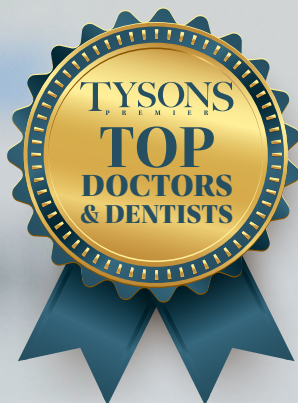


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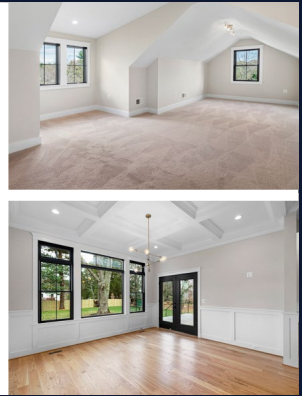
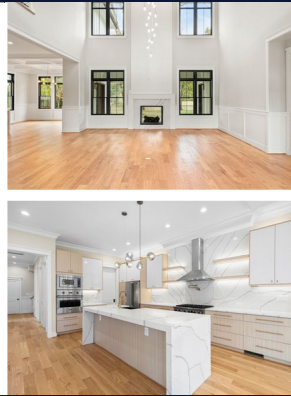
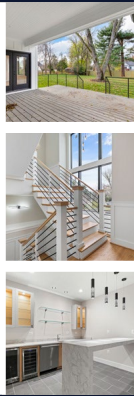
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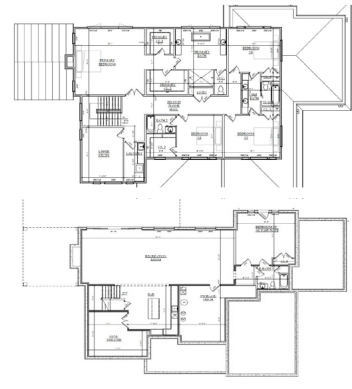
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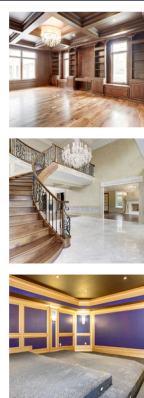
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Features

Struggling with Newborn Feeding Issues? You're not alone

by Linda Barrett

If you are struggling with feeding your newborn baby and feeling pressure to be a “good mom,” you’re not alone. Even professionals have these feelings, as experienced by Dr. Rishita Jaju, a board-certified pediatric laser dentist.



Empowering Kids to Make a Difference

by Denise Gavilan

A new and growing nonprofit organization in Northern Virginia empowers young children and their families to give back to the community. Kids Give Back engages kids, ages 6-12, in volunteer work. Take a glimpse into the organization and see how it helps our community.

The Tides Inn

by Allison Chase Sutherland

The Tides Inn, exquisitely situated in the naturally scenic Northern Neck of Virginia, birthplace of George Washington, is celebrating its 75th anniversary this year. The inn has long been known for its resort status, delectable cuisine, exceptional spa, and luxurious accommodations, but they go much further than expected to protect their exceptional setting.



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DIGITAL MEDIA ADVISOR/ CLIENT ADVOCATE	Nawara Omary Elliott Tricia Leimbach
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SENIOR GRAPHIC ARTIST/ WEBSITE DESIGNER	Robin Long
TRAVEL CONTRIBUTOR	Allison Chase Sutherland
WINE EDITOR	Linda Barrett
VIDEOGRAPHY	Kari Cannistraro
PHOTOGRAPHIC CONTRIBUTORS	Greg Knott
CONTRIBUTING WRITERS	Linda Barrett Kimberly Blaker Andrew Fincher Denise Gavilan Marcia McAllister

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

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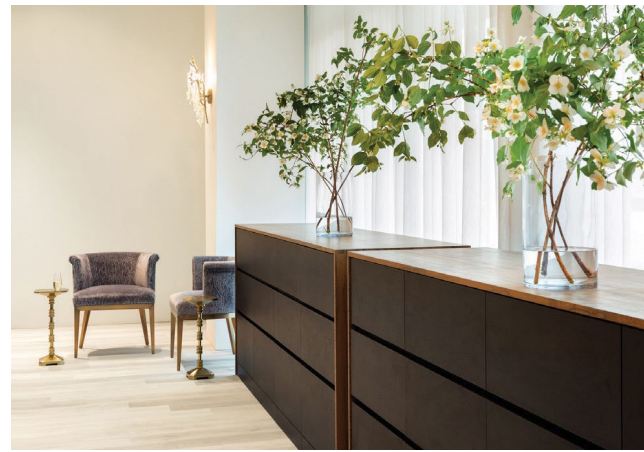
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ON THE COVER

Tyson's Premier Top Dentist, Dr. Rishita Jaju of Smile Wonders helps moms struggling with newborn feeding. See article on page 10.

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STRUGGLING WITH NEWBORN FEEDING ISSUES?

You're not alone

Even Doctors Need a Support System for Newborn Feeding.

by Linda Barrett

If you are struggling with feeding your newborn baby and feeling pressure to be a “good mom,” you’re not alone. Even professionals have these feelings, as experienced by Dr. Rishita Jaju, a board-certified pediatric laser dentist.

Dr. Jaju's Own Story

“The thing that made the lasting impact on me was when my own newborn son struggled to feed,” Dr. Jaju described. “I had already gone through a long IVF process,

and since I was of advanced maternal age (over 35), I knew there were health risk factors. In the hospital I felt very vulnerable, and wanted to be treated normally, like any new mother, and not be recognized as one of the doctors. I felt like I needed them to teach me Everything!”

Jaju’s son lost close to 10% of birth weight in the first 24 hours, which created concern for the doctors. An aggressive plan of frequent feeds, pumping and supplementation with formula was created in the hospital.



However, the pain of breastfeeding was excruciating and even though the milk was there, baby was not getting anything from breastfeeding. “I was struggling with pain and hormones that left me crying at the drop of a hat!” The elation of having a baby after the long struggle was drowned by the feeding troubles. She felt she was “failing at being a mom.”

She reached out for help from a lactation consultant, who was “fabulous at not only supporting me emotionally and mentally, but also helped me recognize that my baby, in fact, had a tongue tie.” Even though Dr. Jaju was an expert in pediatric dentistry, “I was so busy trying not to be the professional, and desperately wanting to be a ‘good mommy’, I wasn’t even looking at my own child!”

Once she realized her baby needed help, “I didn’t feel I was in the mental space to take care of him. She wanted another doctor to perform the frenectomy that would remove the tongue tie issue, but the one she trusted said, “I’m not doing it! I’m here for you, but you are the best for it!” So Jaju steeled herself to perform the procedure. “Through this experience I realized how hard it was to see your baby have a procedure done, and that emotion can actually get in the way of a rational thought process. I feel more empathetic towards other moms as a result. This experience has changed my life and my practice forever.”

In the end, the procedure went well and Jaju’s baby is a “growing, thriving, chatty little one now,” she said. “He definitely keeps me on my toes. My husband and I are trying to give him the same type of world view as we both have had. My son is now three and has traveled to 10 countries with us!”

Feeding Your Baby Should Be Enjoyable

“A baby’s feeding and breathing should be easy, and feeding your baby should be enjoyable,” Jaju stressed. “If you are seeing your baby having a hard time with feeding or breathing, if they are gasping for air, or

can’t coordinate a swallow, you should look to an expert for help. I encourage moms to feel empowered to look for help and ways to make feeding their baby comfortable.”

The newborn time should be joyful and a mom should have a supporting team of pediatrician, lactation consultant and other providers available. When there is an oral health or oral structural concern, mothers should be encouraged to reach out. “These experiences in the nearly-newborn and toddler phases are so important to overall growth and development,” Jaju said.

Unfortunately, in the current health care system, the focus is on discharge criteria for new mothers within 24 hours of birth, rather than supporting effective feeding skills. Once the baby goes home, it becomes difficult to focus on the mommy/baby pair as a dyad. The focus is placed just on weight gain, so the common solution is to offer formula rather than investigating a mother’s feeding concerns.

The tide is turning, and even if health care professionals are sometimes dismissive when evaluating for oral structure, tongue tie, lip tie or other issues, television shows in our general media like *Call the Midwife* and *Royal Pains* are calling attention to the problems and solutions, and normalizing them.

Comprehensive Care is Important

In her own practice at Smile Wonders, Jaju provides frenectomy and other laser dentistry procedures for infants and children. Conservative and safe protocols have always been a priority. “As a mommy dentist, I understand the importance of comprehensive care and collaborative services with other providers,” Jaju said. “We provide an age-appropriate customized approach with referrals to other team of providers such lactation consultants, oral motor functional-savvy Feeding Therapists, Infant massage specialists, and physical or occupational therapists as needed.”



Even though doctors are healthcare professionals, they're still as vulnerable as any new parent. "As I continue to see patients in our area, accomplished professionals, colleagues, diplomats and other leaders in their fields who going through a challenging newborn feeding journey, it can take me back to my own emotions again," she described. "I strive to be a trusted resource and provide a comprehensive approach to the baby's health rather than having tunnel vision of the benefits of a frenectomy procedure."

Dr. Jaju also specializes in caring for children with special needs, providing customized care appointments for children ages 0-14 years with medical and behavioral concerns, ADD, autism spectrum, Down Syndrome, Cerebral Palsy and other issues. "Many times parents of patients with special needs find me because their children are having feeding or speech difficulties."

Help is Available

If you are struggling with feeding your newborn, help is available. Contact a lactation consultant, schedule a virtual or in-person consultation with Dr. Jaju's office and get a detailed exam for your child. The doctors will review any current symptoms,

look at future considerations, and discuss any clinical oral findings, including tongue, lip, cheek, or jaw anatomy and their impact on function. Also discuss any other medical concerns. The overall health of your child is of the utmost importance.

