Meet the Wentz Family: Pawsitively Making a Difference
**Important Phone Numbers**

- Loudoun County Government: 703-777-0100
- Loudoun County Sheriff’s Office: 703-777-0407
- Loudoun County Animal Control: 703-777-0406
- Loudoun County Fire, Rescue, and Emergency: 703-777-0333
- Loudoun County Parks, Recreation, and Community Services: 703-777-0343
- Loudoun County Office of Elections: 703-777-0280
- Loudoun County Treasurer’s Office: 703-777-0280
- Loudoun County Public Schools: 571-252-1000
- Department of Motor Vehicles: 804-362-9700
- Ashburn Library: 703-737-8100

**Feedback/ideas/articles:**

Have feedback, ideas or submissions? We are always happy to hear from you! Deadlines for Articles are the 10th of each month. Go to bestversionmedia.com and click “Submit Content.” Please be sure to include Belmont Living in the request. You may also email your thoughts, ideas and photos to Kimberly Lynch at a Lynch@bestversionmedia.com.
REAL ESTATE

Jackie Lawlor
Jack Lawlor Realty Co.
703-918-2540
Jackie@JackLawlorRealty.com
JackLawlorRealty.com

Certiﬁed as a ﬁner, our dynamic real estate expert, Jackie Lawlor Realty Co., which has been family-owned and operated since 1974. Jackie continually strives for excellence and is an active member of Ashburn and Sterling. She has over 30 years of experience in the industry, specializing in residential and commercial real estate. Jackie is known for her commitment to her clients and her dedication to helping them achieve their real estate goals.

VETERINARY MEDICINE

Margaret Fortier
Goose Creek Veterinary Hospital
Ashburn, VA
Margaret@GooseCreekVet.com

Dr. Fortier graduated from Michigan State University in 2004 and has since spent the majority of her career serving the Ashburn and Ashburn communities. She has spent over a year in Northern Virginia in a small-animal internship, and in this role, Dr. Fortier learned from various specialists and became familiar with a diverse clientele. Since that time, Dr. Fortier has been practicing veterinary medicine in Ashburn, Virginia, and has founded Goldﬁsh Swim School of Ashburn. Her unique, state-of-the-art facility is designed to enhance learning, fun and safety for children of all ages, and the tropical environment and swim-ﬁsh pools create a wonderful backdrop for their award-winning swim lesson curriculum. The Science of Learn to Swim, while the accommodations of the swimming gallery creates a comfortable space for parents to relax, work, socialize, and watch their own.

DRIVER INSTRUCTION

Lori Christ
Lori@LoriChristCPA.com
703-304-3323

Lori Christ has 25 years experience as a Certiﬁed Public Accountant. Lori has worked with small businesses in Northern Virginia for over 15 years, helping them navigate the transition from home-based and small businesses and looking forward to helping you and your child grow in success.

EQUESTRIAN TRAINING

Madison Faison
BroadShadowFarms@gmail.com
703-722-7049

BroadShadowFarms.com

Madison Faison is a private trainer and boarding facility located in Leesburg, Virginia. She offers private lessons with a seasoned instructor, as well as group lessons for riders of all ages and abilities. Madison offers lessons for riders of all ages and abilities, ranging from beginners to advanced riders. She also offers a variety of services, including dressage, hunter/jumper, and western riding.

COLLEGE CONSULTING

Hannah Swet, CEO, CED, CEF
Independent Educational Consultant
Creative College Connections
CreativeCollegeConnections.com

Hannah Swet is the founder and CEO of Creative College Connections. She has spent the past three decades in the ﬁeld of college admissions. First, at her alma mater, Oberlin College, then as the college counselor at a private high school where she honed her skills working with students with learning disabilities. In 2010 she opened a new chapter in her life by founding her own consulting business.

SWIM INSTRUCTION

Matt Watson
Goldfish Swim School of Ashburn
703-422-7853
Matt.Watson@Goldfish.com
GoldfishSwimSchool.com

Goldﬁsh Swim School offers a variety of swim lessons for all ages, including infants, toddlers, and children. The Goldﬁsh Method emphasizes the importance of basic swimming skills such as breathing, kicking, and buoyancy, which are essential for all swimmers. Goldﬁsh Swim School has a commitment to providing a fun and safe environment for all swimmers.

