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Santana Moss and Teens from Moss Academy Football Camp
 Photo by David Stuck
 Cover Art Direction by Ebony Brown

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Please note we reserve the right to edit or refrain from publishing comments we deem inappropriate.

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JUNE 2019

WashingtonFAMILY.com • 301-230-2222

Craig Burke, Associate Publisher

ADVERTISING

Rob Leinson, Director of Sales

301-230-0819 • rleinson@midatlanticmedia.com

Account Executives

Kim Coates, Harrison Dorne, Tamara Morris, Mary Ramsdale,

Stacie Shapero, Julie Turco, Sylvia Witaschek

BUSINESS

Pattie-Ann Lamp, Accounting Coordinator • 410-902-2311 • plamp@midatlanticmedia.com

EDITORIAL

Jessica Gregg, Lifestyle Editor • 410-902-2319 • jgregg@midatlanticmedia.com

Britni Petersen, Managing Editor • 301-230-6696 • bpetersen@midatlanticmedia.com

Adranisha Stephens, Staff Writer • 410-902-2328 • astephens@midatlanticmedia.com

Contributors

Michelle Blanchard Ardillo, Courtney McGee, Cassidy Rafsol,

Amanda Socci, Kathryn Streeter, Melanie Switzer-Reilly, Gina Gallucci-White

CREATIVE

Lonna Koblick, Art Director

Ebony Brown, Cover Art Director

Sherley Taliaferro, Graphic Designer

James Meskunas, Digital Media Manager

David Stuck, Staff Photographer

MID-ATLANTIC MEDIA

Craig Burke, CEO/Publisher • cburke@midatlanticmedia.com

Liz Spikol, Editorial Director • lspikol@midatlanticmedia.com

Jennifer Perkins-Frantz, Director of Production • jperkinsfrantz@midatlanticmedia.com

Bill Sims, Director of Circulation & Audience Development • bsims@midatlanticmedia.com

Jeni Mann, Director of Marketing & Custom Media • jmann@midatlanticmedia.com



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Design



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Events



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Britni Petersen
Managing Editor
bpetersen@midatlanticmedia.com

#FestivalSeason

Here we are again — longer days, extra sunshine, backyard barbecues, pool-side lounging and weekend trips to the beach. Yes, it's officially summer, and we at WashingtonFAMILY are so excited to welcome the new, bright season.

Of course, there are so many things to love about summer, such as beachside hangs and outdoor movie theaters. But, my favorite part about this season? Festivals.

The summer months are always jam-packed with awesome festivals where you can explore the best of food, music, art, etc. And we are pretty lucky to live in an area that truly knows how to put on a good festival.

If you haven't yet enjoyed DMV festival-life, now's the time. We have an extensive "Summer Fest" list on page 16 that includes the best festivals happening throughout the entire summer for any type of interest. Wine and beer festivals, crab festivals, jazz festivals — you name it, it's on the list.

And perfectly timed for June, we have other seasonally-focused stories in this issue including our

list of newly released "Sunny Reads" for kids on page 34 and "Wake Up Ready" beauty tips for moms on page 20. In "Wake Up Ready," Josie Philippe from DC Lash Bar shares tips to help moms get through the busy and sometimes hectic summer months feeling refreshed and ready to shine.

Another notable event happening this month is Father's Day. To celebrate these special men in our lives, we have a list of local Father's Day events on page 13 that we know dads will love! We also have a profile on former Washington Redskins football player, Santana Moss on page 14 where he discusses everything from football to fatherhood.

Lastly, if you're looking for even more things to do with the family this season, check out our website, washingtonfamily.com, for our weekly roundup of fun, local events.

So, grab your sunny essentials, turn the page and get ready to dive into summer fun!

Happy reading! ■

Britni

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{ june }

SATURDAY 1

FREE Imagination Bethesda

10 a.m. Come out for the 25th annual Imagination Bethesda, a children's street festival. Musical performances and professional children's entertainers will light up the stage, while hands-on art and craft activities will line the streets along Elm Street and Woodmont Avenue in downtown Bethesda. There will also be a variety of hands-on activities for the 12-and-under crowd. Bethesda Row Cinema, 7235 Woodmont Ave., Bethesda, Md.

NOW: Family Concert

4 p.m. | Up to \$10. Kids ages 12 and under admitted free! Bring the whole family to enjoy a special family concert! The colorful program will engage listeners both young and young at heart. After the concert, enjoy an instrument petting zoo! Temple Emanuel, 10101 Connecticut Ave., Kensington, Md.

SUNDAY 2

Twos Travelers:

Squiggly Lines & All

10 a.m. | \$43. A curvy banana, a straight sidewalk, a squiggly noodle, there are so many types of lines everywhere you look! Let your little one explore the different types of lines and shapes through art, literature and play. Smithsonian Early Enrichment Center, 10th and Constitution, Washington, D.C.

The 10-Minute Taste Theater Festival

6 p.m. | \$40-\$60. The 10-Minute Taste is a modern take on dinner theater. Instead of sitting through a full-length musical or Shakespearean classic, five 10-minute plays are presented while guests dine in a contemporary establishment. Guests will be assigned seating at tables named after notable playwrights, including August Wilson, Lynn Nottage and Jeremy O. Harris. Busboys & Poets Takoma, 235 Carroll St., N.W., Washington, D.C.

MONDAY 3

National Theatre Live's "The Audience" 10th Anniversary

7 p.m. | \$15-\$22. For 60 years, Queen Elizabeth II has met with each of her 12 prime ministers in a private weekly meeting. This meeting is known as "The Audience." No one knows what they discuss, not even their spouses. From the old warrior Winston Churchill to Iron Lady Margaret Thatcher and finally David Cameron, the Queen advises her prime ministers on all matters both public and personal. Through these private audiences, we see glimpses of the woman behind the crown and witness the moments that shaped a monarch. Regal Gallery Place 14, 701 7th St., N.W., Washington, D.C.

TUESDAY 4

FREE Home School Days: Crime Scene Investigation

10 a.m. Home school families are invited to put their detective skills to the test! Students of all ages will be briefed with a case file of one of three on-going investigations and participate in crime scene investigation,

analysis of fingerprints, boot prints, unknown powders, handwriting, and chromatography. Students will interview suspects and see if they can solve the case! National Museum of the Marine Corps, 18900 Jefferson Davis Hwy., Triangle, Va.

WEDNESDAY 5

FREE Revels World Story Time

10:30 a.m. Join Washington Revels in celebrating the world through children's literature! Embark on a multicultural adventure through legends, tales and newly written stories from around the globe. And reimagine what story time can be with crafts, songs, movement and more! Revels World Story Time is geared toward the infant to pre-K age set, but all are welcome! Washington Revels, 531 Dale Drive, Silver Spring, Md.

THURSDAY 6

Beauty and the Beast

7:30 p.m. | \$16-\$32. Based on the Academy Award-winning Disney film Beauty and the Beast, it tells the story of Belle, a beautiful and intelligent young woman who feels out of place in her provincial French village. When her father is

imprisoned in a mysterious castle, Belle's attempt to rescue him leads to her capture by the Beast, a grisly and fearsome monster, who was long ago trapped in his gruesome form by an enchantress. The only way for the Beast to become human once again is if he learns to love and be loved in return. Creative Cauldron at ArtSpace Falls Church, 410 S. Maple Falls Church, Va.

FRIDAY 7

The Talented Clementine (World Premiere)

7:30 p.m. | \$12-\$15. Based on the book by Sara Pennypacker: Clementine gets nervous when her third grade teacher announces that her class will be putting on a talent show to raise money for the spring trip. She can't sing or dance or play an instrument like her super talented friend Margaret, and what talents she does have would not work on a stage. Clementine must find an act, any act, to perform before the night of the big show. But with only a few days to do so, can she put it together in time? Recommended for ages 6 and older. Gunston Arts Center Theater One, 2700 S. Lang St., Arlington, Va.

ONE JOURNEY FESTIVAL

Saturday, June 29 | 11 a.m. | FREE



Come out for an afternoon celebration of talents and accomplishments of refugees and other displaced people. Enjoy music, dance, storytelling, art, theater and more. Watch a One Journey unity parade, grab some food at the many international food trucks on site and let your kids explore the children's tent. Fun for all ages! Washington National Cathedral, 3101 Wisconsin Ave., N.W. Washington, D.C.

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SATURDAY 8

Northern Virginia's All Star Comic Con

10 a.m. | \$35-\$99 (Children 8 and under are FREE). Northern Virginia's All Star Comic Con is a weekend-long celebration of comics, art, gaming and pop culture fandoms for all ages. The convention boasts three full, sold out ballrooms featuring pop culture vendors (toys, comics, games, etc), writers, artists and various

creators. Additionally, All Star Comic Con hosts a kids' center with workshops, panels, sessions, interactive attractions, gaming rooms, musical performances and celebrity appearances. Sheraton Tysons, 8661 Leesburg Pike, Tysons, Va.

SUNDAY 9

FREE Youth Fishing Event

9 a.m. Learn the basics of fishing. Under age 16 must have adult

supervision. Some loaner rods and reels available. Free bait. Free lunch to all attendees. Free goodie bag provided by Virginia Game and Inland Fisheries. To register or more information, contact John McMann at 703-508-6232 or email mcmann926@gmail.com. C. F. Phelps WMA, Sumerduck Fauquier County, Va.

Scottish Tea

10 a.m. | \$25-\$30. This special Scottish Tea features tasty delicacies, delightful tea and scholarly discussions on the Scottish heritage of Dumfries. RSVP your spot today while tickets last! Weems-Botts Museum Annex, 3944 Cameron St., Dumfries, Va.

TUESDAY 11

Parenting Class: Music

10 a.m. | \$15. Learn how to connect songs with museum objects to ensure a positive learning experience for your baby. Babies love listening and hearing music, so this class will encourage parents to sing to their child while at the museum. Smithsonian Early Enrichment Center, 10th and Constitution, Washington, D.C.

WEDNESDAY 12

Caracalla Dance Theatre: One Thousand and One Nights

8 p.m. | \$25-\$65. One Thousand and One Nights takes audiences on a majestic journey to a far away and magical land where they will encounter a doomed

king, a dazzling bazaar, a mystical sorcerer and more! Featuring music from Korsakov's acclaimed Scheherazade and Ravel's timeless Bolero. Filene Center at Wolf Trap, 1551 Trap Road, Vienna, Va.

THURSDAY 13

FREE Mommy & Me at Congressional Plaza

10 a.m. Join us every second Thursday of the month this summer for Mommy & Me! Enjoy a free morning out with live entertainment and activities designed to enhance parents' interaction with their children held in the breezeway at Congressional Plaza! Congressional Plaza, Rockville, Md.

FRIDAY 14

FREE Erth's Dinosaur Zoo Live Show

10:30 a.m. Erth's Dinosaur Zoo Live leads you on a breathtaking tour that begins in prehistoric Australia. Meet and interact with an eye-popping collection of larger-than-life dinosaurs presented in an entertaining and educational live theatrical performance. Smithsonian National Zoo, Washington, D.C.

SATURDAY 15

Manassas Hamfest

8:30 a.m. | \$10. Come out to the 45th annual Manassas Hamfest sponsored by the Ole Virginia Hams Amateur Radio Club, promoting ham radio! Indoor

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& outdoor flea market areas, indoor commercial areas, VEC license exams, QSL bureau representatives, amateur radio project demos, amateur radio satellite forum, various technology & radio demos throughout the day. Manassas Park Community Center, 99 Adams St., Manassas Park, Va.

SUNDAY 16

Maryland Lavender Festival

9 a.m. | \$15-\$25. Spend a day in the lavender field. Enjoy picturesque views, vendors, live music, food trucks, glasses and bottles of wine, pints and growlers of beer, handcrafted distilled spirits, educational seminars and demonstrations. Relax in the fragrant field, photograph the scenery and shop the artisan vendors. Gifts, plants, dried lavender and freshly cut bundles will be available for purchase. Springfield Manor Winery, Distillery and Brewery, Thurmont, Md.

