

# BELMONT

## Living

MAY 2020



Meet the Wentz Family:  
*Pawsitively Making  
a Difference*

## The Christ Accounting Group



Lori Christ,  
CPA, EA



Mike Christ,  
EA



Matt Christ

Bookkeeping for Small Businesses  
(Monthly or Quarterly Financial Statements)  
Tax Prep for Individuals, Businesses, Trusts, Estates, Nonprofits  
IRS Tax Filing • Enrolled to Practice Before the IRS  
Sales Tax Returns • Household Employees • Payroll Taxes  
Small Business Consulting • Tax Planning Throughout the Year

**703-304-5173**

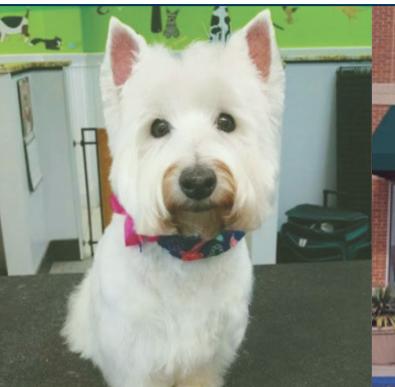
Lori@LoriChristCPA.com

**202-725-2716**

MikeChrist@TheChristAccountingGroup.com



**Canine Carousel**  
Boutique and Pet Salon



43135 Broadlands Center Plaza #129  
• In the ALDI Shopping Center •

**703-687-4626**  
caninecarousel.com

*Award-winning one-stop pet shop!*

## Your one-stop shop.

- Printing & document finishing
- Packing & shipping
- Mailbox services

- Postal products & services
- Notary services
- Shredding\*

**The UPS Store**



\*Visit [theupsstore.com/shredding](#) for full details.  
Copyright © 2018 The UPS Store Inc. 13070110118

Why Pay a 6% Commission to Sell Your Home, When You Can Receive



### FULL SERVICE FOR **4½% TOTAL COMMISSION**

Free In-home Market Analysis • Professional Photography  
Staging Assistance • Multiple Listing Service (MLS)  
Open Houses • Relocation Services and More



#### LET OUR EXPERIENCE WORK FOR YOU!

For more detailed information, call  
**Jackie Lawlor at 703-909-1540**  
Jackie@JackieLawlor.com • JackLawlorRealty.com

**CALL US TODAY AT 703-726-9444**

Northern Virginia's First Full Service Discount  
Realty Company Since 1984.

Licensed in VA

**703-304-5173**

Lori@LoriChristCPA.com

**202-725-2716**

MikeChrist@TheChristAccountingGroup.com

# BELMONT Living

## PUBLICATION TEAM

**PUBLISHER:** Cathy Tulloch

**ASSISTANT TO THE PUBLISHER:** Anne Tulloch

**CONTENT COORDINATOR:** Kimberly Lynch

**DESIGNER:** Jackie Weir

**CONTRIBUTING PHOTOGRAPHER:**

Neil Steinberg

## ADVERTISING

**CONTACT:** Cathy Tulloch

**EMAIL:** ctulloch@bestversionmedia.com

**PHONE:** 703-431-6728



Any content, resident submissions, guest columns, advertisements and advertorials are not necessarily endorsed by or representative of the views of Best Version Media (BVM) or any municipality, homeowner associations, businesses or organizations that this publication serves. BVM is not responsible for the reliability, suitability or timeliness of any content submitted. All content submitted is done so at the sole discretion of the submitting party. ©2020 Best Version Media. All rights reserved.

## IMPORTANT PHONE NUMBERS

Loudoun County Government:	703-777-0100
Loudoun County Sheriff's Office:	703-777-0407
Loudoun County Animal Control:	703-777-0406
Loudoun County Fire, Rescue, and Emergency:	703-777-0333
Loudoun County Parks, Recreation, and Community Services:	703-777-0343
Loudoun County Office of Elections:	703-777-0380
Loudoun County Treasurer's Office:	703-777-0280
Loudoun County Public Schools:	571-252-1000
Department of Motor Vehicles:	804-367-9700
Ashburn Library:	703-737-8100

## FEEDBACK/IDEAS/ARTICLES:

Have feedback, ideas or submissions? We are always happy to hear from you! Deadlines for Articles are the 10th of each month. Go to [bestversionmedia.com](#) and click "Submit Content." Please be sure to include Belmont Living in the request. You may also email your thoughts, ideas and photos to: Kimberly Lynch at [klynch@bestversionmedia.com](mailto:klynch@bestversionmedia.com).

Here are last month's search and finds!

Red Fox on Page 18

Liberty Bell on Page 13

Mountainscape on Page 5

welcome

## Letters to Residents

Bob Dylan told it true; the times, they sure are a-changin'. So where and how to begin? First, with deepest, most heartfelt condolences to the families of those who have lost loved ones to this pandemic—loss like this cannot be adequately expressed with words, and thankfully prayer does not require them; I pledge to offer my own for those who need them most. Next, to the business of living, trying as best we can to normalize what is definitely not normal: masked faces, gloved hands, air hugs, social distancing, which phrase, by the way, strikes me as an oxymoron—how can we be social *and* distant at the same time? And so we are left to navigate the boundaries of this newfangled world without losing touch with who we are at our core: human beings made for community. But how to navigate? I recently heard of a woman who said that she had decided to use words like never before: if she couldn't physically hug her grown children, older family members, and dearest friends, she would trade every usual *Love you!* with a full blown, *I want you to know that I love you with every beat of my heart and with every breath I take, at every moment of every day.* Wow, that person knows that words can more than adequately express our love for each other, right now, when we surely need it most.



Warmest wishes,  
**Cathy Tulloch**, Publisher  
Belmont Living

These uncertain times are testing our collective mental strength and resilience in unprecedented ways. Those who live alone long for face-to-face interaction, while parents can't seem to catch a break as they juggle working at home and caring for children. Graduating students now grieve the loss of so many milestones, and so many other celebrations that define the spring season remain postponed indefinitely. Protocols that prevent loved ones from even embracing demonstrate a truly dark time in history.

And yet, there have also been so many uplifting stories in the midst of the pandemic too. Families are enjoying a slower routine. Volunteers are sewing masks for medical professionals. Neighbors are dropping off food and other supplies (from a safe distance, of course) to those who may be in need. With all the information flooding the media, we've had to make a conscious effort to sift out the fear and cling to the hope. One specific hopeful perspective we are proud to bring you this month comes from our feature family, Ronalyn and Dan Wentz, who are committed to seeing local pet charities thrive. We are so pleased to share their outlook during a time when we aim to focus on the happy.



Warmly,  
**Kimberly Lynch**,  
Content Coordinator



**Ashburn Farm Market**  
43330 Junction Plaza, Ste 164  
Ashburn, VA 20147  
703.726.8040  
[store6862@theupsstore.com](mailto:store6862@theupsstore.com)  
[theupsstore.com/6862](http://theupsstore.com/6862)

**Hours:**  
Mon – Fri 8:30 AM – 7:30 PM  
Sat 9:00 AM – 5:00 PM  
Sun Closed

To learn more about becoming an expert contributor, contact Cathy Tulloch at [ctulloch@bestversionmedia.com](mailto:ctulloch@bestversionmedia.com) or 703-431-6728.



#### REAL ESTATE

Jackie Lawlor  
Jack Lawlor Realty Co.  
703-909-1540  
[Jackie@JackLawlorRealty.com](mailto:Jackie@JackLawlorRealty.com)  
[JackLawlorRealty.com](http://JackLawlorRealty.com)

Jackie Lawlor is a dynamic, top-producing agent at Jack Lawlor Realty Co., which has been family-owned and operated since 1984. Jackie continually strives for excellence; she served as the 2017 President of the Dulles Area Association of Realtors (DAAR) and was named the 2018 DAAR Realtor of the Year. She brings a high level of energy and a competitive edge to her career and is always ready to answer your real estate questions.



