FEBRUARY 2026

STROLL®

Spring Valley

James Barlia

Connects Policy Leaders, Investors and Innovators at STATION DC

The Kellogg Collection

since 1982

Beautiful Things for Beautiful Homes

Accessories · Art & Mirrors · Bedding · Furniture · Pillows & Throws · Rugs · Upholstery

Visit our shops today

Washington, DC (202) 363-6879 · McLean, VA (703) 506-0850 · Baltimore, MD (410) 296-4378 · Richmond, VA (804) 285-9143

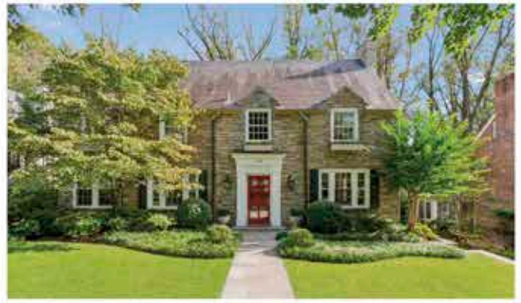
www.kelloggcollection.com

Selling Spring Valley's Most Enviable Homes

$22 Million Sold, Under Contract, and Listed in 2025

4944 Quebec Street NW
Coming Soon

5042 Overlook Road NW
Offered for $6,800,000



4956 Quebec Street NW
Offered for $4,699,000

William Fastow
Vice President
202.536.7675 | wfastow@ttrsir.com
EnviableHome.com

TTR SOTHEBY'S INTERNATIONAL REALTY
5101 Wisconsin Avenue NW, Suite 100
Washington, DC 20016
301.967.3344

The William Fastow Team

TTR | Sotheby's

CAMP CHIPPEWA

For more on Camp Chippewa, the Leonardo family will have an open house in their Spring Valley home the afternoon of March 1st. For more information and to attend, please RSVP by February 16th to **chrisleonardodc@gmail.com**

(218) 335-8807 | CampChippewa.com

Applying to Private School?
Let SAGE Be Your Advantage.

Private school admissions can be overwhelming. SAGE Educational Advisors makes the process clear, strategic, and personal.

Led by Allyson Weaver—former Admissions Director at Sidwell Friends and national expert—SAGE creates a custom plan based on your child's and family's goals.

SAGE offers a range of services, including:
Curated school lists & timelines
Essay coaching
Interview & visit prep

From preschool through high school, SAGE offers expert insight, personalized support, and a student-centered approach—bringing clarity and confidence every step of the way.

SAGE
EDUCATIONAL ADVISORS

Start today: **SageEdAdvisors.com | guidance@SageEdAdvisors.com**

You can do everything 'right'…
and still feel stuck.

But you don't have to carry that into the new year.

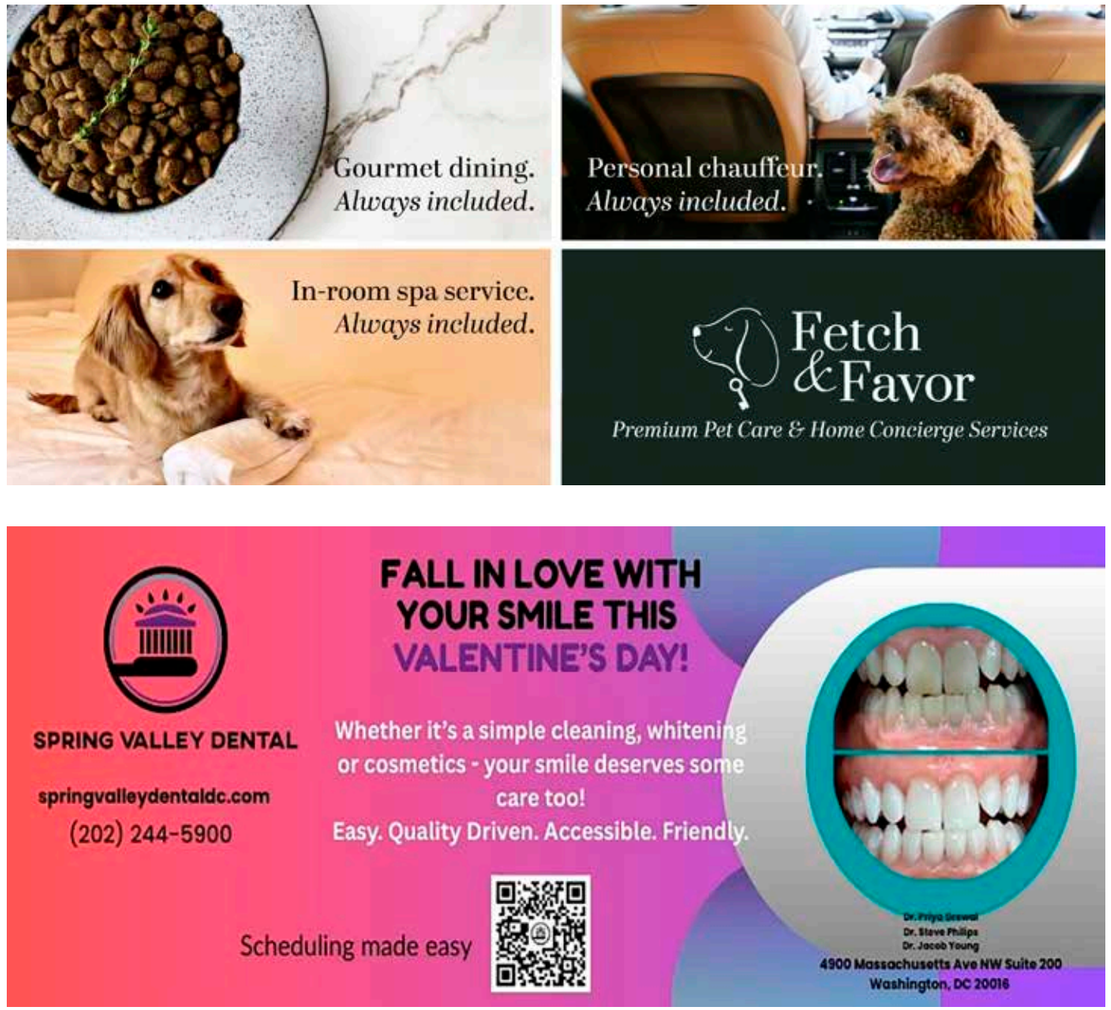
- Nutrition and supplements help — but real, lasting change starts from within.
- 95% of behavior is driven by unconscious patterns, which is why relying on willpower never works.
- When your body is running on stress and burnout, it takes a toll on your physical health, behaviors, and motivation for change.
- One size fits-all approaches don't work - nutrition and lifestyle need to be customized to your unique needs