TUESDAY 18

FREE E.T. at Adams Morgan Movie Nights

8 p.m. E.T., the Extra Terrestrial is one of the most beloved (and successful) films of all time and is the perfect family-friendly film to wrap up their space-themed Movie Nights this year. Come out and bring the kids to enjoy one of everyone's all-time favorites. Movie starts shortly after dark. Arrive early to get a free cookie from Insomnia Cookies. Adams Morgan Soccer Field, Washington, D.C.

WEDNESDAY 19

Dinner Under the Stars

6 p.m. It's a night of relaxation, dining, dancing, craft beers, cocktails and fine wines. It's a place for families and friends to come together and for a romantic evening under the stars. Enjoy listening to a live band at dinner under the stars! West and Calvert Street, Annapolis, Md.

THURSDAY 20

FREE Reptiles Alive

11 a.m. This popular live reptile show is a great introduction to the world of reptiles. Learn snake secrets and laugh at our lizard stories and turtle tales. Featured animals may include a boa or python, tortoise, lizards and other amazing animals. Twinbrook Library, Rockville, Md.

FRIDAY 21

Daddy Daughter Date Night

6:30 p.m. | \$7-\$25. Make it a special night out with your little princess(es). Enjoy music, snacks, drinks, games, dancing, a photo area and more! Each child gets to go home with a craft goodie bag. The Zen Lounge, 9042 Hornbaker Road Manassas, Va.

SATURDAY 22

The Cat in the Hat

11 a.m. | \$20. Based on the book by Dr. Seuss, from the moment

his tall, red-and-white-striped hat appears around the door, Sally and her brother know that the cat in the hat is the funniest, most mischievous cat they have ever met. With the trickiest of tricks and craziest of ideas, he is certainly fun to play with. And he turns a rainy afternoon into an amazing adventure. Adventure Theatre, 7300 MacArthur Blvd., Glen Echo, Md.

SUNDAY 24

Roald Dahl's Matilda the Musical

2 p.m. | \$54-\$79. Born to parents who prize their own ignorance and disdain books, learning and any information they can't get from television, Matilda somehow manages to emerge .. a genius. Maybe even a magical one. However, she and the rest of the school are under the tyrannical rule of a deliciously devious villain, principal Agatha Trunchbull. Matilda embraces the fearful and

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terrifying moments of childhood with humor, hard-earned optimism and astoundingly witty musical numbers. Olney Theatre Center, 2001 Olney Sandy Spring Road, Olney, Md.

TUESDAY 25

Like Father, Like Son

10 a.m. | \$15. Learn about the artist and apprenticeship relationship that developed in the Italian Renaissance. Compare and contrast this dependent relationship with your developing relationship with your baby. Smithsonian Early Enrichment Center, 10th and Constitution, Washington, D.C.

Summer Performances for Young Audiences:

Justin Roberts

11 a.m. | \$10-\$15. The summer kicks off at the Hylton Center with indie music family favorite Justin Roberts in a concert that captures the joys and struggles

of navigating childhood and parenthood. Roberts rise to musical success sounds like the inspiration for School of Rock after performing with the indie folk-rock band, Pimentos for Gus, he picked up a teaching gig at a Montessori preschool and began writing and singing songs for his students, who love his sound and message. Smithsonian Early Enrichment Center, 10th and Constitution, Washington, D.C.

WEDNESDAY 26

FREE Carousel Kids

10:30 a.m. Join in for family entertainment that brings out the kid in everyone! Carousel Kids presented by Georgetown Hill is every other Wednesday near The Carousel presented by Adventist HealthCare. On this date, enjoy a performance by Kidsinger Jim, who has been performing his original songs for kids and families in the mid-Atlantic region for 25 years. Rio Washingtonian, Md.

THURSDAY 27

Shenandoah Summer Music Theatre: Ragtime

8 p.m. | \$20. This sweeping musical portrait of early-twentieth-century America tells the story of three families in the pursuit of the American Dream. Ohrstrom-Bryant Theatre, 620 Millwood Ave., Winchester, Va.

FRIDAY 28

Main Street Theater Productions Camp: Disney's Mulan Jr.

7 p.m. | \$10. Young campers aged 12-18 years from MSTP welcome you to the world of Disney's Mulan JR. This 60-minute show is a heartwarming celebration of culture, honor and the fighting spirit. Mulan brings ancient China to life with a modern sensibility. Franklin Park Arts Center, 36441 Blueridge View Ln., Purcellville, Va.

SATURDAY 29

Kids Obstacle Challenge

8:30 a.m. | \$36-\$60. Kids Obstacle Challenge is an adventure and obstacle course race series for kids ages 5-16, with 13-15 fun and challenging obstacles and mud! Their mission is to inspire and challenge kids and forge family bonds, through obstacles and adventure. Bull Run Special Events Center, 7700 Bull Run Drive Centreville, Va.

SUNDAY 30

Learn to Be a Disney Princess

3:30 p.m. | \$40. Enjoy an immersive princess experience with Tiana and Ariel! Have your little one come dressed as their favorite princess and have them get ready to learn ballroom dancing, singing and princess etiquette. There will be nail painting, story time and treats. The Wiggle Room, Crofton, Md. ■

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11 LOCAL FATHER'S DAY ACTIVITIES

BY WF STAFF



SHOW DAD HOW APPRECIATED HE IS by taking him out to one of these special Father's Day events! From 5K runs to brunches and fishing fun, these activities will make Dad feel extra loved.

WASHINGTON, D.C.

RUN FOR YOUR DAD FATHER'S DAY FOUR MILE

Head down to Fletchers Cove Boathouse for a fit and fun Father's Day! Enjoy the fresh summer weather as you spend the day outdoors with Dad.

JUNE 16, 6 P.M., \$40, 4940 Canal Road, N.W., Washington, D.C., [active.com](#).

FATHER'S DAY WITH ZAPP & BRICK

Join funk, soul and party band, Zapp & Brick for an unforgettable Father's Day full of music and memories!

JUNE 16, 3 P.M. \$60, 7719 Wisconsin Ave., Washington, D.C., [instantseats.com](#).

MARYLAND

FATHER'S DAY BRUNCH 5K AND 1 MILE FUN RUN

Spend the day running, brunching and hanging out with the family! Take part in a family-friendly run, then enjoy some breakfast, refreshments and live music post-run. **JUNE 16, 9 A.M.**, \$26-\$45, Running Hare Vineyard, Frederick, Md., [runsignup.com](#).



FATHER'S DAY SKATE

Take Dad and the family out for a fun afternoon of skating this Father's Day! Dads get to enjoy free admission. **JUNE 16, 12:15 P.M.**, 10610 Westlake Drive, Rockville, Md., [allevents.com](#).



FATHER'S DAY AT THE FARM

Forget the ties and bring Dad out to the farm for a one-of-a-kind experience. Milk some cows, go on a tractor-drawn hayride, watch pigs race and more! With regular admission, dads can enter the petting farm for free. **JUNE 16, 10 A.M.**, \$14, Green Meadows Farm, 10102 Fingerboard Road., Ijamsville, Md., [greenmeadowsevents.com](#).

VIRGINIA

FATHER'S DAY BRUNCH

Return to the classics with this beautiful brunch to celebrate Dad! Head into Arlington for this classy affair and enjoy quality family time alongside a delicious meal. **JUNE 16, 11 A.M. & 3 P.M.**, \$40-\$69, 1250 South Hayes St., Arlington, Va., [washington.org](#).

RUN WITH DAD

Enjoy a fun and fit Father's Day as you run a 5K with Dad through the beautiful Reston trails! **JUNE 16, 8 A.M.**, \$25, 11400 South Lakes Drive, Reston, Va., [prrraces.com](#).

BRUNCH AT ORNERY BEER COMPANY

Take Dad to a fun brunch at Ornery Beer Company! Enjoy a buffet and get a chance to win a new grill for Dad. **JUNE 16, 9 A.M.**, check website for prices, 3915 University Drive, Ste. 209, Fairfax, Va., [allevents.com](#).



HIGH TEA AT THE VINE AND LEAF

Treat Dad to a very special high tea at The Vine and Leaf! Choose unlimited, freshly steeped pots of tea and dine on a selection of crustless sandwiches, filled filo cups, fruits and nuts, chocolates and fudge. **JUNE 16, 1 P.M.**, \$19.95, The Vine & Leaf, 477 E. South St., Front Royal, Va., [thevineandleaf.com](#).



FATHER'S DAY OPEN HOUSES IN HISTORIC ALEXANDRIA

This Father's Day, Alexandria's premier historic sites are open for free for dads! Stop by the Gadsby's Tavern Museum, Stabler-Leadbeater Apothecary Museum and Friendship Firehouse Museum, then head to one of Old Town Alexandria's delicious restaurants for a great meal. **JUNE 16, VARIOUS TIMES**, Old Town Alexandria, Va., [visitalexandriava.com](#).

FISH-A-RAMA

If Dad loves to fish, this is the perfect event. Compete in the Fish-a-Rama catch-and-release contest, play on the farm and enjoy a fun day with the whole family. **JUNE 16, 10 A.M.**, Great Country Farms, 18780 Foggy Bottom Road, Bluemont, Va., [greatcountryfarms.com](#).

HELMET OFF



Santana Moss

SANTANA MOSS Talks Football, Fatherhood and Finding New Purpose

STORY BY MICHELLE ARDILLO

PHOTOS BY DAVID STUCK

Although his NFL football playing days are behind him, former Washington Redskins wide receiver (#89) Santana Moss still leads a pretty busy and full life.

The 40-year-old father of five spends most of his days moving from work on his foundation to recording a podcast, to his work as an NBC sports analyst, to a radio talk show, to his afternoon workout.

No stranger to hard work, Moss began his younger athletic journey running and jumping out of the inner city neighborhoods of Miami to a track scholarship at the University of Miami, where he was also a walk-on to the football team his freshman year.

Even though his track scholarship was converted to a football scholarship after the third game of his freshman season, he ran track all four years, saying "Track is what got me in, so I stuck with it all four years," eventually winning the triple jump at the 2000 Big East Championships, with a personal-best mark of 15.50 meters. His accomplishments as a wide receiver for the Miami Hurricanes earned him All American Honors in 2000 as well as induction into the University of Miami Sports Hall of Fame in 2011.

Moss was a first-round pick in the 2001 NFL draft by the New York Jets, where he played until 2004 when he was traded to the Washington Redskins. He came out with a bang in week



Santana Moss mentors local youth football players.

Santana Moss remains "a fine-tuned athlete," working hard and working out to keep up with his five children, who he wants to grow up "to be responsible and to be accountable."



Santana Moss and teens from 89 Ways to Give: Moss Academy Football Camp

two of the 2005 season, with two touchdowns to beat the Dallas Cowboys 14-13, in a game that is now known as the “Monday Night Miracle.” The 2005 season proved to be one of his most successful, with Moss garnering All-Pro Honors and being selected to his first Pro-Bowl.

Since trading in his football helmet, Santana Moss remains “a fine-tuned athlete,” working hard and working out to keep up with his five children, who he wants to grow up “to be responsible and to be accountable.” He says that it is important for his kids to know “how to push through and how to work.”

Moss knows a thing or two about pushing through, having overcome spine issues in high school, where he was always being told he was too short to be a wide receiver. He still counts his high school football coach Walt Frazier as one of his mentors, along with his fifth grade PE teacher, Mr. Brown, who told him one day when watching him play football on the playground at recess, “I’m going to hear your name ten years from now.” Moss says that Brown’s simple statement “ignited everything in me” from that moment on.

His role models didn’t all come from the sports world, though. Moss credits his parents with keeping him on the right path during his formative years. His parents worked hard to take care of him and his siblings, including his younger brother Sinorice, former wide receiver for the New York Giants. Moss says that he learned from his father, a corrections officer, “how to be a man and how to work hard to take care of your kids.”

It is that spark and purpose that still burns in Moss as he aspires to give back to the Loudoun community with his foundation, 89 Ways to Give, which sponsors coat drives, food drives and

school supply drives for inner city children. He wants to be a mentor for those kids who are struggling, trying to “catch them before it’s too late.”

As a professional athlete with a bachelor’s degree and master’s degree from the University of Miami, he wants student athletes to know that “school has to be first, and sacrifices have to be made to do both.” This is reinforced in his Moss Academy Football Camp held each summer, where he teaches kids the fundamentals of football, but where they are also taught by local business people about “teamwork and that you have to be cohesive enough to move efficiently through your life.” He says that it is important for kids to know that they have “to want more and they have to do more” to reach their goals.