FINANCIAL PLANNING and WEALTH MANAGEMENT

Joseph Myer
The Myer Group
703-866-4764

The Myer Group

Joseph Myer is a ﬁnancial advisor who specializes in wealth management, personal ﬁnance, and retirement planning. He has spent over 20 years in the ﬁnancial services industry, helping clients achieve their ﬁnancial goals.
If there’s one silver lining during these uncertain times, it can be found in many animal shelters across the country: social distancing has led to a staggering increase of animals going to permanent homes, even as much as 70% in some places. Pets provide much needed companionship as citizens around the country must contend with staying at home, and caring for a pet requires a new responsibility and routine during a time when many are prone to loneliness. As any pet owner knows, the unconditional love of a pet can create a powerful connection.

Ronalyn and Dan Wentz understand this mutual affection well, as they have been adopting and fostering pets long before social distancing became the norm, and have even been raising money for local animal shelters for several years. Supporting organizations, including Friends of Homeless Animals (FOHA), Lost Dog and Cat Rescue Foundation, Loudoun County Pet Pantry and the Loudoun County Animal Shelter, the Wentz Family have devoted themselves to helping many displaced furry friends in the area.

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

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

Having lived in Northern Virginia for so long, it comes as no surprise that Ronalyn and Dan are big Washington Capitals fans. As your pets’ advocate, we promise to offer the highest level of care and to work with you to make it affordable.
fans, and they held partial-season tickets. Dan enjoys watching sports in general, but Ronalyn, originally from western New York, especially enjoys hockey. She is less enthusiastic about other professional sports, which makes it easier to overlook her husband’s affinity for the Dallas Cowboys. When asked why a Manassas Park native would root for the Cowboys, Dan shrugs. “I just wanted to be different,” he says. In 2016 they got a chance to travel and see the Cowboys play the Washington Redskins live at the Thanksgiving game in AT&T Stadium.

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

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

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

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

A Community Lifeline for Families in Need

By Nancy Baker, Communications Director, INMED Partnerships for Children

Serving the Community

Aurora, a young mother of two, is relieved to hear her phone ring. It’s a call from INMED Partnerships for Children, and her family support specialist has good news. INMED’s Opportunity Center in Sterling has just received a donation of food bags—each with enough to feed a family of four for a week. Aurora schedules a time for curbside pickup.

INMED’s Opportunity Center is known as a hub for low-cost and low-income community resources, but the global coronavirus pandemic has kicked its staff and volunteers into high gear, distributing everything from food, hygiene products and baby supplies to personalized learning kits for kids who don’t have access to computers or Wi-Fi at home. In normal times, the center typically serves 80 families in need per week. In the last month, that number has skyrocketed to upwards of 500.

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

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

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

Building Resilient Families

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

INMED has been serving families like Aurora’s in Loudoun County since 1994 via programs like Healthy Families Loudoun, which provides intensive, long-term home visitation and case management services to low-income, at-risk families. Through education, mentoring and access to community resources, Healthy Families Loudoun equips families to build a foundation of self-reliance, leading to healthier communities and children who enter school ready to learn and succeed.

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

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

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

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

Food Security is a Critical Focus for the Future

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

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

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

This project, expected to break ground in early 2021, “will greatly expand INMED’s Opportunity Community to more individuals in need while demonstrating the power of what we can achieve when we’re all truly in this together,” says Smith.

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

To learn more about INMED Partnerships for Children and its programs around the world, visit https://inmed.org. To learn more about support, or volunteer for INMED USA, please visit http://inmed.org/usa or email ashburn@inmed.org.

INMED has partnered with the Paxton Trust to construct a commercial aquaponics system with a greenhouse and production facility on the Paxton Campus in Leesburg.
Fostering children is a way to help them find permanency and safety in their lives. In honor of National Foster Care Month, we’re answering a few commonly asked questions about this wonderful way to share your love.

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

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

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

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

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

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

It’s National Foster Care Month!

Celebrate With Us By Learning More

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

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

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

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

Want to Help Change a Child’s Life?

May is National Foster Care Month.
With more than 5,000 children in Virginia foster care, we’re always in need of foster homes! Consider becoming a foster parent.

To become a foster parent, our number one requirement is a patient, loving family!
We offer 24/7 support and year-round training to our parents.
Reach out today to learn more at 703.817.9990 | fcsvanow@gmail.com | www.fcsva.org

By Kelley Willis, MSW, FCSVA Community Based Services Program Director

Photos Courtesy of For Children’s Sake of Virginia

It’s National Foster Care Month!

