll begin by talking with Zuchero about the type of wine you’re interested in making, and under his guidance,





Photo credit Linda Barrett



Photo credit Linda Barrett



Photo courtesy of Tin Lizzie Wineworks

choose the grapes, the volume and the nature of your wine. Tin Lizzie holds small tastings throughout the summer to help you get a feel for what you like. The minimum amount is 60 bottles, or a quarter barrel. However, some winemakers choose to share a barrel.

Zuchero's interest in winemaking comes down through generations, hailing back to Italy. "My dad made wine all my life and I helped him as a kid." (See his grandfather's 100-year-old wine press in the facility's annex!) Zuchero earned a degree in microbiology and in the early 2000s took courses at UC Davis to earn his winemaking certificate. He also holds a Master's degree in scientific and medical writing and a law degree from the University of Maryland, and worked a number of years as a medical writer and regulatory affairs consultant in the pharmaceutical industry prior to opening Tin Lizzie Wineworks in 2008.

The question Zuchero gets most often when people call to inquire about winemaking is whether they can make their own wine brand. They want to make a wine and sell it, he says. Tin Lizzie does not have a license to do that. Under Federal law, "It is permitted for any person to manufacture beer or wine at his residence or at a gourmet brewing

*Tin Lizzie Wineworks gets its name from Zuchero's Model T Ford—his Tin Lizzie!*

shop for domestic consumption, but not to sell, distribute, or give away such beer or wine..." People are allowed to make up to 100 gallons of wine per individual or 200 per household. "A typical barrel holds up to 276 bottles, or 53 to 59 gallons," Zuchero estimates. "100 gallons is approximately two barrels."

### **Zuchero's Own Ultra Premium Wines**

Zuchero and his son Matt established their own brand of ultra premium wines under the name of ZSquared LLC to honor their four generations of winemakers. Dave Zuchero truly has a talent for create great, award-winning wines and hopes to make them available to the public in 2024.

If you've ever wanted to try making wines, give Tin Lizzie Wineworks a call. You'll have a great experience, learn about wine, and take home bottles to enjoy for years. ♦

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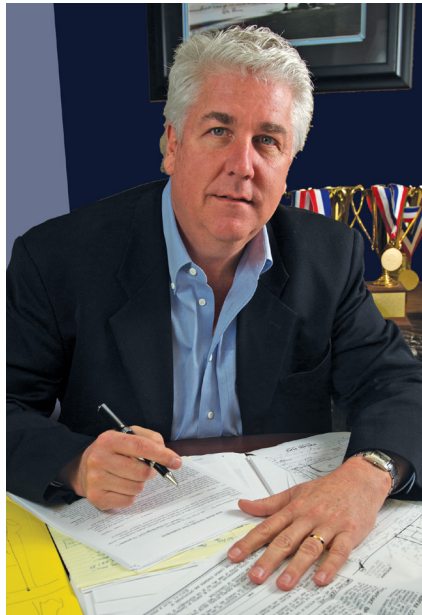


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Over the years, Lee has established an international client base and developed strategic partnerships with local, regional, and national builders. He has a passion for delivering top-flight customer service which has enabled him to be the recipient of several national awards for exceptional marketing.

Today, Lee is the Team Lead at Casey Margenau Fine Homes, a boutique brokerage specializing in contriving tailored marketing strategies to ensure the financial success of its clients. Here, Lee spearheads a team of top-performing professionals to offer the ultimate real estate experience, resulting in transactions of over \$75M in 2020.

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

Specialties:

Accredited Buyer Representative (ABR),  
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## Missy Whittington

### FASTEST GROWING AGENT

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

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

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## 11201 STUART MILL ROAD

OAKTON, VA | \$1,999,900

On Stuart Mill is one of northern Virginia is beautiful winding byway, a favorite with bicyclist, this 9 acre parcel is a slice of heaven. This property, whatever your plans for it, is amazingly beautiful piece of land. It is very convenient to Flint Hill preparatory school, Nysmith and is within the Madison school district. So, whether public or private the schools are in the upper echelon of top schools in the area. The Existing house consist of a parlor with a fireplace at the main entry of the home. There is main level bedroom, a full bath. As well as a main level family room off the kitchen and breakfast, with a wood stove for supplemental heat. Off the kitchen you will find a screened porch with rocking chairs and a big wide wraparound porch. Off the rear of the home is a large sun deck looking into the woods and the pond. The Property has over 700 foot of frontage along Stuart Mill Road and is zoned for one house per 2 acres to subdivide.



