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January 2017

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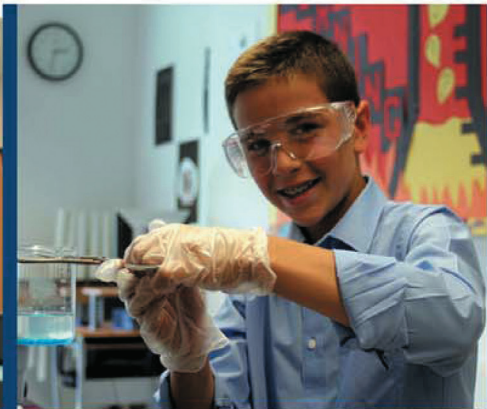


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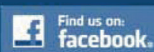


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10



22



32

ON THE COVER:



Why Do We Drop the Ball After the Ball Drops?

P.10-11

Most New Year's resolutions are broken by Jan. 20, which challenges us with the question, why do we drop the ball after the ball drops? For most (myself included), it begins with the resolution part, more specifically, the word, "resolution."

Rachel Ornstein Packer

Is No Homework the Way to Go?

P.22-23

As a former teacher and current educational consultant, I was recently asked for my reaction to the "no homework" approach, and wanted to share my thoughts.

Ann Dolin

Keep Winter Skin Happy and Healthy

P.32-34

You need to take special care of your skin over winter. Cold, dry air outside and warm, dry, air inside, both serve to sap the moisture out of the air and cause dry winter skin.

Dr. Jay Brachfeld

FAMILY Blog

[P.06]

Calendar

[P.46]

Classifieds

[P.47]

RESOURCES:

- **Schools / Preschools** [P.26-31]
- **Schools / Montessori** [P.33-37]
- **Birthday / Party** [P.46-48]

GUIDES:

- Specialized Learning** [P.14]
- Spring Break Camps** [P. 18-21]
- Private School Open House** [P. 24-30]
- Summer Camps** [P.38-44]

QUICK
READS

- Treehouse Eyes Review
- Winterize Your Car

P. 12 •

P. 16 •

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READS



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My New Year's Work in Progress



The New Year is a time for celebrations, a time for resolutions, a time for new beginnings and of course, a time for my favorite, champagne! While many get nostalgic about the passing of another year, some can't wait to forget about the prior year all together and hope for a better one ahead.

People tend to use the New Year as a time to reflect and commit to improving themselves in some way – whether it be to eat healthier, be more active or learn something new. Others just continue to live their lives as usual and will pass another year coasting on cruise control.

Personally, I am a believer that the New Year is a great opportunity to review how far we've come and plan where we hope to go next. Resolutions are fun to make but extremely difficult to maintain. It is very important that we do not set unrealistic resolutions that ultimately fail, and in turn leave us feeling like failures.

Rachel Ornstein Packer talks about this challenge in her article on page 10. She recommends a "work-in-progress" approach, with more realistic goals to keep you moving in the right direction, even if there happen to be roadblocks and detours along the way. This year, I'm trying to adapt more of this "work-in-progress" approach to making my resolutions.

Losing weight is probably the most common resolution most people make. (I know I'm guilty of this every year!) Instead of putting a number on my weight loss, I will instead commit to make better overall eating choices. That way I won't get hung up or discouraged by the scale, but instead feel better about what I'm putting in my body to fuel my day.

Another popular resolution is telling yourself this year, "I'm going to work out more." Instead of running out and buying a new gym membership, I will write (in Sharpie!) on my calendar the days I will commit to doing

a fun activity to be more active. I like to mix things up to stay interested and motivated, so my plans might include hiking, indoor rock climbing, swimming, paddle-boarding or trying a new sport.

Another personal goal is to be truly present in the moment and enjoy life more. As cliché as it sounds, I truly believe this would benefit so many of us. And I feel it's pretty simple to make happen — by putting your phone down twice as much as you normally do and looking around to take in the world around you. Have more conversations with the people who surround you and spend less time in front of a device. Replace that screen time with something new, like taking a walk to explore new places and getting out of your comfort zone.

Whatever your New Year's resolutions, it's hard to keep the enthusiasm months after you've drank the champagne and swept up the confetti, but it's not impossible. We all tend to get off track and stray from our goals. Life gets in the way of our best intentions. Just remember you are a "work-in-progress," so take a deep breath and keep up the good work!

And from our FAMILY to yours, Happy New Year!



Pauline Ray

Pauline Ray
Account Executive
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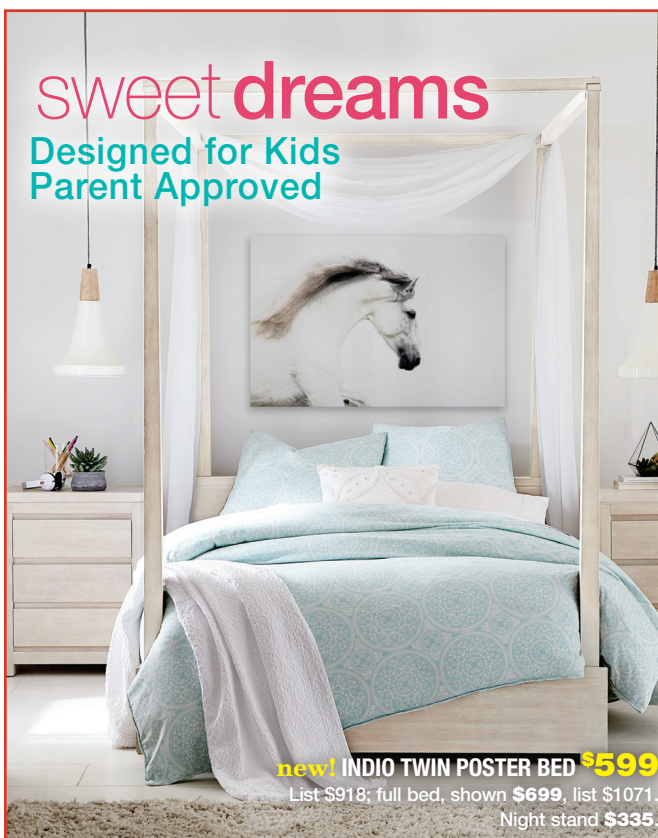
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—Dr. Maria Montessori

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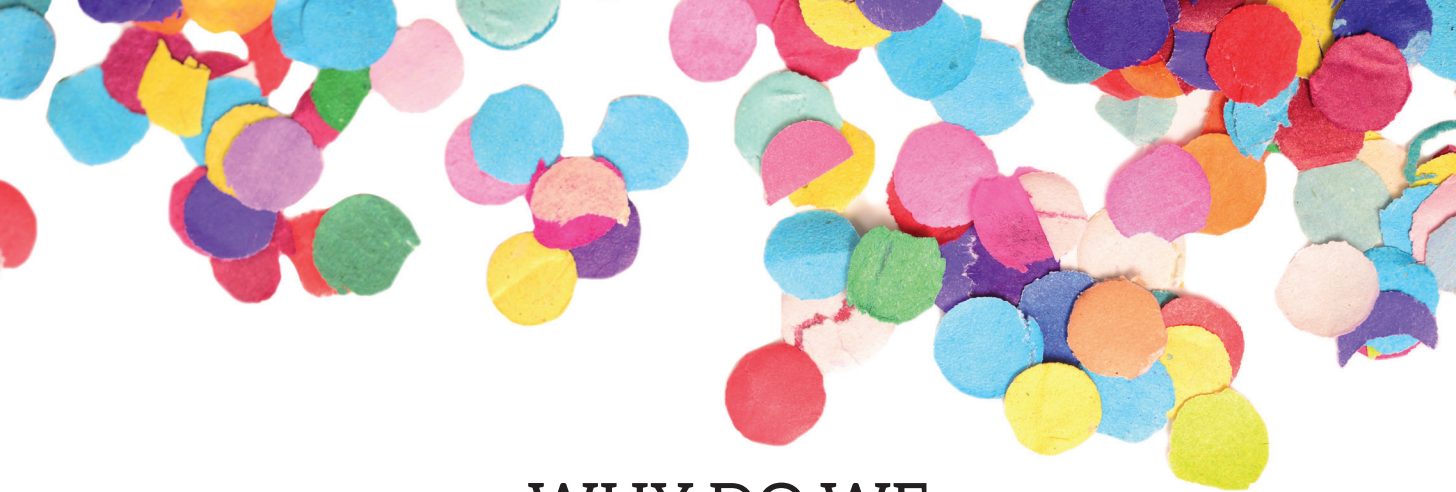
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WHY DO WE *Drop the Ball After the Ball Drops?*