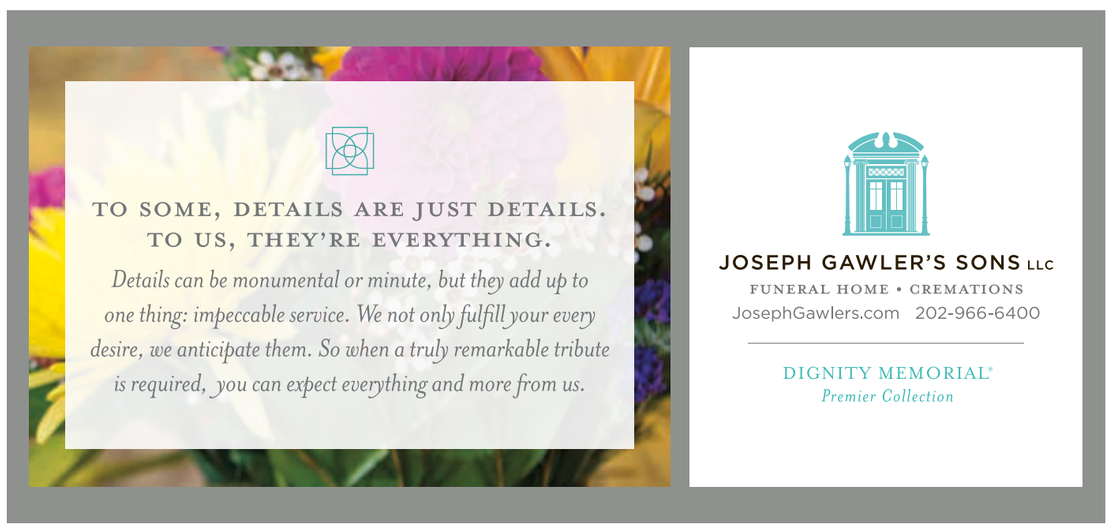
Integrative Health Coaching for Women Ready for Real Change

AMANDA LAUREN
WELLNESS

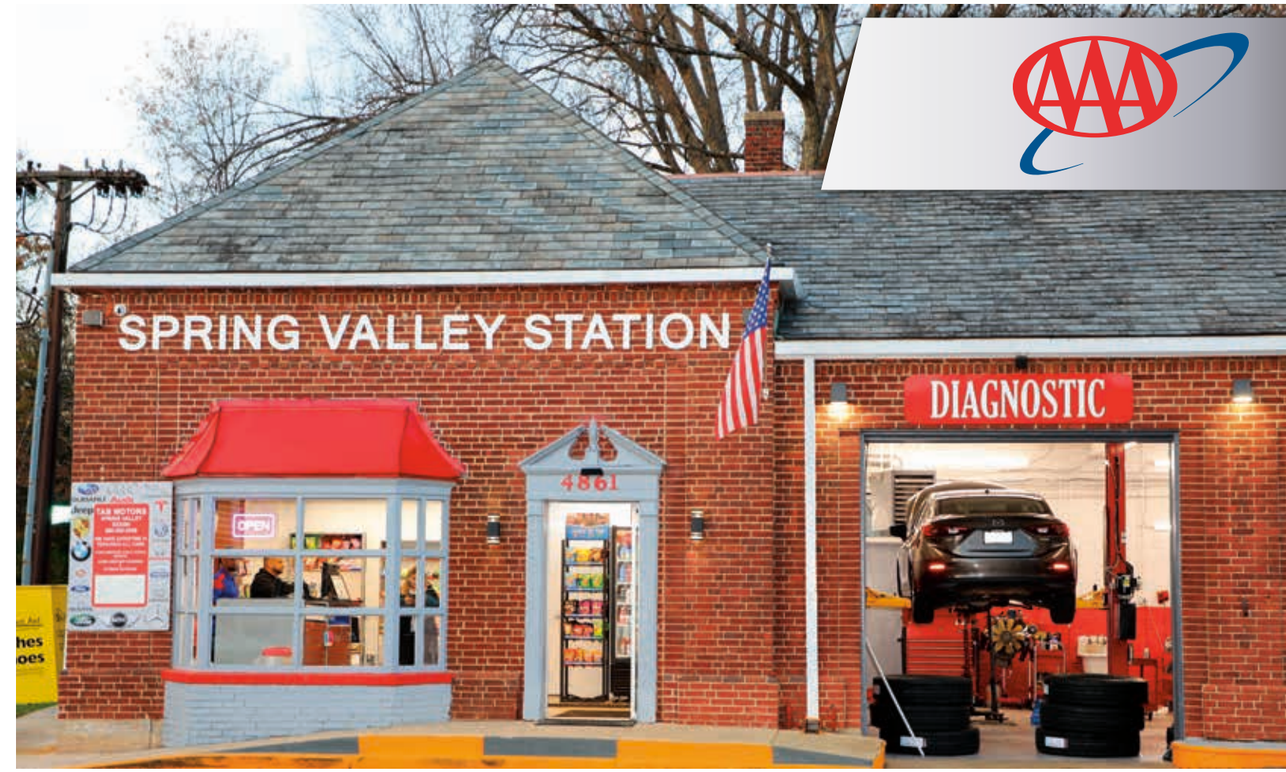
Through a unique combination of functional medicine and nervous system regulation, I help women take back control of their health, their habits, and their lives. This is the inner shift that supports true, sustainable transformation. Book your FREE consultation to see how coaching can bring you into alignment in 2026.