#### VETERINARY MEDICINE

Margaret Fortier  
Goose Creek Veterinary Hospital  
571-291-9110  
[margnh@aol.com](mailto:margnh@aol.com)  
[TheGooseCreekVet.com](http://TheGooseCreekVet.com)

Dr. Fortier graduated from Michigan State University in 2004 and has been practicing veterinary medicine since that time. She had spent a year in Northern Virginia in a small-animal internship, and in this role, Dr. Fortier learned from various specialists and became familiar with a diverse clientele. Since that time, she has spent 10 years practicing in downtown Washington, D.C., and enjoying the fast-paced city life. The relationships she formed with her patients and their owners are what motivated her to become a practice owner, and today she continues to offer her specialized care and compassion to all those whom she and her staff welcome through the doors of the Goose Creek Veterinary Hospital.



#### DRIVER INSTRUCTION

Lyle Tulloch  
Ashburn Driving School LLC  
703-870-1137  
[AshburnDrivingSchool@comcast.net](mailto:AshburnDrivingSchool@comcast.net)  
[AshburnDrivingSchool.com](http://AshburnDrivingSchool.com)

Lyle Tulloch founded the Ashburn Driving School with a mission to reduce new-driver accident rates by carefully adhering to all DMV regulations, by offering a personalized, professional approach to behind-the-wheel training and by emphasizing classic defensive driving skills such as off-road recovery, evasive maneuvering, and steering control. He is a native Northern Virginian, and he, his wife Cathy, and their family have lived in Ashburn for over twenty years.



#### EQUESTRIAN TRAINING

Madison Foote  
Broad Shadow Farms  
517-712-7049  
[BroadShadowFarms@gmail.com](mailto:BroadShadowFarms@gmail.com)  
[BroadShadowFarms.com](http://BroadShadowFarms.com)

Broad Shadow Farms is a private training and boarding facility located in Leesburg, Virginia. We offer private lessons with a three-star Eventer as well as full service equestrian boarding with amenities including 12x12 stalls, hot/cold wash racks, heated tack rooms, a 100x200 outdoor arena, a full jump course, and six spacious paddocks. Broad Shadow Farms is proud to neighbor with the 200+ acres of trails of Temple Hall Farm and Fabbrioli Cellars on Limestone School Road, just 11 miles from Belmont and Ashburn. We look forward to seeing you soon!



#### ACCOUNTING

Lori Christ, CPA  
703-304-5173  
[Lori@LoriChristCPA.com](mailto:Lori@LoriChristCPA.com)

Lori has 25 years experience as a Certified Public Accountant. A mother of six, she opened her own accounting business from home and has been self-employed for 17 years. Now two of her adult sons work with Lori in her business. Together they handle over 600 tax returns a year, many of them for small businesses. Lori works with her clients year round doing tax and small business consultation, and looks forward to helping your small business prosper!



#### SWIM INSTRUCTION

Matt Watson  
Goldfish Swim School of Ashburn  
703-420-7643  
[Matt.Watson@goldfishss.com](mailto:Matt.Watson@goldfishss.com)  
[GoldfishSwimSchool.com](http://GoldfishSwimSchool.com)

Co-Owners Matt and Kendra Watson and Will and Sarah Alberts care deeply about the safety of children around water, and with that mission in mind and a combined 70+ years of swim experience, they founded Goldfish Swim School of Ashburn. Their unique, state-of-the-art facility is designed to enhance learning, fun and safety for children from 4 months to 12 years of age; the tropical environment and shiver-free pools create a wonderful backdrop for their award-winning swim lesson curriculum, The Science of SwimPlay®, while the air-conditioned viewing gallery creates a comfortable space for parents to relax, work, socialize, and view their swimmers.



#### PROFESSIONAL LANDSCAPE DESIGN AND INSTALLATION

Trent Morris  
M&M Professional Landscaping Inc.  
703-662-7000  
[Info@MandMLandscapes.com](mailto:Info@MandMLandscapes.com)  
[MandMLandscapes.com](http://MandMLandscapes.com)

M&M Professional Landscaping was founded in 1989 by Trent Morris while he was in high school and working out of his family's garage in McLean, Virginia. From there to his present state-of-the-art facility headquartered in Dulles, Virginia, M&M Professional Landscaping remains family-owned and operated with Trent as its Lead Design Representative working directly with clients to develop their dreams into the reality of timeless beauty and function to last for generations. Trent's clients themselves are his highest priority, and he owes his success to his ability to listen carefully to their visions and then meticulously create them to the minutest detail. With no project too large or too small, M&M Professional Landscaping looks forward to designing clients' dreams for years to come.



#### MUSICAL ARTS

Ann Marie Minton, Owner  
Minton's Academy of Music  
703-723-1154  
[Information@MintonsMusic.com](mailto:Information@MintonsMusic.com)  
[MintonsMusic.com](http://MintonsMusic.com)

Ann Marie Minton founded Minton's Academy of Music in Ashburn, VA in 2002. This family-owned and operated school has changed the lives of over 5,000 students in its 17 year tenure, trusting in one powerful philosophy; that ANYONE can learn the language of music. The inspiring 6,000 sq. ft. educational facility houses seven spacious sound-proof private lesson rooms and a fully-equipped theater for recitals, open mic nights, monthly jazz jams and more! Ann Marie, as School Director, and her incredible team of 16 teachers are passionate about empowering students through education, goal setting, and confidence building.



#### COLLEGE CONSULTING

Hannah Serota, CEO, M.Ed., CEP  
Independent Educational Consultant  
Creative College Connections  
703-940-5757  
[Hannah@CreativeCollegeConnections.com](mailto:Hannah@CreativeCollegeConnections.com)  
[creativecollegeconnections.com](http://creativecollegeconnections.com)

Hannah Serota is the founder and CEO of Creative College Connections. She has spent the past three decades in the field of college admissions. First, at her alma mater, Oberlin College, then as the college counselor at a private high school where she honed her skills working with students with learning disabilities. In 2010 she opened her educational consulting practice, which has grown from a part-time solo operation into a thriving practice with a team of expert college admission consultants and an essay specialist, all dedicated to guiding and supporting students and their parents through the maze that is college admissions.



#### FINANCIAL PLANNING AND WEALTH MANAGEMENT

Joseph Myer  
The Myer Group  
Merrill Lynch, Pierce, Fenner & Smith Inc.  
703-779-4674  
[Joseph\\_Myer@ML.com](mailto:Joseph_Myer@ML.com)  
[fa.ml.com/themyergroup](http://fa.ml.com/themyergroup)



#### HEATING AND AIR CONDITIONING

Rebecca Rahmani  
Falcon Heating & Air Conditioning, Inc.  
703-450-7777  
[Service@FalconHVAC.com](mailto:Service@FalconHVAC.com)  
[FalconHVAC.com](http://FalconHVAC.com)

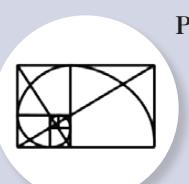
Falcon Heating & Air Conditioning, Inc. was founded more than 30 years ago in Sterling, Virginia, with only a small van and two employees, Alex Hosseini and Bruce Rahmani. It was the founders' persistence and their foresight that caused Falcon to grow exponentially over the subsequent years, becoming one of the leading heating and air conditioning service providers in the Virginia, Maryland, and Washington D.C. region. In an industry with a significantly shrinking work force, Falcon is not only rapidly expanding, but also supporting the community in numerous ways, and most recently with their recent grand opening of a state-of-the-art headquarters facility and HVAC training center, a symbol of hope and opportunity for employees who are given opportunities that they may not have otherwise had. We hope you will call upon our family if you would like more information about our heating and air conditioning services or if you would like to schedule an interview with us.