TEXT RACHEL ORNSTEIN PACKER

I remember stepping on the scale Jan. 1, 2001, only a few weeks after delivering my first child. I had gained over 55 pounds and knew that weighing myself probably wasn't the best way to ring in the new year, but my irrational, hormonal self didn't care. As my poor husband tried to counsel me amidst all my sobs and swearing, I resolutely declared to lose the weight quickly and to return to my pre-pregnancy clothes within a month. I can honestly say without any exaggeration that my resolution was a complete bust, and my husband is still traumatized by that meltdown 16 years later.

They say that most New Year's resolutions are broken by Jan. 20, which challenges us with the question,

why do we drop the ball after the ball drops? For most (myself included), it begins with the resolution part, more specifically, the word, "resolution." It's harsh and unforgiving and it sets us up for failure. A resolution indicates a promise, a firm or determined course of action. Nevertheless, what happens if you're not feeling so firm or determined one day, or your hormones lead you on a four-day cookie bender? Does that mean your resolution is blown?

While it may sound counterintuitive, I encourage those I work with to use the phrase, "work-in-progress," in lieu of resolution, and in my experience, people are more receptive to this shift in attitude. Moreover, they have enjoyed far better results in their

health and fitness journeys because the concept of being a work-in-progress is a more realistic notion. It allows us to fully celebrate life's joys or deal with its letdowns without guilt, or feeling like failures. Of course, like anything else, change takes time. However, habits can take as little as 30-60 days to form and if started now, you could be in far better shape, both physically and emotionally, as the new year approaches.

Jan. 1 is an artificial timeline for most. In fact, I have seen people use this hyped-up deadline as carte blanche to overindulge so much throughout the holiday season, that by the time the ball drops, they are dealing with an extra 5-10 pounds. Next, they peter out after approximately two weeks by

either overexerting themselves in the gym to the point of pain, or resentfully restricting their diets too much. Does this sound familiar?

Here's how to begin. First, remove that looming, Jan. 1 target date from your calendar and start creating a work-in-progress list to replace your resolution line-up. The goal is to focus on action and accountability all throughout the

year as opposed to a deadline as your launching point. As you shift your mental focus and embrace the work-in-progress approach, you will find it is far easier to overcome unforeseen circumstances that may derail your health and fitness goals before, during and after the ball drops.

Below is a work-in-progress sample. While the chart may appear a bit over

simplified, it nonetheless demonstrates unattainable resolutions versus work-in-progress goals. The act of successfully accomplishing our goals is rooted in our language, focus and attitude, so carefully compare those three components below. If the goal is impractical, then success will be too. Review your goals every two-weeks to tweak or re-adjust.

Unrealistic Resolutions	Work-in-Progress Goals
I will work out 6 days-a-week-starting Jan.1 and hit the gym hard.	I will aim for 2 hours a week and include some strength training when I'm ready. If I miss a workout, I'll try to do something active that day like walk the dog or play with my kids.
Lose 10 pounds in one month by restricting my diet.	I will start by eliminating some sweets and replace with fruit. I will aim for a 1-2-pound weight loss a week.
I will cut out all carbs for rapid weight loss.	I will start by swapping out some bad carbs for healthy carbs and adjust as I go along.
I have to eat more fibrous vegetables because they will fill me up and speed weight loss.	I will prepare an easy and enjoyable recipe for one new vegetable this month.
Cold turkey on wine!	I'm going to cut down wine to one time per week, and enjoy it in moderation at special occasions.
No more coffee.	Keep coffee, but cut from 3 cups to 1 cup (maybe start with two and see where it goes). Use one creamer instead of three.
If I mess up, I have to start all over again, and hit it even harder.	If I eat too much or miss too many workouts this week, I will get back on track.
Failure is not an option!	Progress is my only option.

The work-in-progress method is a far better way to start off your new year, and it doesn't have to stop with your nutrition or fitness goals either. In fact, it can be applied to any aspect of your professional or personal life. We can't always be the perfect parent (I know I'm not), employee, boss, coach or spouse, and yet many of us struggle with the notion that we should be

what I call "Pinterest Perfect." When we fall into this trap, our lives are anything but utopian.

Lastly, the concept of being a work-in-progress doesn't mean we shouldn't try to do our best, rather, it allows us the mental space to understand that we are entitled to make mistakes, learn from them and continually evolve as individuals.

Rachel Ornstein Packer is a writer focusing on food allergies, nutrition and diet. She has written for many local newspapers and magazines along with multiple websites and blogs. She recently became a certified trainer with The Perfect Workout, a unique 20-minute slow-motion strength training method. You can contact her at rachel.packer@theperfectworkout.com or her blogs www.lifeisgoodlickthebowl.blogspot.com, www.RachelPackerWriter.com.

Treehouse Eyes

TEXT **JENNIFER ADELI**

A treatment for kids that can correct and then stop or slow the worsening of their nearsightedness? What?

No way, I had no idea this existed! Does this mean that I can save my daughter from what I experienced growing up, with progressively worse and worse vision (and thicker and thicker lenses)? She could play sports without glasses? Swim with great vision? See when she wakes up in the morning? Tell me more!

This is the rapid internal conversation I had when I learned about Treehouse Eyes from a Facebook post on a local news channel. After watching the segment, I jumped online and started researching. I learned that myopia (commonly known as nearsightedness) control methods have been around for a long time, and Treehouse Eyes was dedicated to solely using myopia control for children.

Our daughter had first started wearing glasses in first grade, and her vision was worsening. I knew eventually she would have a very strong prescription (like mom – sigh), and that for the rest of her life she would be stuck with glasses, contacts, LASIK surgery or all three. I contacted Treehouse Eyes immediately for a consultation, and good news for us – they had a location in Tysons Corner, VA.

From the first visit at Treehouse, our experience has been fabulous. Their office is decorated and appointed with a child in mind with games and toys in the lobby and a fun treehouse motif throughout the murals and décor.

We initially met with Dr. Andrew Morgenstern, who spent nearly two hours doing a detailed examination of my daughter's vision and eye health and answering our questions. He patiently entertained my older son's questions (he with the perfect vision) and projected the exam on a flat screen so we could see



everything he saw. In more than 35 years of my own eye exams, I've never seen such a thorough and knowledgeable exam and was very reassured that my daughter was in good hands.

A lot of the consultation was focused on my daughter's maturity at not-quite-8-years-old to handle and take care of the contact lenses she would wear to correct her myopia. We decided she was ready and got fitted for her first pair, which arrived in about a week.

I'll be honest that at first it wasn't so comfortable for her – they are gas permeable lenses that she sleeps in each night and removes each morning. Think of it like wearing a retainer for your teeth – each night the lens puts a slight bit of pressure on the cornea to reshape it (like pushing your teeth in place) so that when you take it out in the morning the eye has normal vision. Amazing! We had to use some techniques to motivate her (stickers, rewards and praise), but soon she got the hang of it and was putting them in herself. And her vision without the lenses tested at 20/20 or very close. Wow again.