amandalaurenwellness.com
@amandalaurenwellness
amandalaurenwellness@gmail.com





TABMOTOR | Spring Valley Exxon



WE SERVICE ALL MODELS:

BMW, Audi, Mazda, Chevrolet, Subaru, Honda, VW, Acura, Bentley, Mercedes-Benz, Toyota, Porsche, Volvo

Servicing All Makes & Models

Complimentary Wash & Interior Detailing

Free Air for Tires

Free Roadside Assist & Towing within 5 Miles

4861 Massachusetts Ave NW • Washington, DC 20016
www.tabmotors.com • 202-362-2639

PREFERRED PARTNERS

This section is here to give our readers easier access when searching for a trusted neighborhood partner to use. Get to know the businesses that make this magazine possible. Please support them in return and thank them if you get the chance!

ADOPTION
Foster & Adoptive Parent Advocacy Center
Najibah Hlemi
(202) 669-8691
www.dcfapac.org

ARCHITECT
PlanH
Jean-Michel Humbert, ADE-HMO,NCARB AIA, CPHD
(202) 367-6667
www.planh.co

sdk architecture
Sydney Katz
(310) 467-5907
www.sdk-arch.com

AUTOMOTIVE SERVICE
Spring Valley Exxon/ TAB Motors
(202) 362-2639
4861 Massachusetts Avenue NW
Washington, DC 20016
www.tabmotors.com

CHIMNEY SERVICE/REPAIR
American Professional Chimney and Masonry
(301) 453-7496
www.american professionalchimney.com/

CUSTOM BRICK & TILE
American Professional Chimney and Masonry
(301) 453-7496
www.american professionalchimney.com/

DANCE STUDIO
Candace Sheppard Dance Academy
Candace Sheppard
(301) 996-0680
5185 MacArthur Blvd. NW
Suite 108
Washington, DC 20016
www.cshepparddance academy.com

DENTIST - ADULT/ PEDIATRIC
DC Smile Studio
Dr. Viviana Avia-Gnau
(202) 244-8780
4910 Massachusetts Ave. NW
Suite 112
Washington, DC 20016
www.dcsmilestudio.com

DENTIST - FAMILY
Spring Valley Dental
Dr. Priya Grewal
(202) 244-5900
4900 Massachusetts Avenue NW 200
Washington, DC 20016
www.SpringValley DentalDC.com

DENTIST-COSMETIC, GENERAL, RESTORATIVE
White32 Dental
(202) 686-6333
3301 New Mexico Avenue NW
Washington, DC 20016
white32dc.com

DESIGN BUILD
VKB Kitchen and Bath
(301) 307-2710
vkbkitchenandbath.com/

EDUCATION/SPECIALIZED EDUCATION
Casey's Special Education Services
Casey Joseph
(561) 353-8336
www.caseythespeducator.com

EDUCATIONAL CONSULTING
Sage Educational Advisors
(312) 515-3181
www.SageEdAdvisors.com

ELEVATORS & REPAIRS/PARTS
Signature Elevators & Accessible Design
(301) 251-1658
www.SignatureElevators.com

EVENT STUDIO
The Play Shop DC
(202) 350-1905
www.theplayshopdc.com/

FENCING AND DECKS
A1 Fencing
Cesar Ojeda
(202) 695-6131
www.a1fencingmd.com

FUNERAL & CREMATION SERVICES
Joseph Gawler's Sons, LLC
(202) 966-6400
josephgawlers.com

GAS FIREPLACE SERVICE/INSTALL
American Professional Chimney and Masonry
(301) 453-7496
www.american professionalchimney.com/

GENERAL CONTRACTOR / REMODELING
Thomas Archer LLC
(301) 656-0141
www.thomasarcher.com

HOME DECOR, GARDEN & GIFTS
Georgetown Garden Shop
Caroline Ervin
(202) 450-1305
3214 O St. NW
Washington, DC 20016
www.georgetown gardenshop.com

HOME FURNISHING / INTERIOR DESIGN
The Kellogg Collection
(202) 363-6879
5215 Wisconsin Avenue NW
Washington, DC 20015
kelloggcollection.com

HOME HEALTHCARE/ SENIOR SERVICES
Capital City Nurses
(301) 652-4344
www.capitalcitynurses.com

INTERIOR DESIGN
Interior Impressions Design & Shade
(301) 910-8063
www.interior impressionsinc.com

Jazmyne Design Studio
Jazmyne Simmons
(817) 891-9265
www.jazmyne designstudio.com

Spaces by Katie
(480) 253-0943
www.spacesbykatie.com/

LIGHTING DESIGN, INSTALLATION & REPAIR
New Age Lighting
(240) 450-3905
newagedc.com

MONTESSORI SCHOOL
Palisades Montessori
Heather Gustafson
(202) 537-6807
5104 Macarthur Blvd. NW
Washington, DC 20016
palisadesmontessori.com

PAINTING SERVICES
JFM Pro Painting
(240) 300-5307
www.jfmpropainting.com

PEDIATRIC DENTISTRY
Smile Valley Pediatric Dentistry
(202) 237-2833
4910 Massachusetts Avenue, NW, 311
Suite 311
Washington, DC 20016
www.smilevalley pediatricdentistry.com

PERSONAL TRAINER
Capital Energy Training
Paul Medina
(301) 873-7747
3301 New Mexico Avenue NW,
Washington, DC 20016
www.capitalenergy training.com

PET & HOME SITTING
Fetch & Favor
(202) 810-5027
www.fetchandfavor.com/

PET FOOD, SUPPLIES & ACCESSORIES
Westwood Pet Center
(240) 800-3164
4611 Sangamore Rd
Bethesda, MD 20724
www.westwoodpetcenter.com

REAL ESTATE
Jennifer Fritz | TTR Sotheby's Int'l Realty
(202) 603-8413
www.sothebysrealty.com