About Dr. Jaju

Dr. Rishita Jaju is a Board Certified Pediatric Dentist who complete her dental education at the Harvard School of Dental Medicine, and received specialty training in Pediatric Dentistry at Children's National Medical Center in Washington, DC where she was appointed Chief Resident. She is the only pediatric dentist in the Mid-Atlantic region who has achieved Advanced Laser Proficiency Certification from the Academy of Laser Dentistry and a Breastfeeding Specialist Certification. She is the founding dentist of the Reston, VA-based Smile Wonders that specializes in infant oral health and feeding issues. ❖

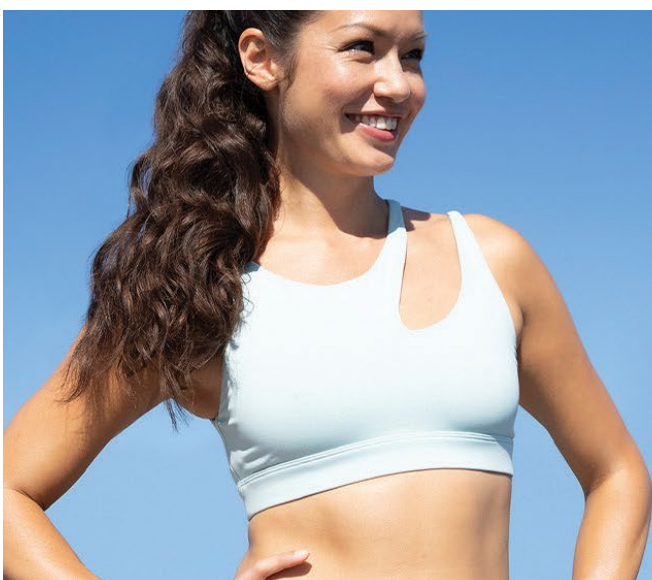
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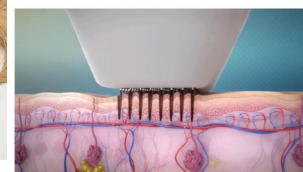
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Out and About CONCERTS & EVENTS IN TYSONS



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THE BAD PLUS
February 22
The Barns at Wolf Trap



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IMPROV FOR KIDS AND TEENS

January 23–May 22

Improv comedy is a great way for kids to express themselves and gain confidence. Focusing on creativity and teamwork, The Alden's improv comedy classes for youth teach improv fundamentals such as “yes, and” in a supportive environment. Class participants will perform a class showcase for friends and family. This class is suitable for both beginners and those who have taken improv classes in the past. Class showcase will be at the Old Firehouse Center during (the) Unruly Theatre Project performance on March 10. Register online.

THE ALDEN'S 2023 YOUTH PRODUCTION

Performances on April 29-30, 2pm
Back by popular demand! The Alden's 2023 production will be a devised theater piece created by the actors in the show. The rehearsal process will involve improv games for idea generation and plot discovery, which will be written into a brand new script by the director and the cast.

CAHOOTS NI: “DANNY CARMO'S MATHEMATICAL MYSTERIES”

February 10
6–7pm

\$12, Non-MCC District Resident
Cost: \$17/\$15 for seniors and students
Meet Danny Carmo. It wasn't long ago that he thought school, and in



GREEICY & MIKE BAHIA –
AMANTES TOUR: KAI USA
February 26
Capital One Hall

particular, math wasn't for him. He was more interested in dreaming about a future on the stage and perhaps the big screen. All he ever wanted to be was a famous magician. But when he knuckled down to learn all the tricks of the trade, he realized that math was not only essential... it was the SECRET to a whole load of magic. Prepare to be amazed, dazzled and bewildered by Cahoots NI's mind-blowing show where math, theater and digital technology collide to create a fun and interactive performance.

SWEET HONEY IN THE ROCK®

February 11
7–8:30pm

\$45/\$30 MCC district residents/\$35 students and seniors

The Grammy-nominated, iconic, women-led, African American vocal ensemble Sweet Honey in the Rock® marks its 50th anniversary with a powerful, three-year celebration that will honor its storied past and set the course for the future of the group. It has been called “one of the most dynamic, versatile and still relevant musical collectives in music today.”

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ANASTASIA

February 3-5
Times Vary

TIX start at \$63.50

The mystery that fascinated the world is now the musical that captivated Broadway. A rumor is spreading across the land: the missing princess of the Romanov empire may still be alive. Then, a young woman appears with no name and no family, but with the drive to discover her destiny. As she sets out on an epic journey in search of her past, clues unlock and memories return. Could she be the one they call Anastasia?
Her remarkable story, by Tony



Photo credit: Tim Schmidt



THE SECOND CITY
February 15 through 18
The Barns at Wolf Trap

Award®-winning playwright Terrence McNally, soars with a score by Tony Award-winning songwriters Lynn Ahrens and Stephen Flaherty, including the Academy Award®-nominated hit “Journey to the Past.” With its opulent settings, dazzling costumes, and directed by Tony Award winner Darko Tresnjak with choreography by Peggy Hickey and tour direction by Sarah Hartmann, **ANASTASIA** is Broadway’s most spectacular new musical. All patrons, regardless of age, must have a ticket. **ANASTASIA** is recommended for ages 7 and older.

THERESA CAPUTO LIVE! THE EXPERIENCE

February 8
6:30pm

TIX start at \$57.75

Theresa Caputo, star of the hit TLC show, *Long Island Medium*, will share personal stories about her life and explain how her gift works. She will deliver healing messages to audience members and give people comfort

knowing that their loved ones who passed are still with them, just in a different way. Theresa has been a practicing medium for over 20 years. She helps individuals find closure by delivering healing messages.

STEPHEN SHARER: SHARE THE LOVE TOUR

February 18
5pm

TIX start at \$39.50

Stephen Sharer is one of America’s top and fastest growing content creators with over 5-billion YouTube views and 100’s of millions of music streams. His Share the Love brand is popular for its family friendly videos, music hits, and one of a kind creations.

This is your chance to spend the evening with YouTube sensation Stephen Sharer LIVE and IN PERSON as he brings the SHARE THE LOVE music tour to your city. Join the Sharer Fam and sing along to Stephen’s hit music, grab exclusive

merch, dance with the neon light show and get a chance to be a part of the show! It’s a family fun experience you don’t want to miss. Tickets and exclusive VIP Meet and Greet packages are available now.

OMNIUM CIRCUS

February 25
1pm

TIX start at \$38

Omnium Circus is spectacular entertainment celebrating diversity, creating joy, and enriching empathy. They have created a fully accessible, multi-sensory experience both virtually and live so all can experience the wonder of the Circus. Omnium Circus is leading the way towards an active, inclusive culture as a force of change, pioneering an accessible circus experience for all while ensuring representation of disabled and BIPOC artists on a world class stage.



GREEICY & MIKE BAHIA - AMANTES TOUR: KAI USA

February 26

7pm

TIX start at \$39.99

Loud And Live, the South Florida-based entertainment, marketing and media company, announces the upcoming tour of Greeicy & Mike Bahía, two of the most beloved Colombian stars in the world, returning to the stage to bring their successful “AMANTES TOUR” to eight cities in the United States. The new leg of the tour marks Greeicy’s return to the stage after giving birth to her first child, Kai, in April 2022. Bahía and Greeicy’s “AMANTES TOUR” has already captivated thousands of fans across Colombia, showcasing the undeniable chemistry between the two artists, whose real-life romance has inspired their global audience. Together they will bring their biggest hits to the stage, including performances of singles such as “Att.: Amor,” “Amantes,” and “Te Creí,” among others which have reached number one in Latin America and the Latin charts in the United States.

HEATHER MCMAHAN: THE COMEBACK TOUR

March 2-4

6pm

TIX start at \$52.00

Named to Variety’s Comedy Impact Report following the unprecedented success of her debut, *The Farewell Tour*,

Heather McMahan is back on the road bringing the giggles nationwide. A beloved standup comedian, storyteller, and the best friend everyone wants, Heather has seen her popularity skyrocket with fans and the industry falling for her voice, wit and southern flair. Her podcast, *Absolutely Not With Heather McMahan* was named one of the Ten Best Podcasts of 2021 by Entertainment Weekly. She starred opposite Nina Dobrev and Jimmy O. Yang in Netflix’s *Love Hard*, which

reached no. 1 in the world and the US in its first five days of release on the platform. On the television side, she is currently developing a ½ hour multi-cam based on her life for NBC.

FAIRFAX CHORAL SOCIETY’S 60TH ANNIVERSARY CELEBRATION

March 11

6:30pm

TIX start at \$40

The Fairfax Choral Society is thrilled to host a gala performance in honor of its 60th anniversary season. The choirs of the Choral Society, along with special guest The Children’s Chorus of Washington, will present Dan Forrest’s *Jubilate Deo*. This work brings to life the global aspect of the traditional Psalm 100 text, “O be joyful in the Lord, all ye lands,” by setting it in seven different languages and drawing from a wide spectrum of musical influences. Each movement combines some characteristics of its language-group’s musical culture with the composer’s own musical language.

2023 BOOK SIGNING WITH SADEQA JOHNSON

March 12

1pm

TIX start at \$103

Sadeqa Johnson is the international best-selling and award-winning author of four novels. Her most recent, *Yellow Wife*, follows an enslaved woman forced to barter love and freedom while living in the most infamous slave jail in Virginia. Inspired by a true story, *Yellow Wife* depicts “the physical, psychological, and spiritual damages wrought by slavery” (Kirkus, Starred Review) and determination in the face of oppression. Johnson’s moving book resonates with audiences as we still grapple with issues of race today, and has been named a “Most Anticipated Historical Fiction Book of 2021,” by O, The Oprah Magazine and SheRe-

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STORM LARGE
March 16
The Barns at Wolf Trap

ads, as well as a “Books We Love” pick by *Parade* and BuzzFeed. Yellow Wife joins the canon of bestselling fiction including *Wench* by Dolen Perkins-Valdez, *The Kitchen House* by Kathleen Grissom, and Solomon Northup’s *Twelve Years a Slave*. Johnson’s forthcoming novel, *The House of Eve* (February 7, 2023), is a daring and redemptive story set in 1950s Philadelphia and Washington, DC, that explores what it means to be a woman and a mother, and how much one is willing to sacrifice to achieve her greatest goal.