Santana Moss isn’t resting on his laurels, nor is he spending a lot of time watching films of his 14-year NFL career. He has made his home in the D.C. area, home of the Redskins, the place where he met with some of his greatest successes.

As for the future, Moss hopes to continue doing what he is doing, which he says is to “live my life every day — not for the future — but for that day itself, to continue to be successful.” He attributes his positive attitude to one of his greatest strengths: the ability to see in his mind “the bright side of everything, even when things are cloudy.” ■

Michelle Blanchard Ardillo is a freelance writer and middle school language arts teacher in the D.C. metropolitan area, where she watches the playground for future NFL greats. Follow her on Twitter and Goodreads @michardillo or on her website: michelleardillo.com.

CATCHING UP WITH SANTANA MOSS OFF THE GRIDIRON:

89 WAYS TO GIVE FOUNDATION

89waystogive.com



MOSS ACADEMY FOOTBALL CAMP

JULY 8 - 19, 2019

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SUMMER FEST



BY CASSIDY RAFISOL
AND WF STAFF

**TOP
DMV
FESTIVALS
FOR
FOOD,
FUN,
FAMILY
AND
MORE**

SUMMER IS HERE, the kids are home from school and it is time to go out and make some sunny memories before the fall. With all of this free time, a summer festival is the perfect place to take the family for good food, live music or a dive into a new culture. Our list of the must-hit festivals features everything from bacon to the Smithsonian, and is sure to provide every member of your family with a day (or night) to remember!

SIPS AND EATS

FOOD TRUCK FRENZY

Feast on food from all over the world as 25 amazing food trucks gather for the Maryland Food Truck Festival. There will be live music, bouncy houses, pony rides and even a trip on a helicopter that is sure to keep even your picky eater satisfied.

JUNE 15, Anne Arundel County Fairgrounds, Crownsville Md., 11 a.m. to 8 p.m., \$17, [facebook.com/TheMd.FoodTruckFestival](https://www.facebook.com/TheMd.FoodTruckFestival).

OCEAN CITY GREEK FESTIVAL

Take a trip out to the beach to get your fix of Greek culture! This festival features various authentic Greek dishes and pastries, live Greek bands

and performances, unique vendors of imported art, jewelry from Greece and tons of prizes for attendees.

JULY 26-28, times vary, Ocean City, Md., oceancitygreekfestival.com.

BARBECUE BLISS

The 27th annual Giant National Capital BBQ Battle is D.C.'s largest food festival, and its flavors are as huge as its size. It is a two-day barbecue-filled affair featuring mouthwatering barbecue and grilled food samples, cooking demonstrations and over 30 bands on three stages. It is one of America's best barbecue competitions for a reason and promises you will leave full of 'cue and good times. **JUNE 22-23**, 555 Pennsylvania Ave., Washington, D.C., 11 a.m. to 7 p.m. \$10., eventbrite.com.

PURCELLVILLE WINE AND FOOD FESTIVAL

JULY 13, 2-8 P.M.
AT HISTORIC DILLON'S WOODS IN THE FIREMAN'S FIELD COMPLEX, PURCELLVILLE, VIRGINIA

Come out and celebrate the greatness of Loudoun County's wine region at the Purcellville Wine & Food Festival! Discover something new and enjoy wine, brews and artisan delights from all over the area, including many award-winning wineries and breweries! **JULY 13**, 2-8 p.m., Fireman's Field Center, Purcellville, Va., purcellvillewineandfood.com.

SUMMER SEAFOOD CELEBRATION

The second annual FreeState Festival will combine all of the best flavors of the Chesapeake with Maryland craft brewers, Liganore wines, and amazing live music. Between slurping fresh oysters and sipping local wines, pop into vendors that celebrate all things Maryland. This will be a seafood frenzy true DMV'rs will love. **JUNE 15**, Liganore Winery, Mt. Airy Md., 11 a.m. to 6 p.m. \$35, marylandwine.com.

TILGHMAN ISLAND SEAFOOD FESTIVAL

Summer in Maryland means sun, fun and seafood. Join the Tilghman Island Volunteer Fire Department as its annual seafood festival serves up everything from steamed crabs, shrimp and clams to summer barbecue favorites. The event also features kids' activities, live music, nautical artisans, craft vendors and an indoor flea market. And don't forget the fan favorite crab race. **JULY 20** at the Volunteer Fire Department and adjacent Kronsburg Park. 11 a.m.-6 p.m., **FREE**, tourtalbot.org.

CRAB FEST!

The annual Crab Fest celebrates St. Mary's County's crab culture and cooking traditions. At the Crab Fest, dine on every crab the Chesapeake provides from steamed hard crabs to fried soft crabs. Don't forget to pick up a plate of the world famous crab cakes, crab soups and other seafood dishes that are sure to satisfy. **JUNE 8**, St. Mary's County Fairgrounds, Leonardtown, Md., 11 a.m.-7 p.m. \$7. e-clubhouse.org.



MUSIC

WORLD-CLASS MUSIC

For a day filled with world-class music that promotes arts and education, enjoy the National Music Festival. The music is so divine, symphonies will ring through your ears for the remainder of summer.

JUNE 2-15, Historic Chestertown, Md., concert times vary, **FREE**, nationalmusic.us.

LIGHTS, MUSIC, ACTION

This year the DC's Wine Spirits and Music Festival is celebrating much more than just drinks and tunes. With a new light show, premium vendors and amazing food, this celebration of music will make for quite the summertime treat. **JUNE 15-16**, Gateway Pavilion, Washington, D.C., 7 a.m. to 10 p.m., prices vary, eventbrite.com.



D.C. JAZZ FESTIVAL

Jazz lovers unite! This annual festival is jam-packed with performances by some of the best artists in the industry at many

different locations and venues across the city. Now in its 15th year, the festival brings together heritage, history, culture and music. Expect more than 100+ bands to perform! **JUNE 14-16**, **FREE**, check website for times and locations, dcjazzfest.org.

SUMMERTIME PRIDE

This summer's Pride Festival and Concert is a celebration of pride that will include music, food, drinks and education. This festival is an opportunity to show your support for the LGBTQ+ community and have a great time, a summer event you can be proud to participate in. **JUNE 9**, Pennsylvania Avenue National Historic Site, Washington, D.C., 9 a.m. to 6 p.m., **FREE**, 10times.com/pride-festival-concert.

APPALOOSA FESTIVAL

This Labor Day weekend music festival is great for all ages! Appaloosa is the D.C. area's roots music and great outdoors festival, nestled among the backdrop of the Blue Ridge Mountains (only one hour from D.C.!). Enjoy a great lineup of performances and great vibes all weekend long. **AUG. 30-SEPT. 1**, all-day, \$124-\$300, Skyline Ranch Resort, Front Royal, Va., appaloosafestival.com.



FIREFLY FESTIVAL

Get your phone flashlight and your Boho fashion ready. We are going to a music festival! Artists include Bob Moses, Soja, Gunna, Death Cab for Cutie, Vampire Weekend and DJ Snake, among many others. Single-day and weekend passes are available, and ... wait for it, there are glamping options. **JUNE 21-23** at The Woodlands in Dover, Del. Tickets start at \$109. fireflyfestival.com.

CULTURE

A TASTE OF CULTURE

The World Heritage Festival will allow your little ones to taste foods from all over the world, interact with exhibits and ogle at amazing art celebrating diversity. The kids' zone has activities and games that will keep them occupied when you go off to buy an amazing work of art. You will both leave satisfied. **JUNE 29**, Riverfront Park, Fredericksburg, Va., 11 a.m. to 6 p.m., **FREE**, eventbrite.com.

EXPLORE BRAZIL

The Festival Afro Bahia is a celebration of the unique culture of Bahia, a state in Brazil. Be part of this unique event and explore the diversity and individuality of this wonderful region and its people! **JUNE 13-16**, FICA, Washington, D.C., 6:30 p.m. to 9:30 p.m., **FREE**, eventbrite.com.

AROUND THE WORLD CULTURAL FOOD FESTIVAL

Enjoy a trip around the world without ever leaving the District! This is your chance to taste foods and experience the culture and traditions of over 40 countries all in one place. Enjoy performances, food demos, cultural kids' activities, arts and crafts and much, much more. **AUGUST 17**, 11 a.m.-7 p.m., **FREE** to attend, tasting prices vary. Freedom Plaza & Pennsylvania Ave. 13th and 14th, aroundtheworldfestival.com.

FOLKLIFE FOR SUMMER FOLK

The Smithsonian Folklife Festival at the National Mall is the perfect place to get your kids learning for fun over the summer. This festival celebrates cultural traditions from countries all over the world and will

make summer learning a breeze.

JUNE 26-JULY 7 at the National Mall, Washington, D.C., 11 a.m. to 5:30 p.m., si.edu.

FRENCH FESTIVAL

If you consider yourself a true Francophile, then you don't want to miss this festival. Enjoy French amusements from the 1700s in celebration of Bastille Day including Napoleon hat-making, baroque dancing, baroque guitar and other related activities. Then, take a nice stroll through Hillwood's gorgeous gardens for outdoor games and garden talks. **JULY 13**, 10 a.m. to 6 p.m., \$5-\$18, Hillwood Estate, Museum & Gardens, Washington, D.C., hillwoodmuseum.org.

ART AND FILM

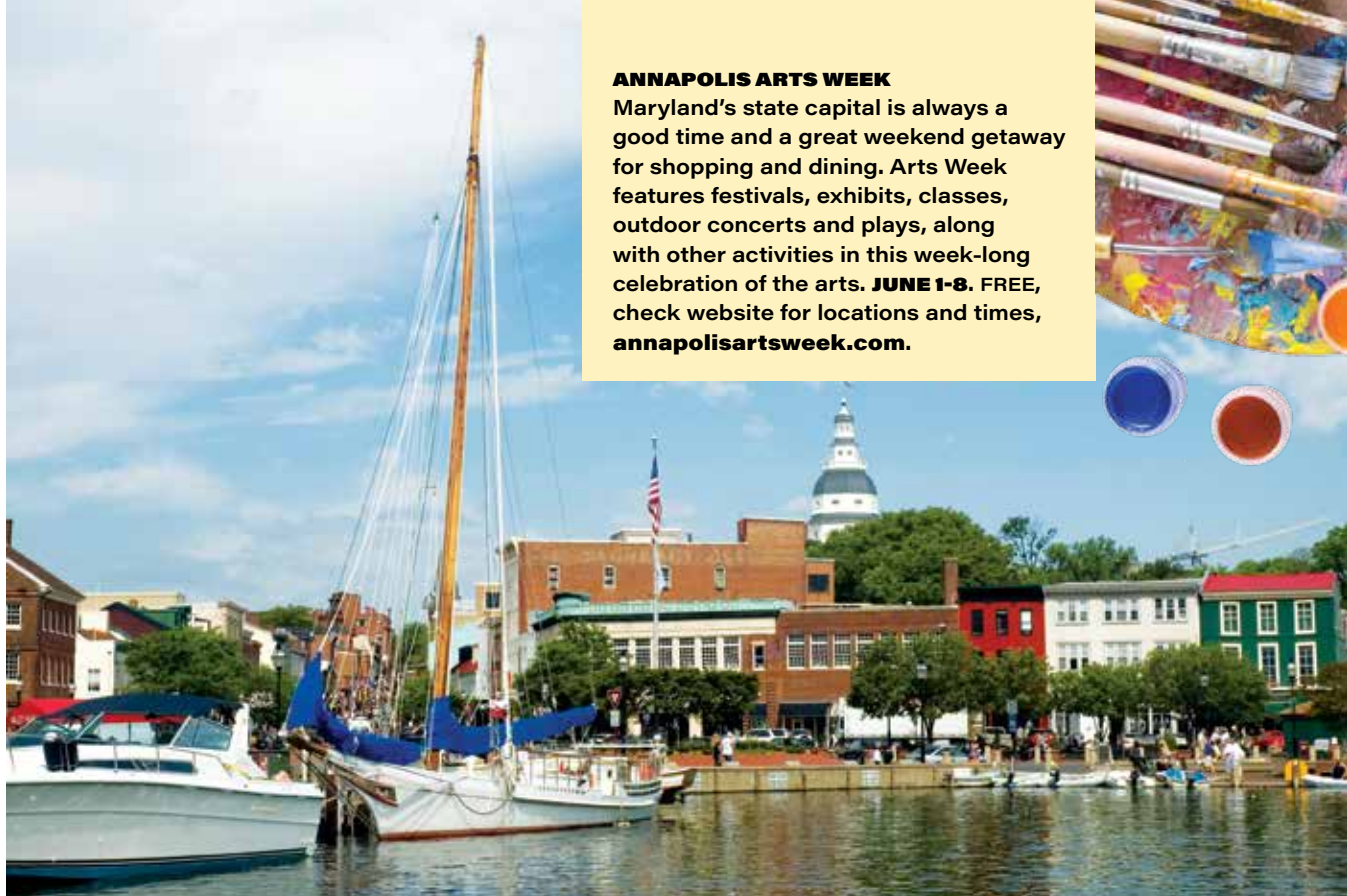
COLUMBIA FESTIVAL OF ARTS

This two-week summer festival features one-of-a-kind art, concerts and other creative endeavors that will be sure to spark inspiration. Kick off the week with LakeFest at the Downtown Columbia Lakefront and enjoy great food and live bands. **JUNE 14-30**, ticket prices and times vary, Downtown Columbia Lakefront, Columbia, Md., columbiafestival.org.