Lydia Benson Realtor
TTR Sotheby's International. Realty
(301) 229-4000
www.lydiabenson.com

REAL ESTATE AGENT
Ryan Tyndall, Realtor, Compass
(202) 386-6330
www.compass.com/agents/ ryan-tyndall

REAL ESTATE GROUP
The William Fastow Team | TTR Sotheby's
(202) 536-7675
www.enviablehomes.com

REAL ESTATE LUXURY
HRLS Partners/ TTR Sothebys
(202) 893-8881
1206 30th Street NW
Washington, DC 20016
HRLSpartners.com

RESTAURANT - ITALIAN
Lupo Verde Osteria Palisades
(202) 506-6683
www.lupoverde osteriaalimentari.com

RESTAURANTS
Jetties
(202) 891-7685
3708 Macomb Street, NW
Washington, DC 20016
www.jetties.com

Jetties
(240) 858-4030
4829 Fairmont Ave
Bethesda, MD 20814
www.jetties.com

Jetties
(202) 891-7690
1609 Foxhall Road
Washington, DC 20007
www.jettiesdc.com

Jetties
(202) 364-2465
5632 Conneticut Ave, NW
Washington, DC 20015
www.jetties.com

Jetties
(202) 381-7459
1921 Eye Street, NW
Washington, DC 20006
www.jetties.com

Jetties
(202) 891-7690
1609 Foxhall Road, NW
Washington, DC 20007
www.jettiesdc.com

Millie's Restaurant
(202) 733-5789
4866 Massachusetts Avenue, NW
Washington, DC 20016
www.milliesdc.com

Surfside
(202) 733-3239
4200 Wisconsin Ave, NW
Washington, DC 20016
www.surfside.com

SENIOR LIVING COMMUNITY
The Kensington Bethesda
(240) 752-8600
5485 Westbard Avenue
Bethesda, MD 20816
thekensingtonbethesda.com

SENIOR LIVING CONSULTANTS
Silver Bridges Consulting
(202) 717-6233
Silverbridgesconsulting.com

SENIOR SERVICES
Iona Senior Services
(202) 895-0234
4125 Albemarle St NW
Washington, DC 20016
www.iona.org

SPAS & SAUNAS
Pure Sweat + Float Studio
(574) 398-8420
puresweatstudios.com/ washington-dc

SUMMER CAMPS
Camp Chippewa for Boys (Minnestota)
(218) 335-8807
7355 Niagra Lane North
Maple Grove, MN 55311
www.campchippewa.com

TRAVEL ADVISOR/ TRAVEL CONCIERGE
Heather Lane Adventures
(202) 750-0949
heatherlaneadventures.com

VETERINARY MEDICINE & SURGERY
Benson Animal Hospital
(301) 652-8818
www.bensonanimal hospitalbethesda.com

WELLNESS
Amanda Lauren Wellness
(617) 645-9560
www.amandalauren wellness.com

WINDOW TREATMENTS
Interior Impressions Design & Shade
(301) 910-8063
www.interior impressionsinc.com

WINE, LIQUOR, BEER & DELIVERY
Ace Beverage Fine Wines & Spirits
(202) 966-4444
3301 New Mexico Avenue NW,
Washington, DC 20016
www.acebevdc.com

YOGA & WELLNESS
Sweetbay Yoga
(202) 999-7455
4853 Cordell Avenue, 16th Floor
Bethesda, MD 20814
www.sweetbayyoga.com/

strollmag.com
Delivering Neighborhood Connections
© 2026 The N2 Company, Inc.

Spring Valley Life

DISCLAIMER: This publication is also known as *Spring Valley Life*, is owned by The N2 Company, and is not affiliated with or sponsored by any club, developer, or homeowners association. Articles and advertisements in this publication and opinions expressed therein do not necessarily reflect the views of N2 but remain solely those of the author(s) or advertiser(s). The paid advertisements contained within this magazine are not endorsed or recommended by N2.

We're proud to showcase businesses that share our commitment to fostering local connections. When perusing our pages, keep an eye out for the "Local Sponsor" icon to identify articles highlighting these valuable partners. Please note that businesses profiled may have provided free products and / or services for the review.

CONTRIBUTORS

AREA DIRECTOR

Rita McWilliams
703-587-1324
Rita.McWilliams@n2co.com

Christa Cooper | John Stiner | Kurt Ela, PsyD | Michele Kearney | Kristina Bush Writer

Julie Ann Pixler Photographer | Avery Grant Junior Writer | Mariana Fariña Garden Columnist | Bob Heiss, Neighborhood History | Alev Bakan, Health & Wellness

IONA IS HERE TO HELP

Iona's Aging and Caregiving Support care managers specialize in working with older adults and caregivers to navigate and problem-solve the challenges of aging. We save you and your family time and energy, and provide peace of mind.

We can help you with:
Aging in place • Making a move • Dementia care
Family support • Hospital/rehab to home • End of life

Call Iona's Helpline at (202) 895-9448
to schedule a 15-minute complimentary call with a care manager.

Iona Senior Services, Tenleytown • 4125 Albemarle St NW
www.iona.org • 202-895-9448 • info@iona.org

WRITE FOR US!
We are always seeking neighborhood story ideas and writers. Please contact publisher Rita.McWilliams@n2co.com.

NEW TO THE NEIGHBORHOOD?
If so, welcome! You've moved to a great community. Over the year we have several parties and would like to include you! To add your name to our list, please email me at the address above.

Publisher's Note

February always feels like a month about love, not just the hearts and flowers kind. It is the kind that shows up in the daily choices we make about where we live, how we gather, and how we care for one another. In our cover story this month, you'll see how James Barlia and his family care for one another by instituting a monthly walking club in remembrance of their mother and for others who have lost a loved one. James also introduces us to a place hosting important gatherings, Washington's new nonprofit tech hub STATION DC. As executive director, he hosts numerous gatherings each month to connect business founders, investors, tech startups and policy leaders who are working together on solutions to many of the nation's most pressing concerns.