**CRYSTALLINE RESONANCE:
FINAL FANTASY PIANO
CONCERT**

March 14
Times Vary
TIX start at \$47

Following the acclaimed *Piano Opera*: music from *Final Fantasy* World Tour

in 2015-2016, *Crystalline Resonance: Final Fantasy* Piano Concert takes over with a brand-new concert, revisiting all *Final Fantasy* games. For the first-time in an official piano concert, each concert will feature sublime live performances of beloved titles such as *Heavensward*, from *Final Fantasy* XIV, *Somnus*, from *Final Fantasy* XV, and, *Zanarkand*, from *Final Fantasy* X. And classics from *Final Fantasy* I through IX won’t be forgotten, with pieces such as, *One-Winged Angel*, or, *Liberi Fatali*. Emotions will be elevated with music being performed perfectly in sync with HD video projections of the most memorable moments of each game.

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JOE PUG

February 2
8pm

TIX start at \$22

A singer/songwriter known for his plaintive harmonica style and lyrical cleverness, Maryland native Joe Pug has released a string of critically acclaimed albums and toured extensively with Steve Earle, Levon Helm, The Killers, and Sturgill Simpson. Pug makes his Wolf Trap debut in support of *Nation of Heat Revisited* (2022), a complete, full-band reimagining of his 2008 solo-acoustic debut.

DC ANTHEM SINGERS SHINE

Featuring Bob McDonald, Caleb Green, and D.C. Washington

February 5
7:30pm

TIX start at \$32

Caps fans may recognize Bob McDonald and Caleb Green, who have been singing the National Anthem before Washington Capitals home games for more than 20 seasons. McDonald and Green are joined by Washington Nationals anthem singer D.C. Washington (yes, that’s his real name!) for an evening at The Barns.

NBC4’s Doug Kammerer emcees this special show that, in addition to stirring renditions of “God Bless America” and “Take Me Out to the Ball Game,” includes favorites from the worlds of Broadway, pop, and gospel music performed by the local voices you know and love, and backed by a band of stellar musicians (Tony Nalker, Music Director and Pianist; Amy Shook, Bass; Larry Ferguson, Drums; and Michael Kramer, Guitar).

THE 5TH DIMENSION

February 7 and 8
8pm

TIX start at \$67

With hits like “Aquarius/Let the



Sunshine In,” “Up, Up and Away,” “Wedding Bell Blues,” and many more, The 5th Dimension’s songs are the soundtrack of a generation. Original member Florence LaRue and company deliver dynamic performances that stand the test of time.

DARLENE LOVE

February 14

8pm

TIx start at \$59

THE SECOND CITY

February 15 through 18

Times Vary

TIx start at \$32

Full of the live and in-your-face entertainment Netflix can’t provide, this must-see show features improvised comedy, audience interaction, and of-the-moment sketches and songs from The Second City’s talented cast. The legendary improvisational theater troupe launched the careers of superstars like Tina Fey, Stephen Colbert, Steve Carell, Julia Louis-Dreyfus, Bill Murray, and more.

THE BAD PLUS

Marc Ribot: The Jazz-Bins

February 22

8pm

TIx start at \$30

Avant-garde jazz group The Bad Plus are the ultimate originals. After playing together for more than 20 years, founding members Reid Anderson (bass) and Dave King (drums) embark on a new, piano-less incarnation of the band with Ben Monder (guitar) and Chris Speed (tenor saxophone) to bridge genres and techniques with exceptional musicians working in perfect sync. Marc Ribot has solidified his position as “the go-to guitar guy for all kinds of roots-music adventurers: Robert Plant and Alison Krauss, Elvis Costello, John Mellencamp” (Rolling Stone). With The Jazz-Bins, made up of Greg Lewis (Hammond

B3 organ) and Chad Taylor (drums), Ribot uses deep grooves and over the top improvisation.

Wolf Trap and District of Raga Present RACHNA NIVAS UNEDITED: KATHAK INDIAN CLASSICAL DANCE

February 25

8pm

TIx start at \$34

Kathak is a major form of Indian classical dance that incorporates music and movement to tell stories. Artist, choreographer, and educator Rachna Nivas is one of the most sought-after Kathak artists of her generation. As a distinguished torchbearer of legendary master Pandit Chitresh Das’ treasured lineage, Nivas is a passionate performer and a technical powerhouse with masterful creativity and infectious charm.

CHERISH THE LADIES

March 5

3pm and 7pm

TIx start at \$27

This Irish-American supergroup’s shows are always a spectacular blend of virtuoso instrumental talents, beautiful vocals, captivating arrangements, and stunning step dancing. The Boston Globe raves, “It is simply impossible to imagine an audience that wouldn’t enjoy what they do.”

INTERNATIONAL GUITAR NIGHT

March 8 and 9

8pm

TIx start at \$32

Celebrate over 20 years of International Guitar Night with Canadian jazz guitarist and vocalist Jocelyn Gould, Spanish flamenco guitar master Jesús Guerrero, contemporary classical guitar virtuoso Stephanie Jones, and Finnish jazz guitarist Olli Soikkeli.

SEAMUS EGAN

March 10

8pm

TIx start at \$27

From his start as a teen prodigy, to founding the Irish-American powerhouse band Solas, Seamus Egan has inspired generations of musicians and helped define the sound of Irish music today. He is now one of the leading composers and interpreters of the tradition.

KELLI O'HARA

March 11

3pm and 8pm

TIx start at \$67

Kelli O’Hara can currently be seen in HBO’s The Gilded Age, but she may best be known for her Tony Award-winning turn in Lincoln Center Theater’s revival of The King and I. Other memorable credits include Kiss Me, Kate; The Bridges of Madison County; South Pacific; and The Light in the Piazza. In 2015, she made her Metropolitan Opera debut in Lehar’s The Merry Widow and returned as Despina in Mozart’s Cosi fan tutte. She makes her debut at The Barns following an appearance in Signature Theatre and Wolf Trap’s Broadway in the Park on the Filene Center stage in 2022.

STORM LARGE

March 16

8pm

TIx start at \$52

Pat Benatar, Cole Porter, and Black Sabbath—powerhouse multi-hyphenate (singer/songwriter, musician, actor, playwright, and author) Storm Large can sing them all and more! Whether performing with Pink Martini, at a cabaret, or with a rock band, this sassy yet classy artist with an edge brings the house down. ♦



Empowering Kids TO MAKE A DIFFERENCE

by Denise Gavilan

Filling Birthday bags for donation to a shelter



Planting tree

A new and growing nonprofit organization in Northern Virginia empowers young children and their families to give back to the community.

Throughout the year, including a flagship Summer Volunteer Camp, Kids Give Back engages kids, ages 6-12, in volunteer work, such as preparing meals for the food insecure, making Valentines for senior citizens, filling baby baskets for low-resources parents, making care packages for hospitalized children, and many other projects that help our community.

Kids Give Back was founded by Denise Gavilan, who launched the program in 2019 with the summer camp and has grown it since then.

“Kids Give Back programs fill a gap, as there are limited opportunities for children, ages 6-12, to participate in meaningful volunteer work,” she said. “Volunteering teaches them to become active, contributing members of

our society and makes them feel proud of what they do.”

In 2022, the organization:

- Invested \$15,000 in volunteer service projects
- Engaged 400 volunteers
- Hosted 10 events, including some that invited children and families to volunteer together
- Provided 2,500 in-kind donations to 30 nonprofits in the area
- Prepared 300 meals and 600 snack packs for individuals facing food insecurity

This year, Kids Give Back won the 2022 Governor’s Volunteerism Community Service Award as Outstanding Community Organization. The award was presented by Governor Glenn Youngkin at the Executive Mansion in Richmond. They were also

profiled by ABC-7's Helping Hands, Channel 9 News and in various local media.

"The impact of Kids Give Back is seen not only through the number of hours committed or donations made, but also through the improved confidence and wellbeing of the students involved. Students are able to develop leadership skills, practice fine motor and basic academic skills, and cultivate a passion for helping others at the same time," according to an article written and posted by the Virginia Service Commission. "Gavilan shares that some youth participants report never being asked to help before, and that students feel so proud of their accomplishments when they are able to share the impact of their contribution."

Gavilan said projects are chosen based on their relatability to children, such as food, animal rescue, health, and education.

"Once the kids connect the activity that they are working on to the cause they are helping, you see the lightbulbs go off in their heads," she continued. "Our mission is to inspire the next generation of volunteer leaders, and we do this by making volunteering interesting, fun, and impactful."

Kids Give Back offers many events and opportunities to get involved, including two programs when Fairfax County Public Schools are closed for teacher workdays:

- **Winter Volunteer Camp**, January 26-27, 2023, 9am-3pm, in Fairfax
- **Kids Volunteer Day**, March 3, 9am-3pm, in Oakton and Annandale
- **Summer Volunteer Camp**, June 19-23; July 17-21; and July 31-August 4, 2023, in Fairfax

If you are interested in bringing a program to your community, becoming a sponsor, or getting involved as a volunteer, please contact Denise Gavilan at denise@kidsgiveback.org. ❖

www.kidsgiveback.org



Family with holiday baby basket



Snack packs for Ronald McDonald House



Kids filling bags of dinner for FACETS



Kids preparing a meal for FACETS

The Tides Inn

STEWARDS OF THE CHESAPEAKE

by Allison Chase Sutherland



The Tides Inn, exquisitely situated in the naturally scenic Northern Neck of Virginia, birthplace of George Washington, is celebrating its 75th anniversary this year. The inn has long been known for its resort status, delectable cuisine, exceptional spa, and luxurious accommodations, but they go much further than expected to protect their exceptional setting. They demonstrate great respect and reverence for the unique ecosystem they are fortunate to enjoy. And guests of The Tides get to experience the resort's impressive ecological programming.