#### CODING

Chad and Ellen Hamel  
theCoderSchool  
571-918-4604  
[ashburn@thecoderschool.com](mailto:ashburn@thecoderschool.com)  
[thecoderschool.com/locations/ashburn/](http://thecoderschool.com/locations/ashburn/)

theCoderSchool is Silicon Valley's #1 kids' coding program, focused on teaching kids to code through a personalized coaching approach in a fun learning environment! We offer weekly after-school programs for students at all skill levels, ages 7-18, as well as summer and holiday code camps. Because every student learns in his or her own way, we provide tight student-to-Code Coach® ratios and small class sizes. Chad and Ellen Hamel, owners of theCoderSchool Franchise in Ashburn, believe that coding is not only a critical skill set for the future but that it also establishes a foundation for kids to develop their creative, cognitive and analytic abilities, setting them up for success in their future careers and in life. We currently live on a small farm in Loudoun County with our two boys, our dog, and many other farm animals including alpacas! We hope you'll join our coding community, and we look forward to working with you and your child to create an awesome learning experience!



#### PHYSICAL THERAPY

BioMechanic Physical Therapy  
703-723-7726  
[BioMechanicPhysicalTherapy.com](http://BioMechanicPhysicalTherapy.com)

At BioMechanic Physical Therapy, our Doctors take pride in ensuring that the physics of your body are optimized to find out (a) why you developed a problem that came on slowly, and (b) what body mechanics may have been thrown off by your injury or surgery. We use precise tools for measurement, our analytical minds for problem solving, and our capable hands to restore you to your own level of perfect! We are a manual therapy clinic that also uses the latest in technology. For helpful videos, please subscribe to our YouTube channel at [YouTube.com/c/BioMechanicPhysicalTherapy](https://www.youtube.com/c/BioMechanicPhysicalTherapy), join our Facebook page at [Facebook.com/BioMechanicPT/](https://www.facebook.com/BioMechanicPT/), and visit our website at [BioMechanicPhysicalTherapy.com](http://BioMechanicPhysicalTherapy.com).



#### FOSTER PARENTING

Deborah Evans  
Chief Executive  
For Children's Sake of Virginia  
703-817-9890  
[FCSVANOW@gmail.com](mailto:FCSVANOW@gmail.com)  
[FCSVA.org](http://FCSVA.org)

A child's needs are best met within a caring and loving family, and with this truth in mind, For Children's Sake brings families together with children who are in need of just such love and care. Who can be a foster parent? Anyone who is 21 years of age, single or married, has a safe and clean home environment and a steady income, and has the love and patience for children in need. For information, please visit our website at [FCSVA.org](http://FCSVA.org), watch our short informational videos, and know that someone very special is waiting to meet you.

**INSIST**  
ON UNFORGETTABLE

**PRIME STEAKS**  
**FRESH SEAFOOD**  
**EXCEPTIONAL SERVICE**  
**PRIVATE DINING**

**D.C. PRIME**  
STEAKS • LOBSTERS  
[www.DCPrimeSteaks.com](http://www.DCPrimeSteaks.com) | RESERVATIONS RECOMMENDED

 **2019 BEST OF LOUDOUN**

**goldfish swim school®**

**DISCOVER**  
**Goldfish**  
**Swim School**

Goldfish Swim School is the premier learn-to-swim facility for kids ages 4 months to 12 years. We use our holistic philosophy, The Science of SwimPlay®, to build life skills both in and out of the water using play-based learning in a fun and safe environment.

- SHIVER-FREE, 90-DEGREE POOL
- CONFIDENCE-BUILDING CURRICULUM
- FAMILY SWIMS, PARTIES & TONS OF FUN
- FLEXIBLE CLASS TIMES
- FREE MAKE-UP LESSONS

**ASHBURN | 703.665.7647**  
2140 Ashburn Crossing Dr. Ste 115 | Ashburn, VA 20147  
[goldfishswimschool.com](http://goldfishswimschool.com) |

THIS MONTH'S FAMILY FEATURE ARTICLE IS PROUDLY SPONSORED BY ANIMAL MEDICAL CENTERS OF LOUDOUN



**Meet the Wentz Family:  
Pawsitively Making a Difference**

By Kimberly Lynch | Professional Photos by Neil Steinberg | [www.photowork.net](http://www.photowork.net)



If there's one silver lining during these uncertain times, it can be found in many animal shelters across the country: social distancing has led to a staggering increase of animals going to permanent homes, even as much as 70% in some places. Pets provide much needed companionship as citizens around the country must contend with staying at home, and caring for a pet requires a new responsibility and routine during a time when many are prone to loneliness. As any pet owner knows, the unconditional love of a pet can create a powerful connection.

Ronalyn and Dan Wentz understand this mutual affection well, as they have been adopting and fostering pets long before social distancing became the norm, and have even been raising money for local animal shelters for several years. Supporting organizations,

**Photo, Page 6:** Ronalyn won the 2019 Virtual Business of the Year award from the Loudoun County Chamber of Commerce.

**Photo, Page 7:** Dan and Ronalyn at the Thanksgiving Cowboys/Redskins game in Dallas.



including Friends of Homeless Animals (FOHA), Lost Dog and Cat Rescue Foundation, Loudoun County Pet Pantry and the Loudoun County Animal Shelter, the Wentz Family have devoted themselves to helping many displaced furry friends in the area.

Loudoun County, and specifically Belmont Green, has been Dan and Ronalyn's residence since they had their home constructed in 2002. In fact, they are one of the five original owners on their side of the block, which is impressive for such a transient area of the country. They love that Belmont has always been, and continues to be, so walkable and accessible to nature trails. The Washington & Old Dominion (W & OD) trail system is their personal favorite, as well as the numerous parks they have discovered by way of their hobby of geocaching, a type of outdoor treasure hunting game that relies on GPS-enabled devices.

Their relationship started over twenty years ago when Dan's sister, Kristina, introduced them. That may not sound out-of-the-ordinary, except for the fact that Ronalyn never knew Kristina even had a brother for three years! Kristina was the manager at Sam Goody, where Ronalyn was employed at the time, and she and Ronalyn eventually became good friends. On one fateful occasion, Kristina brought Dan along to meet up with a surprised Ronalyn. Kristina had a hunch that Dan was interested in Ronalyn, and 21 years of marriage have proven her right!

Having lived in Northern Virginia for so long, it comes as no surprise that Ronalyn and Dan are big Washington Capitals

continued on page 8 >>>



## We Are Your Other Family Doctors



Dr. Panopoulos • Dr. Kingsley • Dr. Myzie  
Dr. Taylor • Dr. Klimavicz • Dr. Grasso

### Worried About the Cost of Pet Care?

As your pets' advocate, we promise to offer the highest level of care and to work with you to make it affordable.

#### To help ease any financial burden, we offer:

- Customized Payment Plans
- Interest Free
- No Credit Check Required

#### Services Offered:

Blood Work and In-house Laboratory • Preventive Care  
Vaccinations • Surgery • Nutrition Counseling  
Digital Radiography • Ultrasound  
Herbal and Homeopathic Medicine

#### ASHBURN FARM

43330 Junction Plaza,  
Suite 172  
**703-726-8784**

#### BRAMBLETON

42385 Ryan Road,  
Suite 112  
**703-327-8471**

**loundounvet.com**

MON-FRI: 7am-7pm, SAT: 8am-1pm  
SUN: Closed



fans, and they hold partial-season tickets. Dan enjoys watching sports in general, but Ronalyn, originally from western New York, especially enjoys hockey. She is less enthusiastic about other professional sports, which makes it easier to overlook her husband's affinity for the Dallas Cowboys. When asked why a Manassas Park native would root for the Cowboys, Dan shrugs. "I just wanted to be different," he says. In 2016 they got a chance to travel and see the Cowboys play the Washington Redskins live at the Thanksgiving game in AT&T Stadium.