Celebrate With Us By Learning More

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

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

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

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

Want to Help Change a Child’s Life?

May is National Foster Care Month.
With more than 5,000 children in Virginia foster care, we’re always in need of foster homes! Consider becoming a foster parent.

To become a foster parent, our number one requirement is a patient, loving family!
We offer 24/7 support and year-round training to our parents.
Reach out today to learn more at 703.817.9990 | fcsvanow@gmail.com | www.fcsva.org

By Kelley Willis, MSW, FCSVA Community Based Services Program Director

Photos Courtesy of For Children’s Sake of Virginia

It’s National Foster Care Month!

Celebrate With Us By Learning More

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

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

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

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

Want to Help Change a Child’s Life?

May is National Foster Care Month.
With more than 5,000 children in Virginia foster care, we’re always in need of foster homes! Consider becoming a foster parent.

To become a foster parent, our number one requirement is a patient, loving family!
We offer 24/7 support and year-round training to our parents.
Reach out today to learn more at 703.817.9990 | fcsvanow@gmail.com | www.fcsva.org

By Kelley Willis, MSW, FCSVA Community Based Services Program Director

Photos Courtesy of For Children’s Sake of Virginia
It’s National Foster Care Month!

Why Foster?

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

“We are FCSV A foster parents because every child needs a home...especially now!”
— Kevin and Emm Webb

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

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

“Foster parents should always keep the faith and hope with unconditional love.”
— Seila Applin

“Genuine joy can always be found. Never stop truly living.”
— Jenny Boyko

“I continue to foster and will always do so, because I love each child that comes into my home.”
— Guyisha Riley

In summary, it’s difficult to describe how grateful we are for all that foster parents do. We have so many children whose grades have sky-rocketed, whose negative behaviors have disappeared, who have joined sports teams, gone to college, and more, all because of the love and support they received from their foster families. Please join the ranks of these amazing parents and families and make our world a better place by welcoming a waiting child into your home today. We’re looking forward to your calling us at 703-857-4890 to learn more about a child who is waiting to meet someone like you with a loving heart and a loving home to share.

see page 16 for more foster photos > > >
It’s National Foster Care Month!

National League of Junior Cotillions
Loudoun County Chapter
Please contact: Mrs. Lisa Hale
703-814-3496
loudouncotillion.com
loudounlovescotillion@gmail.com

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

BROAD SHADOW FARMS
Equestrian Training Unparalleled

Boarding and Training
Eventing Facility

National League of Junior Cotillions
Loudoun County Chapter
Please contact Mrs. Lisa Hale
703-814-3496
loudouncotillion.com
loudounlovescotillion@gmail.com

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

FOREVER BEAUTY
MEETING ALL YOUR BEAUTY NEEDS
• Lash Lifts and Extensions
• Permanent Makeup
• Advanced Skin Treatments
• Facials
• Waxing
• Dermaplaning

Next to Virginia Academy at 44121
Harry Byrd Hwy Ashburn Suite #130
By Appointment Only
500-947-0391 • foreverbeautylc.net

WE LOOK FORWARD TO HEARING FROM YOU!

BELMONT Living
Calling All Graduates

CONGRATULATIONS TO OUR GRADUATES!

They’ll be making history this year with virtual pomp and circumstance!!

And Our June Issue Would Like To Honor Them In A Special Way.

Send us your high school and college graduates’ photos with names, schools, and any further information you’d like to share such as schools they’ll be going to, job fields they’ll be entering, any awards, honors, or degrees conferred. Fun group photos with names and captions are welcome too. And if you have any little ones graduating from Pre-school or Kindergarten, we’ll have a space for them too!

Belmont Living loves being your neighbors’ social timeline, so let’s use it to share the joy of this year’s graduates and their accomplishments.

Submit all by email to klynch@bestversionmedia.com by 9am, Wednesday, May 13. Call Cathy or Kim at numbers on Page 3 for questions or comments.

Hey Pets of Belmont!

Let’s Start A Pet’s Corner

By Oliver Raffaele, Contributing Writer, Belmont Living

. . . and they’re right!

So send your pet photos and captions to me and Kim at klynch@bestversionmedia.com as soon as you can, and we’ll get our Belmont Pet Corner started!

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

Your friend,

Oliver

Hey Pets of Belmont!

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

By Felicia Romano

MPOWER Life Sports Clinic and Spa invades Lansdowne!

IMAGINE...