Right away we saw an improvement in her sports and her general confidence

at school. Although she thought her glasses were cool, it is obvious to us that the independence without them is worth it. And as parents we know that by making the commitment to myopia control, we are giving her options that we never had. The fact that we are able to give her perfect or near perfect vision without glasses or lenses and stop her vision from getting worse means that when she is an adult she will have different options than we had.

If your child is diagnosed with myopia, I strongly recommend you schedule an evaluation at Treehouse Eyes to discuss their myopia control program. It's already made a huge difference in my daughter's quality of life.

Jennifer Adeli of Great Falls, VA, is a busy mom of two kids (ages 8 and 11) and CEO of her own proposal management consulting firm. In between the working mom juggle, she and her husband enjoy exercising, traveling and spending time with friends and family.



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9 Ways to Winterize Your Car

Rejoice, winter activity enthusiasts! The 2017 Farmer's Almanac is predicting a snow-filled, icy winter. Go ahead, daydream of fresh powder, smiling snowmen and frozen ponds, and get ready to embrace winter!

A few simple winterizing tips for the outside and inside of your car can ensure you're ready to take the road by storm this winter, wherever your adventures may lead.

OUTSIDE

1.



LIGHTS

Inspect your headlights and brake lights to ensure they're fully functioning, which is especially important during winter fogs or heavy snow.

2.



WINDSHIELD WIPERS

Buy washer fluid with antifreeze solution to protect visibility and ensure windshield blades are in good working order.

3.



WAX

Don't forget a winter coat – of wax, that is! A fresh coat of wax before the snow flies can help protect against damage from salt and dirt.

4.



TIRES

Tires lose pressure as temperatures drop. Even if winter conditions are mild, remember to check your pressure once a month.

If driving where temperatures consistently approach freezing, consider a winter tire like the Michelin X-Ice Xi3, built for superior traction and handling in winter conditions.

INSIDE

5.



BATTERY

Battery capacity is decreased significantly by cold weather. Before the winter months, have your mechanic check it to ensure it's at peak performance.

6.



HEATER AND DEFROSTER

Make sure the heater and defroster are in proper working condition for occupant comfort and visibility.

7.



SMART START

Let your car idle for a few minutes before driving in cool temps and give your engine a chance to warm up for optimal performance. Bonus for those with remote start!

8.



INTERIOR MATS

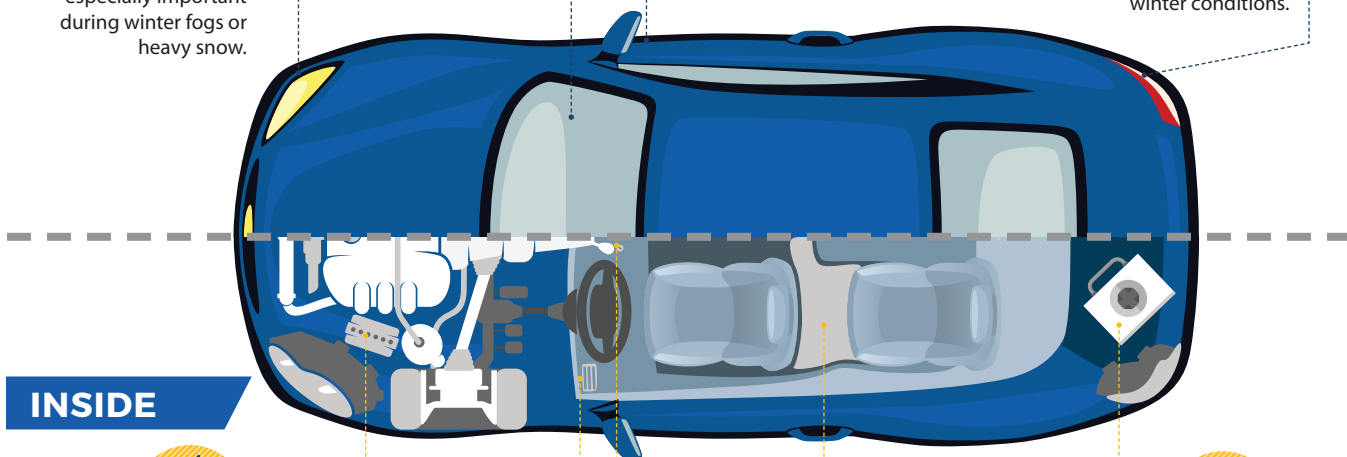
Use winter mats to protect your car's interior from winter mud and snow.

9.



EMERGENCY KIT

Carry an emergency kit with gloves, blanket, flares, a shovel, flashlight, water, extra batteries and cell phone charger.



SOURCE: MICHELIN



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CONTINUED ON PG. 20



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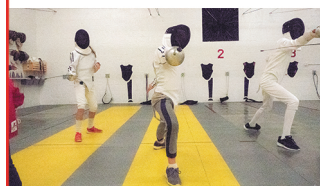
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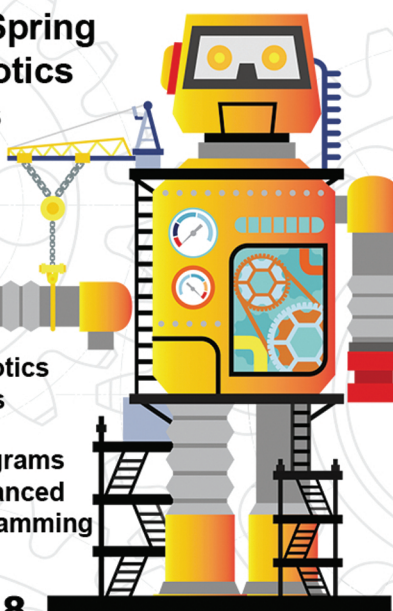
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Is No Homework the Way to Go?



A second-grade teacher from Texas recently made headlines after she sent home a note to parents, informing them that their students' homework would only consist of materials they did not finish in class that day. Instead, she encouraged families to spend more time together rather than spend hours on homework. So, what is the role of homework, and are kids getting too much?

As a former teacher and current educational consultant, I was recently asked for my reaction to this "no homework" approach, and wanted to share my thoughts.

This story has a lot of people talking. Do you think more teachers should adopt this "no homework" rule for their classrooms?

Homework is an area of stress and tension in almost every household. Unfortunately, some kids get so stressed and overwhelmed by homework, leaving them almost no time to enjoy being a kid. And when it creates too much stress, the parent/child relationship becomes all about academic performance.

The general rule of thumb when it comes to homework is about 10 minutes of homework per grade level per night. So, while this story may sound peculiar, it's actually following the guidelines for a second grader.

Does homework really help kids become better students?

Homework truly helps when kids are efficient, organized and know how to find answers when they are stuck. But when kids don't have a plan and don't fully understand the subject matter, the

amount of time it takes them to finish the work grows exponentially. Kids end up either spending far too much time working inefficiently, or they spend no time at all because they're overwhelmed, unprepared and convinced they're going to fail. Instead of trying, they would rather pretend like they don't care.

Current research shows that homework for students younger than fifth grade is not beneficial. It doesn't help them to be smarter or score better on tests. For older kids, about 90 minutes of homework is a perfect amount of time; anything more becomes redundant. However, parents at high-performing high schools across the country are seeing their kids working on homework for up to 3 hours each night.

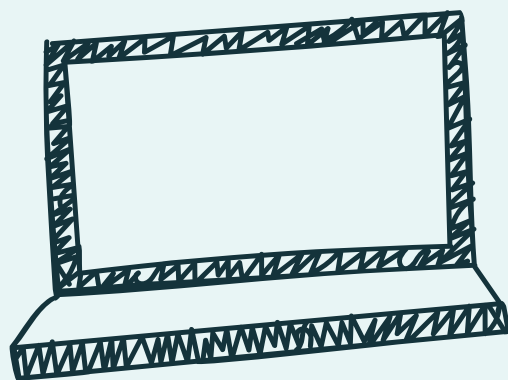
What about teaching responsibility? Does homework help with this?