In our pages this month you'll also find Spring Valley neighbors who gathered to help save trees of Spring Valley Park from ivy and other invasive species. Joining the Friends of Spring Valley Park for the work was a new friend from the DC government, Mary Farrah from the Department of Energy and Environment, who brought her expertise along with clippers, gloves and tools. Together 89 trees were cleared of ivy during one brisk December morning. A second round is scheduled January 24. Stay tuned for more to come as we progress to Spring.

I am grateful for all those who care for our neighborhood, including the businesses who continue to partner with us to make these pages possible. My hope is that you feel encouraged to notice the places where kindness is already woven into your everyday life, in your home, on your street, and in our community.

With warm regards,

Rita

Rita McWilliams
Publisher
Rita.McWilliams@n2co.com
703.587.1324
@StrollSpringValley

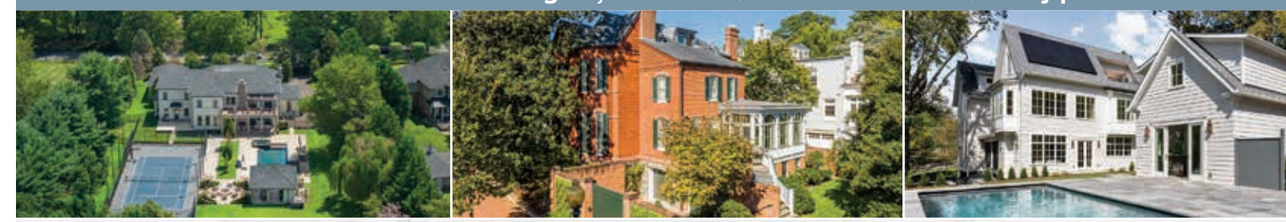
ROBERT HRYNIEWICKI | ADAM T. RACKLIFFE | CHRISTOPHER R. LEARY | MICAH SMITH

Residential *Real Estate* Leaders

HRLS PARTNERS

Please let us know what we can do to help!
HRLS@HRLSpartners.com | 202-893-8881

Ranked the #1 Small Team in Washington, DC and #43 Small Team in the country per RealTrends!



BETHESDA - $10.5M | GEORGETOWN - $8.5M | KENT - $7.495M

SPRING VALLEY - $4M | FOREST HILLS - $3.995M | GEORGETOWN - $3.995M

MCLEAN - $3.299M | WEST END - $2.185M | LOGAN CIRCLE - $1.745M

HRLS CLIENT EXPERIENCE

We could not be happier with HRLS Partners. They provided a white glove experience in selling our home in Woodley Park, from coordinating renovations, vendors, showings, etc., which was extremely valuable since we had already moved out of DC to Miami. The entire process was seamless - we were always kept abreast, and ***our home sold for a record price!*** *We've complemented them in how easily communication flows from the entire HRLS team - always feels as if they are all in the room at the same time.* ***We highly recommend the HRLS team to our friends and clients!*** *- HRLS $3.3M Woodley Park Sellers*