The Tides recently completed an extensive Shoreline Restoration project, further establishing their position as stewards of Virginia's Northern Neck region. On Carter's Creek which flows directly into the Rappahannock River, this location is a vital tributary of the Chesapeake Bay estuary, and these impactful improvements represent an environmentally important accomplishment for the inn and community.

Meander leisurely along the Shoreline Trail wooden boardwalk past the Oyster Reef up

to the Sunset Bluff, where the hotel recently hosted an exclusive viewing debut outdoors in an intimate gathering of a documentary short film which illustrates the project's environmental impact and new educational programming about the property's recent extensive restoration of its shoreline. This sustainability initiative will continue to reestablish wetlands, attract wildlife and increase habitat for aquatic life.

The following describes what this ambitious Shoreline Restoration project encompasses:

Teeming with more than 3,000 migratory and wildlife species, including its two most famous residents, blue crabs and oysters, the Tides Inn is a leading supporter of the restoration not only of the Bay's natural bounty and beauty, but also of sustainable fishing and the historic lifestyle of the region's watermen.

- In 2021, the Tides Inn embarked on an extensive restoration of its shoreline to reestablish wetlands, attract wildlife, promote responsible recreation and



replenish habitat for aquatic life in collaboration with Friends of the Rappahannock (FOR).

- The \$3.6 million project includes complete beach restoration with 18,000 square feet of “living shoreline” along Carter’s Creek and 1,300 linear feet of new wharf along the water’s edge:

- 150 linear feet of oyster reef
- Preservation of approximately 30 old-growth trees
- 42 new trees
- 21,000 shoreline and upland plants

The ongoing project completed its inaugural phase in Summer 2021, including development of a curvilinear wharf and nature trail, as well as restoration of the property’s original beach and shoreline by the visionaries behind the project, including internationally acclaimed Gluckman Tang Architects, Waterstreet Studio, a landscape architecture firm based in Richmond, along with Bay Design Group, the civil engineers on the project.

On your way to The Tides, take the scenic route through Fredericksburg over

rolling roads with a canopy of trees on the Tidewater Trail, Route 17, for some tangy pulled pork barbecue or a mahi sandwich with the ripest red beefsteak tomatoes at 17 SOUTH for a convenient pit stop along the way. They even have a country fried filet mignon. Pass the Rappahannock River Valley Wildlife Refuge along the Blue Star Memorial Highway past marshy areas before entering Tappahannock and continue through the small town of Kilmarnock, your final gateway to your charming destination of Irvington with its colorful Victorian homes, inviting art galleries and a coffee shop.

The Tides is your Chesapeake Bay retreat, a home away from home, where you can just relax and breathe in the fresh bay air or participate in a plethora of activities. Beside the pool, enjoy some shade beneath a bungalow or play some bocce ball on the court or corn hole or croquet on the lawn. Borrow a bike and ride with the wind in your hair along shady lanes or glide along as you stand-up paddle, kayak, or canoe Carter’s Creek. Sporting activities abound, such as a par 3 golf course and volleyball. You can also play tennis or pickle ball on the tennis courts. They also have giant tricycles with front baskets that you can ride to the





Caption: Nakiya West, Food and Beverage Director, offers up the freshest oysters around.

farmers' market located at the center of Historic Irvington at the Irvington Commons on King Carter Drive on the first Saturday of the month from 9:00 am - 1:00 pm. Bring back some loot of fruit and fresh local vegetables and other home-made treats for a picnic.

Or whet your appetite and head over to one of the resort restaurants which highlight coastal culinary concepts. For lunch, enjoy the breeze off Carter's Creek poolside while you eat at the Fish Hawk Oyster Bar. The tuna poke bowl with mixed greens, seaweed, ponzu, edamame,

radish, avocado, and sesame seeds was refreshing on a balmy afternoon. Another winning selection was the Baja fish tacos with red cabbage slaw, avocado, crema, and tomato. Diner Cathy Pongmalai particularly relished the unexpected Chesapeake twist of soft shell crab on a BLT, all with service with a smile from Joey.

Stellar starters in the elegant Chesapeake Restaurant & Terrace with a view of the

marina include burrata and local melon, estate berry reduction, and blood orange with grilled peaches as well as tuna crudo with charred avocado purée, grapefruit, and pickled habanero pepper. Standouts among Executive Chef Terrence Doyal's entrées include halibut with heirloom tomatoes, chickpeas, capers, olives, baby kale, and a sherry vinaigrette and the succulent Virginia filet mignon, accompanied by whipped celeriac root potato purée, vegetable du jour and beurre rouge. For a sweet treat, the strawberry brown butter cake with chantilly cream does not disappoint. One unique feature of the restaurant is the historical wooden liquor lockers dating back to when Irvington was a dry town. Nowadays you can enjoy local wineries, even at the Dog & Oyster micro-vineyard at the nearby Hope & Glory Inn and Triple V Farms, a little further afield.

"It's the quintessential Chesapeake Bay vacation getaway," says Cathy Pongmalai of Falls Church. "It's ideal for a romantic escape, alone for a quiet respite, business meetings, a weekend away with friends or family get-togethers."

The Tides keeps families coming back for generations. Christine Dolan of Arlington can relate. "I first went to the Tides Inn when I was young with my parents and sister. My mother would come to the Tides Inn on her parents' classic Chris Craft boat and had many fond memories of the resort. Another time my husband and I trailered our 20' boat and took our children for several days. We had a fabulous time exploring the resort, the marina, and the local waterways by boat. The Tides Inn has always been a very special place to me—it has moved me every time I have gone there."

In fact, one of the most delightful experiences of this Chesapeake adventure was to see a group of young children on the beach, excited to encounter marine life at the shore. Their ecstatic smiles and happy shouts of discovery said it all. The Tides is a place to make memories. ❖



TREATING LIP AND TONGUE-TIES



Consequences of Untreated Lip and Tongue-Ties

Feeding a baby comfortable 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. These conditions can jeopardize the beautiful nursing relationship between a mother and her newborn. A frenectomy procedure allows a baby to freely use their lip and tongue for an efficient, effective, and comfortable feeding experience.

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/t h 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 experience 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.

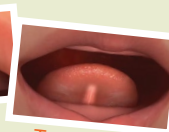
Breastfeeding should be a joy!

Functional Issues

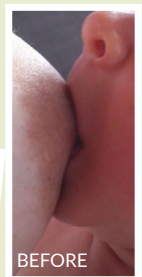
BEFORE



Lip Tie



Tongue Tie



BEFORE

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

Benefits of Laser Frenectomy

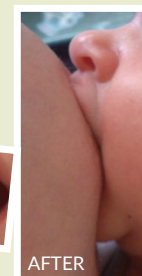
AFTER



No Lip Tie



No Tongue Tie



AFTER

- ✓ No anesthesia
- ✓ No scissors or sutures
- ✓ Baby feeds immediately after

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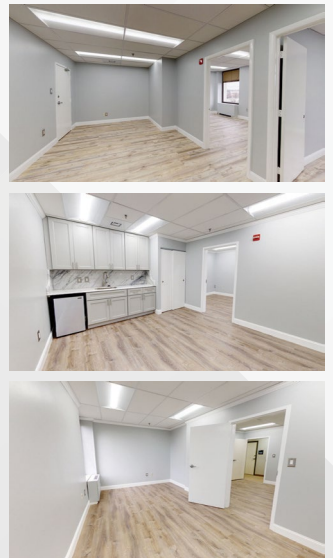
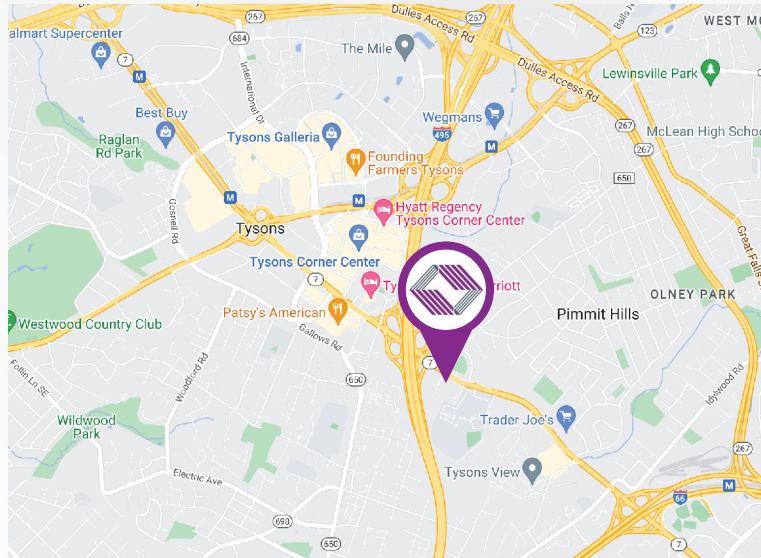
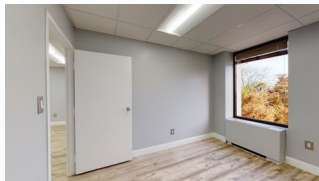
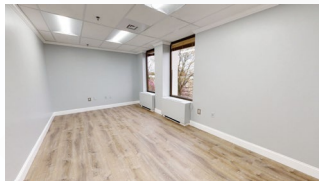
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Nozzo Pazzo

MAYBE NOT SO CRAZY

by Allison Chase Sutherland



Nozzo (pronounced ‘not so’) Pazzo (the Italian word for ‘crazy’) is a new deli semi-adjacent to Italian sister restaurant Pazzo Pomodoro and Pazzo Gelato at the Danor Plaza Shopping Center in Vienna, with Sweet Ginger in between, creating almost a monopoly at that corner of the block. The atmosphere is an eclectic mix of vintage and modern, with elegant and intriguing Venetian masks and nostalgic Italian travel posters adorning the walls.