ARTSCAPE

It's time again for America's largest free art festival. Throughout this three-day weekend, more than 350,000 attendees flock to the city to see, hear and experience art from more than 150 artists,



ANNAPOLIS ARTS WEEK

Maryland's state capital is always a good time and a great weekend getaway for shopping and dining. Arts Week features festivals, exhibits, classes, outdoor concerts and plays, along with other activities in this week-long celebration of the arts. **JUNE 1-8. FREE, check website for locations and times, annapolisartsweek.com.**

fashion designers and craftspeople. Be ready to walk, buy some awesome art and experience one of the best art festivals around. **JULY 19-21**, free, events center around the Mount Royal and Station North neighborhoods, artscape.org.

14TH ANNUAL CAPITAL FRINGE FESTIVAL

The Capital Fringe Festival is all about celebrating D.C.'s independent arts community! From music to theatre to dance, the festival showcases a variety of productions on seven venues with 13 stages. This year's event includes a public interactive video arcade at the Wharf where audiences can play and engage as well as two new plays by local D.C. playwrights Irish Dauterman and Claudia Rosales. **JULY 9-28**, \$20, times and locations vary, capitalfringe.org.

interesting new perspectives.

JUNE 13, The Miracle Theatre, 535 8th St., Southeast Washington, D.C., 7 p.m. to 10 p.m. \$30-40, eventbrite.com.

BLACK THEATER FESTIVAL

The DC Black Theatre Festival is a 15-day event celebrating stories from around the globe. There will be over 150 new performances by locals artists and national performers alike that will make this an incredible festival you don't want to miss.

JUNE 21- JULY 15, Anacostia Arts Center, 1231 Good Hope Road, Southeast Washington, D.C., 9 a.m. to 9 p.m., prices vary, dcblacktheatrefestival.com.

ALL-AROUND FUN

CELEBRATE FAIRFAX! FESTIVAL

Enjoy Northern Virginia's largest community-wide celebration at the eighth annual Celebrate Fairfax! Festival. This festival lasts three days and is filled with over 300 unique exhibits, food vendors and interactive activities that will make you proud to visit Fairfax. **JUNE 7-9**, 12000 Government Center Pkwy., Fairfax, Va., 6 p.m. **FREE**, celebratefairfax.com.

TAKE YOUR 'HON' TO HONFEST!

Honfest is Hampden's annual celebration of Baltimore women that is a national favorite. Whether you dress for the Best Hon Contest or just want to sit back and watch the beehives and boas in action, it is a fun way to spend a summer day.

JUNE 8-9, W. 36th St., Baltimore, Md., 12 a.m., **FREE**, honfest.com.

BOAT AROUND

Boats, boards, bands and beer come together in this celebration of the high seas. The Boat Life Festival will make all of your maritime dreams come true as over 40 exhibitors celebrate the watersports lifestyle. **JUNE 1**, The Yards Park, Washington, D.C., 11 a.m. to 8 p.m., **FREE**, yardsmarina.com.

RED, WHITE AND BRAM

Bring the whole family, pop up a tent and enjoy Red, White and BRAM, a festival that the kids will adore. For the kids, there are new backyard games, water slides bumper cars and a water balloon battle. While the kids are living it up, Mom and Dad can kick back with beer, wine and live music. **JUNE 29**, Ryan Rd, Ashburn, Va., 6 p.m. to 10 p.m., **FREE**, virginia.org.



FILM FOR FUN

The 2019 Capitol Hill Film Classic is a competitive day that showcases local entries that get the opportunity to compete against films from all over

the world. It will be an evening spent supporting local filmmakers and taking in



PINTS FOR PAWS

This year, the Annapolis Homebrew Club is hosting its fifth annual Pints for Paws Home-Brewing and Craft Beer Festival. This festival benefits the SPCA of Anne Arundel County and allows you to sample over 40 brews that are homebrews, craft brews and more. Plus, there will be commemorative pint glasses and food trucks in attendance. **JUNE 15**, 550 Taylor Ave., Annapolis, Md., 2 p.m. to 6 p.m. \$35, aacsPCA.org.

17TH STREET FESTIVAL

Enjoy a full day of fun celebrating all that 17th Street has to offer. Explore the area's diverse roundup of restaurants and retailers, including 100 vendors with more than 60 artists and makers. Shop for fine art, jewelry and crafts! Perfect for the kids as well, the festival offers a "Kids' Zone," which includes kid-friendly activities, snow cones, face painting and more. **AUGUST 24**, Noon to 6 p.m., **FREE**, 1501 17th St., N.W., Washington, D.C., 17thstreetfestival.org.

LOUDOUN COUNTY FAIR, LEESBURG

The Loudoun County Fair is a Leesburg staple. Started in 1936, the fair is a beloved tradition in the area. Experience this real country fair for yourself, as it features animals, crafts, carnival rides, food, livestock auctions, bull riding, a pet show, kiss-a-pig contest and other county fair favorites! **JULY 23-28**, times vary, Loudoun County Fairground, Leesburg, Va., loudouncountyfair.com.



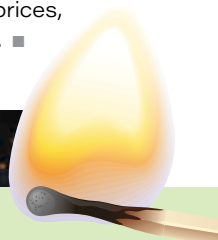
38TH ANNUAL STRAWBERRY FESTIVAL

This long-running festival is a summer must! Join in for a day of community-wide celebration in a family-friendly atmosphere. Enjoy live performances, food trucks, entertainment, children's activities, arts and crafts and as much strawberry shortcake as you'd like! **JUNE 1-2**, times vary, Sandy Spring Museum, Sandy Spring, Md., check the website for prices, sandySpringmuseum.com. ■



WATER LANTERN FESTIVAL

This family-friendly event is full of fun, light and beauty! Grab the kids and head out to National Harbor for the unique Water Lantern Festival. Experience the magic of thousands of lanterns as the soft lights reflect upon the water. It's a memorable experience you won't forget. **AUG. 3-4**, 9:30 p.m., \$25-\$40, National Harbor, Md., waterlanternfestival.com.



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The Campagna Early Learning Center at St. James is located at St. James Plaza, 5140 Fillmore Avenue, Alexandria, VA 22311.

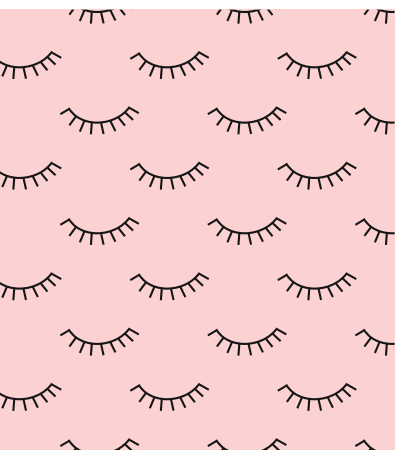
For enrollment information, contact Paulette Shannon, Campagna Early Learning Center Director, at pshannon@campagnacenter.org.



WAKE UP READY

Quick and Easy Treatments to Simplify Your Beauty Routine

BY ADRANISHA STEPHENS



"I always say less is more. Be confident in what you look like and own it."

—JOSIE NGUYEN

For many mothers, the last thing on their mind in the morning is engaging in a full-blown makeup session before getting up with the kids and starting their day.

And, while most moms can agree that they want to look put together, whether they are heading to the office or the playground, they also can agree that they want a routine that is simplified. They want to "Wake Up Ready."

That's where Josie Nguyen, mom of three and owner of DC Lash and Brow Bar, comes in. According to Nguyen, moms can look good and get out the door quickly. It only takes a few tips and tricks.

First up on the quest to effortless beauty is eyebrow tinting.

There are many ways you can enhance your brows for a bolder, sharper look. For those of us that don't want to try the route of shaping, waxing or threading, tinting may be a good option.

Eyebrow tinting involves using semi-permanent dye to tint the natural brows, giving the appearance of thicker, fuller eyebrows. Some businesses, including DC Lash and Brow Bar, will custom-mix the tint to get the perfect shade for your skin. It takes no more than 10-15 minutes to complete, so it is a quick and efficient way to shape your brows.

The procedure: Much like when you are getting your hair dyed, a base cream will be applied around the brow area to stop any of the dye from staining the skin. Then, a technician will lightly trace the color through the brows to get the proper shape. After this, the semi-permanent dye is mixed up before being applied to the brows with a spoolie brush.

So, how long does eyebrow tinting last? A tint usually lasts between three to four weeks depending on individual hair growth, time spent in the sun and how much you wash your face. It will fade away; naturally. Just lay back, relax and let your brow technician get to work. After application, you need to wait at least 24 hours before water can touch them.

Another trick to wake up ready is the application of eyelash extensions.

"The great thing about eyelash extensions is that it ranges from something super natural where it just mimics them using mascara, or they can go glam or ultra-glam, which is great for brides," Nguyen says. "It's customizable to whatever your daily lifestyle is."

And, for those moms that don't want to spend precious time filling in their brows every morning, there is the option of henna brows.

"This is a new and upcoming trend for brows where it replaces having to fill in your brows. It does stain the skin temporarily for a longer period than tinting, up to six to eight weeks. It's not as invasive or long-lasting as microblading," she says. "It's great for those that want to change their shape all the time or for those that color their hair a lot. We can alter it to that."

For those that love the look of falsies, but hate the hassle that comes with the application, a lash lift and tint procedure is a viable option, Nguyen says, adding that they typically last six to eight weeks.

"A lash lift is great for that busy woman who isn't ready to commit to weekly maintenance of eyelash extensions," she says. "Lash lifts curl your natural lashes and we then tint it afterward to whichever color you

desire. So if you're busy, you have a very active lifestyle, or you're more rigorous with your makeup, this is a great alternative because it requires very little maintenance at all."

And what's the last essential step in simplifying your morning routine? Less is more, Nguyen says.

"I think for me, I've always been a big advocate for less is more because as a mom on the go, the last thing you want to do is doll yourself up and then realize that you have three kids that are throwing stuff in your face or whatever your lifestyle is. So I always say less is more. Be confident in what you look like and own it." ■



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FRESH-FACED: 5 At-Home Ways to "Wake Up Ready"



- 1 **Drink Warm Water with Lemon:** Drinking warm lemon water first thing in the morning promotes healthy digestion, and purges toxic materials from the bloodstream, keeping the skin clear and radiant. Vitamin C in lemon also plays a critical role in rejuvenating skin internally so that you can look and feel youthful.
- 2 **Cleanse with Milk:** To get clear, refreshed skin, it needs to be clean of dirt, pollution and oil. Use raw milk as a natural cleanser. Grab a cotton pad and spread it evenly across your face to unclog pores and keep skin radiant.
- 3 **Refresh:** If you don't have the time to wash your face in the morning, use an astringent or toner. Try using witch hazel, rose water, green tea or any other at-home DIY remedies first thing and your skin will feel invigorated in no time.
- 4 **Exfoliate:** Exfoliation is essential to help eliminate the build-up of dead skin, oil or makeup. Create your own exfoliator at home with brown sugar and honey to help open the pores and reveal fresh, new skin underneath.
- 5 **Eat Right:** The saying is true. We are what we eat. The first step to glowing skin and keeping wrinkles at bay is to start with foods like almonds, fruit and oats. You can also try protein-rich foods like salmon and leafy, green vegetables, all proven to nourish and strengthen the body from the inside out. ■

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When a Child Won't Speak

SHYNESS *or* SELECTIVE MUTISM?