Beyond Texas, the Wentzes had the opportunity two years ago to travel on a "bucket list trip" to southern Italy, which is from where Ronalyn's grandparents originate. With the help of a genealogist, they researched Ronalyn's ancestry and were able to find information as far as five generations back on Ronalyn's grandfather's side! Their itinerary on this trip of a lifetime included visits to Rome, Castellammare de Stabia, Naples, and Ronalyn's grandparents' hometown of Chiaromonte.

Dan and Ronalyn do not have children, but have adopted several fur babies over the years. Currently they own a five-year-old Shar-Pei named Theo, whom they adopted from FOHA in 2017. Theo, who is named after a former player from the Caps and who even has his own Instagram account (Daily Adventures of Theo), had been with FOHA for an astonishing two years, after having been adopted out and then returned to the shelter. Ronalyn believes the temperament of Shar-Peis make it difficult for some dog owners. "You can't push Shar-Peis," she explains, "Otherwise they will resist." Although Theo was initially hesitant with the Wentzes, Ronalyn claims he came around after living with them for about nine months, and is a great, lovable dog with many online fans. Ronalyn and Dan clearly know how to show him the right amount of patience and love.

While Dan works for the government, Ronalyn has built her own business as a virtual assistant. Her company, Clark Virtual Business Solutions, LLC, won the



2019 Virtual Business of the Year award from the Loudoun County Chamber of Commerce. Ronalyn counts her greatest business achievement, however, in the financial support she has provided for local animal shelters and pet organizations. Every year for her birthday, which also happens to be ten days before Theo's birthday, she spearheads an annual fundraiser through her company, which has raised over \$2,000 to support FOHA since adopting Theo. The fundraising will expand this year as she will be adding food drives for the Loudoun County Pet Pantry, a partnership between the Humane Society of Loudoun County, Loudoun County Animal Services and Loudoun Hunger Relief.



Ronalyn, who appreciates a straightforward and genuine disposition, hopes that once things get back to normal, pets who have been adopted will not have to return to the shelters. Perhaps the number of pet adoptions will indeed become one of the bright lights emerging from these dark and lonely quarantine days. For the time being, families can gratefully enjoy getting out to walk their dogs, whose wagging tails remind us of gifts of companionship, fresh air and sunshine.

Visiting Ronalyn's grandparent's hometown in southern Italy.

Airport Transfers · Point-To-Point  
Meetings & Events · Weddings & Prom  
Washington DC Tours · Special Events

571.271.1294

703.554.3509

**SIMAX SEDAN**



simaxsedan@hotmail.com

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

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

wflyerdulles@hotmail.com



**Washington Flyer Dulles LLC**

Serving VA, MD, DC & WV from BWI, Reagan and Dulles Airports

# INMED PARTNERSHIPS FOR CHILDREN

## A Community Lifeline for Families in Need

By Nancy Baker, Communications Director, INMED Partnerships for Children

### Serving the Community

Aurora, a young mother of two, is relieved to hear her phone ring. It's a call from INMED Partnerships for Children, and her family support specialist has good news.

INMED's Opportunity Center in Sterling has just received a donation of food bags—each with enough to feed a family of four for a week. Aurora schedules a time for curbside pickup.

INMED's Opportunity Center is known as a hub for free and low-cost community resources, but the global coronavirus pandemic has kicked its staff and volunteers into high gear, distributing everything from food, hygiene products and baby supplies to personalized learning kits for kids who don't have access to computers or Wi-Fi at home. In normal times, the center typically serves 150 families in need per week. In the last month, that number has skyrocketed to upwards of 500.

"I'm grateful to my family support specialist, Nancy Patricia Ordonez, and INMED for this kind of support," says Aurora. Feeding and caring for her family in a crisis is very different from her usual daily routine, which wasn't easy even before COVID-19. "It's like you just wake up without knowing what you really need to do to keep going."

Aurora is no stranger to crisis. Growing up in El Salvador, she lived in constant fear, as gangs and unrest led to high rates of femicide. She is thankful her own children do not have to experience that type of chronic anxiety. Yet she remains anxious about surviving the current pandemic—both physically and financially. As a housekeeper at a local hotel, her exposure rate is high despite precautions. She's also facing reduced hours, as is her husband, whose hours were also cut recently.

"Knowing that we can count on INMED and its community partners for basic essentials and emotional support during this time helps us relax a little as we figure out how we can continue to survive together as a family."

### Building Resilient Families

INMED Partnerships for Children was founded in 1986 with a mission to build pathways for vulnerable children, families and communities to achieve well-being and self-reliance. Through its core programs in health and nutrition education, adaptive agriculture/aquaponics, skills development and sustainable income generation, INMED has transformed the lives of millions of people in more than 100 countries.

INMED has been serving families like Aurora's in Loudoun County since 1994 via programs like Healthy Families Loudoun, which provides intensive, long-term home visitation and case management services to low-income, at-risk families. Through education, mentoring and access to



community resources, Healthy Families Loudoun equips families to build a foundation of self-reliance, leading to healthier communities and children who enter school ready to learn and succeed.

INMED pioneered this model following a federal Congressional commission directive in the early 1990s to prevent infant mortality in under-resourced communities.

Parlaying its experience from training volunteer community health workers in remote regions of the world, INMED developed a suite of training and resource materials for lay home visitation programs in the United States to promote healthy births and build strong, resilient families. These materials were ultimately adopted in all fifty states and became the precursor to INMED's award-winning Healthy Families Loudoun program. Part of the Healthy Families Virginia and Healthy Families America networks, Healthy Families Loudoun consistently ranks among the top five Healthy Families programs in the Commonwealth.

"INMED's focus always has been giving babies the healthiest start in life," says INMED Founder and CEO Dr. Linda Pfeiffer. "By providing families with access to education and opportunities, our programs help babies grow up in a nurturing environment, where they can thrive into adulthood, regardless of their circumstances."

Over the years, INMED's US programs have helped single mothers like Michoale Lewis overcome homelessness with twin newborns—and give Nery Hernandez the confidence to achieve her dream of becoming a successful restaurateur. INMED's after-school academic enrichment program helped Oscar catch up in school after spending several months helping his mother clean office buildings at night because she couldn't afford a sitter. INMED also worked with Oscar's mother to develop workforce skills to help her land a better, daytime, job—and has helped mothers like Aurora feed and protect her children during COVID-19.

### Food Security is a Critical Focus for the Future

"In the age of coronavirus, it's more important than ever for vulnerable populations to have access to programs that build self-reliance and provide sustainable food security," says INMED US Programs Director Jennifer Lassiter Smith, who is implementing INMED's international aquaponics program in Loudoun County, VA.

INMED USA has partnered with the Paxton Trust to construct a commercial aquaponics system with a greenhouse and production facility

on the Paxton Campus in Leesburg. The program will provide training and employment opportunities for teens with autism and other special needs as well as economically disadvantaged youth, while producing a sustainable supply of fresh produce and fish.

Aquaponics is a combination of fish farming and hydroponics in a closed system—an ancient technique used by the Aztecs. It produces crops and fish year-round at yields significantly higher than traditional farming with no chemicals, while dramatically conserving water, energy and land resources. INMED has adapted aquaponics into an innovative, simplified package for individuals with disabilities and other vulnerable populations, incorporating technical and operational training, business planning, links to markets, and access to financing, to eliminate barriers to entry and ensure commercial success and sustainability.

This project, expected to break ground in early 2021, "will greatly expand INMED's

Opportunity Community to more individuals in need while demonstrating the power of what we can achieve when we're all truly in this together," says Smith.

Aurora is grateful for that kind of commitment. "I am honored knowing that people in the community are thinking about us. They are taking time to help and support us," she says. "Thank you for going the extra mile for us."