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# ELEVATE YOUR MINI-GOLF GAME *at Perch Putt!*

By Robin Long

All photos credit: Robin Long

The adult beverages plus miniature golf course combo seems to be a growing scene in DC. Tysons has now joined in on the trend and put its own unique spin on it. High atop Capital One Hall sits Perch Putt where you can take in the stunning views Tysons and the surrounding area while elevating your mini-golf game.

## The Course

Perch Putt's 18-hole putt putt golf course feels designed to appeal to all ages and skills levels. You won't find gimmicky windmills or gnomes at Perch Putt, but the course has a nice variety of obstacles, tunnels, banks shots to keep you on your toes and make playing the course engaging. I recently made the trip up to the Perch to try out the new course and

found it to be slightly challenging, but still enjoyable and a lot of fun. And though I'm extremely out of practice when it comes to my mini-golf game, I still managed to get a hole in one once and mostly made par or a little above par for the rest of the holes. The landscaping around the holes provides a relaxing atmosphere.

## Food

Two vintage buses converted to food trucks provide fresh seasonal street food. From the retro Greyhound bus Los Dos Carlos Street Tacos serves up chips with salsa and/or queso, nachos, and traditional street tacos with pollo, carnitas, carne assay, or vegetarian. At the double decker bus you'll find Grandpa Hank's Jamaican Kitchen offers beef and chicken patties along with along with more substantial fare



*Beef patties—Grandpa Hank's Jamaican Kitchen, Traditional carnitas street tacos—Los Dos Carlos Street Tacos, Mai Tai—Rhum Roost*

in plates of jerk chicken, oxtail stew, and curry goat.

### Drinks

Liquid refreshment comes courtesy of the colorful tiki bar Rhum Roost in the form of frozen drinks like Frozé, Margaritas, and Piña Coladas to name a few. If a cocktail is more to your liking, Rhum Roost offers a selection of classic tiki bar drinks including Mai Tai, Rum Runner, and Zombie. A selection of bar and wine is also on tap. Drink service is available on the course and there are even cup holders at the holes to hold your drink while you putt!

### Fun for Groups Large and Small

Perch Putt bills itself as the place to “Swing. Sip. Socialize.” and to that end there is an array of picnic tables providing groups large and small with ample room to sit, relax, and enjoy the fun atmosphere. Closer to Rhum

Roost there are also high tables with bar stools catering to those groups whose outing may be emphasizing the “sip and socialize” aspect of Perch Putt. Reservations for parties of up to twenty can be made for the course at Perch Putt and the venue is also available for private events. ❖

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*The Magical*  
CALMING OF BOOKS:  
RESTON'S USED BOOK SHOP

By Dawn Stuvland Crosson

Being surrounded by books is calming; it's as if wise authors are whispering their secrets from the pages. And who doesn't need a calming experience in our world? A perfect place to be feel that calm—and nostalgia—is Reston's Used Book Shop, snugly situated at Lake Anne Plaza in Reston. The shop opened in January 1978 when two friends, inspired by a used bookstore in Denver, decided that what their young Reston needed was a used bookstore. They sold out their inventory on the first day, and have become a pillar of the Reston community, serving three generations of Restonians ever since.

Bud Burwell was teaching at Woodson High School, carefully cultivating a collection of books for his students in his "broom closet" space. "I liked to keep it juicy over there. The kids would take books. Sometimes they'd come back, sometimes they wouldn't, I didn't really care as long as it was stuff that would draw them in," Bud said. While teaching, he worked part time at the bookshop in Reston for seven years. When he found out that the owners were ready to sell the shop so they could travel, he presented the idea of buying the shop to his wife, Susan, and on April Fool's Day of 1999, they closed the deal. As they were already Reston residents, they could then fulfill Robert E. Simon's (Reston's founder) goal for his community: they could live, work, and play in Reston. They have now owned it longer than the original owners did.

The Burwells went on to buy the dry cleaner's shop next door and connect the two spaces, doubling the bookshop's size. The second room became not only more space for bookshelves, but also a reading space with a fireplace and chairs, and large collection of children's books. On the wall is a rotating display placed there monthly by The League of Reston Artists through their Art in Public Places program. The added space has seen many events over the years, including monthly readings hosted by NOVA professor Nathan Leslie, countless book club gatherings, at least one marriage proposal, and even two weddings. For several years, a thespian staged readings of Dickens's "A Christmas Carol," in the space, performing all the voices as the snow fell on the lake outside the small shop.

"We've got these magical manifestations that are associated with books, and everyone's got their own personal connection to the shop," Bud explained. "We never get tired of hearing their stories." The Burwells have been careful to keep things local and have been rewarded by a loving community. "We've employed 15-20 high school and college students over the years," Susan said. "We get an average of six inquiries a month about jobs. 'We grew up here,' they say." The shop never has to go looking for books; people are always calling. So many in fact, that they now buy books to resell by appointment only.