More than just a deli, they also have a little shop section to browse Italian grocery specialties. Interesting selections include semolina flour black squid ink dried pasta ringlets, jars of pesto with Genovese basil and red pesto with truffle sauce, farro soup mix, Calabrian peperoncino chili oil, balsamic vinegar, and capers in sea salt. They even have Sicilian cannoli and classic tiramisù in a jar. They also sell reds, whites, and sparkling wines by the bottle. “It has this great little market browsing feel that inspires you to pick up products to make at home,” says deli diner Kathleen Drennan.

In the main case, choose from eggplant parmesan, veggie or meat lasagna, and fresh ravioli which changes weekly, and other pasta to reheat at home.

Weekly specials include sandwiches such as the Erlinda sandwich, the name of the wife of Chef Juanito Bonilla, which is crispy ciabatta bread with chicken parmesan, marinara, and caramelized onions, and a generous serving of chicken tortellini soup, which has huge chunks of delicious chicken and tricolor tortellini in a flavorful cream base.

“The Triple Whammy panino was a standout sandwich with high-quality meats, toasted to a perfect crispness and enhanced with an exceptional pesto sauce,” noted deli diner Kathleen. It consisted of Genoa salami, prosciutto, pepperoni, provolone oozing out the sides, and pesto on a buttered baguette.

Hot Italian hoagies include meatball and sausage with peppers. And hot sandwiches include the Philly cheesesteak and the



Michelangelo, reminiscent of insalata caprese, with tomato, mozzarella, and pesto on a baguette, and selections such as the Brooklyn with pastrami and Swiss cheese with whole grain mustard on rye, and the Reuben with corned beef, Swiss, Thousand Island dressing, and cole slaw, also on rye bread.

Tintin, the popular French cartoon character hot sandwich lends a flair, a sort of French melt with roast beef, brie, grilled onions, and mayo on a croissant. And truthfully they do have a sandwich named Pinocchio, with prosciutto, Genoa salami, spicy capicola, provolone, and sweet pickles with lettuce, tomato, and mayonnaise.

Cold Italian hoagies include character-themed choices such as Topolino, Italian for Mickey Mouse, consisting of Danish ham, spicy capicola, mortadella, provolone, banana peppers, dressing, lettuce, and tomatoes, and Ivani the Terrible, with pepperoni, spicy capicola, porchetta, provolone, banana peppers, dressing lettuce, and tomato, named after General Manager Ivan Boyd. Other cold Italian hoagies include Michelangelo, reminiscent of insalata caprese, with tomato, mozzarella, and pesto on a baguette, and Leonardo, with salami, mozzarella, roasted peppers, basil, extra virgin olive oil on a baguette. They also have a Muffaletta for some New Orleans flavor.

Cold sandwiches include the Popeye, which does include spinach, along with baked Virginia ham, rosemary goat cheese, apple, honey, and arugula on a sub roll. And the Pepé le Pew is a pan bagnat – tuna with mayo,



hard-boiled eggs, lettuce and tomato, basil, red onion, capers, olives and extra virgin olive oil bathed in a baguette with optional anchovy. The focaccia club has triple smoked bacon, bleu cheese, mushrooms, extra virgin olive oil, lettuce tomato and mayo on a sub roll.

The menu is an extensive one, including vegan wraps and build-your-own sandwiches. Even the French fries come rosemary or crinkle cut. The Bugs Bunny is grilled cauliflower with parsley, spinach, tomato and vegan pesto, but curiously no carrots.

Don't forget salads. From Caesar to tuna tartare, to salade Niçoise, and smoked salmon and spinach, they cover a lot of territory.

And if you feel like preparing your meal at home, they offer multiple pastas and potato salad by the pound to go.

The dessert display case is also quite tantalizing. Pastries include limoncello raspberry cake, triple chocolate cheesecake, Monterosa strawberry cheesecake, and Pazzo Baci Sophia Loren, or kisses, which are miniature bite-sized chocolate cups with zabaglione and a raspberry on top. And what a way to end a trip to the local new deli in town. ♦

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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



▲ **RISTORANTE BONAROTI**
Vienna | Italian | \$\$

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

428 Maple Ave E. | 703.281.7550
www.bonarotirestaurant.com



▲ **NOSTOS**
Vienna | Greek | \$\$

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

8100 Boone Blvd. | 703.760.0690
www.nostosrestaurant.com



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

Great beer and cocktail selections. The blue crab and shrimp fritters come highly recommended. French dip sandwiches, shoestring fries. You can't go wrong with this family chain by Great American Restaurants..

8051 Leesburg Pike | (703) 552-5100
www.patsysamerican.com



▲ NOT YOUR AVERAGE JOE'S

Reston | American | \$\$

Enjoy fun and eclectic cuisine from every corner of the globe. Not Your Average Joe's began with the goal to create a unique neighborhood place where people know your name, where the food and prices are great, and where you feel special without dressing up. The large restaurant features a full bar, two seasonal outdoor patios, an open kitchen, and a wood-burning oven, all in a bright and polished atmosphere.

1845 Fountain Dr. Reston, VA | 571-234-8200

www.notyouraveragejoes.com/reston/



▲ DOLCE VITA

Fairfax | Italian | \$

Stop at a bar along the piazza in sunny Sardinia, or linger at a trattoria in Venice's San Marco Square and you will be invited to experience cicchetti (chi-KET-tee), small plates or side dishes from the legendary cuisine of Italy. Now you can also enjoy cicchetti closer to home, at Dolce Veloce. These small plates offer a variety of flavors, from seafoods, salumes, and salads to skewered meats, risotto, and Mediterranean plates of olives and cheese.

10824 Fairfax Boulevard | 703.385.1530

www.dolcevitaitaliankitchenandwinebar.com



▲ CAFE RENAISSANCE

Vienna | French | \$\$

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

163 Glyndon St SE | 703.938.3311

www.caferenaissance.com



▲ ZEFFIRELLI RISTORANTE ITALIANO

Herndon | Italian | \$\$

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

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

zeffirelliva.com



▲ L'AUBERGE CHEZ FRANÇOIS

Great Falls | French | \$\$\$

Internationally acclaimed, L'Auberge Chez François transports diners to the Alsatian countryside in this rustic French country inn, nestled among lush woods and fragrant gardens. Well-known as the place to celebrate special occasions for more than 60 years, L'Auberge Chez François offers an authentic menu, full of the flavors of Alsace and traditional French cuisine. Expect professional fine dining service, extreme attention to detail in a casual yet elegant atmosphere. Reservations recommended.

332 Springvale Rd, Great Falls, VA | 703.759.3800

www.laubergechezfrancois.com

Brazilian Churrasco Comes to Town

Brazilian Steakhouse Fogo de Chão Opens in Reston Town Center

by Linda Barrett

I have always loved a Brazilian steakhouse, and when I heard that Fogo de Chão had just opened their new Reston, Virginia location, I had to go. If you are not familiar with the concept, Fogo de Chão is a Brazilian features all-you-can-eat steakhouse where meats are cooked over an open fire and served tableside, along with a full buffet and optional *a la carte* items.

Open-Air Churrasco Grill

Located in Reston Town Center, Fogo de Chão features an open-air churrasco grill where guests can dine and watch gaucho chefs demonstrating the centuries-old culinary art of churrasco, the Portuguese and Spanish name for grilled meat and a prominent feature in the cuisines of Brazil, Uruguay and Argentina.

In the grill, the chefs expertly cut, season and fire-roast the high-quality meats over an open flame. You can choose from a variety of flavors ranging from premium filet mignon and bone-in cowboy ribeye;

beef ribs and lamb chops; and the house specialties of Picanha (the prime cut of the top sirloin) and Fraidinha (bottom sirloin with strong marbling and a robust flavor).

To further enhance your dining experience, Fogo de Chão offers premium cuts to the churrasco experience. Sized to share with four or more people, the Indulgent Cuts include a 20-ounce Wagyu New York Strip, 24-ounce Wagyu Ancho Ribeye and a 36-ounce Dry-aged Tomahawk Long Bone Ribeye. These cuts, as well as a Chilled Lobster, Shrimp and Seafood Tower appetizer can be added on *a la carte* to your Fogo experience.

Seasonal Market Table

The Seasonal Market Table & Feijoada Bar, inspired by the kitchen tables on the farms of Southern Brazil, is loaded with fresh salads and vegetables, imported charcuterie, cheeses and soup, all artfully displayed to please both the eye and the palate. The Market Table is naturally gluten-free and filled with Paleo-friendly





Photo credit: Mary Jeanne Cincotta and Linda Barrett.



proteins, high-fiber sides and vegetarian options.

Our favorites on the Market Table included the beet and orange salad, charcuterie meats and cheeses, the freshly-prepared Brazilian vinaigrette on a variety of greens, and the Brazilian potato salad and street corn—and of course, the strips of crispy black pepper candied bacon.

Bar Fogo

As you enter the restaurant, you'll notice a crowd gathered around the friendly Bar Fogo enjoying smaller, sharable plates, Brazilian-inspired cocktails and some of the restaurant's award-winning South American wines. Happy Hour is available all day, with \$6 Brazilian beers, \$7 South American wines (bottles are always 50% off!) and \$9 craft cocktails.

We were told that the bartenders here trained at the Hard Rock Café Punta Cana and are known for their behind-the-bar tricks. Don't miss this show, or your opportunity to try their Caipirinha cocktail and other signature Brazilian concoctions.

The Fogo Experience

As part of the Fogo concept, servers move around the restaurant with various meats on

skewers, slicing off meats onto customers' plates. This serving style is called *espeto corrido* or *rodizio*.

At each table setting is a set of tongs and a two-sided cardboard disk with the green side saying "Yes, Please" and the red side saying "No Thanks." If you want the servers to continue bringing around their steaks, pork, sausage and chicken, keep showing the "Yes" side. If you do not want additional meats, turn the disk over to the "No" side. You'll see the servers checking tables as they round the dining rooms. Use your tongs to grab the thinly-sliced beef as it is carved from the skewer, and place it onto your plate. It's OK to ask for seconds while they're there! Side dishes like caramelized bananas and mashed potatoes will be delivered to your table to share.