It depends on the student. If the student has a system for planning, organizing and completing assignments, then homework is an amazingly powerful tool. It's not just about being responsible with homework, it's also about packing up materials the night before and following a consistent process. And when parents help with that, they're reinforcing the right types of behaviors.

Being in the competitive Washington, D.C. area, it is inevitable that your student will get homework. What are things parents can do to help their kids with homework?

First, understand your child's situation,

because one size does not fit all. So if your child is bright but disorganized, and lacks organization and planning, it's necessary to set up structure in the home from the start of the school year.



Sometimes kids have subject struggles and get just a tad bit behind, causing them to lose confidence, which can trigger a downward spiral. If it's caught early enough, and they know there is a support system available to help, they can overcome the hurdle. This can boost their confidence because they see they can conquer a challenge.

A growing number of kids are stressed from studying. And without the right strategies, these conscientious kids can expend more time and energy than they might need. The key for these kids is to not get overwhelmed early on and always plan ahead.

Ann Dolin is the founder and president of Educational Connections Tutoring. She and her team of tutors help students throughout Northern VA, D.C. and MD. Visit ectutoring.com for more information.

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spring-bilingual.org; SBMA-office@yahoo.com
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Virginia

AMBLESIDE SCHOOL

ambleside.org; admin@ambleside.org
1089 Liberty Meeting Ct., Herndon, VA • 703-430-4034

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Jan. 29, 3 p.m.

ARRIS MONTESSORI ACADEMY

arrismontessori.com; 703-858-2800
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theauburnschool.org; admissions.fairfax@theauburnschool.org
3800 Concorde Pkwy., Suite 500, Chantilly, VA • 703-793-9353

Open House Dates:

Jan. 19, Feb. 16, 9 a.m.

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www.friendscommunityschool.org • College Park, MD, Grades K-8

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Dec. 2, Jan. 7, Jan. 10



Friends Meeting School

www.friendsmeetingschool.org • Ijamsville, MD, Grades K-12

Open House: Friday, October 21, 2-4pm



Sandy Spring Friends School

www.ssfs.org • Sandy Spring, MD, Grades PK3-12

Open Houses: Oct 16 (1:00-3:30); Nov. 9, Dec 7, Jan. 11 (8:15-11)



School for Friends

www.schoolforfriends.org • Washington, DC, Age 2-4

Open Houses: 9:30-11:00 Oct. 17, Nov. 15, Dec. 7, Jan. 12,
Jan. 27, Feb. 6, & Feb 21



Sidwell Friends School

www.sidwell.edu • Bethesda, MD (PK-4) &
Washington, DC (5-12), Grades PK-12

Open Houses: Lower: Sunday, October 23,
Middle & Upper: Sunday, November 6

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bertholdacademy.com

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703-759-5100

1624 Hunter Mill Rd., Vienna, VA

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westminsterschool.com; admissions@westminsterschool.com

703-256-2035

6800 Columbia Pike, Annandale, VA

Open House Date:

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kayschool.org; info@kayschool.org

703-264-9078

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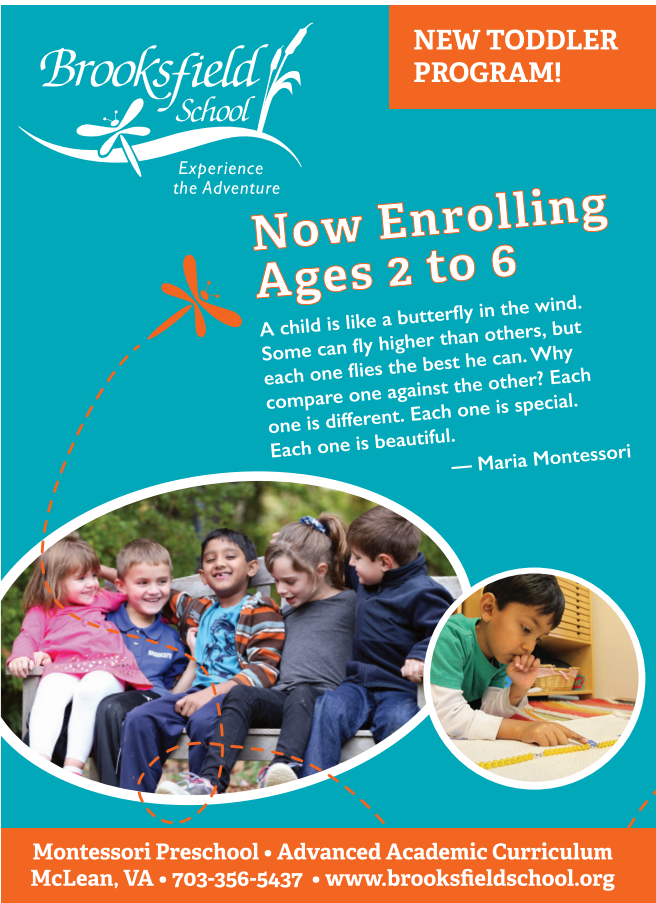


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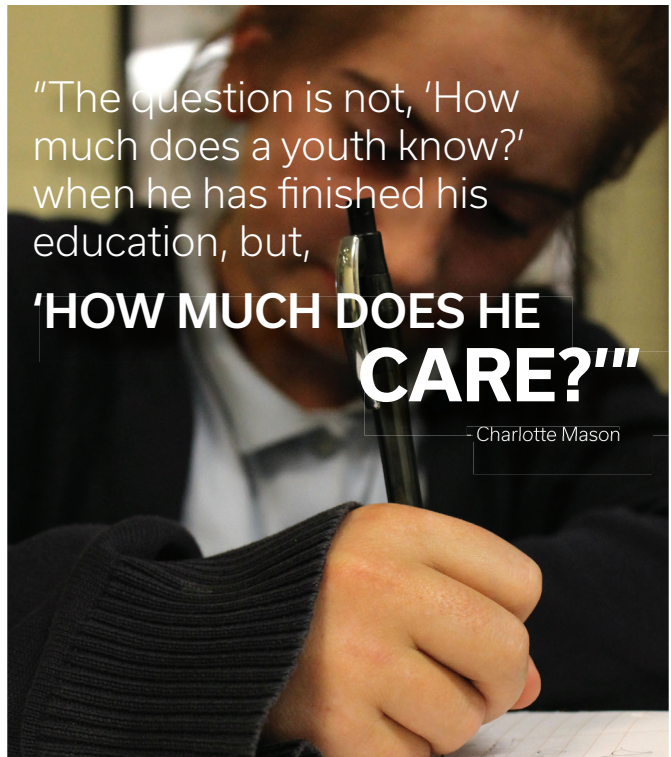
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703-354-3446
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RANDOLPH-MACON ACADEMY

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540-636-5200 or 800-272-1172
200 Academy Dr., Front Royal, VA
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RESTON MONTESSORI SCHOOL

restonmontessori.com; office@restonmontessori.com
703-481-2922
1928 Isaac Newton Sq. West, Reston, VA
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Tuesdays, Thursdays at 10 a.m. Call to schedule an appointment.

SUNSET HILLS MONTESSORI SCHOOL

sunsethillsmontessori.com; office@sunsethillsmontessori.com
11180 Ridge Heights Rd., Reston, VA • 703-476-7477
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WAY OF FAITH CHRISTIAN ACADEMY

way-of-faith.org; info@wayoffaith.net
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3819 Gallows Rd., Annandale, VA
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The Griffin Academy (preschool): Jan. 12 and Apr. 14, 9:30-11 a.m.
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Keep Winter Skin Happy and Healthy

TEXT **Dr. Jay Brachfeld**

Moisture is the key to healthy skin all year long and especially during the winter months. In fact, you need to take special care of your skin over winter. Cold, dry air outside and warm, dry, air inside, both serve to sap the moisture out of the air and cause dry winter skin.