The shop is involved in all the goings-on at Lake Anne Plaza—made up of a group of privately owned businesses, a branch of the Reston Community Center, the Reston Museum, and Reston Art Gallery. Their weekly farmers markets draw large crowds on Saturdays, and the bookshop sees many patrons on those days. It's Susan's favorite day. "There are kids reading all over the floor—which we love." The plaza also hosts festivals and their famous Christmas tradition of Santa arriving on boat for pictures and children's crafts. It's often chilly outside that day and people come into the shop to warm up by the fire.

To visit the shop is to go back in time. The stacks of books, familiar relaxing music, and lack of screens provide the calm that everyone needs. Nothing is computerized. Prices are handwritten on each book, and though they have a fairly good idea of which books they have in stock, you never really know until you get there what treasures you may find on the shelves. It's always an adventure.

Reston has proven itself to include a robust community of readers, and thanks to the fact that the Burwells are retired and community-minded, they are able to keep the shop open. "We don't do it for the money," Susan laughed. "You pay your bills. You keep going. We're kept alive by the community." For such a business as the Reston's Used Book Shop, there is no price tag on the value it brings to the local reading community, or the calming effect it has on its generations of patrons. ❖



# “WHAT CAN A FINANCIAL ADVISOR DO FOR ME?”

Important questions to ask when choosing the right person to help plan your financial future

By Melissa Chaniyara

Let's be honest: keeping up with the current state of financial markets and navigating the ins and outs of investing is daunting. Who has the time to figure it all out, and the confidence to make sound decisions? Yet some 54% of Americans polled in a recent survey report that they go it alone with their investments – only 38% say they work with a financial advisor. There's no better time than now to find professional help for your financial planning.

Daniel Lash is a partner with VLP Financial Advisors and has more than 25 years in the financial industry. If you're considering a financial advisor to help with your financial

future, he has some insight on how to go about choosing the right one for you.

## What credentials and/or experience should one look for when choosing a financial advisor?

When interviewing advisors, ask for a list of their credentials as well as their years of experience since passing their exam.

One of the best indicators of both training and knowledge is the CFP® designation—financial advisors who are CFP® professionals have completed an additional year or more of study and passed a series of comprehensive tests. However, a financial



advisor with 10 or more years of experience but who is not a CFP® may have enough experience to provide clients the level of knowledge to help them meet their financial needs.

**What does it mean when an advisor is also a fiduciary?** A fiduciary is someone who acts on a client's behalf and is legally bound to put your best interests first. When you work with a fiduciary—something I recommend—you know that their advice is not colored by their own personal interests, such as commissions earned when selling a product, for example. All CFP® professionals are required to also be fiduciary.

**What other questions should I ask before working with an advisor?** Do you charge fees or commissions for your services, and if so, what are the fee and commission amounts in dollars and percentages?

**What else should I know about working with a financial advisor?**

While we help clients with investing, what to invest in and how, there is much more we as financial advisors do for our clients beyond investing.

We can help you navigate financial hurdles and find solutions and opportunities—for example, we can help you determine how much and what type of accounts to use to save for college, how much and what types of life insurance you should have, and what estate documents will ensure that your assets go where you would like. We can review beneficiaries on different types of accounts to integrate with your estate planning, recommend what types of accounts best meet your needs to save for retirement, and review your employer retirement plan with you.

A trusted CFP® professional will help you find the most efficient way to pay off debt, and will look at your income to determine how much you can afford to save for your different goals. But perhaps most importantly, we will help you understand that focusing on what you save and spend is far more controllable than worrying about

how the stock or bond market is doing, and that time in the market is far more effective to reach goals than timing the market.

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# Give it a Shot

## WHAT YOU NEED TO KNOW ABOUT ADULT VACCINES

by Kimberly Blaker



*Some vaccines require multiple doses or else a booster later on to rebuild your immunity levels.*

When it comes to health, prevention is the best medicine. Many avoidable diseases can cause extensive damage to our health, especially as we age or for those with other medical conditions or a weakened immune system. While many preventable illnesses are treatable, they can nonetheless result in lasting complications. So getting vaccinated against certain diseases is vital to prevent these illnesses from taking hold in our bodies. We all know vaccinations are standard during childhood, but adults need immunizations, too. However, adults require different protections or may need booster shots to ensure the vaccines they received in the past remain effective.

### How do vaccines work?

The goal of vaccines is to reduce your chance of infection by developing immunity through your body's natural defense system. When bacteria or viruses get into your body, they reproduce and attack your system. Your body's immune system has various approaches to fight off this infection. For example, white blood cells can learn how to protect your body from particular germs that you've been vaccinated against.