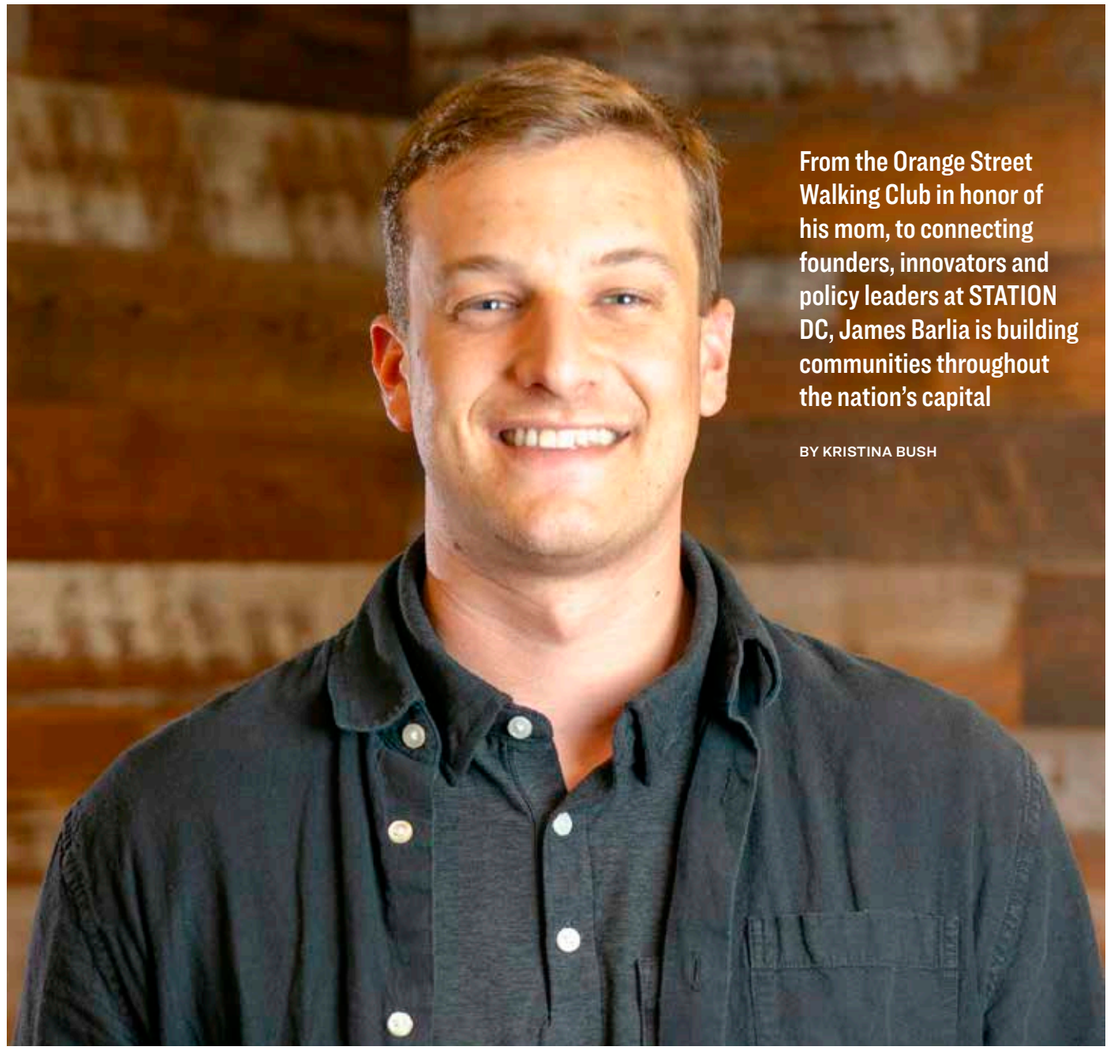
HRLS PARTNERS

TTR Sotheby's International Realty

VISIT HRLSPARTNERS.COM

14 Ridge Sq NW #450, Washington, DC 20016 | 202-893-8881 | HRLSpartners.com | @HRLSpartners

BUILDING COMMUNITY & CONNECTING INNOVATORS IN DC



From the Orange Street Walking Club in honor of his mom, to connecting founders, innovators and policy leaders at STATION DC, James Barlia is building communities throughout the nation's capital

BY KRISTINA BUSH

JAMES BARLIA grew up on 50th Street in Spring Valley. Like many kids in the neighborhood, he spent his childhood walking to CVS for candy, saving money he made car-washing for dinners at Tara Thai, and attending the neighborhood's annual Halloween party with his three siblings.

During the COVID lockdown, James returned to Spring Valley and rediscovered its charm. Daily walks through the neighborhood, beholding the manicured lawns and stately homes, offered a sense of calm and connection. Neighbors were quick to stop and chat, and evenings were spent with family, making homemade pizza, and watching episodes of *Succession*.

James eventually moved downtown to pursue his career and worked at Steve Case's venture capital firm, Revolution, investing in early-stage technology companies across the U.S. Ultimately, he landed in Union Market to begin building what would become

continued on p. 14

Attendees chat at a STATION DC Fed Supernova Event last Fall

STATION DC — DC'S NEW TECH HUB FOR FOUNDERS, POLICYMAKERS, INVESTORS

STATION DC is an innovative new non-profit that helps tech startups grow in DC located in the 12,000-square-foot Union Market "clubhouse." DC has contributed $2 million to help with the goal of providing an engine for job creation, economic resilience, and achieving breakthrough startup success here. We asked James to tell us a little more about its operation and goals.

STATION DC opened its doors in Fall 2025. Introduce us to its mission.

We're creating what we believe is the most talent-dense network in DC—founders, operators, investors, and policymakers all focused on a single mission: make DC the heartbeat of American tech leadership. STATION DC is helping tech companies grow in DC by convening key stakeholders, generating awareness for DC's strengths, and building high-quality, curated connections across the city.

There's strong demand not just in DC, but nationally, from technologists, investors, and industry leaders who want to plug into what's happening here, whether it's policy, military, customers, capital, or knowledge. There's excitement here in frontier industries like energy, biotech, space, robotics, advanced manufacturing, defense, and national security. These are the sectors that will shape America's future, and they're increasingly looking to DC as the place to engage.

For the city and its residents, that means jobs, investment, and growth. For our members, it means being in the room where decisions are made and opportunities are unlocked. DC has always been known for policy and power, but this moment feels different. There's something special happening, and it's our time to capture it, and to build the future we want.

Please tell us a little more about your members so far, and future plans.

STATION DC is a non-profit membership organization, and as of December we have more than 600 members. Our members gain access to our clubhouse which can be used for daily work and meeting space, our curated events, educational programming, and the exclusive information and connections that come with being part of the community. Our members are individuals, not companies (though many are sponsored by their employers). The breakdown today is roughly 50% employees of tech startups, 20% venture capital investors, 15% corporate executives, 5% government, 5% military, and 5% other - like nonprofit leaders, academics, and media. For startup employees here in DC, membership tends to skew earlier-stage – people who are building something new and looking for the tools, resources, connections, and support to scale their ideas. For startups outside DC, it's often more mature businesses that want a cost-effective way to expand their access and presence in the city. For investors, both local and national, the draw is insight into frontier industries and proximity to the people building here – ideally leading to more investment dollars flowing into DC.

continued on p. 15

James and family and others at the Orange Street Walking Club founded for his mother Joanne

James with his sister Adrienne and brothers Joseph and Billy

the STATION DC headquarters. STATION DC, which James now leads as Executive Director, is a nonprofit focused on advancing American innovation and entrepreneurship. Its mission is to make DC a central force in global technology by connecting problem solvers, including technologists, investors, policymakers, military leaders, academics, and philanthropists. The goal is to eliminate barriers, expand access to DC's competitive advantages, and align talent with opportunity.

The organization operates through three core offerings. The first is workspace. Their Union Market District-based clubhouse is 13,000 square-feet full of lounges, desks, communal tables, board rooms, and food-and-drink service. The second is events, which range from private briefings with DC insiders—like experienced CEOs, investors, or policymakers—to large-scale summits. The third is mentorships, including education, which includes classes and crash courses on building relationships, investing in startups, founding companies, and navigating the intersection of tech, policy, and capital.

All three services aim to increase access to people and information.

STATION DC measures its success by the city's success: more tech jobs, more startups, and a more competitive innovation ecosystem. The broader goal is to strengthen DC's economic resilience and ensure the city reaches its full potential.

Orange Street Walking Club

James' commitment to community-building is deeply personal. His mother, who passed away in 2021 from Ocular Melanoma, was known for making others feel supported, comfortable, and understood. She was very dedicated to exercise, and attended a 5 am boot camp in Turtle Park with other Spring Valley moms for years. She modeled the kind of leadership James now channels into his work.