• yoga
• salon
• massage
• skin care
• body sculpting

BRING IN THIS AD TO RECEIVE ONE COMPLIMENTARY SALT CAVE SESSION

MPOWER Life Sports Clinic and Spa

19490 Sandridge Way | Lower Level
Lansdowne, VA 20176

www.mpowerlife.com | 703.618.0762

WORDS:

MOTHER’S DAY
GARDENING
MAY FLOWERS
BARBECUES
BACKYARD DECKS
TRILLIUMS
VIOLETS
ROBINS
BUMBLE BEES
VICTORIA DAY

May Word search

By Felicia Romano
2. Will our parents have the care they need as they grow older?

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

1. Where will the money come from?

As important as these conversations are, the vast majority of people are not having them. Seven out of 10 couples age 50 and older have not discussed how much they will need to save for health care in retirement; only one in five people age 50+ has talked about long-term-care plans with their adult children, according to a 2015 Merrill Lynch study conducted in partnership with Age Wave.

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

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

   It is never too early to talk about the potential costs and other consequences of medical care for yourself, your children or your parents. The considerations should include possible outlays for expenses such as home health care or changes to your house to improve accessibility. Though long-term-care insurance can help, there is always the potential of losing money when you invest in securities. Asset allocation, diversification and rebalancing do not ensure a profit or protect against loss in declining markets. Merrill, its affiliates, and financial advisors do not promise or guarantee that investing in securities will provide a profit or protect against loss. You should consult your legal and tax advisor before making any financial decisions.

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

   In addition to considering their own future, many people struggle with aging parents’ unwillingness to face their limitations. The best response is to ask specific questions. At what point would it make sense for you to stop driving, or to have a caretaker come in to help with meals? “Often when you first broach the topic, you will be rebuffed,” says Kate Wilber, professor of gerontology at the University of Southern California Leonard Davis School of Gerontology. “That is normal. It does not mean the door is closed. This will likely take more than one conversation.”

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

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

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

   Having this conversation can help ensure that a loved one’s (or your own) wishes will be honored. Among the things to consider:

   - **Medical treatment**—Which medical treatments do you want to be used or avoided at the end of your life? Whom do you want to be your health-care proxy if you are unable to communicate your wishes? You can use a health-care power of attorney and a living will to document your choices. Having these important conversations is the first step to getting there.

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

   Merrill Lynch, Pierce, Fenner & Smith Incorporated (also referred to as “MLPF&S” or “Merrill”) makes no representation as to the completeness or accuracy of the foregoing. The opinions expressed are as of the date hereof and are subject to change. Merrill and its affiliates may have a position in, or a short position in and/or be a provider of investment banking services to, the company described in the research analysis, or could engage or seek to engage in investment banking activity with the company described in the research analysis. Merrill and its affiliates also offer products and services in connection with Bank of America Corporation (“Bank of America”) and/ or its subsidiaries. Merrill Lynch, Pierce, Fenner & Smith Incorporated is a member of the Financial Industry Regulatory Authority (“FINRA”) and Securities Investor Protection Corporation (“SIPC”). Merrill Lynch, Pierce, Fenner & Smith Incorporated (also referred to as “MLPF&S” or “Merrill”) makes no representation or warranty as to the completeness or accuracy of the foregoing and does not accept any liability for any error, operational or otherwise, in the delivery of the foregoing. Merrill Lynch, Pierce, Fenner & Smith Incorporated is a registered broker-dealer, Member SIPC and a wholly owned subsidiary of Bank of America Corporation. Financial products, and services offered through Merrill Lynch, Pierce, Fenner & Smith Incorporated (also referred to as “MLPF&S” or “Merrill”), are not FDIC Insured, Are Not Bank Guaranteed, Are Not Bank Deposits, Are Not Insured by any Federal Government Agency. Merrill Lynch Financial Advisor Joseph F. Myer in the Leesburg, VA office at 703.779.4674 or joseph.myer@mll.com. Merrill Lynch Wealth Management makes available products and services offered through Merrill Lynch, Pierce, Fenner & Smith Incorporated (also referred to as “MLPF&S” or “Merrill”), are not FDIC Insured, Are Not Bank Deposits, Are Not Bank Guaranteed, Are Not Insured by any Federal Government Agency. Merrill Lynch Financial Advisor Joseph F. Myer in the Leesburg, VA office at 703.779.4674 or joseph.myer@mll.com. Merrill Lynch Wealth Management makes available products and services offered through Merrill Lynch, Pierce, Fenner & Smith Incorporated (also referred to as “MLPF&S” or “Merrill”), are not FDIC Insured, Are Not Bank Deposits, Are Not Bank Guaranteed, Are Not Insured by any Federal Government Agency. Merrill Lynch Financial Advisor Joseph F. Myer in the Leesburg, VA office at 703.779.4674 or joseph.myer@mll.com.
The following are ongoing virtual events and helpful resources for you to experience safely at home during this time of social distancing.