*To learn more about INMED Partnerships for Children and its programs around the world, visit <https://inmed.org>. To learn more about, support, or volunteer for INMED USA, please visit <https://inmed.org/usa> or email [jsmith@inmed.org](mailto:jsmith@inmed.org).*

Photos, left to right: INMED's Opportunity Center in Sterling is known as a hub of free and low-cost community resources for families in need. | Aurora with Nancy Patricia Ordonez (right), an INMED Healthy Families Loudoun support specialist. | INMED's After-School Academic Enrichment program coordinator, Yahaira Hanon, sets out individualized learning kits for curbside pickup during the coronavirus lockdown. | A diligent INMED after-school student works on his personalized learning packet during the COVID-19 lockdown. | The Coder School - Ashburn is a generous sponsor of INMED and is among the community partners who make our programs possible in Loudoun County. | INMED USA is expanding its reach in Loudoun to serve teens with autism and special needs via its international aquaponics program on Paxton Campus in Leesburg.



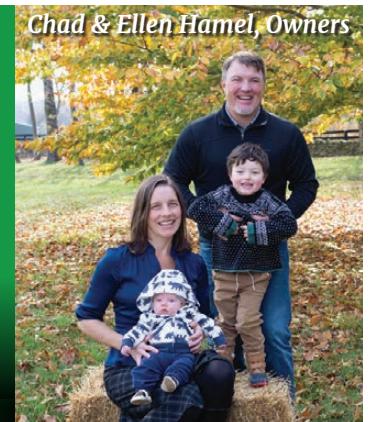
**the coderschool®**  
learn to code. change the world.®

42841 Creek View Plaza, Goose Creek Village  
Upper Level, across the parking lot from Harris Teeter

» theCoderSchool is now Online! «

571-918-4604 • [ashburn@thecoderschool.com](mailto:ashburn@thecoderschool.com) • [thecoderschool.com/locations/ashburn/](http://thecoderschool.com/locations/ashburn/)

Silicon Valley's #1  
Kids Coding Program!





# It's National Foster Care Month!

## CELEBRATE WITH US BY LEARNING MORE

By Kelley Willis, MSW, FCSVA Community Based Services Program Director  
Photos Courtesy of For Children's Sake of Virginia

Fostering children is a way to help them find permanency and safety in their lives. In honor of National Foster Care Month, we're answering a few commonly asked questions about this wonderful way to share your love.

### What Is Foster Care?

When a child is suspected to have been abused or neglected, he or she is placed in a temporary foster home while the county works with the biological parents to understand what happened and create a plan to make the home safe for the child again. While the biological parents work on making sure they can keep the child safe, foster parents will care for the children in their own home—the foster home. The foster parents give the child a temporary, safe place to learn and grow with the goal of the child's returning to his or her own home, moving in to live with a relative, or becoming permanently adopted.

### Who Are Foster Children and Parents?

Foster children can be any child suspected of being abused or neglected. This can include children of all ages and backgrounds, from children abandoned at birth in a hospital to seventeen-year-olds who were abused by their family and need a home. Teens, non-native English speakers, children with emotional or medical concerns, and sibling groups are especially in need of homes.

Foster parents can be anyone with a safe and stable income. Each child needs a different kind of home, and so parents of all backgrounds are welcome to apply! We encourage homeowners, apartment renters, single individuals, large families, etc., to reach out and learn more.

### What is the Length of a Foster Placement?

Foster parents can choose placements of various lengths. Foster parents can choose to be a 'respite' foster parent, accepting a short-term placement for as little as a week or even a weekend while the regular foster parent is on travel or is taking a break. Many first-time foster parents choose this option because it allows them to get a feel for what it's like to foster. Foster parents can also choose longer-term placements and can have a child for the entire length of his or her need. While these placement lengths can vary, the average foster placement is approximately a year long.

### How Much Does Fostering Cost?

While foster parents are given a stipend to help cover costs of a foster child, this stipend is not guaranteed to cover all of these costs. We ask that a prospective foster parent feel comfortable taking on the full living costs of a child. This would include clothes, toiletries, school supplies, and food and housing. There's no required amount you have to have to apply to be a foster parent, as long as you have a stable income and have enough to provide for a child in care.

### Are Families Fostering During Coronavirus Shut Downs?

Yes! Children are coming in and are very much in need of homes! We all know of the pressure many parents are facing during this time, and children who are in unstable homes can be bearing the brunt of the strain through neglect, mistreatment, or worse. Fostering is a wonderful, proactive way to help your community and these young people who are some of the most vulnerable. Foster agencies are helping foster parents move through the approval process and are able to provide much help to the foster parents. Also, to help keep the families, children, and staff safe, we provide screening before individuals come in contact with each other, and we attempt to use virtual visits instead of in-person visits whenever possible.



continued on page 14 >>>

## WANT TO HELP CHANGE A CHILD'S LIFE?



**MAY IS NATIONAL FOSTER CARE MONTH.  
WITH MORE THAN 5,000 CHILDREN IN VIRGINIA FOSTER CARE, WE'RE ALWAYS IN NEED OF FOSTER HOMES!  
CONSIDER BECOMING A FOSTER PARENT.**

To become a foster parent, our number one requirement is a patient, loving family!

We offer 24/7 support and year-round training to our parents.

Reach out today to learn more at 703.817.9890 | fcsvanow@gmail.com | www.fcsva.org

## It's National Foster Care Month!



### Why Foster?

Many children in the United States are in need of a safe place to go every day, and Northern Virginia is especially short on foster homes. The rewards of fostering are almost impossible to put into words, but here are some thoughts we've received from the generous and loving parents who have done so:

*"We are FCSVA foster parents because every child needs a home...especially now!"*

— Kevin and Emm Webb

*"My expectations for fostering have grown. At first, I wasn't thinking about adopting, but I ended up becoming an adoptive parent because of the need of the children. I've seen the difference that I can make. And I really do thank God, because I love being with these kids."*

— Marion Washington

*"I decided to become a foster dad to give kids a chance at a better life and future, to provide them with love and support, and to help not only them grow as young men and women but myself as a person."*

— Benjamin Alderman

*"Foster parents should always keep the faith and hope with unconditional love."*

— Seila Applin

*"Genuine joy can always be found. Never stop truly living."*

— Jenny Boyko

*"I continue to foster and will always do so, because I love each child that comes into my home."*

— Guyisha Riley

In summary, it's difficult to describe how grateful we are for all that foster parents do. We have so many children whose grades have sky-rocketed, whose negative behaviors have disappeared, who have joined sports teams, gone to college, and more, all because of the love and support they received from their foster families. Please join the ranks of these amazing parents and families and make our world a better place by welcoming a waiting child into your home today. We're looking forward to your calling us at 703-817-9890 to learn more about a child who is waiting to meet someone like you with a loving heart and a loving home to share.

see page 16 for more foster photos >>>



It's National Foster Care Month!



FOREVER BEAUTY

MEETING ALL YOUR BEAUTY NEEDS

- Lash Lifts and Extensions
- Permanent Makeup
- Advanced Skin Treatments
- Facials
- Waxing
- Dermaplaning

Mention This Ad to Receive 10% Off Your Services

Next to Virginia Academy at 44121 Harry Byrd Hwy Ashburn Suite #130 By Appointment Only 650-847-0381 • foreverbeautyllc.net

IMAGE RESTORATION

From This

To This

photoworks

[www.photowork.net](http://www.photowork.net)

BROAD SHADOW FARMS

*Equestrian Training Unparalleled*

Boarding and Training

BROAD SHADOW FARMS

Eventing Facility

15679 Limestone School Road • Leesburg, VA 20176 • 571-712 7049

We look forward to hearing from you!

National League of Junior Cotillions  
Loudoun County Chapter  
Please contact: Mrs. Lisa Hale  
703-814-3496  
[louduncotillion.com](http://louduncotillion.com)  
[loudounlovescotillion@gmail.com](mailto:loudounlovescotillion@gmail.com)

“Your classes have made a huge difference in how comfortable and confident we are in social situations now that we are living away from home.”  
— A COTILLION PROGRAM GRADUATE

Evolution Cleaning Service

5 star reviews on

Call now for a free estimate  
571-221-0872  
100% satisfaction guarantee



## Hey Pets of Belmont! LET'S START A PET'S CORNER

| By Oliver Raffaele, Contributing Writer, *Belmont Living*

... and they're right!