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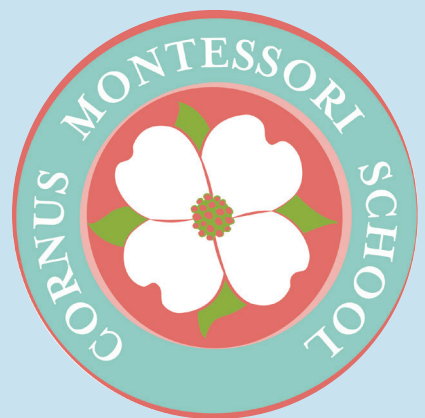
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The answer is not just simply to lather on more moisturizer, although moisturizers have their place. In order to create optimal skin, you need to keep hydrating and moisturizing from the inside out, which can do a lot to keep your skin comfortable and elastic during cold winter months.

Here's how:

1. Omega-3 Fats: Omega-3 fats are excellent for overall cardiac and joint health, but did you know that they could also zap dry skin woes as well? Omega-3's can restore significant oil and comfort to the skin. Good food sources are salmon, sardines, walnuts and flaxseed. You can also take a daily supplement of 1,000 to 3,000 milligrams.

2. Water: Our bodies need a constant supply of fresh water to stay well hydrated and support all of our organs, especially our skin. Internal dehydration is one of the main causes of dry skin, so make sure you are drinking the right amount of water. In general, minimum intake should be 1 gallon of water per day. Some researchers recommend more if you are sweating from exercise or other conditions; 91 ounces per day for women and 107 ounces for men.

3. Vitamin C: Vitamin C is a "skin health" vitamin. It helps build collagen in the skin that keeps the skin tight yet elastic. Good sources are citrus fruits, but you should also include a high-potency Vitamin C supplement of about 1,000 to 2,000 milligrams a day.

4. Vitamin A: Vitamin A deficiency can result in dry skin, especially in winter. Make sure you are getting enough beta carotene (the precursor from which your body makes its own Vitamin A) in yellow vegetables and fruits such as squash, cantaloupe and carrots. Make sure your daily supplement contains beta carotene as well.

5. Vitamin D: This amazing workhorse vitamin does a lot for optimal health. It also helps to create healthy skin and prevent and cure dry skin, even psoriasis. Especially in the winter months, we do not get enough sunlight exposure to give us adequate Vitamin D. If you have chronic dry skin that gets worse in winter, you might be deficient in Vitamin D. It also helps process Vitamin A and C, the other skin health vitamins. A Vitamin D deficiency can be determined by a simple blood test. Meanwhile, a minimum of 1,000-2,000 milligrams of Vitamin D3 a day will remedy this. If you are over age 50, and do not drink D-fortified dairy products, you may need even more (up to 5,000 milligrams a day).

MOISTURIZERS AND OTHER SKIN COMFORT TIPS

You don't have to invest in expensive moisturizers to help remedy dry, itchy winter skin. Your corner pharmacy likely has a good stock of different brands of inexpensive skin moisturizers you can use on your entire body. Here's what to look for:

1. Oil-based Products: Look for a primarily oil-based product for winter use as opposed to water based, which work better in spring and summer months. Don't forget the old staples of baby oil or baby lotion. These work as well as more expensive "beauty products" marketed for dry skin.

2. Moisture Attractors: If you want to invest in some of the more high-end products, look for ones that contain "humectants" like sorbital, alpha-hydroxy acids or glycerine that help keep moisture in the skin. Make your winter soap one with olive oil or glycerine that won't dry it.

3. Kitchen/Medicine Chest Remedies: You can make your own inexpensive, excellent skin moisturizers using a few natural products you may already have in your kitchen or bathroom cabinet. Some of my favorites are extra virgin olive oil, sunflower oil, mineral oil and glycerine. You may want to refrigerate a bit of the oil for your specific skin use, which not only helps keep the oils fresh, but the coolness also feels great on your skin.

4. Lukewarm Bath: Though a hot bath may sound good after being out in the cold, a lukewarm water bath is better for your skin. Adding some baby oil and/or colloidal oatmeal (available at most pharmacies) or glycerine to it can also help overly dry skin. Use a moisturizer after your bath to lock water against the skin.

5. Add a Humidifier: If your furnace is compatible, add on a humidifier. It's well worth the extra expense to keep your home comfortable with a good moisture level. Or, you can place small electric humidifiers throughout your house. It's important to increase the comfort levels in bedrooms and living rooms — the places you spend the most time.

Even though dry, itchy, chapped skin can be uncomfortable, take heart. You can banish winter skin! With these simple and inexpensive remedies, you'll find your winter skin becomes a whole lot easier to live in.

Dr. Jay Brachfeld, M.D., is a board certified dermatologist. He received his medical degree from University at Buffalo, School of Medicine and Biomedical Sciences and has been in practice for more than 20 years.



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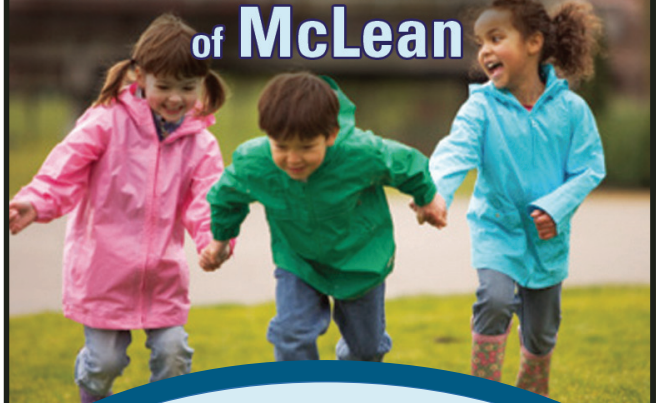
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Vienna, VA
Ages: 3-6 • 703-938-8323

HA'PENNY MONTESSORI SCHOOL

hapennyschool.com
director@hapennyschool.com
20854 Stubble Rd.
Ashburn, VA
Ages: 10 weeks-Age 6
703-729-5755

HOLLY BROOK MONTESSORI SCHOOL

preschoolmontessori.com
info@hollybrookmontessori.com
2455 Gallows Rd.
Dunn Loring, VA
Ages: 3-5 • 703-573-7800

HUNTER MILL MONTESSORI SCHOOL

preschoolmontessori.com
info@huntermillmontessori.com
2709 Hunter Mill Rd.
Oakton, VA
Ages: 2 years 9 months-5 years
703-938-7755

MONARCH CHRISTIAN MONTESSORI

kidslovemonarch.com
kidslovemonarch@gmail.com
15120 Enterprise Ct., Suite 100
Chantilly, VA
Ages: 18 months-6 • 703-961-8281

MONTESSORI CHILDREN'S CENTER

montessoriccgroup.com
herndon@montessoriccgroup.com
2745 Centreville Rd.
Herndon, VA

6319 Old Centreville Rd.
Centreville, VA
Ages: 6 weeks-6 years
703-793-1890

MONTESSORI CHILDREN'S HOUSE OF LOUDOUN

mchol.org
880 West Church Rd.
Sterling, VA
Ages: 6 weeks-6 years
703-421-1112

MONTESSORI SCHOOL OF ALEXANDRIA

montessorischoolofalexandria.com
montschoolalex@vacoxmail.com
6300 Florence Ln.
Alexandria, VA
Ages: 3-12 • 703-960-3498

MONTESSORI SCHOOL OF CEDAR LANE

preschoolmontessori.com
info@cedarlanemontessori.com
3035 Cedar Ln.
Fairfax, VA
Ages: 3-6 • 703-560-4379

MONTESSORI SCHOOL OF FAIRFAX

montessori-fairfax.com
msofx@aol.com
3411 Lees Corner Rd.
Chantilly, VA
Ages: 18 Months-12 Years
571-323-0222

RESTON MONTESSORI SCHOOL

restonmontessori.com
office@restonmontessori.com
1928 Isaac Newton Sq.
Reston, VA
Ages: 3 months-3rd grade
703-481-2922

THE RIDGEMONT MONTESSORI SCHOOL

ridgemontmontessori.com
office@ridgemontmontessori.com
6519 Georgetown Pike
McLean, VA
Ages: 18 months-6 • 703-356-1970

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3035 Cedar Lane, Fairfax, VA 22031



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2709 Hunter Mill Rd., Oakton, VA 22124



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A colorful illustration of a summer camp scene. In the background, there are green mountains and a blue sky with white clouds. A string of colorful triangular flags hangs across the top. In the foreground, there are three yellow tents on a sandy ground. A small campfire with a flame is burning between the middle and right tents. A bright yellow sun is in the top right corner.