**Lunch Doodles With Mo Willems**
Kennedy Center Education Artist-in-Residence and beloved children’s book author Mo Willems invites you into his studio for his session of Lunch Doodles. Children and adults alike will love Mo’s art lessons! Visit the website to see all 15 episodes and downloadable activities.
Cost: **FREE**
Visit: [www.kennedy-center.org/education/mo-willems](http://www.kennedy-center.org/education/mo-willems)

**Virtual Museum Tours**
Take a self-guided tour of select exhibits and areas of the Smithsonian National Museum of Natural History from the comfort and safety of your living room.
Cost: **FREE**
Visit: [naturalhistory.si.edu/visit/virtual-tour](http://naturalhistory.si.edu/visit/virtual-tour)

**Civic Education**
Parents and children can compete in games and activities on this free site. Solve global crises, manage your own county, argue real Supreme Court cases, and even try your hand at being president!
Cost: **FREE**
Visit: [icivics.org](http://icivics.org)

**Learn a Foreign Language**
Take advantage of the extra time at home to learn a language. This free program includes plenty of repetition of the basics in a way that benefits learners of all ages.
Cost: **FREE**
Visit: [www.duolingo.com](http://www.duolingo.com)

**Reading Skills**
This site provides free resources for parents looking to help their children improve their reading skills. Lists of sight words range from pre-k to third grade, and are available as flash cards, games and more.
Cost: **FREE**
Visit: [sightwords.com](http://sightwords.com)

**Math Practice**
Does your child need some extra practice on basic math facts? Challenge them to a timed competition! These free printouts are great for practicing addition, subtraction, division, multiplication and more!
Cost: **FREE**
Visit: [www.math-drills.com](http://www.math-drills.com)

**Audible Streaming for Kids**
normally a fee-based monthly subscription, Audible has free streaming for kids while the schools remain closed. With stories for little listeners all the way to teen readers, readers of all ages will enjoy listening to these heartwarming stories.
Cost: **FREE**
Visit: [stories.audible.com/discovery](http://stories.audible.com/discovery)

---

**Audible**

**Music Lessons for Children and Adults**
Vocals • Piano • Guitar • Percussion
Strings • Woodwinds • Brass • Recitals

**Mintons Academy of Music**
21690 Red Rum Drive, Suite 157 • Ashburn
MintonsMusic.com

---

**Goose Creek Veterinary Hospital**

“Absolutely love Goose Creek Vet’s prompt medical attention to Chloe! Dr. Margaret Fortier and staff are extremely caring, welcoming, and provide top quality services! I highly recommend them and we look forward to always having them treat our Chloe.”
— Michelle Antzoulatos

571-291-9110
42755 Creek View Plaza | Ashburn, VA 20147

Request your online appointment today! thegoosecreekvet.com

---

**Los Toltecos of Broadlands**
43150 Broadlands Center Plaza, 194
In the ADI Shopping Center
703-723-4436

---

**Contact the Publisher of this magazine for more information.**

---

**Mintons Music**

**Best Version Media**

**VETERINARY MEDICINE IS BEST DELIVERED WITH CARE & COMPASSION.**
There have been some very interesting discussions lately around the impact of a student’s virtual profile (e.g., Facebook, Twitter, Instagram, etc.) on college admissions. In some cases, a unique and thoughtful virtual profile can work in a student’s favor, using caution and good judgement.

Focused on the potentially negative consequences of poor judgement, this same public space can be used positively to demonstrate your passions and interests. Maybe you’re passionate about a cause, garnering publicity for an upcoming volunteer or sporting event, or enjoy sharing your opinions about things (e.g., food, movies). Sharing these ideas in a virtual space is the perfect venue, and in turn, can reap positive benefits within the college admissions world, showcasing a side of you beyond your GPA and test scores.

I’ve had students use LinkedIn and Instagram to successfully promote events and fundraisers they’ve been involved with.