So send your pet photos and captions to me and Kim at [klynch@bestversionmedia.com](mailto:klynch@bestversionmedia.com) as soon as you can, and we'll get our Belmont Pet Corner started!

Which pets qualify for our Pets Corner? Any and all of them! Hey I think we've even got an #intellectualalpaca in the crowd who folks say likes to #code, and we just might be able to get him involved too! Looking forward to hearing from you soon!

Your friend,

Oliver

P.S. This is how I look sitting at my writer's desk, er, kitchen table, um, being good as gold because my human is taking out the treats. And btw, that's my buddy Hound Dogg in the background. We're social distancing.

Hhmmphm Pffhmph uuvvff Bffmhnnnt!!!

Wwwwait, okayy, whewww, glad to get that thing off my face!!

Okay, let's try that again: Hey Pets of Belmont!!

I'm Oliver Raffaele, a guest editor here, and I'd like to host a Pet's Corner in *Belmont Living*. All I need are pictures of you pets of Belmont with captions describing what your humans think you're saying. For example, when I wear my mask, my humans think I'm saying:

#coronavirus #staystrong  
#wereinthistogther #bffsthroughthickandthin



# MONEY SENSE:

## Planning for Health Care Costs



By Joseph F. Myer, CFP, Merrill Lynch Wealth Management

Discussing Worse-case Scenarios with Family is Never Easy. These tips from Merrill Lynch Wealth Management Outline Four Conversations Every Family Should Have Right Now.

Most people don't want to think about the health-related what-ifs that come with aging, let alone talk about them—especially with family. Nonetheless, that conversation is critical to have. Having a plan in place that you've put together as a family can free everyone up to focus on each other, instead of worrying about where the money will come from should you, or an aging parent or spouse, fall ill. "The best time to talk about these matters is before you need to," notes Cynthia Hutchins, director of financial gerontology at Bank of America Merrill Lynch. Yet as important as these conversations are, the vast majority of people are not having them. Seven out of 10 couples age 50 and older have not discussed how much they will need to save for health care in retirement; only one in five people age 50+ has talked about long-term-care plans with their adult children, according to a 2015 Merrill Lynch study conducted in partnership with Age Wave.

Here are four questions that can help you start having these important family conversations.

### 1. Where will the money come from?

It is never too early to talk about the potential costs and other consequences of medical care for yourself, your children or your parents. The considerations should include possible outlays for expenses such as home health care or changes to your house to improve accessibility. Though long-term-care insurance can help, it is not right for everyone. There are a number of other financial choices you can consider, from hybrid forms of life insurance and health savings accounts to simply saving and investing more for eventual medical costs. A logical next step, after you discuss these issues with your family, is to review your choices with a financial advisor to help ensure that your retirement and any legacy you hope to pass on will not be threatened.

### 2. Will our parents have the care they need as they grow older?

In addition to considering their own future, many people struggle with aging parents' unwillingness to face their limitations. The best response is to ask specific questions: At what point would it make sense for you to stop driving, or to have a caretaker come in

to help with meals? "Often when you first broach the topic, you will be rebuffed," says Kate Wilber, professor of gerontology at the University of Southern California Leonard Davis School of Gerontology. "That is normal. It does not mean the door is closed. This will likely take more than one conversation."

### 3. Who will provide the caregiving, if it is needed?

Taking care of aging parents—or paying for their care—can be a large responsibility, and yet it is a responsibility that often falls unevenly in families. Hutchins recommends that siblings talk first among themselves about how they will share the caregiving role. "You want to be sure that both your parents' and your own needs are considered," she says. "Sometimes it makes sense to cobble together a combination of in-home and outside care." That way, siblings can at least share the costs, if not the hands-on responsibilities.

### 4. What about end-of-life issues?

Having this conversation can help ensure that a loved one's (or your own) wishes will be honored. Among the things to consider: Which medical treatments do you want to be used or avoided at the end of your life? Whom do you want to be your health-care proxy if you are unable to communicate your wishes? You can use a health-care power of attorney and a living will to document your choices. Having these important conversations is the first step to getting there.

For more information, contact **Merrill Lynch Financial Advisor Joseph F. Myer in the Leesburg, VA office at 703.779.4674 or joseph\_myer@ml.com.**

money sense - Planning for Health Care Costs

Discussing worst-case scenarios with family is never easy. These tips from Merrill Lynch Wealth Management outline four conversations every family should have right now. Investing involves risk. There is always the potential of losing money when you invest in securities. Asset allocation, diversification and rebalancing do not ensure a profit or protect against loss in declining markets. Merrill, its affiliates, and financial advisors do not provide legal, tax or accounting advice. You should consult your legal and/or tax advisors before making any financial decisions.

Merrill Lynch, Pierce, Fenner & Smith Incorporated (also referred to as "MLPF&S" or "Merrill") makes available certain investment products sponsored, managed, distributed or provided by companies that are affiliates of Bank of America Corporation ("BofA Corp."). MLPF&S is a registered broker-dealer, Member SIPC and a wholly owned subsidiary of BofA Corp. Merrill Lynch Life Agency Inc. ("MLLA") is a licensed insurance agency and a wholly owned subsidiary of BofA Corp. Trust and fiduciary services are provided by Bank of America Private Bank, a division of Bank of America, N.A., Member FDIC, or U.S. Trust Company of Delaware. Both are wholly owned subsidiaries of Bank of America Corporation.

Investment products offered through MLPF&S, and insurance and annuity products offered through MLLA: Are Not FDIC Insured • Are Not Bank Guaranteed • May Lose Value • Are Not Deposits • Are Not Insured By Any Federal Government Agency • Are Not a Condition to Any Banking Service or Activity © 2020 Bank of America Corporation. All rights reserved. | AR56DRJK | WP-02-20-0410 | 02/2020



Dr. Jean-Claude Kharmouche, Founder

Dr. Jean-Claude Kharmouche has been practicing advanced periodontics and the art of Implant Dentistry for over twenty years. He is a Board-Certified Periodontist and an Associated Professor at VCU-MCV. He believes in education and in staying up to date with new and advanced techniques through participation in international and national conferences. Dr. Kharmouche finds value in sharing his experience with colleagues and the entire dental community, and he encourages educational growth by regularly leading Study Clubs in Loudoun County.



Dr. Kharmouche is a member of the American Academy of Periodontology, Virginia Society of Periodontics, American Dental Association, and Northern Virginia Dental Society. He enjoys working out, traveling within the U.S. and abroad, and visiting local wineries.

NOVA Perio Specialists | Periodontics and Dental Implants | Two Cardinal Park Drive SE, Suite 102B, Leesburg | [www.perioperio.com](http://www.perioperio.com)

## BioMechanic Physical Therapy

Going beyond the symptoms to fix the source of your pain - we know BioMechanics!!



Voted the best clinic in Northern Virginia 2019!

19441 Golf Vista Plaza Suite 340 • Lansdowne • VA • 20176  
(703) 723-7726 • [www.BioMechanicPhysicalTherapy.com](http://www.BioMechanicPhysicalTherapy.com)



[www.youtube.com/c/BioMechanicPhysicalTherapy](https://www.youtube.com/c/BioMechanicPhysicalTherapy)

## We're bullish on the future. Yours.

The world is changing fast. While change can provide opportunities, it also raises questions about the future. Through honest conversations about your life and your priorities, we'll find out what you want your future to look like, and develop a strategy together to help make it happen.



### The Myer Group

**Joseph F. Myer, CFP®**  
Vice President  
Wealth Management Advisor  
703.779.4674  
[joseph\\_myer@ml.com](mailto:joseph_myer@ml.com)



**Merrill Lynch**  
3 South King Street  
Leesburg, VA 20175  
[fa.ml.com/themyergroup](http://fa.ml.com/themyergroup)



Merrill Lynch Wealth Management makes available products and services offered by Merrill Lynch, Pierce, Fenner & Smith Incorporated, a registered broker-dealer and Member SIPC, and other subsidiaries of Bank of America Corporation.