The way this works is vaccines use a small amount of the particular virus or bacteria and introduce it into your system. The antibodies then learn how to fight off the germs in the event you encounter them in a larger quantity. For this reason, you may have a slight reaction to the vaccine, such as a fever,

while your body works to fight it. Still, this is very minor compared to the complications of getting a preventable disease. There are many types of vaccines, and each can interact with your body differently. Some vaccines require multiple doses or else a booster later on to rebuild your immunity levels.

Some individuals are unable to get certain vaccines or have weakened immune systems that make them more vulnerable to infection. Herd immunity can protect these at-risk populations, including young children, older adults, and individuals with certain health conditions. Herd immunity refers to a large percent of the population being immune to a disease, reducing the risk of the particular bacteria or virus passing from person to person.

### What vaccines do older adults need?

The vaccines recommended in adulthood offer yearly protection, are recommended for specific life or health situations or are boosters to keep your childhood vaccinations working effectively.

Every individual has different medical needs, but common adult immunization recommendations include:

**Influenza:** The flu shot is recommended yearly for every person over the age of 6 months, especially for those at higher risk due to a weakened immune system, medical conditions, or close contact with those at risk for the flu.

**Tetanus, Diphtheria, and Pertussis (Tdap):** The initial Tdap shot is currently given once, usually around the age of 11-12. Boosters are recommended every 10 years after that, especially if you come in contact with pregnant women or young infants.

**Measles, Mumps, Rubella (MMR):** If you were born before 1957, you are likely immune from MMR. If you were born after 1957 and don't have evidence of immunity, this vaccination is recommended, especially if you travel internationally. However, if you have a weakened immune system, it is not recommended.

**Recombinant Zoster (RZV):** The Zoster vaccine is the currently preferred shot to prevent shingles. It's especially recommended for those 50 or older since the risk and the likelihood of complications from shingles increases with age. Even if you've had shingles, you can get it again, so the vaccine is still recommended.

**Pneumococcal Polysaccharide (PPSV23):** This vaccine is for pneumococcal diseases like meningitis and bloodstream infections. It's recommended for everyone 65 and older and for younger individuals with certain health conditions.

**Pneumococcal Conjugate (PCV13):** This immunization also works to prevent pneumococcal disease and pneumonia for those with conditions that weaken their immune system.

The CDC offers a vaccine assessment tool to help you determine which vaccines you may need based on your own personal factors such as age or health conditions. The best way to make sure you are up to date on immunizations is to discuss your medical history and needs with your doctor. ❖

*Kimberly Blaker is a freelance writer. She also owns an online bookshop, Sage Rare & Collectible Books, specializing in out-of-print, scarce, signed, and first editions; fine bindings; ephemera and more at [sagerarebooks.com](http://sagerarebooks.com)*

*Boosters are recommended every 10 years after that, especially if you come in contact with pregnant women or young infants.*

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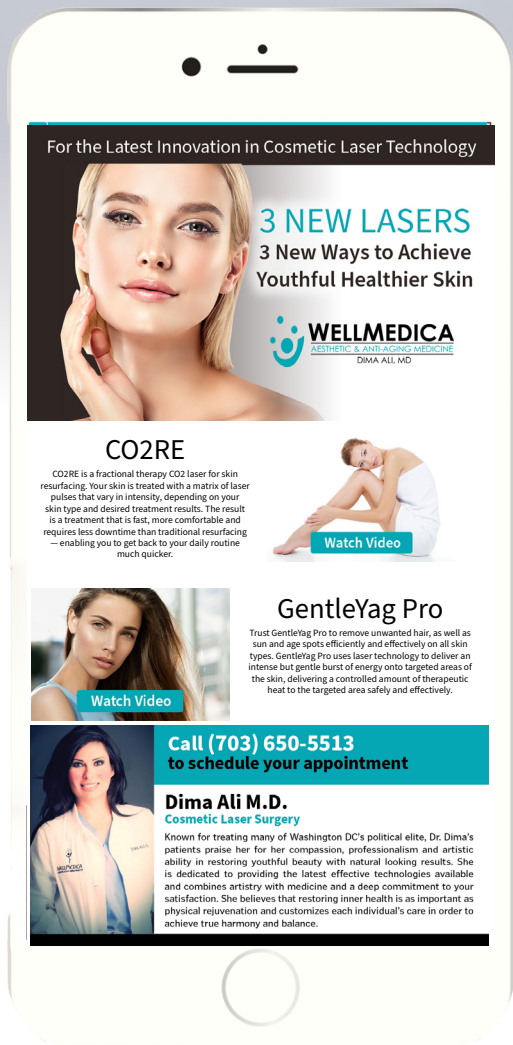


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