Remember to save room for dessert. Some of the most popular options include a large slice of chocolate molten lava cake covered with ganache, and the *crème de papaya* served with French vanilla ice cream and a cinnamon stick.

Savor the Upscale Experience in the Next Level Lounge

For an upscale experience at Fogo de Chão, travel to the luxurious, semi-private Next





Level Lounge on the mezzanine level to enjoy carefully-selected premium bourbon and whiskey, South American wines and hand-rolled cigars. If you're in the mood for a splurge, ask for the Richard Hennessy Cognac, sold by the ounce and starting at the half ounce, or the Remy Martin Louis XIII Cognac.

Other features of the Reston location include an outdoor dining patio, valet parking, walls of wine displays, and dry-aged meat lockers for in-house aging. The Next Level Lounge and several downstairs spaces can be rented out for meetings or special events.

The History of Fogo de Chão

The concept for Fogo de Chão began in 1975 when the founding brothers, Arri and Jair Coser, left the countryside of the Rio Grande do Sul to travel to Rio and São Paulo for formal churrasqueiro training. In 1979, they opened their first restaurant in the Brazilian city of Porto Alegre, and by 1997 the concept reached the United States, with the first US restaurant opening near Dallas, Texas. As of 2022, the chain had more than 70 locations throughout the world.

An interesting addition came when the Texas-based agri-tech company HerdX partnered with Fogo de Chão in 2019 to use blockchain technology and digital tagging to trace the



provenance of the beef served. Diners can scan in a HerdX-generated code to know the name and location of the ranch where the cattle were raised.

Five Locations in the DMV

The Reston location of Fogo de Chão is the chain's fifth restaurant in the DMV area, and the second in Virginia, with the others located in Tysons, VA; Baltimore, MD; Newark, DE; and Washington DC. A North Bethesda, MD restaurant is slated to open in spring of 2023.

In addition to dinner (\$61pp), Fogo de Chão offers weekday lunch (\$43 for the full experience, or just \$15 for the Market Table and Feijoada Bar alone), and a weekend Brazilian brunch (\$46) offering the full churrasco experience, plus waffle and omelet stations. (Meals are free for children under 6; half price for ages 7-12). Check the website for special events like wine and cocktail tastings.

When you're in the mood for a big, delicious meal and a wonderful experience, visit Reston's latest restaurant—Fogo de Chão! ♦

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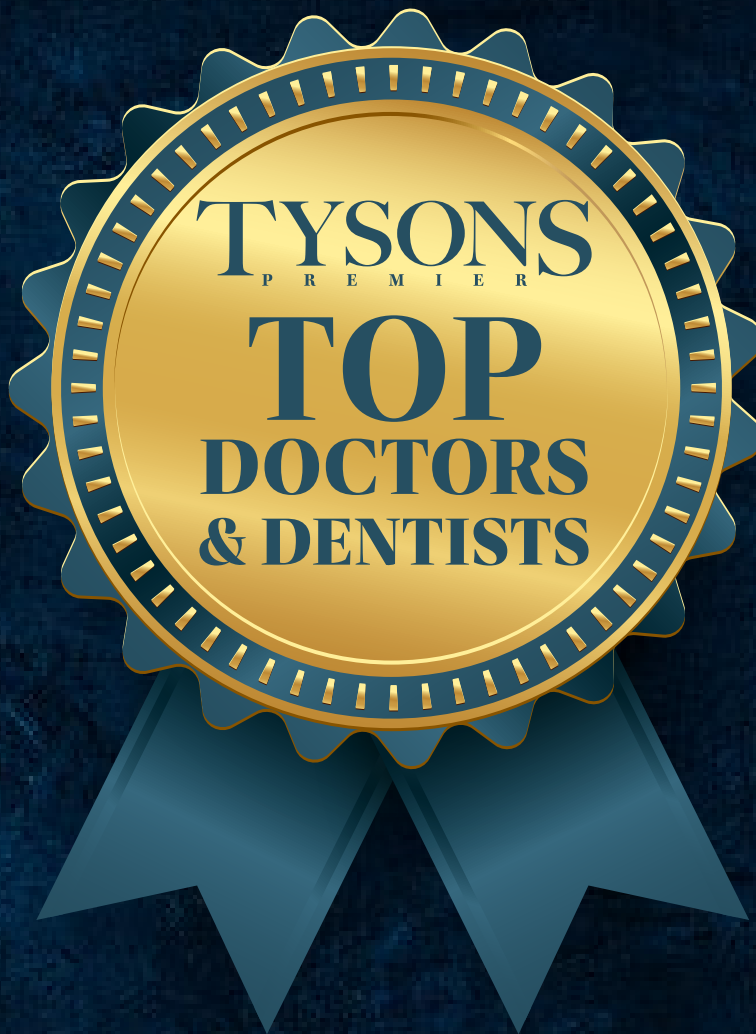
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Dr. Dennis Faludi

BUSINESS NAME

Aesthetic Medical Center

SPECIALTIES

COSMETIC AND PREVENTIVE DERMATOLOGY

LASER

ANTI-AGING MEDICINE

NON-SURGICAL PROCEDURES

TESTIMONIAL

"Can't say enough good things about these folks. Top quality care, wonderfully talented doctor, kind and compassionate people, and fantastic results. I am thrilled with the outcomes of the procedures I've had. Everything is discrete, comfortable and relaxed, never rushed. I know there are a lot of aesthetic providers in the Tysons area, but this practice is exceptional. They have won a loyal customer for as long as Dr. Faludi chooses to practice!"

-Kathy Stershic

WEBSITE

aestheticmedctr.com

CONTACT

703.992.7979

8150 Leesburg Pike, Tysons, VA 22182



Dr. Alice Mar

BUSINESS NAME

Farrell Pediatrics

SPECIALTIES

COMPREHENSIVE PEDIATRIC CARE

VACCINATIONS

COVID TESTING

TELEMEDICINE

TESTIMONIAL

"I have taken both of my kids to this practice since they were born. We have been so lucky to have Dr. Kapoor in our lives. She has always been kind, compassionate and knowledgeable. The staff is so supporting, and have helped my kids grow and stay healthy. During COVID they adapted to keep everyone socially distanced and safe. They did a great job with COVID testing. It was important to me to find a pediatrics practice that could help my children grow physically, mentally and emotionally and I found all of that with Farrell Peds!"

-AP V

WEBSITE

farrellpediatrics.com

CONTACT

703.435.0808

1800 Town Center Dr Suite 413, Reston, VA 20190



Dr. Dima Ali

BUSINESS NAME

Wellmedica aesthetics & Anti-aging medicine

SPECIALTIES

FACE BODY AND SKIN

VAGINAL REJUVENATION

COSMETIC INJECTABLES

ANTI-AGING

LASER

TESTIMONIAL

"I had the great experience at Dr.Dimas office. She took her time answering all my questions and giving me the best options for me. She was honest about downtime for procedures and I felt like she genuinely cared about my concerns. I got the thread lift done, no downtime and the results are amazing. I will definitely go back and recommend family and friends. Her staff is extremely friendly and accommodating as well. Thank you for caring!"

-Sara Ahmed

WEBSITE

wellmedica.com

CONTACT

703.810.3669

1801 Robert Fulton Dr. Suite 540, Reston, VA 20191



Marieh Vakili, RDH and Dr. Bahar Bahrami, DDS

BUSINESS NAME

Tyson's Elite Dental

SPECIALTIES

DENTAL IMPLANTS

PEDIATRIC DENTISTRY

TEETH WHITENING

ROOT CANAL

TESTIMONIAL

"I used to hate going to the dentist, but now it's a treat! Dr. Bahrami delivers expert dental care with a side of kindness and good cheer – all in a state-of-the-art office located conveniently near Tysons Corner Center. Although I've since moved and could find a dentist closer to our new home, she and her team are well worth the 20-minute drive. As long as I have teeth, she will be my dentist!" -Jamie D.

WEBSITE

www.tysonselitedental.com

CONTACT

703-790-0800

8230 Boone Blvd Suite 100, Vienna, VA 22182



Dr. Geith Kallas

BUSINESS NAME

Smile Makers Dental Center

SPECIALTIES

GENERAL AND COSMETIC DENTISTRY

INVISALIGN

DENTAL IMPLANTS

PEDIATRIC DENTISTRY

TESTIMONIAL

"Smile makers dental office is very friendly and professional at the same time. The office is exceptionally above and beyond clean. All the Doctors, Dentist, Dental Hygienist, Management and Staff are extremely helpful patient and sooo welcoming. This dentist office won't let you down. Very gentle with your mouth. Really isn't that what it's all about?"

-Evelyn Franklin

WEBSITE

www.smilemakerscenter.com

CONTACT

703.828.0613

8310 Old Courthouse Rd Ste A, Tysons, VA 22182



Dr. Christopher E. Bonacci

BUSINESS NAME

Oral & Maxillofacial Surgery

SPECIALTIES

BONE GRAFTING FOR IMPLANTS

DENTAL IMPLANTS

COSMETIC SURGERY

TEETH IN A DAY

TESTIMONIAL

"I had a great experience. Everyone was friendly and helpful during the entire consultation, surgery, and post surgery process. The actual surgery was super quick and painless. While the post-operation recovery could be difficult at times (with mouth soreness and tooth cleaning), it was so much easier than I thought it would be. The cleaning and medication directions were easy and helpful and I am very happy I got my wisdom teeth out here."