Monitor regularly:
- If you do not already, I would encourage you to do things like regularly monitor your social media and Google your own name, just to be sure that you don’t have anything negative associated with yourself that you aren’t aware of. And if you come across anything, you can then address it immediately, rather than after it’s too late.

While one of the best aspects of social media and the virtual world is the freedom to post what you want when you want, that benefit also comes with potential consequences—good and bad. Make these avenues work in your favor by using caution and good judgement.
It’s an unprecedented situation: you find yourself having to work from home while taking care of your kids for the remainder of the school year. And although we’ve heard the solid advice to remain positive and enjoy the slower pace and extended bonding time, school and work is still very much business-as-usual for many. Countless parents have legitimate concerns about not being able to juggle both work and parental duties. And understandably so; the current situation has been hard on everybody.

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

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

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

Scooters: If you don’t own a scooter, it’s worth the affordable price. They are much less expensive than a bike, and kids as young as 3 and 4 will enjoy them. They are THE essential outdoor activity.

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

Sticker books: The peeling of stickers keep younger children occupied and many children cherish their sticker collections.

Magnets: Clean up is a cinch, and children find them fascinating.

Window art: This activity will require slightly more adult supervision as paint is involved, but creating something that catches the sunlight is sure to boost everyone’s mood.

Rock painting: This is another great outdoor activity. The mess stays outside and your kids will be decorating your flower garden.

Garden tools: Kids will love playing with dirt, especially if the tools are their size.

Mail Libs: Do you remember these fun grammar games as a kid? They’re still a thing!

Books on CD: These are great for settling kids down for quiet time. Hand them a sketchbook and markers and they can doodle while they listen. Simply search “books on CD” on Amazon or check with the library for a downloadable resource.

Podcasts: These have the same idea as books on CD. Some popular kids’ podcasts are “Stories” podcast and National Public Radio’s “Wow in the World.”

Blanket forts: This keeps kids busy for hours. Encourage them to do any of the above sit-down activities in the fort. Ignore the mess, because this is just plain old fun.

Keep in mind that although this may be an opportune time to bond with members of your household, don’t beat yourself up if you simply can’t do that during the workday. Save the evenings for the board games and movie nights when everyone can enjoy each other’s company in a relaxed setting. Remember to let go of perfection and embrace patience. Everyone is doing their best in this unique predicament. Hang in there, courageous parents… you got this.

Kimberly Lynch is wife, mother of six, and a freelance writer from Front Royal. You can read her blog at www.passingthroughmountains.com.

YOUR Dealership Alternative For TRUSTED Automotive Service

LOUDOUN COUNTY EXOTICS
SALES & SERVICE CENTER
28890 Quick Silver Drive Suite 137
Sterling, Virginia 20166
703.665.2490
www.LOCOEXOTICS.com

WE SERVICE ALL VEHICLE MAKES & MODELS

ARE YOU A MEMBER?

Join the Black Olive Club

Membership Benefits:
• 20% off food
• Monthly wine tastings
• Special pricing for private events
• Monthly club promotions
• Quarterly receptions
• Annual club events

BLACK OLIVE BAR & GRILL

18910 Upper Belmont Place • Leesburg, VA 20176
703.720.3600 • info@conferencescenter.com • www.blackolivegrill.com

Family Owned
AND OPERATED

We’re Driving to Save Lives

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

Call us at 703-431-6728
or visit us at AshburnDrivingSchool.com

We look forward to hearing from you!

Ashburn Driving School LLC
Lyle Tulloch, Owner

Lyle Tulloch, Owner

 Ashburn Driving School LLC
Lyle Tulloch, Owner

We look forward to hearing from you!

Kimberly Lynch
wife, mother of six, and freelance writer from Front Royal.

You can read her blog at www.passingthroughmountains.com.

Kimberly Lynch
wife, mother of six, and freelance writer from Front Royal.

You can read her blog at www.passingthroughmountains.com.
Are you Making Indoor Air Quality a Priority?

Belmont Community
Don’t forget your AC Tune-up!
M.E. Flow is Open!
Call or Text!
703-722-6760

PLUMBING OR HVAC REPAIR
UP TO $75 OFF

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

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

M.E. Flow - 703-722-6760

Healthy Air is HERE!
SAVE $50

Air Cleaner
Humidifier
Dehumidifier

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

M.E. Flow - 703-722-6760

Heating - Cooling - Plumbing - And More! www.meflow.com