SUMMER CAMP GUIDE

2017

OVERNIGHT CAMPS

Audubon Naturalist Society

Ages: 4-17

anshome.org; nora.kelly@anshome.org

301-652-9188 x15; 8940 Jones Mill Rd., Chevy Chase, MD

Teens, Extended Day, Arts, CIT Program, Cooking, Educational Activities, Field Trips, Hiking, Overnight Camping, Travel.

Camp Horizons

Ages: 6-17

camphorizonsva.com; camp@horizonsva.com

540-896-7600; 3586 Horizons Way, Harrisonburg, VA

Residential, Teens, Sibling Discount, Transportation, Arts, CIT Program, Drama, Hiking, Horseback Riding, Overnight, Sports, Swimming.

Camp Rim Rock

Ages: 6-18

camprimrock.com; info@camprimrock.com

347-746-7625; 343 Camp Rim Rock Rd., Yellow Spring, WV

Girls Only, Arts, Dance, Drama, Hiking, Horseback Riding, Music, Swimming.

Randolph-Macon Academy Middle School Summer Camp

Ages: 10-13 rma.edu/summer-camp; admission@rma.edu

540-636-5484; 200 Academy Dr., Front Royal, VA

Extended Day, Arts, Educational Activities, Field Trips, Hiking, Music, Overnight Camping, Sports, Swimming.

Valley Mill Camp

Ages: 4-14

valleymill.com; evelyn@valleymill.com

301-948-0220; 15101 Seneca Rd., Darnestown, MD

Teens, Extended Day, Transportation, Arts, Boating, CIT Program, Drama, Educational Activities, Field Trips, Gymnastics, Hiking, Horseback Riding, Sports, Sports Extreme, Swimming.

DAY CAMPS WASHINGTON, D.C.

Accelerando Music Camp - Etudes

Ages: 4-12

dcetudes.com; info@dcetudes.com

202-256-9942; 1616 Wisconsin Ave., Second Floor

Washington, D.C.

Educational Activities, Music.

Aidan Summer Camp - Aidan Montessori School

Ages: 3-12

aidanschool.org/programs/summer-at-aiden

Woodley Park, 2700 27th St. NW, Washington, D.C.

Educational Activities.

Beauvoir, The National Cathedral Elementary School

Ages: 3-11

beauvoirschool.org; 202-537-2313

3500 Woodley Rd. NW, Washington, D.C.

Extended Day, Arts, CIT, Cooking, Field Trips, Sports, Swimming.

Camp Levine Music & Arts Day Camp

Ages: 3 ½ -12

levinemusic.org/camp; camp@levinemusic.org

202-686-8000 x1040; Katzen Arts Center,

4400 Massachusetts Ave., NW, Washington, D.C.

Sibling Discount, Extended Day, Arts, Drama, Music, Yoga.

Camp Levine Music & Arts Day Camp

Ages: 3 ½ -12

levinemusic.org/camp; camp@levinemusic.org

202-686-8000 x1040; 2801 Upton St., NW, Washington, D.C.

Sibling Discount, Extended Day, Arts, Drama, Music, Yoga.

D.C. United Soccer Camp

Ages: 6-16

dcunited.com; gteren@dcunited.com; 202-587-5498

2400 East Capitol St. SE, Washington, D.C.

Sibling Discount, Sports.

Joy of Motion Full and Half Day Dance and Performance Camps

Ages: 3-Grade 12

joyofmotion.org/youth-program/youth-camps-intensives

info@joyofmotion.org; 202-813-9505

5207 Wisconsin Ave., NW, Washington, D.C. (second floor)

Dance.



Joy of Motion Full and Half Day Dance and Performance Camps

Ages: Grades 3-12 • 1333 H St., NE, Washington, D.C.
joyofmotion.org/youth-program/youth-camps-intensives
info@joyofmotion.org; 202-813-9505
Dance.

The Theatre Lab Summer Acting Camp for Kids

Ages: Grades 1-12
theatrelab.org ; contact@theatrelab.org
202-824-0449; 733 8th St., NW, Washington, D.C.
Teens, Extended Day, Drama.

Smithsonian Summer Camp

smithsonianassociates.org/camp;
customerservice@smithsonianassociates.org
202-633-3030 • Ages: K-8
S. Dillon Ripley Center, 1100 Jefferson Dr. SW, Washington, D.C.
Teens, Extended Day, Arts, CIT Program, Computers, Dance, Drama, Educational Activities, Field Trips, Music, Photography, Travel, Yoga.

DAY CAMPS MARYLAND

Acorn Hill Waldorf Kindergarten & Nursery

Ages: 3-6
acornhill.org; info@acornhill.org
301-565-2282; 9504 Brunett Ave., Silver Spring, MD
Extended Day, Arts, Cooking, Music.

Audubon Naturalist Society

Ages: 4-17
anshome.org; nora.kelly@anshome.org
301-652-9188 x15; 8940 Jones Mill Rd., Chevy Chase, MD
Teens, Extended Day, Arts, CIT Program, Cooking, Educational Activities, Field Trips, Hiking, Overnight Camping, Travel.

Barrie Camp

Ages: 4-14
barrie.org; camp@barrie.org
301-576-2816; 13500 Layhill Rd., Silver Spring, MD
Teens, Sibling Discount, Extended Day, Transportation, Arts, Boating, CIT Program, Computers, Cooking, Dance, Drama, Field Trips, Hiking, Horseback Riding, Martial Arts, Music, Sports, Swimming, Yoga.

Camp Aristotle - The Auburn School

Ages: Rising K-Grade 8 • 9545 Georgia Ave., Silver Spring, MD
theauburnschool.org; 301-588-8048
Teens, Extended Day, Arts, Computers, Educational Activities, Special Needs, Sports.

Camp Levine Music & Arts Day Camp

Ages: 3 ½ -12
levinemusic.org/camp;camp@levinemusic.org
202-686-8000 x1040; 5301 Tuckerman Ln., N. Bethesda, MD
Sibling Discount, Extended Day, Arts, Drama, Music, Yoga.

Chesterbrook Academy

chesterbrookacademy.com

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Arts, Dance, Drama, Field Trips, Music, Sports.

Columbia Horse Center

Ages: 5-16 • 10400 Gorman Rd., Laurel, MD
columbiahorsecenter.com; 301-776-5850
Extended Day, Horseback Riding.

Earth Treks Kids Kamp

Ages: 6-9
earthtreksclimbing.com; info@earthtreksclimbing.com
1-800-CLIMB-UP; Columbia, Timonium, Rockville, MD
Sports, Extreme Sports.

Earth Treks Rock N'Adventure Day Camp

Ages: 10-14 • 1-800-CLIMB-UP • Columbia, MD
earthtreksclimbing.com; info@earthtreksclimbing.com
Sports, Extreme Sports.