-Thomas Odium

WEBSITE

www.DrBonacci.com

CONTACT

703.255.9400

361 Maple Ave West, Suite 200, Vienna, VA 22180



Dr. H.R. Makarita

BUSINESS NAME

Tyson's Aesthetic Dentistry

SPECIALTIES

PORCELAIN VENEERS

TOOTH REPLACEMENT

IMPLANT DENTISTRY

SLEEP APNEA

TMJ

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-Jarell Rello

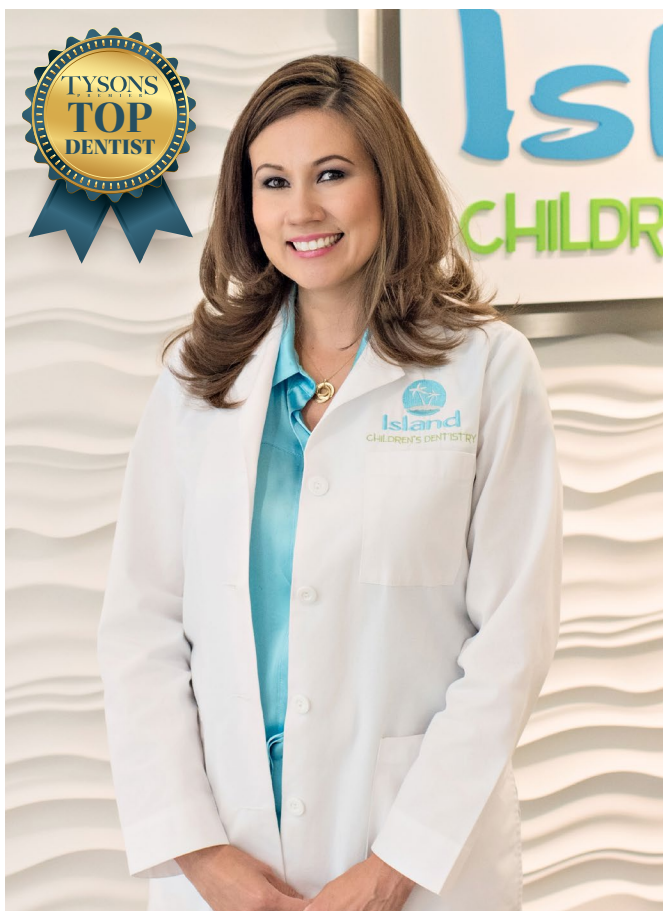
WEBSITE

www.ilovethatsmile.com

CONTACT

703.532.2020

8150 Leesburg Pike, Suite 503, Vienna VA 22182



Dr. Gema Island

BUSINESS NAME

Island Children's Dentistry

SPECIALTIES

PREVENTATIVE DENTISTRY

CLEANING AND X-RAYS

SPECIAL NEEDS CHILDREN

ORTHODONTICS

TESTIMONIAL

"This is hands down the best Pediatric Dental Practice in the area! I know this both as a mother and as a pediatrician who refers patients here. Recently, our child suffered a fall with potential dental implications and Dr. Island and her team squeezed her in emergently and went above and beyond to make sure our child's teeth were safe and healthy. Dr. Island was also able to put me and my family at ease during a very stressful moment. Thank you for all that you do!"

-Florescia Segura

WEBSITE

www.islandchildrensdentistry.com

CONTACT

703.790.1320

1500 Cornerside Blvd., Suite 310, Tysons, VA 22182



Dr. Rishita Jaju

BUSINESS NAME

Smile Wonders

SPECIALTIES

PREVENTIVE DENTAL CARE

LASER DENTISTRY

TONGUE AND LIP TIES

LASER INFANT FRENECTOMY

TESTIMONIAL

"The entire team at Smile Wonders is fantastic! They communicate effectively, are super friendly, and I love how child-friendly the entire environment is for the children. My daughter loves Dr. Dang and looks forward to her preventative care visits. The Doctor will make sure that you understand everything fully before you leave and always happy to answer questions you may have. What I love most is that they take the time to ask the little patient if they are comfortable and actually listens when my kiddo expresses any discomfort. This helps so much because it eases anxiety. Thanks so much for all you do."

-D.R. Williams

WEBSITE

www.smilewonders.com

CONTACT

571.350.3663

11790 Sunrise Valley Drive, Suite 105, Reston, VA 20191



Drs. Han and Ahn

BUSINESS NAME

Han & Ahn DMD, PC

SPECIALTIES

RESTORATIVE DENTISTRY

DENTAL IMPLANTS

COSMETIC DENTISTRY

ORTHODONTICS

TESTIMONIAL

"Dr. Han was awesome. My family and I recently moved here from out of state over the summer and needed a new dentist for my daughter who I thought had cavities. Dr. Han and staff were very professional and was very thorough. Dr. Han took time to carefully explain what was wrong with my daughter's teeth... i.e., it wasn't cavities at all but some acidic corrosion to my little one's baby teeth based on her diet. Found Dr. Han to be extremely knowledgeable, personable, honest and professional. Bottom line, every positive thing I read before coming to see Dr. Han rang true after the visit. Thank you Dr. Han."

-Y. Lee

WEBSITE

www.mcleandmd.com

CONTACT

703.356.7001

6845 Elm St #450, McLean, VA 22101



Dr. Liliana Calkins

BUSINESS NAME

Airway and Sleep Group

SPECIALTIES

CRANIOFACIAL ORTHOPEDICS

OROFACIAL MYOLOGY

INTERCEPTIVE ORTHODONTICS

TMJ TREATMENTS

TESTIMONIAL

"Dr. Calkins and staff are always welcoming and thoughtful. The office is relaxing and well appointed and treatments are explained fully as they proceed. As well, ample opportunity is given to ask questions. Appointments at Sunrise Orthodontics are never anything less than pleasant!"

-Alexis Davis

WEBSITE

airwayandsleepgroup.com

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drbonacci.com

EDUCATION: Kenyon College

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



ORTHODONTIC SPECIALIST

DR. GARAI

Garai Orthodontic Specialists
427 Maple Ave W
Vienna, VA 22180
703.281.4868
www.bracesvip.com

EDUCATION: Eastman Dental Center, University of Rochester

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



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Han & Ahn DMD, PC
6845 Elm St #450
McLean, VA 22101
703.356.7001
www.mcleandmd.com

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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1500 Cornerside Blvd #310
Tysons, VA 22182
703.790.1320
www.islandchildrensdentistry.com

EDUCATION: TUFTS University in Boston, MA

EXPERTISE: Diplomate of the American Board of Pediatric Dentistry, a Fellow of the American Academy of Pediatric Dentistry and a member of the American Dental Society of Anesthesiology. Using the latest techniques and equipment.



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571.350.3663
www.smilewonders.com

EDUCATION: Harvard School of Dental Medicine

EXPERTISE: Dr. Jaju is the only pediatric dentist in the Mid-Atlantic region who has achieved Advanced Laser Proficiency Certification from the Academy of Laser Dentistry and Breastfeeding Specialist Certification.



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DENTISTRY

DR. SBEIH

Novel Smiles
8180 Greensboro Dr #100
McLean, VA 22102
703.942.8882
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.

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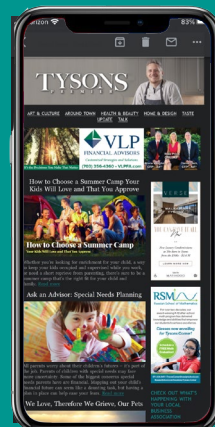


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Wine trends are constantly changing, and winemakers are eternally redefining how wine is made. From organic and biodynamic wines to sustainable and values-based winemaking, here's how winemakers are approaching winemaking in 2023.

Values-Based Winemaking

With the rise of conscious consumers, there is an increased focus on sustainability and ethics in winemaking, such as values-based winemaking, the term used to describe the practice of producing wine in an ethical and sustainable way. Values-based winemaking focuses on minimizing environmental impact and supporting local communities using natural methods for growing grapes, protecting biodiversity and reducing water usage. In addition, it emphasizes transparency and traceability in its production processes. By following ethical standards, winemakers can ensure that their wines are made with respect for the land the people involved in the process.

Low Intervention Winemaking

Low intervention winemaking relies less on added sulfites and other compounds to preserve it, often using yeasts and bacteria found in nature for fermentation and aging rather than using added sugars or acids. The process emphasizes the natural characteristics of wine, allowing winemakers to focus more on the grapes and fermentation process, and thus producing wines with deeper flavors and brighter acidity, as well as greater authenticity. This approach also enables winemakers to focus on crafting unique wines based on the season and climate rather than mass-production techniques.

To select wines with low intervention, choose wines that are produced organically, biodynamically or sustainably. Look for wines with no added sulfites or additives such as glycyrrhizin or potassium metabisulfite. Avoid alcohol levels higher

than 10% ABV, and consider purchasing your wine from small producers.

Organic Wines

Organic wines are produced without the use of synthetic agricultural chemicals, and can include the use of grape musts, botanicals, sparkling wine yeasts, oak barrels and more in winemaking practices to yield better-tasting wines with distinctive characteristics such as fruity flavor, lighter body and vibrant color. These wines have the potential to be healthier than conventional wines because of their use of organic farming practices and ingredients.

Both organic and biodynamic wines are produced without using synthetic pesticides or fertilizers, and appeal to those consumers who seek out naturally-produced wines. One thing to watch: organic wines can be more expensive than conventional wines.

Farm to Table Wine

The winemaking approach of farm to table wine involves the process of winemaking from the grapes grown on the farm to the consumer's table, with value places on local, sustainable agriculture and agricultural practices. Benefits include more authentic taste with fresh fruit flavors, higher-quality wines for a better drinking experience, and less environmental impact. Because the grapes are grown organically, they use minimal synthetic pesticides and fertilizers.

Farm to table wineries also value farming practices that support soil health, water resources and the ecosystem to minimize their carbon footprint. Other practices include purchasing ingredients from sustainable sources to support local farming communities, minimizing waste and implementing green winemaking practices.

Sustainable Winemaking

By employing environmentally-friendly ways to grow grapes, make wine and

manage a wine-making business, sustainable winemaking minimizes the impact on the environment, human health and society. Some of the sustainable practices of environmentally-conscious farming can include the use of organic or ecologically-minded fertilizers and pesticides; sustainable agricultural methods like diversification of land uses, crop rotation or irrigation scheduling; and other environmental measures such as the reuse of bottles or cans, or composting waste.