To honor her legacy, James and his siblings started the Orange Street Walking Club. Every other Sunday, they gather with a small group in front of City Ridge for a one-hour walk and reflection. His older brother lives in Glover Park, his sister in City Ridge, and his youngest brother remains in Charleston, though they hope he'll return to DC soon.

James also spent time at Experience Camps, a program for children who've lost a parent or caregiver. It helped him understand the role of community in processing grief and reinforced the importance of creating spaces for connection. The walking club, while informal, offers that space, for those navigating loss and for anyone seeking a sense of belonging.

Looking ahead, James hopes to return to Spring Valley to raise a family. For him, it's more than nostalgia, it's a vision of what community can be. And through STATION DC, he's working to bring that spirit to the broader city, one connection at a time.

For more on the Orange Street Walking Club, see billy@jkb.ventures
For more on STATION DC, see www.stationdc.org

Writer Kristina Bush grew up in Spring Valley and graduated from Washington University in St. Louis in 2023.

As DC loses government jobs, what is on the horizon for attracting new businesses and investment?

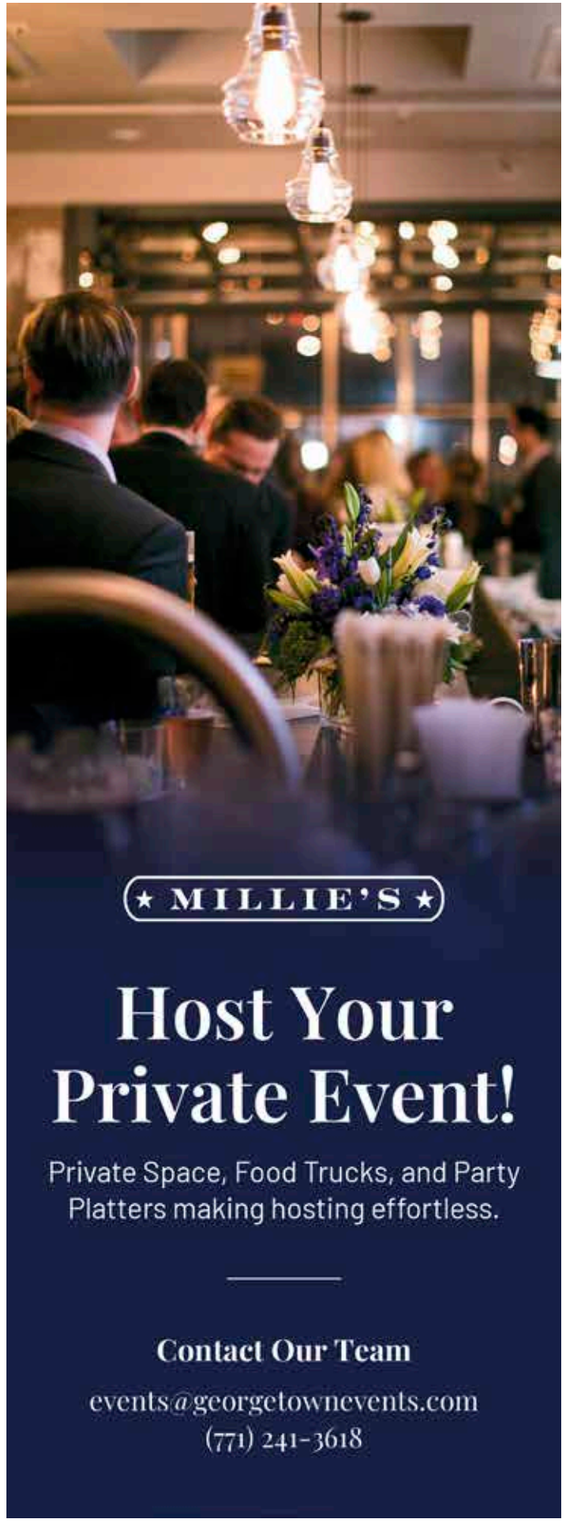
About 65% of our members are based in the DMV and 35% come from outside the region, which shows the dual pull: DC talent and companies that want to grow, and national stakeholders who know they need a seat at the table here. Our goal is to create an environment that increases the probability of a flourishing, productive, connected, and resilient economy locally. By bringing technologists, investors, industry, government, and military together under one roof, we're building the kind of ecosystem that makes DC stronger and more competitive for the long run.

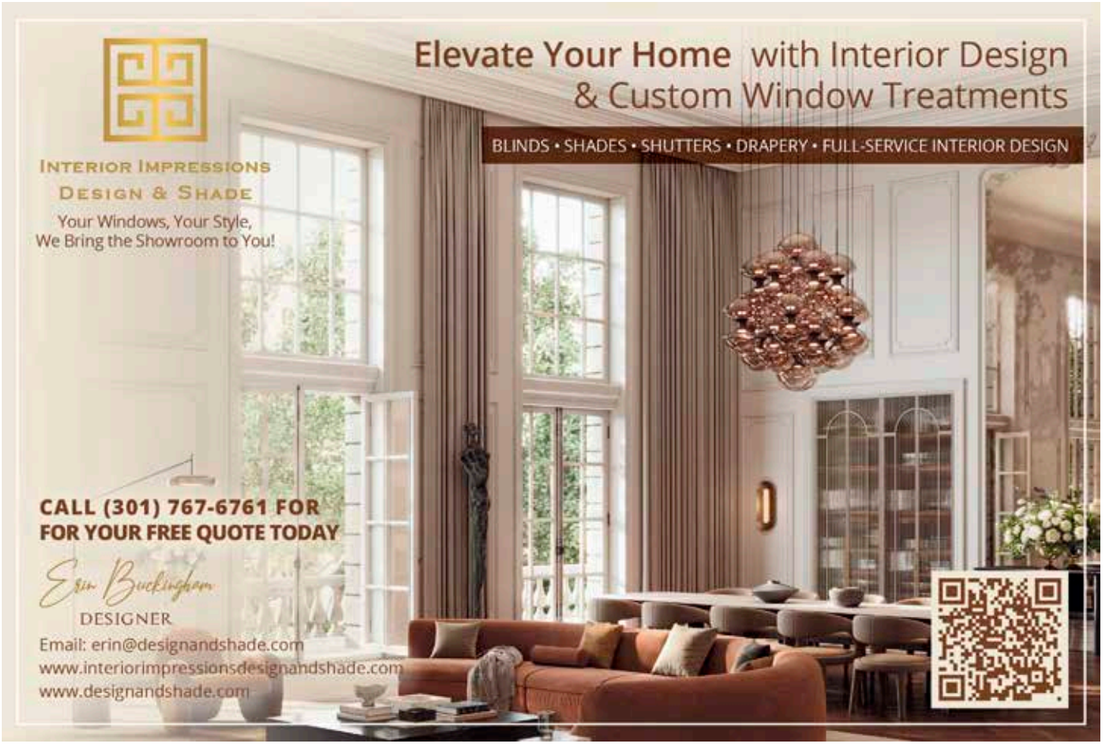
class="Apple-interchange-newline">We've also seen real corporate attraction. Leonid Capital Partners, for example, opened a satellite DC office. In addition, we've built partnerships with groups Silicon Valley-based cybersecurity company, Vanta, and several large international government contractors, all of whom want to grow their footprint and do more business in DC. For the city, this means more jobs, more investment, and more high-growth companies choosing to plant roots here.