Earth Treks Rock N' River Day Camp

Ages: 10-14 • Timonium, MD
earthtreksclimbing.com; info@earthtreksclimbing.com
Sports, Extreme Sports, Swimming.

Earth Treks Summer Climbing Day Camp

Ages: 9-13
earthtreksclimbing.com; info@earthtreksclimbing.com
1-800-CLIMB-UP; Columbia, Timonium, Rockville, MD
Extended Day, Sports, Extreme Sports.

Summer Camp at Imagination Stage

Ages: 3 ½-18 • 4908 Auburn Ave., Bethesda, MD
imaginationstage.org; 301-280-1660
Teens, Dance, Drama, Music.

International School of Music

Ages: 3-12 • 10450 Auto Park Ave., Bethesda, MD
ismw.org; info@ismw.org; 301-365-5888
Drama, Music.

Joy of Motion Full and Half Day Dance and Performance Camps

Ages: Grades 1-12
joyofmotion.org/youth-program/youth-camps-intensives
info@joyofmotion.org; 202-813-9505
7315 Wisconsin Ave., Ste. 180 E (lower level), Bethesda, MD
Dance.

PBMS Summer Program

Paint Branch Montessori School

Ages: 2-12
pbmontessori.com; info@pbmontessori.com
301-434-0373; 10309 New Hampshire Ave., Silver Spring, MD
Extended Day, Arts.

Spring Bilingual Montessori Academy

Ages: 2 ½-6
spring-bilingual.org; office@spring-bilingual.org
301-962-7262; 3514 Plyers Mill Rd., Kensington, MD
Arts, Educational Activities, Field Trips, Sports, Swimming.

» CONTINUED
ON P. 40

Summer Math Camp

Ages: 1st-12th Grade
mathnasium.com; 877-601-6284
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DAY CAMPS VIRGINIA

Arris Montessori Academy

Ages: 2 ½-10 years
arrismontessori.com; mrs.beitzel@arrismontessori.com
703-858-2800; 44675 Cape Ct., Ste. 189, Ashburn, VA
Sibling Discount, Arts, Cooking, Dance, Drama, Educational Activities, Music.

Barrett Suzuki Strings and Piano Camp - Barrett Suzuki Music Studio

Ages: 4-teen
barrettsuzuki.com virtuosos2132@gmail.com
703-295-0659; 2132 South Bay Ln., Reston, VA
Music.

Brookfields Summer Camp

Ages: 3-10
brookfieldschool.org; camp@brookfieldschool.org
703-356-5437 ext. 2; 1830 Kirby Rd., McLean, VA
Extended Day, Arts, CIT, Cooking, Dance, Educational Activities, Field Trips, Hiking, Horseback Riding, Music, Sports, Swimming, Yoga.

Camp Aristotle - The Auburn school - Fairfax Campus

Ages: Rising K - Grade 9
theauburnschool.org
admissionsfairfax@theauburnschool.org; 703-793-9353
3800 Concorde Pkwy., Ste. 500, Chantilly, VA
Extended Day, Special Needs.

Camp Griffin - Westminster School

Ages: 3-14
westminsterschool.com
campgriffin@westminsterschool.com
703-340-7268; 3819 Gallows Rd., Annandale, VA
Teens, Sibling Discount, Extended Day, Arts, Cooking, Dance, Drama, Educational Activities, Field Trips, Hiking, Martial Arts, Music, Sports, Swimming, Yoga.

Camp Kay - Kay School

Ages: 2 ½-12
kayschool.org; info@kayschool.org; 703-264-9078
3005 Dower House Rd., Herndon, VA
Sibling Discount, Extended Day, Transportation, Arts, CIT Program, Cooking, Dance, Drama, Educational Activities, Field Trips, Hiking, Music, Sports, Extreme Sports, Swimming, Travel, Yoga.

Camp Levine Music & Arts Day Camp

Ages: 3 ½-12
levinemusic.org/camp; camp@levinemusic.org
202-686-8000 x1040; 1125 N. Patrick Henry Dr.
Arlington, VA
Sibling Discount, Extended Day, Arts, Drama, Music, Yoga.

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Session 3: July 31-August 11

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703-790-0123/TTY: 711
www.mcleancenter.org

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Camp McLean

Ages: 3-10

mcleancenter.org ; mail@mcleancenter.org

703-790-0123; McLean, VA

Arts, Educational Activities, Field Trips, Swimming.

Camp She-EO (for Girl Entrepreneurs)

Ages: 8-16

beasheeo.com; info@beasheeo.com; 866-697-4336

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The Center for Ballet Arts

Ages: 3-Adult

thecenterforballetarts.com; 703-273-5344

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Chesterbrook Academy

chesterbrookacademy.com

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Competitive Edge

Athletic Performance Center

Ages: 6+

competitiveEdgeVA.com; info@competitiveEdgeVA.com

571-398-2813; 14849 Persistence Dr., Woodbridge, VA

Teens, Extended Day, Field Trips, Sports.

Drama Kids International

Ages: 4-18

dramakids.com/manassas_woodbridge-va; 703-881-7857

10432 Balls Ford Rd., #300, Manassas, VA

Teens, Drama.

Encore Stage & Studio It's Elementary

Ages: 4-9

encorestage.org; info@encorestage.org; 703-548-1154

5800 Washington Blvd., Arlington, VA

Drama.

Encore Stage & Studio Stage Door & Tech Camp

Ages: 11-15

encorestage.org; info@encorestage.org; 703-548-1154

200 S. Carlin Springs Rd.,

Arlington, VA

Extended Day, Arts, Dance, Drama.

Encore Stage & Studio

Summer Stories and Season Sampler

Ages: 11-15

encorestage.org; info@encorestage.org; 703-548-1154

4000 Lorcom Ln., Arlington, VA

Drama.

Fairfax Christian School

Ages: 5-12

fairfax-christian-school.com; 1624

Hunter Mill Rd.

703-759-5100; Vienna, VA

Educational Activities.

» CONTINUED
ON P. 42



Camp Levine

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2017 Camp Dates

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Ages

3 1/2 – 12 (entering 6th grade) | Teen Apprentices

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www.levinemusic.org/camp

camp@levinemusic.org | (202) 686-8000



Fairfax Collegiate Summer Program

Ages: 8-14

fairfaxcollegiate.com; 703-481-3080

722 Grant St., Ste. J, Herndon, VA

Sibling Discount, Extended Day, Arts, Computers, Educational Activities, Photography.

The Fencers Club – Introduction to Fencing

Ages: 7-14

thefencersclub.com; fencingclasses@comcast.net

703-999-8077; 3431 Carlin Springs Rd., Ste. E

Falls Church, VA

Martial Arts, Sports.

Gymboree School Skills /Sports Camp

Ages: 3-5

gymboreeclasses.com

Alexandria Gymboree Play & Music

703-212-9044; 318 S. Pickett St., Alexandria, VA

Burke Gymboree Play & Music

703-249-1327; 6045 Burke Center Parkway #204, Burke, VA

Chantilly Gymboree Play & Music

703-318-0144; 14155 Sullyfield Cir., Ste. I, Chantilly, VA

Educational Activities, Sports.

Harmonia School of Music & Art

Ages: 4-17

harmoniaschool.org; harmonia@harmoniaschool.org

703-938-7301; 204-F Mill St. NE, Vienna, VA

Extended Day, Sibling Discount, Arts, Dance, Drama, Music.

Heart Beats Music & Dance Camps

Ages: 3-16

hbeats.com; staff@hbeats.com

703-440-9000; 8060 Rolling Rd., Springfield, VA

Teens, Sibling Discount, Extended Day, Arts, CIT Program, Dance, Drama, Gymnastics, Martial Arts, Music.

Loudoun Country Day School Summer Programs

Ages: 5-14

lcds.org; info@lcds.org; 20600 Red Cedar Dr., Leesburg, VA

Extended Day, Sibling Discount, Arts, CIT, Computers, Cooking, Dance, Drama, Educational Activities, Field Trips, Hiking, Music, Photography, Sports, Swimming, Yoga.