On top of being environmentally-conscious and healthful, sustainable wines can provide a positive social impact by funding organizations that focus on issues like hunger relief, water conservation and climate change. As a consumer, ask for Certified Organic wines, or wines made from organic agricultural products. Look for the vineyard's certification level when selecting your wine. If it is not certified organic, it may have been created using conventional farming techniques.

Sustainable Energy

More and more, wine producers are embracing renewable energy sources in their winemaking processes, including solar energy, wind power, geothermal power and biomass.

What the Future Holds

In recent years, organic production techniques have been gaining popularity among winemakers. And as they continue to innovate, sustainable and ethical winemaking practices will become increasingly important. Their methods aim to produce wine that is free from synthetic chemicals and reduce the use of agricultural resources as much as possible.

Consumers also are looking for more natural wine produced in an eco-friendly way using fewer chemical processes. As winemakers learn more and are able to produce premium-quality wines while keeping the environment safe, the demand for wine will remain high. ♦

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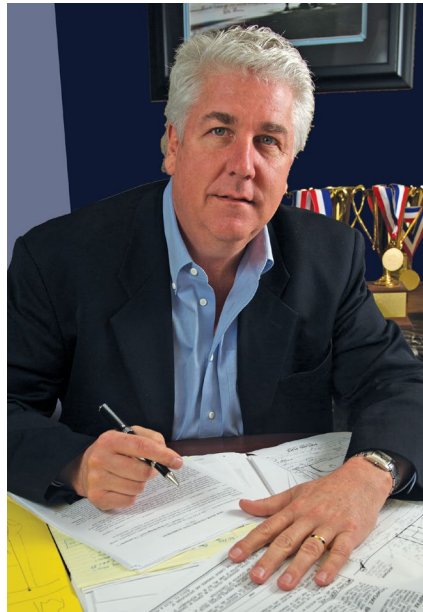


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With exceptional credentials, Casey uses his 30 years of experience to help his clients maximize the value of their real estate transactions. His experience, extensive knowledge and understanding of Northern Virginia's Real Estate market have helped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

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Recognized for his strong work ethic and analytical competencies, Lee Brady is a seasoned market leader in luxury real estate, land development, and investment consulting. Throughout his career, he has leveraged his market knowledge to represent clients from diverse backgrounds and negotiate contracts that deliver maximum financial value for his clients.

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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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:

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Richie Hanna

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With over 35 years of career experience in residential real estate sales, luxury home sales and marketing, office leasing and real estate settlement services, Lori has in-depth knowledge and experience in the Northern Virginia housing market and provides her clients with a comprehensive level of support in buying or selling their home.

In every real estate transaction, her focus is to meet and exceed the needs of her clients. She is committed to providing personalized sales support with attention to detail and responsive service--working closely with each buyer or seller to carefully understand their specific goals and needs of home ownership. Whether the purchase or sale is a single-family home, townhouse or condominium, she provides clients with the information they need to make wise investment decisions in buying or selling a home.

Her background in real estate settlements is a powerful asset to both her selling clients as well as purchasers. With an in-depth understanding of the settlement process as a former settlement agent, she is able to share this knowledge and successfully guide her clients through all phases of selling or buying a home—from contract to closing.



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Missy Whittington

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

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

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

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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.

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Mackenzie (Mack) Horne has over 10 years of executive-level consulting experience with a proven track record of successful sales and business development. She uses her knowledge and experience every day in each of her real estate transactions. Whether she is helping sellers prepare their property and negotiating top dollar, or guiding buyers as they find the right home at the right price, Mack is authentically dedicated to her clients every day of the week. She is known for being organized, focused, and passionate. Mack is a nationally recognized thought leader and a versatile salesperson.

Specialties:

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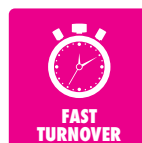
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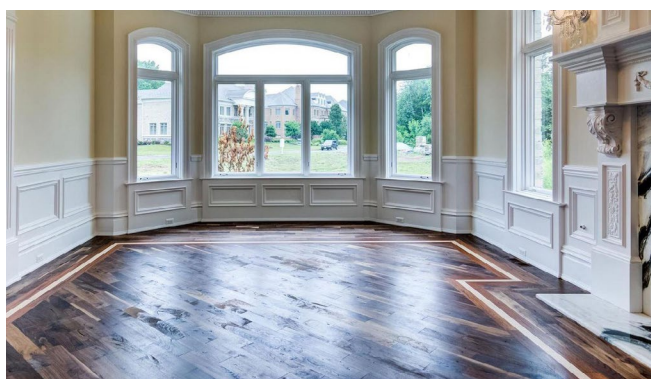


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Ask an Advisor: FINANCIAL RESOLUTIONS FOR THE NEW YEAR

New Year, New Financial Goals!

By Daniel P. Lash, CFP®, AIF®

As we close out the holiday season, many of us look at the New Year as a fresh start and work on a list of resolutions and goals. Why not add some financial ones to that list?

As many of us know from personal experience, creating these goals are easy. Changing our habits and achieving these goals are often forgotten within weeks or months. Below are some tips to create your resolutions in 2023.

Tip # 1: Set SMART Goals

What is a SMART goal? A smart goal has all of the ingredients for success; they are - Specific, Measurable, Attainable, Realistic, Timely. Using the SMART method helps you clarify, focus, and increase your chances of achieving your goal.

“Saving more” is a common and popular goal. Resolving to save more may not be very effective if “more” still falls short of being “enough” or if you aren’t investing your retirement savings properly. With saving more in mind, a SMART goal would be to – save \$50 per pay period for the year, increase retirement plan savings by 1%, open a 529 plan for my child and contribute \$25 per week.

Tip # 2: Create Short Term Goals

Short term goals help us stay on track and work towards the long term goal. If you want to run a marathon, you don’t start by running all 26 miles on day one. You start with a few miles each week and build from there. Let’s say your goal is to save \$10,000 for the year. Breaking it down quarterly or monthly makes it easier to stay motivated.



Tip #3 Accountability

The odds of success are much greater if you have someone to hold you accountable. Talk to your financial advisor about your long term and short term financial goals. Your financial planner has an understanding of your overall goals for the future and can help you create strategies to accomplish your 2023 financial resolution.

With these 3 tips in mind, let's create some resolutions for 2023

Resolution #1: Create or review your spending plan.

We utilize the phrase spending plan rather than budget. Your plan should include how much income, after taxes, you bring home, your regular monthly expenses, savings for emergencies, college and other goals. Your plan should be to have zero income left at the end of the month and not negative. Review the plan to get a better understanding of where you are spending money and pinpoint ONE place that you could decrease spending to allow you to save more towards one of your goals. It does not have to be much, even \$25 a month more put towards savings will help to achieve a goal.

Resolution #2: Get a financial physical in the New Year.

As we get older it is recommended that we get a check-up or physical from your doctor every year or two to help catch any potential health problems early. Consider doing this with your finances and your financial goals as well. A professional financial advisor can help make sure you are on the right track.

If you maintain your own finances and feel you don't need a professional's help, a financial review may just confirm that you are doing a good job, but it may also show you some areas you can improve.

Resolution #3: Take control of your finances by learning more about finances.

It is unfortunate that many of us do not learn more about personal finances in school, and money (in many cases) can be a difficult conversation to have with children.

You may feel that as an adult you have had to learn through trial and error. Resolve in the New Year to read at least one book about personal finances to educate yourself about money, and if you have children, resolve to start the conversation with them about basic saving principles. It's never too early to start their financial education. ♦

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For more than 30 years, VLP Financial Advisors has worked successfully and effectively with all kinds of families and individuals, retirees and business owners, women and men — all pursuing their own aspirations, each investing and saving in the ways that make the most sense for them.

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Daniel P. Lash, CFP®, AIF® is a partner at VLP Financial Advisors and the 2016 President of the National Capital Area Chapter of the Financial Planning Association (FPA). He believes that strategic

planning is the key to creating, protecting, and growing wealth.



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Leaders from United Airlines, the Metropolitan Washington Airports Authority, the Embassy of the Republic of South Africa and the U.S. Departments of State and Transportation cut a ribbon Thursday to celebrate United Airlines' inaugural flight from Washington to Cape Town.

"The Airports Authority and our airline partners have been intently

focused on growing our service to Africa," said Jack Potter, Metropolitan Washington Airports Authority president and CEO. "This new Cape Town service further strengthens our region's already strong links to Africa and highlights United's continued international expansion at Washington Dulles. And with the opening of the Silver Line Metro station at Dulles, our passengers have more options than ever to travel around the region and around the world."

Cape Town has become the newest among more than 140 nonstop destinations served from Dulles International and the 58th international city with nonstop service to the National Capital Region's gateway to the world.

At an event prior to the inaugural flight Thursday evening, officials from the Airports Authority, United Airlines, South African Embassy and

the U.S. Departments of State and Transportation joined passengers in celebrating the new service. Traditional South African food and drink were provided, along with a performance of a traditional South African music.

The new flight comes during a historic week for Dulles Airport. Earlier in the week, Metrorail's Silver Line debuted, providing a new, convenient option for passengers to travel by train directly between Dulles and downtown Washington, D.C. Service began at six new stations, including Dulles Airport, on November 15. The airport also celebrated 60 years of service since its November 17, 1962, dedication.

"From the opening of the Silver Line Metro station at Dulles to the 60th anniversary of this airport, it has truly been a historic week for our Washington, D.C., hub. Tonight, United is proud to culminate those

celebrations by becoming the first airline to provide nonstop roundtrip service from our nation's capital to Cape Town, South Africa," said Henry Bird, United's managing director of airport operations at Dulles International Airport. "With Washington, D.C., being home to the fifth largest South-African-born population, these new flights will not only enrich and connect two capitals with strong cultural ties but also build upon our hub's growing service to the continent of Africa, where we recently also launched flights to Accra, Ghana, and Lagos, Nigeria."

United Airlines has operated a hub at Dulles International for more than 35 years and has served the National Capital Region for over 75 years. United's Dulles hub currently connects customers to more than 100 nonstop destinations, including convenient service to 25 other capital cities around the world. ♦

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