Investment products: **Are Not FDIC Insured** | **Are Not Bank Guaranteed** | **May Lose Value**  
The Bull Symbol and Merrill Lynch are trademarks of Bank of America Corporation.

Certified Financial Planner Board of Standards Inc. owns the certification marks CFP® and CERTIFIED FINANCIAL PLANNER™ in the U.S.  
© 2019 Bank of America Corporation. All rights reserved.

ARGF6QCD | AD-03-19-0194 | 472094PM-0718 | 03/2019

calendar of events

# May EVENTS

The following are ongoing virtual events and helpful resources for you to experience safely at home during this time of social distancing.

## Lunch Doodles With Mo Willems

Kennedy Center Education Artist-in-Residence and beloved children's book author Mo Willems invites you into his studio for his session of Lunch Doodles. Children and adults alike will love Mo's art lessons! Visit the website to see all 15 episodes and downloadable activities.

**Cost:** FREE

[www.kennedy-center.org/education/mo-willems](http://www.kennedy-center.org/education/mo-willems)

## Virtual Museum Tours

Take a self-guided tour of select exhibits and areas of the Smithsonian National Museum of Natural History from the comfort and safety of your living room.

**Cost:** FREE

[naturalhistory.si.edu/visit/virtual-tour](http://naturalhistory.si.edu/visit/virtual-tour)

## Civic Education

Parents and children can compete in games and activities on this free site. Solve global crises, manage your own county, argue real Supreme Court cases, and even try your hand at being president!

**Cost:** FREE

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

## Learn a Foreign Language

Take advantage of the extra time at home to learn a language. This free program includes plenty of repetition of the basics in a way that benefits learners of all ages.

**Cost:** FREE

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

## Reading Skills

This site provides free resources for parents looking to help their children improve their reading skills. Lists of sight words range from pre-k to third grade, and are available as flash cards, games and more.

**Cost:** FREE

[sightwords.com](http://sightwords.com)

## Math Practice

Does your child need some extra practice on basic math facts? Challenge them to a timed competition! These free printouts are great for practicing addition, subtraction, division, multiplication and more!

**Cost:** FREE

[www.math-drills.com](http://www.math-drills.com)

## Children's Discovery Museum

The museum may be closed, but you can still learn and discover daily activities and videos from the Shenandoah Valley Discovery Museum.

**Cost:** FREE

[discoverymuseum.net](http://discoverymuseum.net)

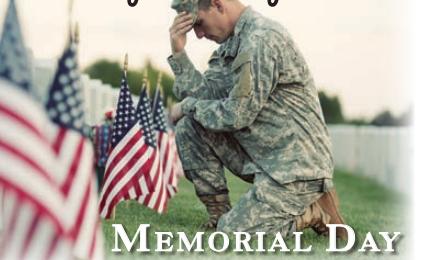
## Audible

Audible Streaming for Kids: normally a fee-based monthly subscription, Audible has free streaming for kids while the schools remain closed. With stories for little listeners all the way to teen readers, readers of all ages will enjoy listening to these heartwarming stories.

[stories.audible.com/discovery](http://stories.audible.com/discovery)



Sunday, May 10



MEMORIAL DAY

**EMERGENCY 24 hr SERVICES**  
**FREE SECOND OPINION!** CALL NOW!

**NOW OFFERING PLUMBING SERVICES**

**TRANE**  
It's Hard To Stop A Trane!

**FALCON**  
HEATING & AIR CONDITIONING  
RESIDENTIAL SERVICES

**\$100 OFF**  
Air Purifier

**FREE HUMIDIFIER**  
With Purchase of a Full System

Cannot be combined with any other offer or promotion.  
Application may limit the installation. Steam humidifiers excluded. Cannot be combined with any other offer or promotion.

**SPECIAL FINANCING AVAILABLE**  
Subject to credit approval. Call for details.

**703-450-7777**  
42731 Trade West Dr, Sterling, VA 20166  
[www.falconhvac.com](http://www.falconhvac.com)



**Derege Denu**  
Denu Ins. Agency  
[deregedenu@allstate.com](mailto:deregedenu@allstate.com)  
T: 703-724-1000 . F: 703-724-9345  
44355 Premier Plaza, 210  
Ashburn, VA 20147



Call me for the protection you need and the service you want.

Auto, Homeowners, Life, Renters, Landlord, Motorcycle, Boat & more

**ion**  
INTERNATIONAL  
training center

703-936-0101 [ionitc.com](http://ionitc.com)  
19201 Compass Creek Pkwy  
Leesburg, Va 20175

**State of the art facility!**

**"We have something for everyone!"**

<b>Hockey</b>	<b>Public Skate</b>	<b>Figure Skating</b>
<b>Learn to Skate</b>	<b>After School Programs</b>	<b>School's Out Camp</b>
\$21 / Class	On ice training, Fitness Fun, Arts & Crafts, and Homework \$150 / week + (Optional) \$25 School pick-up / week	9am-4pm Hockey \$100/Day Figure Skating \$90/Day Before Care 8-9am \$10 After Care 4-6pm \$20

**GOOSE CREEK VETERINARY HOSPITAL**

VETERINARY MEDICINE IS BEST DELIVERED WITH CARE & COMPASSION

"We absolutely love Goose Creek Vet's prompt medical attention to Chloë!"

Dr. Margaret Fortier and staff are extremely caring, welcoming, and provide top quality service!

I highly recommend them and we look forward to always having them treat our Chloë."

— Michelle Antzoulatos



5 STAR REVIEW RATING



42755 Creek View Plaza | Ashburn, VA 20147

Request your online appointment today! [thegoosecreekvet.com](http://thegoosecreekvet.com)



your business

+

BVM micro-targeted marketing

=

genius!

Contact the Publisher of this magazine for more information.



Best Version Media

**Music Lessons for Children and Adults**

Vocals • Piano • Guitar • Percussion  
Strings • Woodwinds • Brass • Recitals

**Mintons Academy of Music**

**703-723-1154**

21690 Red Rum Drive, Suite 157 • Ashburn  
[MintonsMusic.com](http://MintonsMusic.com)

**Los Toltecos of Broadlands**  
43150 Broadlands Center Plaza, 194  
\* In the ALDI Shopping Center \*

**703-723-4436**

# Your Virtual Profile-

## An Unofficial But Important Part Of Your College Application

By Hannah Serota, M.Ed,  
Certified Educational Planner

There have been some very interesting discussions lately around the impact of a student's "virtual profile" (e.g., Facebook, Twitter, Instagram, etc.) on college admissions. In some cases, a unique and thoughtful virtual profile can work in a student's favor, adding color to the more static aspects of an application. While in other cases, it can cause serious harm to an otherwise stellar application. The bottom line? Be sure that you are as thoughtful as possible about your virtual profile both now and in the future. Whether it is college admissions officers, future employers, or anyone else, it is incredibly important to be aware of what your virtual profile says about you.

### **Use good judgement:**

If you think something might be risky to write or share publicly, err on the side of caution and just don't share it.

### **Adjust privacy settings:**

By appropriately adjusting your privacy settings for these different websites and applications, you can then use them a bit more freely and personally, without having to worry as much about any damaging consequences. Privacy settings allow you to have much better control over who can and can't see your posts, I would still suggest posting with caution since you never know for sure where it ends up.