BY AMANDA SOCCI

If a young child talks freely and enthusiastically at home but has difficulty verbalizing with non-family members in public or social settings, she may be classified as a child who is shy, reluctant to speak or one who has special needs. However, there's another possibility. The non-speaking child may have selective mutism, a little-known anxiety disorder that arises in the preschool years around three to five-years-old.

Though with good intentions, parents and educators are unable to properly evaluate children who don't speak. They often implement a non-pressure approach allowing children to communicate at their own pace and comfort level. This wait-and-see approach only exacerbates the problem and results in misunderstandings and misclassifications which ultimately affect the child. To prevent non-speaking children from suffering unnecessarily, it is best for parents and educators to work in tandem to educate themselves on the differences in a child's speech habits.

What is the Difference Between Shyness and Selective Mutism?

According to Fairfax-based licensed clinical psychologist Dr. Courtney Ferenz, "selective mutism (SM) is an anxiety disorder, characterized by a lack of verbal communication in specific settings." Dr. Ferenz states that parents describe children with SM as having a dual personality by being "talkative at home but very quiet or virtually silent in other settings."

By contrast, "shyness is a personality trait, which is ... fixed and affect[s] one's general temperament," according to Alexandria-based licensed clinical psychologist Dr. Kristin Swanson. While shy children typically overcome their inability to speak with others by warming up a bit, the warm-up period does not work with children who have SM. "In fact, the longer a child spends in an environment without speaking, the harder it can be to begin using their voice," Dr. Swanson says.

Diagnosing “SM”

5 FACTORS TO CONSIDER

- 1** The child shows consistent failure to speak in specific social situations in which there is an expectation for speaking (e.g., at school), despite speaking in other situations.
- 2** The disturbance interferes with educational or occupational achievement or with social communication.
- 3** The duration of the disturbance is at least one month (not limited to the first month of school).
- 4** The failure to speak is not attributable to a lack of knowledge of, or comfort with, the spoken language required in the social situation.
- 5** The disturbance is not better explained by a communication disorder (e.g., child-onset fluency disorder) and does not occur exclusively during the course of autism spectrum disorder, schizophrenia or another psychotic disorder. ■

SOURCE: AMERICAN SPEECH-LANGUAGE-HEARING ASSOCIATION

DR. FERENZ
hypothesized that girls are twice as likely to be diagnosed with SM than boys due to the possibility that society expects girls to be more social.



Misunderstandings

While often classified as special needs, it's important for parents to understand that SM actually affects all children and not just those with special needs. Dr. Swanson acknowledges that children with SM may be “misdiagnosed as having other challenges or disorders [particularly if] a child is unable to speak at school or may appear frozen or disengaged ... [and in] social interactions, can be confused with an autism spectrum disorder.” She stresses that “it is important to have an accurate diagnosis and understanding of the presenting symptoms to provide the best support to allow that child to be successful.”

Dr. Ferenz cites several additional misunderstandings of a child who has SM including “being oppositional or defiant ... [an assumption] that they are not intelligent ... [and a belief that] these children have a pervasive developmental disorder and always behave in this manner.”

Symptoms and Potential Treatment

Though there is no statistical evidence to indicate whether SM affects children based on ethnicity, it is believed SM occurs most frequently during preschool and early elementary age years. Dr. Ferenz hypothesized that girls are twice as likely to be diagnosed with SM than boys due to the possibility that society expects girls to be more social. Dr. Swanson states that SM is “estimated to affect 1 in 1,000 children referred for treatment.”

Dr. Ferenz notes that children who have SM “have difficulty initiating conversations and responding to questions verbally, have poor eye contact, are slow to respond and might appear stiff or ‘frozen’ in social situations.” Dr. Swanson expands SM symptoms to include non-verbal communications as well. “Kids with SM may ... be hesitant to communicate with gestures, writing or pointing. It is not only a fear of being seen or heard speaking but of communicating in general.”

Advice for Parents and Educators

Dr. Swanson feels strongly that parents should be curious about how their child

responds in different environments and ask questions. Consequently, parents are the best line of defense to help identify any possible SM symptoms by comparing their child's ability, preference and tendency to speak at home in comfortable surroundings versus speaking with others in public, unknown situations.

It is a great idea for parents to talk to their child's teachers or any adults with whom the child spends time, including babysitters, coaches and extracurricular adult leaders. By talking to other adults and understanding how a child communicates outside the home, this will provide clues as to whether the inability to speak is caused by SM or is associated with a different issue.

Depending on those conversations with adults who spend time with their children, parents are encouraged to seek formal evaluations and help from local licensed medical professionals experienced with SM and national sources including the Child Mind Institute, the SMart Center and Thriving Minds Behavioral Health.

Dr. Ferenz and the practice where she works, The Child and Family Counseling Group, P.L.C. in Fairfax offers a set of 12 excellent tips for teachers and educators in working with children who may have SM. The list includes practical things teachers can do to help children with SM feel more at ease in the classroom in subtle, yet concrete ways that minimize the risk of exposing the other children in the classroom with sensitive information about the child, while helping that child manage her anxiety of speaking in public.

The formative years of a child may seem scary for the child who may have anxiety when speaking in public and manages that anxiety by not speaking to others in public situations. If you suspect that your child may have selective mutism, please keep communication open with all adults who come in contact with your child and teacher. If your child is formally diagnosed, she may receive behavioral treatments from professionals to help with verbal communications. As a last resort, pharmacological treatments may be available. In all cases, there is always hope! ■

Amanda M. Socci is a mother and freelance writer living in Alexandria, Va.



Since healthy women of childbearing age are too young for doctor-ordered screening bone scans, which measure bone and mineral density, they usually have no idea how their bone health is, or that a pregnancy could compromise it.

Expecting?

Pregnancy Risks Your Doctor Doesn't Always Warn You About

BY MELANIE SWITZER-REILLY

There's never a better time to focus on good health than when you're pregnant. From what to expect when you're expecting to what to eat and how to exercise, there's an extensive pool of advice available these days. Yet there are still some pregnancy issues that often go unmentioned.

Below are two pregnancy concerns that aren't as widely talked about, but very important for every expectant mother to know.

Diastasis Recti

Diastasis recti (DR) is your pre-pregnancy "six-pack" being spread apart. About half of pregnant women will get DR. This happens when you're pregnant to make room for the baby, but problems can occur post-pregnancy if this separation doesn't naturally correct itself.

Lucky Bennett, a naturopathic doctor at The Women's Club in Chantilly explains that DR is common during pregnancy because at this time, "the brain can lose the connection to these muscles almost entirely."

If you've recently given birth, or even if it's been several years and you're wondering if you might have this condition, there are some common symptoms to look out for, including:

- A bumpy ridge that goes down the center of your abdomen
- Mid or lower back pain
- Urinary incontinence
- A "pregnancy pooch" that just won't go away

Your doctor or a personal trainer can confirm if you have DR. But, you can also find out on your own by trying out this simple at-home test:

Step 1: Lay on your back, knees bent, with your feet flat on the floor and one hand supporting your head.

Step 2: Place your index and middle finger from your opposite hand just above your belly button, then raise your head and neck up while pressing your fingers into the separation between your ab muscles.

Step 3: While pressing down, see if you can horizontally fit more than two fingers into the opening. If you can, you might have DR, especially if you can press down to your first knuckles.

Now, what if you do have DR?

"The good news is that this problem can be reversed with the right movement and exercises," Bennett says. It's all about getting back control of these muscles and regaining a strong posture.

Keep in mind, however, that there are many common abdominal exercises that are actually unsafe if you have this condition, and can make it worse. For example, your abs will be rendered too weak to be hanging down in a plank.

So, after getting the all-clear to resume exercise from your doctor, start with basic core strengthening exercises like single leg lifts or wall sits. You'll want to focus on exercises that pull the muscles in, not push them out. If hiring a personal trainer isn't an option for you, there are plenty of books and online videos on the topic to show you the right exercises to help you heal.

Pregnancy & Lactation Associated Osteoporosis (PLO)

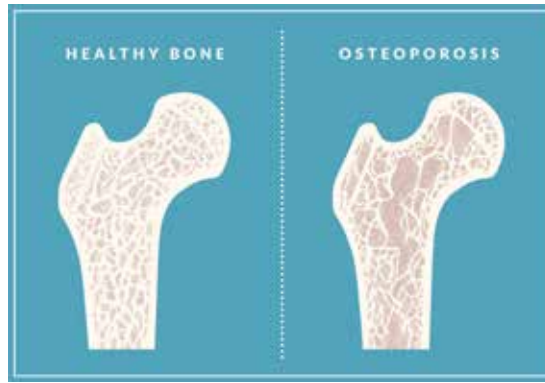
The second lesser-known, but very important pregnancy issue to be aware of is Pregnancy & Lactation Associated Osteoporosis (PLO). PLO is a rare form of osteoporosis with fractures triggered by pregnancy or breastfeeding or both. It was first discovered by doctors back in the '40s.

Since healthy women of childbearing age are too young for doctor-ordered screening bone (DXA) scans, which measure bone and mineral density, they usually have no idea how their bone health is, or that pregnancy could compromise it. In some cases, osteoporosis may pre-date the pregnancy, or they may have an underlying health condition that has unknowingly compromised their bones, and then the fractures are triggered by reproductive events.

A typical story about how a new mom finds out that she has osteoporosis goes like this: Shortly after giving birth, and usually after having breastfed a few months, she is crippled with extreme back pain out of the blue — maybe after simply lifting her child in the baby carrier or doing a household chore. She probably thought it was just a strain from having weakened back muscles from pregnancy, and figured there was little she could do but live with the pain for a while. But then, she eventually discovers that it doesn't ever go away, thus finally prompting a check-up.

Unfortunately, once getting checked, a correct diagnosis can take months or even years. And most mothers have to insist on an X-ray or an MRI. It's only then when getting a scan, do those with PLO discover that they have sustained (sometimes multiple) vertebral fractures, and have the DXA scores of a much older woman.

Luckily, in some cases, those with PLO have bounced back to their normal bone



health after they stop breastfeeding, but others have to take osteoporosis medications.

Even though this condition is extremely rare, it's seriousness has recently come to the attention of some of the nation's top doctors, including Adi Cohen an endocrinologist at Columbia University Irving Medical Center.

Cohen has been studying osteoporosis in younger women since 2005 and became aware of PLO as part of these studies. She is now leading the first large-scale FDA-funded study of PLO with the help of an orphan (rare) disease grant program.

Cohen and her team are currently taking bone samples, bone images, blood samples and saliva from a comprehensive group of PLO sufferers. "We are looking at things like genetic factors, hormonal factors and bone structure to try and figure out the best treatments and prevention strategies for this disease in the near future," Cohen says.

The hope is that doctors nationwide will soon better inform expectant mothers of this possible risk, know how to readily identify it, and then prescribe proper and immediate treatment.

Hopefully, when it comes to DR and PLO, you won't have to worry about either of these issues. But, it doesn't hurt to be armed with as much knowledge as possible, especially when doing something as important as bringing a new life into the world.

Of course, if you feel like you have any health issues from pregnancy, always see your doctor or a health professional. ■

Melanie Switzer-Reilly is a Washington, D.C.-based television producer and print journalist.

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2019 Baby & Maternity Guide

Aidan Montessori School

2700 27th St., N.W., Washington, D.C.
aidanschool.org
aidan@aidanschool.org
202-387-2700

Type(s): Child Care (younger than 2 yrs.)
Description: Washington, D.C.'s oldest AMI-accredited Montessori school serving ages 18 months to Grade 6.