Summer Math Camp

Ages: 1st-12th Grade

mathnasium.com; 877-601-6284

5512 Staples Mill Rd., Dale City, VA

12473 Dillingham Sq., Lake Ridge, VA

1435 Center St., McLean, VA

7696H Richmond Hwy., Alexandria, VA

Sibling Discount, Educational Activities.

The Montessori School of McLean

Ages: PreK-6th

703-790-1049; mcleanmontessori.org

1711 Kirby Rd., McLean, VA

Arts, Cooking, Educational Activities, Field Trips, Music.

» CONTINUED
ON P. 44





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The Montessori School of Northern Virginia, Hillbrook Campus

Ages: 2-12

msnv.org; info@msnv.org; 703-256-9577

6820 Pacific Ln., Annandale, VA

Extended Day, Transportation, Arts, Cooking, Dance, Drama, Educational Activities, Field Trips, Gymnastics, Hiking, Music, Sports, Yoga.

Perfect Pointe Dance Studio

Ages: 3-11

perfectpointe.com; staff@perfectpointe.com

703-533-8830; 2499 N. Harrison St., Ste. I-LL, Arlington, VA

Dance, Drama, Gymnastics.

Pinecrest Pavilion - Pinecrest School

Ages: 4-12

pinecrestschool.org; camp@pinecrestschool.org

703-354-3446; 7209 Quiet Cove, Annandale, VA

Sibling Discount, Extended Day, Arts, Cooking, Dance, Drama, Educational Activities.

Reston Montessori School

Ages: 3-9

office@restonmontessori.com; 703-481-2922

1928 Isaac Newton Sq. West, Reston, VA

Extended Day, Arts, Field Trips.

Robotics Summer Camps

Ages: 6-16

robotworkssacademy.net

robotworks@cox.net

703-364-5418; 8992 Fern Park Dr., Ste. 2, Burke, VA

Sibling Discount, Computers, Educational.

Summer Math Camp

Ages: 1st-12th Grade

mathnasium.com; 877-601-6284

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Sibling Discount, Educational Activities.

Sunset Hills Montessori

Ages: 3-9

sunsethillsmontessori.com

office@sunsethillsmontessori.com

703-476-7477; 1180 Ridge Heights Rd., Reston, VA

Sibling Discount, Extended Day, Arts, Educational Activities, Field Trips, Swimming.

Way of Faith Summer Day Camp

Ages: 3-11

way-of-faith.org; info@wayoffaith.net; 703-573-7221

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CALENDAR

SUNDAY 1

GARDEN OF LIGHTS
\$, 5:30 p.m.
Brookside Gardens
1800 Glenallan Ave.
Wheaton, MD

MONDAY 2

CHRISTMAS AT MOUNT VERNON
\$, 3200 Mount Vernon
Memorial Hwy.
Mount Vernon, VA
703-780-2000

TUESDAY 3

PRESCHOOL STORYTIME
Free, 10:30 a.m.
Independent Hill
Neighborhood Library
14418 Bristow Rd.
Manassas, VA

THURSDAY 5

READING TO DOGS
Free, 4 p.m.
Chinn Park Regional
Library
13065 Chinn Park Dr.

Woodbridge, VA

LEGO CLUB
Free, 4:30 p.m.
Dale City Neighborhood
Library
4249 Dale Blvd.
Dale City, VA

FRIDAY 6

FAMILY FRIDAY STORYTIME
Free, 11 a.m.
Bull Run Regional Library
8051 Ashton Ave.
Manassas, VA

SATURDAY 7

DISNEY'S BEAUTY AND THE BEAST
\$, 1:30 pm
Imagination Stage
4908 Auburn Ave.
Bethesda, MD

CARTOON FEST 2017
\$, 2 p.m.
Weinberg Center for the
Arts, 20 W. Patrick St.
Frederick, MD

SUNDAY 8

GUSTA FER
YELLOWGOLD'S SHOW
\$, 1:30 p.m.



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JANUARY 2017 | FAMILY adventure

Jammin' Java, 227 Maple Ave.
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Free, 3 p.m.
Chinn Park Regional Library
13065 Chinn Park Dr.
Woodbridge, VA

MONDAY 9

FUNDAY MONDAY IN THE
CITY OF FAIRFAX
Free, 10:30 a.m.
Old Town Hall
3999 University Dr.
Fairfax, VA

WEDNESDAY 11

HOMESCHOOL HUB
Free, 1:30 p.m.

Haymarket Gainesville
Community Library
14870 Lightner Rd.
Haymarket, VA

THURSDAY 12

SPANISH PRESCHOOL
STORYTIME
Free, 10:30 a.m.
Central Community
Library
8601 Mathis Ave.
Manassas, VA

FRIDAY 13

FARADAY FRIDAY
Free, 10:30 a.m.
Central Community
Library
8601 Mathis Ave.
Manassas, VA

SATURDAY 14

LAKESHORE LEARNING
EVENT - DINOSAUR
DISCOVERY
Free, 10 a.m.
Lakeshore Learning Store
7009A Manchester Blvd.
Alexandria, VA

"THE UGLY DUCKLING"
\$, 1 p.m.
Alden Theatre
1234 Ingleside Dr.
McLean, VA

MONDAY 16

GIVE TOGETHER. A FAMILY
VOLUNTEER EVENT
Free, 9:30 a.m.
Jewish Community Center of
Northern Virginia
8900 Little River Turnpike

Fairfax, VA

WEDNESDAY 18

IT'S WINNIE THE POOH DAY
Free, 10:30 a.m.
Nokesville Neighborhood
Library
12993 Fitzwater Dr.
Nokesville, VA

THURSDAY 19

LEGO CLUB
Free, 4:30 p.m.
Dale City Neighborhood
Library
4249 Dale Blvd., Dale City, VA

FRIDAY 20

TARGET \$2 FAMILY FUN
NIGHT
\$, 4 p.m.

BIRTHDAY / parties



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Port Discovery
35 Market Place
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SATURDAY 21

THOMAS & FRIENDS:
EXPLORE THE RAILS
EXHIBIT OPENING

\$, 10 a.m.

Port Discovery
35 Market Place
Baltimore, MD

SEUSSICAL

\$, 11 a.m.

Weinberg Center for the Arts
20 W. Patrick St.
Frederick, MD

AARON TVEIT

\$, 8 p.m.

The Barns at Wolf Trap
1635 Trap Road, Vienna, VA

SUNDAY 22

GALLERY COFFEEHOUSE:
READERS THEATER

\$, 6:30 p.m.

Franklin Park Performing
Arts Center
36441 Blueridge View Ln.
Pucellville, VA

MONDAY 23

BOOKS ALIVE: BOOK AND
MOVIE CLUB

Free, 5:30 p.m.

Bull Run Regional Library
8051 Ashton Ave.
Manassas, VA

TUESDAY 24

MEET THE AUTHOR: RAY

SHEEHAN

Free, 1 p.m.

Chinn Park Regional Library
13065 Chinn Park Dr.,
Woodbridge, VA

FRIDAY 27

SPY FEST: A KIDSPY FAMILY
FESTIVAL!

\$, 6 p.m.

International Spy Museum
800 F St., NW, Washington, D.C.

SATURDAY 28

MONSTER JAM TRIPLE

THREAT SERIES PRESENTED

BY AMSOIL

\$, 1 p.m.

Verizon Center
601 F St., NW
Washington, D.C.

SUNDAY 29

SPILLING INK

\$, 8 p.m.

Dance Place
3225 8th St. NE
Washington, D.C.

TUESDAY 31

MUSIC & MOTION

Free, 10:30 a.m.

Central Community Library
8601 Mathis Ave.
Manassas, VA

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