### **Use your public space positively:**

While most of the discussion around the virtual profile is

**Feeling overwhelmed about college admissions?  
We are here to help.**

**Expert. Personalized. Guidance.  
Find your college fit.**

Contact us for your complementary 20-Minute Discovery Call!  
**703-940-5757**

101 N. King Street, Leesburg, VA 20176  
[creativecollegeconnections.com](http://creativecollegeconnections.com)  
[hello@creativecollegeconnections.com](mailto:hello@creativecollegeconnections.com)

Hannah Serota, M.Ed, CEP

[f](#) [i](#) [l](#)

*Best Version Media does not guarantee the accuracy of the statistical data on this page, and any real estate agent's ad appearing in this magazine is separate from and in no way a part of any statistical data provided.*

## Real Estate Closings

ADDRESS	STATUS	LISTING OFFICE	PRICE	DATE
43705 Vineyard Ter, Ashburn, VA 20147	Active Under Contract	Keller Williams	\$520,000	4/6/20
42736 Ogilvie Sq, Ashburn, VA 20148	Closed	Samson Properties	\$568,000	4/3/20
43265 Katie Leigh Ct, Ashburn, VA 20147	Closed	Century 21 Redwood Realty	\$706,000	4/3/20
4170 High Falls Ct, Ashburn, VA 20148	Closed	Long and Foster	\$816,000	3/31/20
43415 Madison Renee Ter #103, Ashburn, VA	Closed	Long and Foster	\$328,000	3/27/20
20608 Preakness Ct, Ashburn, VA 20147	Active Under Contract	Keller Williams	\$625,000	3/25/20
20315 Leier Pl, Ashburn, VA 20147	Closed	Patriot Properties	\$480,000	3/25/20
43093 Branower St, Ashburn, VA 20147	Pending	RE/MAX Allegiance	\$774,900	3/23/20
20418 Tilberg St, Ashburn, VA 20147	Closed	Realty Connect	\$750,000	3/20/20
20747 Citation Dr, Ashburn, VA 20147	Active Under Contract	Century 21 Redwood Realty	\$624,900	3/19/20
43784 Grovemont Ter, Ashburn, VA 20147	Pending	Century 21 Redwood Realty	\$499,900	3/17/20
20427 Bowfonds St, Ashburn, VA 20147	Active Under Contract	Keller Williams	\$550,000	3/16/20
42881 Bold Forbes Ct, Ashburn, VA 20147	Closed	Berkshire Hathaway	\$622,250	3/10/20
41638 Revival Dr, Ashburn, VA 20148	Pending	Long and Foster	\$849,989	3/7/20



real estate

  
**WASHINGTON**  
FINE PROPERTIES

WFP.COM

540.687.6395



### THE RIVER HOUSE, BOYCE, VIRGINIA

1000 feet Shenandoah River frontage/20 acres/Tubing, Kayaking, Swimming/Exquisite Rustic Modern Design/Perfect Weekend Getaway or Summer Home/Additional acreage available. \$1,299,000



**DEBBIE MEIGHAN**  
571-439-4027  
[debbie.meighan@wfp.com](mailto:debbie.meighan@wfp.com)

**Your Town and Country  
Real Estate Agent**



**BRINGING YOU THE FINEST**  
AGENTS • PROPERTIES • EXPERIENCE

**BEST**  
WASHINGTONIAN  
**2019**





| By Kimberly Lynch

It's an unprecedented situation: you find yourself having to work from home while taking care of your kids for the remainder of the school year. And although we've heard the solid advice to remain positive and enjoy the slower pace and extended bonding time, school and work is still very much business-as-usual for many. Countless parents have legitimate concerns about not being able to juggle both work and parental duties. And understandably so; the current situation has been hard on everybody.

Fortunately there are a lot of free online resources circulating the internet (some are listed on the Calendar of Events), and while the wealth of information is helpful, too much screen time isn't ideal. The following is a list of screen-free activities so that everyone can be independently entertained without using screens as the makeshift babysitter.

Chances are, if you have school-aged kids, the older ones will be occupied with online courses, assigned reading and other work for home. The tricky part is keeping the younger ones busy, as they will require a little more direction. In my personal experience, the younger ones tend to get a little "nudge-y" when they see their older siblings (and playmates) concentrating on a task. The following suggestions require minimal adult help and clean-up. Fortunately the weather is turning warmer, so there are plenty of options. There are even some sit-down activities so the younger ones can feel all grown-up next to their studious older siblings.

**Sidewalk chalk:** It's easy for small hands to hold, it creates minimal mess, and it will keep them outside for a while.

**Scooters:** If you don't own a scooter, it's worth the affordable price. They are much less expensive than a bike, and kids as young as 3 and 4 can figure them out.

**Brain Quest books:** There are all sorts of workbooks you can buy, but this particular brand is one of the more popular ones on the market.

**Sketch books:** Kids can draw in these books while playing inside, outside, on the couch, or on the rug....and you don't need to worry about loose papers. Melissa and Doug make several different sizes, and all at a decent price.

**Bubbles:** They are THE essential outdoor activity.

**Montessori style cutting tools:** These are great for kids who want to help in the kitchen. Designed to fit small hands, kids are more likely to help if they have tools that fit to their size.

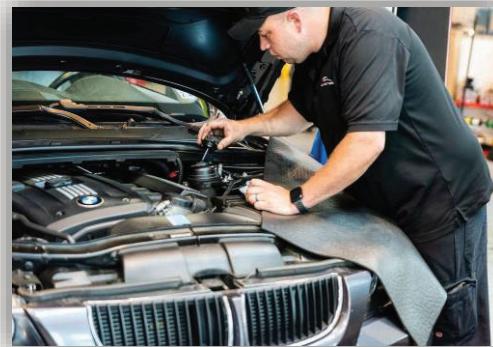
**Math Wrap-ups:** These help kids practice their math facts like flashcards. They keep small hands busy, and they're self-correcting. Find them on Amazon or many other educational websites.



YOUR Dealership Alternative For TRUSTED Automotive Service



LOUDOUN COUNTY EXOTICS  
SALES & SERVICE CENTER  
**22890 Quicksilver Drive  
Suite 137  
Sterling, Virginia 20166  
703.665.2490  
www.LOCOEXOTICS.com**



WE SERVICE ALL VEHICLE MAKES &amp; MODELS



BLACK OLIVE  
BAR & GRILL

18980 Upper Belmont Place • Leesburg, VA 20176  
703.729.8000 • info@conferencecenter.com • @TheNationalNoVa

ARE YOU A MEMBER?  
— Join the Black Olive Club —

**Membership Benefits:**

- 20% off food
- Monthly wine tastings
- Special pricing for private events
- Monthly club promotions
- Quarterly receptions
- Annual club events



Ashburn Driving School LLC  
Lyle Tulloch, Owner

# We're Driving to Save Lives

Our mission is to provide a thorough, methodical approach to professional defensive driver instruction with the result of seeing a decrease in new-driver accident rates both state-wide and nationally.

Call us at  
**703-431-6728**

or visit us at

**AshburnDrivingSchool.com**

We look forward to hearing from you!

*Family Owned  
AND OPERATED*

## Are you Making Indoor Air Quality a Priority?

**Healthy Air is On The Way!**  
Call M.E. Flow Today!  
Scan to Watch Video!  
**703-722-6760**



**Aprilaire®**

Belmont Community  
Don't forget your AC Tune-up!

**M.E. Flow is Open!**

**Call or Text!**

**703-722-6760**



### PLUMBING OR HVAC REPAIR

UP TO **\$75 OFF**

**\$35 OFF - ANY REPAIR UP TO \$299**  
**\$50 OFF - ANY REPAIR \$300 TO \$499**  
**\$75 OFF - ANY REPAIR OVER \$500**

Does not apply to diagnostic. Not valid with other offers, discounts, or applied to past service. Limit 1 per person. Expires 6/30/2020.

**M.E. Flow - 703-722-6760**

### HEALTHY AIR IS HERE!

**SAVE \$50**

**Aprilaire®**

- Air Cleaner
- Humidifier
- Dehumidifier

Not valid with other offers, discounts, or applied to past service. Limit 1. Expires 6/30/2020.

**M.E. Flow - 703-722-6760**