BASIS Independent McLean

8000 Jones Branch Dr., Va.
mclean.basisindependent.com
mclean-admissions@basisindependent.com
703-854-1253

Type(s) Classes & Instruction
Description: The Twos Program at BASIS Independent McLean provides children between the ages of 2 and 3 years old with a supportive environment that nurtures growing minds and inspires a love of learning. Led by caring, thoughtful teachers who are experts in early childhood development, our program lays the necessary building blocks for physical, social, emotional and language development.

Capital Gymnastics National Training Center

10400 Premier Ct., Va.
capitalgymnasticsntc.com
capitalgymnasticsntc@gmail.com
703-239-0044

Type(s): Classes & Instruction
Description: Capital Gymnastics National Training Center offers recreational and competitive classes in Gymnastics, Cheer, Xcel, TOPs, and Tumbling. Our programs start as young as 18 months for the parent and tot classes and go up to adult training.

Encore Stage & Studio

4000 Lorcom Ln., Va.
encorestageva.org/classes
6-months-5-years-old
info@encorestage.org
703-548-1154

Type(s): Classes & Instruction
Description: Share, grow and learn with your child during this special time in their life! Encore's parent/caregiver classes will promote your child's development and provide exciting enrichment. Through creative play, movement, and music, your child will sharpen critical social and

physical skills in a fun and imaginative environment. Classes are held Tuesday mornings, 10:30 am – 11:15 am. Drop in rate \$13, Monthly registration available for \$10 per class.

Encore Stage & Studio

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

Type(s): Classes & Instruction
Description: Encore Stage & Studio offers classes for ages 6 months through 2 years old on Tuesday mornings. Share, grow and learn with your child during this special time in their life! Encore's parent/caregiver classes will promote your child's development and provide exciting enrichment. Through creative play, movement and music your child will sharpen critical social and physical skills in a fun and imaginative environment. Classes for ages 3-5 are available Saturday mornings and Wednesday afternoons.

Smithsonian Early Enrichment Center

10th and Constitution Ave., N.W.
Washington, D.C.
seecstories.com
rasoc@si.edu
202-633-0121

Type(s): Classes & Instruction, Child Care (younger than 2 yrs.)
Description: Founded in 1988, the Smithsonian Early Enrichment Center (SEEC) is a school for infants – kindergartners that uses museums and the community at-large as part of its curriculum. We believe that young children are capable learners who benefit from inquiry-based instruction, child-directed experiences, and play. SEEC is especially committed to supporting a child's social emotional development as well as positive sense of self. In addition to our school, we offer single family workshops, part-time family programs, and classes for educators and caregivers. ■

ISTOCK/GETTY IMAGES PLUS/TOP: DIGITALVISION VECTORS/WETCAKE ABOVE: RYANKING999



Symptoms may include:

- A non-itchy rash of red bumps or blisters on the skin, commonly but not exclusively on the palms of hands and soles of feet
- A sore throat
- Sores on the tongue, gums, inside of cheeks and in the back of the mouth
- Irritability

Spotlight: Measles

The return of this vaccine-preventable virus

BY COURTNEY MCGEE

Across the nation, at least 20 states have reported measles cases this spring in a widespread and somewhat unexpected outbreak, according to the Centers for Disease Control. This spring, the Maryland Department of Health confirmed a third measles case in the Pikesville area, and DMV parents started taking notice, too. In 2000, measles had been declared eliminated in the U.S. due to the effectiveness of routine immunizations, so why has this disease returned?

Spotting the problem

Measles is spread by contact with infected drops of mucus from coughing and sneezing or from touching contaminated surfaces and then touching the mouth, nose or eyes. The virus can even linger in the air for up to two hours after an infected person has been coughing or sneezing.

It usually starts with an acute respiratory illness, with two to four days of fever over 101, cough, runny nose and watery or red eyes. The telltale spots usually follow those earlier symptoms as a flat, red rash that typically develops about eight to 12 days after exposure, starting on the face and then spreading elsewhere on the body. Symptoms most often develop within 10 to 14 days after exposure (though they could be as early as seven days or as late as 21).

A person with measles is extremely contagious from four days before to four days after the rash first appears. The CDC notes that if one person has measles, up to 90 percent of people who come close to that person will contract the disease if they have not established immunity.

No small threat

People might not fear contracting measles because they haven't personally seen it pose danger in their lifetime. Thanks to the tremendous success of the measles-mumps-rubella (MMR) vaccine, some people assume that it's no longer a threat or that even if contracted, it's a mild

disease with few complications. Yet, according to the CDC, measles can commonly bring on ear infections and diarrhea, which can lead to big problems for small children. Further, one in 20 children with measles will contract pneumonia, and one in 1,000 will develop encephalitis. One or two in 1,000 children who get measles will die from it.

People who are not vaccinated or have not received two doses of vaccine, those with compromised immune systems and pregnant women are most vulnerable, and children under 5 or adults over 20 are more likely to suffer complications from measles.

If you suspect exposure

Healthy people who have received two doses of the MMR vaccine are already protected from measles. But if you may have been exposed to measles and you have not been vaccinated, or are not sure if you've received two doses of the MMR vaccine, call your doctor right away.

Do not go in to your doctor's office or a walk-in clinic without first calling and letting them know you may have been exposed to measles — you could risk the health and safety of everyone in the office. Your doctor will be able to advise you on what to do next. The local health department may be able to arrange for you to have testing at home. You may need additional vaccine administration or immunoglobulin, a medication that can help strengthen your body's natural defenses for fighting infection.

Not up to date on immunizations?

Consult your doctor if you or your child are not vaccinated or have not yet completed the two-dose schedule. There are also vaccine resources available through the Maryland Department of Health. They've even hosted some pop-up free clinics in high-risk areas to distribute immunizations to those in need.

The CDC's immunization recommendations say that children should get a first dose at age

12 to 15 months and the second at 4 to 6 years. Children younger than six months are not given the MMR vaccine, but in some cases children ages 6 to 12 months may receive a dose early, for example, if a family will be traveling to a place with an active measles outbreak, where there is increased risk of exposure. If a child gets two doses of the MMR vaccine before age 1, a booster may be recommended at age 4.

Vaccines hold the key

“Vaccinating is the best way to keep kids safe,” says Dan Salmon, director of the Institute for Vaccine Safety at the Johns Hopkins Bloomberg School of Public Health. “What we don’t want to happen is what has happened in Europe, where tens of thousands of kids have measles, and kids are dying.”

Salmon stresses the importance of families having a doctor they can turn to with any questions. “Parents should find a pediatrician they can trust and talk to with any concerns,” he says, adding that there really is no more effective way to

prevent measles than getting vaccinated according to immunization schedules, with two doses of the MMR vaccine. “It is 97 percent effective, which means 3 percent are still vulnerable, but that’s a very high rate of effectiveness,” he says. “And the MMR vaccine is very safe. Any side effects are very minor or quite rare.”

Hesitancy and exemptions

“One in three people may be hesitant about vaccines, but only about 1 percent are actually against them,” Salmon says. If you look at legitimate scientific sources, it is nearly impossible to find factual evidence for opposing vaccines. “Pseudo science” is easy to come by, especially online, where it can be hard to tell fact from fiction, he says, but there is so much real, scientific information out there to calm the fears of anyone who is hesitant.

Some people have conditions that necessitate exemption from vaccines. Some individuals refuse vaccinations for

religious reasons and D.C., Maryland and Virginia all allow that exemption.

Protect everyone’s children

Barring the truly necessary exceptions, the bottom line is that people who can get vaccinated need to do so, ASAP. Salmon reminds parents to reflect on how “the decision you make affects not just your child, but others.” Consider vulnerable kids who cannot get vaccinated, he says, such as infants or children with leukemia — their safety relies on your choices, too, he says. “What you do impacts not just your child, but other, more vulnerable children.” ■

Want more info? Check out these additional resources:

Maryland Department of Health:
health.maryland.gov/measles

Virginia Department of Health:
vdh.virginia.gov

Centers for Disease Control:
cdc.gov/vaccines/index.html



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LAST-MINUTE FUN

One family's quick trip to California

BY ERICA RIMLINGER

**TEMPTED BY THE CHEAP
airfare displayed on
my computer screen,
I wondered aloud if
we could, or should, plan
a trip to San Francisco
three weeks out.**

“Sure. We could finally go to Yosemite National Park,” my husband, Kevin, said.

I’ve visited San Francisco often enough to know its summer streets are crammed with tourists shivering in the cold weather they didn’t expect. And Yosemite? At the last minute?

“Impossible,” my friend, Felicia Sapp, asserted. “You’ll never find a place to stay.”

Except for low airfare, the trip had nothing going for it: wrong season, no advance planning and a one-week time limit. It would be our 14-year-old son Max’s first visit to California, and I worried his first impression of this iconic city would be one of pervasive fog.

I’d discounted, however, one advantage: expert advice. For the past 15-plus years, San Francisco-based friends have shared their apartment keys and California know-how. Felicia, an emergency-room doctor, is an avid Yosemite hiker who recently returned from a 16-day adventure on the John Muir Trail. Her husband, Barry Beach, an artist and art professor, is the biggest San Francisco foodie I know. And Robert Strong, who grew up in Frederick County, is a comedian-magician-performer and Ted Talk-er whose phone never stops ringing. My husband and I call him “the mayor” for his knowledge of everyone and everything in San Francisco. With these friends in mind, I bought the tickets. The following local advice guided our spontaneous trip.

Think Outside the Square

We lost the option of crashing for free in San Francisco when our friends reluctantly assumed that mantle of



adulthood — purchasing a home. All successful professionals with respectable family incomes, not one of them could afford a home inside the city limits.

The tech industry renaissance that gave the world Google and Uber gave San Franciscans a mushrooming housing market that recently pushed the median home price to \$1.3 million. “Rent and real estate,” Robert says, “are the topics of 99 percent of locals’ conversations. The other 1 percent is about the long weekend brunch lines.”

We found a room in town at the inexpensive, quirky, 1920s-era Mayflower Hotel. We wanted to stay near the Powell Street cable car/Chinatown/North Beach area. Generally, a hotel in Union Square will suffice, but we didn’t need to stay at a chain hotel parked amid chain stores in this crowded tourist hub. It was probably too late to book one of those anyway. The Mayflower sits at the base of Nob Hill, closer to the Tenderloin District than most tour guides recommend. Felicia makes a point worth repeating: Despite its tasty name, the Tenderloin District is home to tent cities, crime and sidewalk feces that are probably human, but why linger and find out?

Sure, the Mayflower’s old-fashioned elevator could fit two people and a suitcase, only if the two people worked cooperatively to bend Tetris-like around the suitcase, and electrical outlets were maddeningly scarce. But we were happy with our find. From our hotel, we could walk three blocks east down Bush Street to Powell — and ride the cable car without waiting in line.

Skip the Cable Car Line

If you start at Union Square, you’ll stand in an interminable line to ride the cable car. From Bush Street, and all stops on Powell north of Union Square, you can just stand on the corner and hop on when the car stops mid-intersection. You may not get to sit down, but Robert points out, “taking fun videos and action selfies” is the fun part. My son concurred, hanging outside the car (just like the garbage collectors he revered in his youth) while Instagramming. At \$7 per person — cash and exact change only — Robert calls it “overpriced, but worth it.”

At sfcityguides.org, there are free walking tours. But our teenager wanted to ride a Segway, so off we Segged our way through Fisherman’s Wharf to Ghirardelli Square, along the waterfront for fog-obsured almost-views of the Golden Gate Bridge. (It

is perhaps inevitable the fog has its own Instagram page, answering to the name “Karl.” Sample update: “I woke up hungry so I ate the whole city.”)

After we reached the Palace of Fine Arts, our guide, who feared neither traffic nor tourist hordes, led us down Lombard Street, the “crookedest street in the world,” visited by 17,000 people per day in peak months. All 17,000 appeared to be videotaping me as I inched, squeaking in terror, down the plummeting hill with my Segway brake jammed into my ribs.

Having covered a lot of tourist ground quickly (and for me, fearfully), we bought chowder on the wharf and dodged roving gangs of thieving seagulls. One thuggish bird plucked an entire bread bowl from a woman’s hands and flew away with it as she screamed. Max loved the (free!) Musée Mécanique with its collection of antique arcade games.

Eat Your Way through the City

Barry’s devotion to food is the reason I befriended him. When he and Felicia moved to San Francisco, he knew he’d reached his true home: the city that invented the farm-to-table movement. He advises cramming in as many meals as you can.

In Chinatown, Barry and Felicia recommended Hunan House, with its tiny, warm dining room packed with Chinese families. Max and Kevin, adventurous eaters, perused authentic offerings like “special pig knuckles” and “chili oil pork intestines,” while I stuck with eggplant and rice. In North Beach, there’s some of the best pizza I’ve ever eaten at Tony’s Napoletana Pizza and Il Casaro Pizzeria and Mozzarella Bar, focaccia at Liguria Bakery and cannolis bigger than our heads at Stella’s Bakery. In the Mission District for our last night, we headed for Valencia Street, sampling from Dandelion Chocolate, Bi-Rite Creamery, the Tartine Bakery and Pancho Villa Taqueria.

Know Your Golden Gates

The Golden Gate Bridge is not part of Golden Gate Park. The bridge is part of the Golden Gate National Recreation Area, which includes the bridge, the Presidio and Alcatraz and spans the bay into the Marin Headlands and Muir Woods. Alcatraz requires reservations weeks in advance. Be careful when you book: Only the national recreational area’s official vendor is allowed to dock ■



“ From the [Mayflower] Hotel, we could walk three blocks east down Bush Street to Powell — and ride the cable car without waiting in line. ”



“ Our teenager wanted to ride a Segway, so off we Segged our way through Fisherman’s Wharf to Ghirardelli Square. ”



“ Our guide, who feared neither traffic nor tourist hordes, led us down Lombard Street, the ‘crookedest street in the world.’ ”



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Spiced Pecan Grilled Peach Salad with Goat Cheese



Pecan-Crusted Asian Turkey Meatball Lettuce Wraps

Effortless Summertime Entertaining

Summer means it's time to stock up on fresh produce and light the grill for a season of outdoor gatherings with friends and family. Make entertaining easier with flavorful options that can make menu-planning a breeze all summer long.

A nutritious and versatile ingredient, American pecans can be your secret weapon for a variety of entertaining occasions. Add one bag of pecans to your shopping list and transform standby recipes into wholesome and delicious meals and snacks for the whole crowd.

Enjoy the long summer nights on the back porch with a spiced pecan grilled peach salad, packed with the essential flavors and textures of summertime. Or serve up pecan-crusted Asian turkey meatball lettuce wraps, a light and delicious appetizer or easy entree to keep guests satisfied.

SPICED PECAN GRILLED PEACH SALAD WITH GOAT CHEESE

SPICED PECANS:

- 1 egg white
- 3 tablespoons dark brown sugar
- 1 teaspoon cinnamon
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon kosher salt
- 2 cups pecan halves

SALAD:

- 1/4 cup, plus 2 teaspoons, extra-virgin olive oil or pecan oil, divided
- 1/4 cup white wine vinegar
- 1 teaspoon Dijon mustard
- 1/4 teaspoon garlic powder
- 1/8 teaspoon kosher salt
- 1/4 teaspoon cayenne pepper
- 2 large peaches, halved and pitted

- 6 cups mixed baby greens
- 4 ounces soft goat cheese

TO MAKE SPICED PECANS:

Heat oven to 275 F. Line rimmed baking sheet with parchment paper.

In bowl, whisk egg white, brown sugar, cinnamon, cayenne pepper and salt until well combined. Fold in pecans and mix until evenly coated. Spread in single layer on baking sheet.

Bake 45-50 minutes, stirring occasionally until pecans are fragrant and golden brown. Allow to cool completely.

To make salad: In bowl, whisk 1/4 cup olive oil, white wine vinegar, Dijon mustard, garlic powder, salt and pepper.



Set aside.

Brush cut sides of peach halves with remaining olive oil; grill until grill lines appear and peaches become tender, about 3-5 minutes. Remove peaches and slice.

Divide greens among four plates. Top with grilled peach slices and goat cheese. Divide 1 cup spiced pecans evenly among salads and reserve remaining for snack. Top each salad with drizzle of vinaigrette.

PECAN-CRUSTED ASIAN TURKEY MEATBALL LETTUCE WRAPS

MEATBALLS:

- 1 1/2 pounds ground turkey thigh
- 1/3 cup chopped green onions (about 2 stalks)
- 1 teaspoon toasted sesame oil
- 1/2 teaspoon crushed red pepper flakes
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 2 cloves garlic, minced
- 1/4 teaspoon powdered ginger
- 1 cup fresh pecans

SAUCE:

- 1/2 cup soy sauce
- 1/2 teaspoon cornstarch
- 1/2 teaspoon fish sauce
- 1 tablespoon toasted sesame oil
- 1 head butter lettuce leaves
- 1/2 cup matchstick carrots

- chopped scallions (optional)
- cilantro leaves (optional)

Heat oven to 375 F.

To make meatballs: Using hands, combine ground turkey, green onions, sesame oil, red pepper flakes, salt, pepper, garlic and powdered ginger.

In food processor, pulse pecans until coarsely ground to similar consistency as panko bread crumbs.

Scoop 1 tablespoon meat mixture at a time and roll into meatballs. Roll meatballs in ground pecans until evenly coated.

Place pecan-crusted meatballs on parchment-lined baking sheet; bake approximately 20 minutes. Flip after 15 minutes.



To make sauce: In small saucepan over medium heat, combine soy sauce, cornstarch, fish sauce and sesame oil. Stir until sauce thickens, about 3 minutes. Remove from heat and let cool.

Sprinkle lettuce cups with shredded carrots. Place meatballs on top and drizzle with sauce. Garnish with scallions and cilantro, if desired. ■

Discover more summertime entertaining recipes and cooking tips at AmericanPecan.com.

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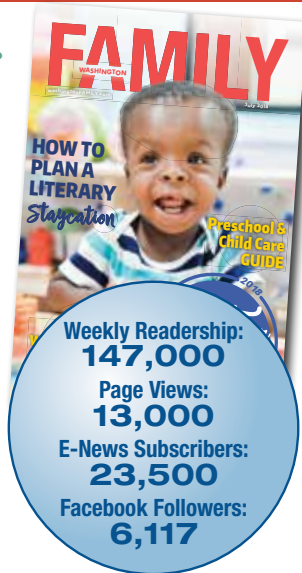
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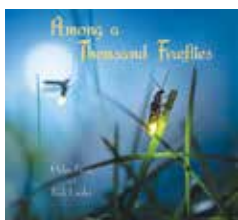
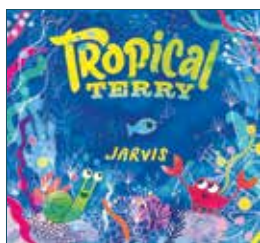
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Sunny Reads

13 New Summer-Inspired Books for Kids

BY WF STAFF

From lemonade stands to underwater adventures and beachside explorations, these newly-released children's books will transport your kids into full-on summertime fun.

"Tropical Terry" by JARVIS

Terry, a small and ordinary fish, is used to swimming around with some of the most beautiful tropical fish in the ocean. Yet, he longs to be just as dazzling and multicolored as the others. So, with the help of his friends, Terry fashions a flashy costume and transforms into "Tropical Terry." However, Terry soon learns that being the center of attention isn't what he thought it would be. Ages 2-5.

"Froggy's Lemonade Stand" by Jonathan London

Froggy is so excited to start his own lemonade stand! However, he got so thirsty along the way that he ended up drinking all of the lemonade. What is Froggy to do? With the help of us friends, they come up with the perfection solution, and they have a whole lot of fun in the process! Ages 2-5.

"Who's Hiding at the Beach?" by Nosy Crow

There are tons of fascinating creatures at the beach worth discovering. From rocks to shells to seaweed, this beautifully designed book helps little readers explore all kinds of seaside wildlife. Ages 2-5.

"Spot Goes to the Beach" by Eric Hill

Everyone's favorite puppy is back, and he's off on a beach adventure! It's a sunny day at the beach, and Spot is ready to have fun and make new friends. He shares his adventures with building sandcastles, surfing and much more beach fun. Ages 2-5.

"The Colors of Summer" by Danna Smith

This book displays all the bright colors found while spending a day at the beach!

From purple flip-flops and orange sand shovels to green towels and blue waves, this vibrant summer read will have readers eager to spend their summer vacation at the beach. Ages 2-5.

"Among a Thousand Fireflies" by Helen Frost

Hoping to find her fellow firefly friend, one lovely firefly lands on a flower and shines her light. But then, thousands of lights start to flash all around. How is she supposed to find one firefly among the others? This book shares how two fireflies come together and find each other's lights. Ages 3-7.

"Mermaid Dreams" by Kate Pugsley

One day, Maya and her parents visit the beach. While Maya loves being at the beach, she really wishes she had a friend to share in the adventures! Too shy to say hello to nearby kids, Maya closes her eyes and is then magically transported into an underwater world where she turns into a mermaid! She goes on a magical adventure meeting fellow sea creatures and learns that making friends is easy when you have a good imagination. Ages 3-7.

"Sea Glass Summer" by Michelle Houts

When a young boy named Thomas visits his grandmother at her seaside cottage, he uses his late grandfather's magnifying glass to discover some hidden beach treasures. After finding a piece of sea glass in the sand, he becomes fascinated with it and dreams of how it got there. For the rest of the summer, he searches for more sea glass in hopes of discovering their mysterious origins. Ages: 4-8.



"To Live on an Island"
by Emma Bland Smith

What's it like to live on an island? It can sometimes be hard, sometimes sweet and sometimes quiet ... it just depends on the day. In this colorful picture book, experience what it's like to be a child growing up on a Pacific Northwest island. Ages 4-8.



"Seashells: More Than a Home"
by Melissa Stewart

This book is quite a gem for little naturalists who love seashells! Discover thirteen seashells inside, including an introduction to the most fascinating aspects of each shell. Watercolor illustrations help bring these shells to life and make it easy for readers to feel like they are seeing these shells firsthand. Ages 4-8.



"Fish Everywhere"
by Britta Teckentrup

This educational book explores the many aspects of fish. From fresh water fish to ones that live in the desert, there are fish all around us. Little readers will learn where these different types of fish can be found and what makes each type particularly unique and special! Ages 6-9.



"Stubby the Fearless Squid"
by Barbara Davis-Pyles

Intimidated by his new pen pal, who tells extraordinary stories, Stubby the squid feels the need to embellish his own stories to make himself look more brave and interesting. This, of course, ends up getting him in trouble and he gets put in a bad situation. Stubby soon learns the hard way about the importance of accepting oneself in this fun and cleverly told story. Ages 6-9. ■

Happy Birthday to Kathryn Lasky!

Each month, we celebrate a birthday of literary significance.

Kathryn Lasky is a Newbery Honor-winning author who embraces the genre of fantasy, but also historical fiction. She has written more than 100 novels and picture books for children and young adults, including the "Guardians of Ga'Hoole" fantasy series and the "Wolves of the Beyond" series. Some of her most popular titles include "A Time for Courage," "The Night Witches," "Beyond the Burning Time" and "True North."



Her latest series is "Bears of the Ice," which centers on polar bears. Lasky told Scholastic that she wrote these books to celebrate their magnificence and because she worries that one day they will be extinct.

On her website, Lasky describes her career, calling herself a late bloomer who really started to shine in college, where she majored in English. Her first job was at a fashion magazine and later she became a teacher, before settling into her true calling of writing children's books. ■





2019 PARTY GUIDE

Let's get this party started!

Whatever you're celebrating — birthdays, graduations, anniversaries — Washington FAMILY's Party Guide has all of the resources you need to make your party memorable. From fantastic locations and party planners to entertainers and musicians, you're sure to find that special something to make your party spectacular.

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2019 Camp Guide

With each new milestone that our children reach comes the need for information to guide them (and us) through this stage. This is particularly true when our children are old enough to attend summer camp. How do we know which camp is right for them? In an education-centered community like ours, there can be a lot of options — where do we even get started? Right here, actually, with these listings. Read about these camps, what they offer and the ages they serve. Then visit their websites to learn more. On our website, WashingtonFAMILY.com, you can find even more listings to help you in your search. Be sure to check back on our website and in our magazine in upcoming months for more stories and helpful tips. Good luck! Here's to a great summer.

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tim@homerunbaseballcamp.com
202-726-8311
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aventuras@wholekidsacademy.com
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Program, Computers Cooking, Field Trips,
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301-515-8908
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Drama/Theatre, Educational Activities

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4507 Stanford St. Chevy Chase, Md.
c-unitstudio.com/summer-camps
carlye@c-unitstudio.com
301-664-7900
Dance

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Ages: 6-16
delaplaine.org 40 South Carroll St., Frederick, Md.

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Educational Activities

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gepaquarium.org; info@gepaquarium.org
301-955-6256 7300
MacArthur Blvd., Glen Echo, Md.
Arts, Educational Activities, Hiking

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imaginationstage.org/camps/summer-
camps registration@imaginationstage.org
301-280-1660
11325 Seven Locks Road, Ste. 255, Potomac, Md.
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ismw.org • info@ismw.org
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301-933-6888
2122 University Blvd. West, Wheaton, Md.
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commotiondance.com/camps/MASDI.html
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301-352-5777
14201 Woodcliff Ct., Bowie, Md.
Gymnastics

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301-962-7262
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703-854-1253
mclean-summer@basisindependent.com
basisindependent.com/summer
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johnny.graham@springdaleps.org
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school@artleague.org
theartleague.org/content/art_camp
703-683-2323
305 Madison St., Fairfax, Va.
Day Camp, Teens, Arts and Crafts

ASHBURN ICE HOUSE

Affiliation: William Day
21595 Smith Switch Road, Ashburn, Va., 20147
ashburnice.com - info@ashburnice.com
703-858-0300
Ages: 3-15
Day Camp, Boys & Girls, Extended Day

BRITISH SWIM SCHOOL

britishswimschool.com/dmv
swimdmv@britishswimschool.com
833-486-3250
Virginia
Ages: 3 months and up
Boys & Girls, Teens, Sibling Discount, Swimming

BROOKSFIELD SCHOOL SUMMER CAMP

Ages: 3-10
brooksfieldschool.org
camp@brooksfieldschool.org
703-356-5437 ext. 2
1830 Kirby Road, McLean, Va.
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pshannon@campagnacenter.org
571-982-3924
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congressionschool.org
gherbst@congressionschool.org
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703-548-1154 4000 Lorcom Ln., Arlington, Va.
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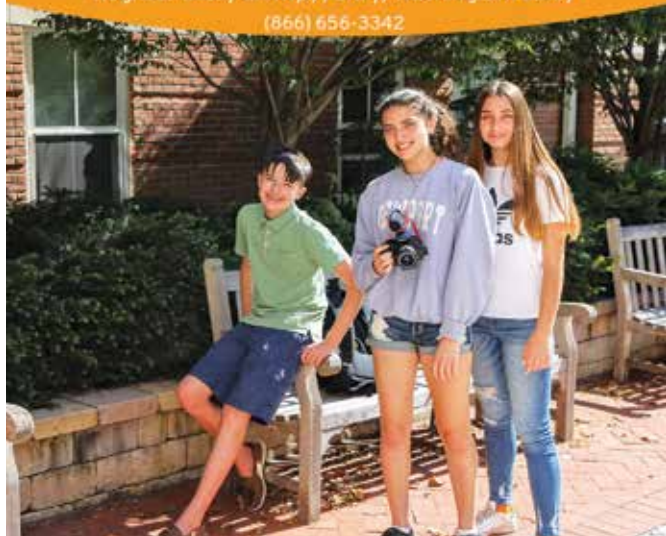
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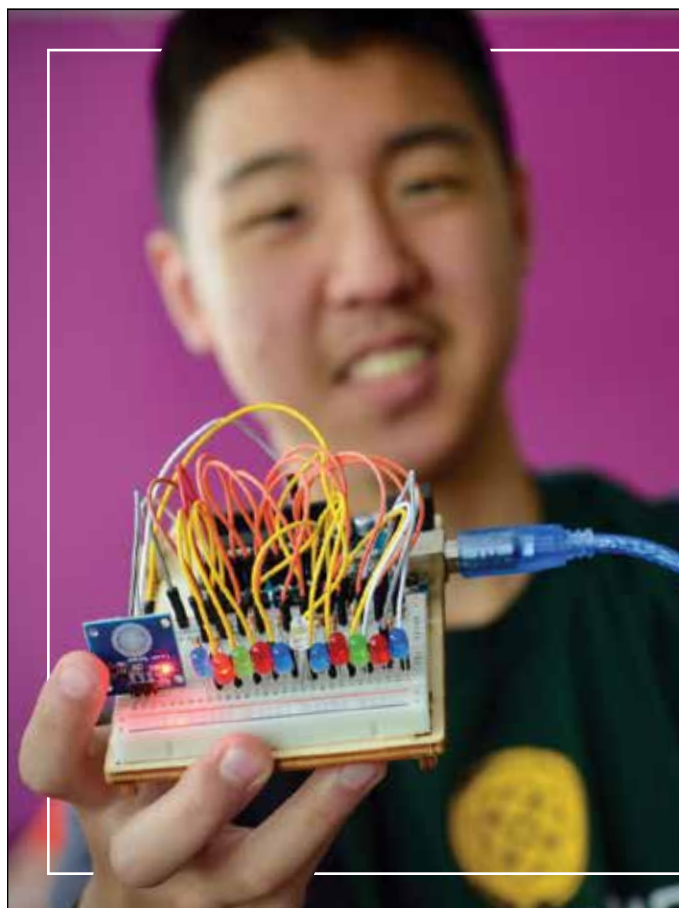
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I love that [my daughter] wants to come up with creative videos and share them with others — not just sit and watch them. But, on the other hand, the internet can be an awful place.

What to Do When Your Child Wants to Be an Influencer

BY GINA GALLUCCI-WHITE

Looking at the back-to-school pictures this past September, I noticed many included kids holding chalkboard signs with categories such as teacher's name, grade year and favorite subject. The part that stuck out for me was under the headline "What do you want to be when you grow up?" A majority of the ones I saw said "YouTuber."

This is quite a departure from when I was growing up in the late '80s/early '90s and everyone wanted to be a singer, actress, gymnast or cheerleader. Yet, I understand the appeal. The most popular YouTubers get paid pretty large sums, depending on the number of views their videos get, along with free merchandise from companies wanting promotion. Who wouldn't want that?

My daughter became enamored with YouTube about two years ago. We cut out television because our provider's costs were getting too high, and we barely watched enough to justify the expense. My daughter started watching YouTube videos on American Girl dolls, including stop-motion stories and vloggers opening new brand items.

Within the past year, she has been asking if she could have her own YouTube account focusing on American Girl dolls and products. I feel really torn. I love that she wants to come up with creative videos and share them with others — not just sit and watch them. But, on the other hand, the internet can be an awful place, where people hide behind their keyboards hurtling snarky and abusive comments.

I also do not know how to edit videos. I enrolled my kids in a one-day class at an area arts center to learn about stop-motion movie making. (Long story, but the instructor didn't teach at all, and we still need to find some instruction in that medium if readers have any ideas.)

Deciding on a compromise, I told my 8-year-old that she could have an Instagram account focusing on her American Girl adventures. This way, she could build a brand while mastering some creative skills before segueing to a YouTube channel.

Since starting right around the New Year, I've been working with her on getting a better understanding of photography. While I am certainly not an expert, I did learn a lot of great techniques while serving as a photographer and photo editor of my high school yearbook. My teacher taught us to avoid subjects looking out from the edge of the photo, because it causes the reader to look off the page. She would also discuss how cropping can help sharpen the focus of a picture.

My daughter and I have gone over some different camera angles and discussed the importance of properly lighting up a photo set. She has become interested in styling her dolls before shooting photos by coiffing their hair or picking out an outfit and making sure the doll is in the proper positions before taking pictures. She also has come up with a ton of unique ideas for photos so she is not posting the same images each day.

But just like her future YouTube account, I have some strict rules. She cannot show her face since the account is public. When she gets older, that rule may relax, but not when she is an 8-year-old. She can view and like photos but only on my device. She does not have a phone yet.

The account, for now, is jointly run by both of us, and I really enjoy it as a great mother-daughter bonding activity. When I was looking for accounts to follow, I found a number that are mother-daughter run so I am glad we are not alone on this venture. One day, my daughter can run it by herself. But for now, I'll cherish that she wants to do this account together. ■



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There are plenty of life-changing ways to occupy your children over the summer besides sending them to camp, and ample evidence that these experiences are deeply formative.

Engaging Our Kids Outside the Home

BY KATHRYN STREETER

Summer is greeting us with her cheerful grin, but parents who couldn't come up for the air needed to plan for her grand entrance are not doing a happy dance. It looms instead like an epic black hole, begging for definition. Camp registration deadlines came and went a long time ago, but maybe, your kids aren't keen on camp, anyway. You don't want summer to be a chore for you or your kids. So, what's a good parent to do?

There are plenty of life-changing ways to occupy your children over the summer besides sending them to camp, and ample evidence that these experiences are deeply formative. In my case, an older friend needed help weeding her flower garden and asked if my 12-year-old daughter (who wasn't a camp-loving girl) wanted to earn some cash. In fact, she did, and though it was a hot, humid undertaking, my daughter was glad she said yes. Weeding side-by-side, the two bonded over their love of fiction and started their own book club, reading "Ruby Holler" and "Number the Stars." My daughter grew from that summer, on her knees beside my dear old friend, picking weeds and talking books.

What is monumental in the lives of our kids is often the stuff that lies outside the home — those situations in the non-shared environment, which build the strong life-altering moments affecting our kids' futures. It's hard to swallow, isn't it? While the steady environment of the home isn't to be diminished, the experiences outside the home like camp, service-programs, sleepovers, church trips or part-time jobs offer disproportionate benefits for kids.

In the International Journal of Epidemiology article, "Why Are Children in the Same Family So Different from One Another?" researchers explain that it is precisely experiences away from home and immediate family that distinguish a child from siblings. The "environmental variance" is the framework for the magical making of a unique person. Licensed counselor and founder of Bright Future Consulting, Dr. Beth Dennard said that spending a summer at her aunt's farm in Florida was one formative non-shared experience she benefited greatly from as a child. "Non-shared environments are tough on parents and kids, but they are necessary for students to individuate and become adults," Dennard says. Tough is universally appreciated, but perhaps the necessary is worth revisiting.

Dr. Laura Markham of AhaParenting.com says confidence is one major reward that comes from these cumulative non-shared experiences. "I think kids discover new capabilities when they are in new environments that ask them to engage in new ways and gain confidence from those experiences," Markham says. Exposure to experiences sans immediate family is critical for development. "During adolescence, there is a shift from focusing the majority of a child's attention on parents and home to focusing on peers and life outside the home," Dennard explains.

It's one thing to accept in theory, but in practice, this can be a terrifying transition for parents. "More learning occurs when human beings stretch, not when they're cozy," Dennard says. She points out that an easy example of this is when teens start driving. Once a teen passes their driver's test, they occupy a non-shared environment. Dennard continues, "Many parents freak out when they even think about their kids driving." Traffic is bad, the risks are high, but she says driving independently is a step toward adulthood. "In real life," Dennard reminds, "there are seat belts and air bags for safety but each adult person must accept the responsibility and assume the risks to drive and ultimately, they do the same as they leave home to live independently."

The potential for our blossoming child's view of the world to expand and take shape under the watchful eyes of trusted adults is another compelling reason to get our kids engaged outside our homes. Markham says that having someone outside the family depend on them helps a young person see himself in a new light. "Often, kids discover that they're good at something they hadn't seen as valuable, or find deep emotional rewards in a connection they would never have made otherwise. At the very least, they learn something about how the world works outside their home."

To parents who failed to meet camp deadlines, can't afford typical structured summer programming or whose child rebels against all of the above, Markham confirms that there are endless other avenues to enrich kids over the summer to help them "become more independent, capable and responsible." By welcoming opportunities for our young people to expand out of our eyeshot, we help them sort out their identity. In short, we help them on their journey toward happy, well-adjusted adulthood. ■



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