Tell us about your events so far, and update us on future events.

We officially opened the doors to our Clubhouse on September 24th, and the next day hosted Fed Supernova DC, a major summit with speakers from OpenAI, Palantir, Oracle, NASA, the Department of War, the FBI, Bloomberg, Govini, Blue Water Autonomy, Varda, and more. The focus for Fed Supernova DC was on the intersection of technology, policy, and government contracting, and it sold out with 500+ attendees. Our next major summit – How We Win 2.0 on February 26th an 27th – will spotlight frontier tech innovation and the companies shaping America's future in areas like AI, hypersonics, quantum, biomanufacturing, energy, and more.

In addition to our summits, for our members, we arrange private briefings with sitting members of Congress, Cabinet officials, high-profile CEOs, investors, and industry leaders who sit at the intersection of tech and policy. Beyond that, we've launched educational programming, from workshops on raising venture capital, to how to sell to – and work with – different parts of the federal government, to how to build long-term relationships in DC, and much more. We've a steady rhythm of community-building events like happy hours and breakfast meetups – the kinds of moments that make it easy to connect, share ideas, and build relationships. Our events in January included a drop-in day for those building and investing in energy to exchange ideas across nuclear, manufacturing, materials and policy; a technical briefing on how the Air Force buys technology; a briefing with the National Venture Capital Association's head of research; and a conversation with the founder of Ring on how he built the company from an idea in his garage into a billion-dollar acquisition.

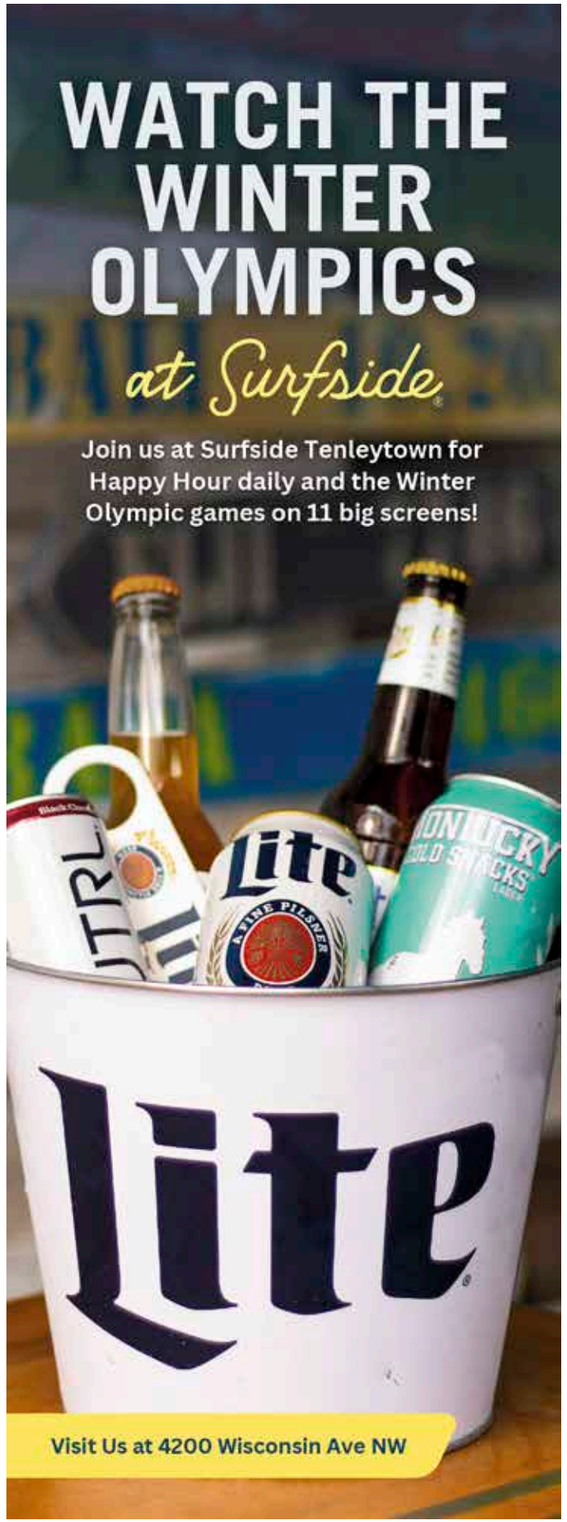



Elevate Your Home with Interior Design
& Custom Window Treatments
BLINDS • SHADES • SHUTTERS • DRAPERY • FULL-SERVICE INTERIOR DESIGN
INTERIOR IMPRESSIONS
DESIGN & SHADE
Your Windows, Your Style,
We Bring the Showroom to You!
CALL (301) 767-6761 FOR
FOR YOUR FREE QUOTE TODAY
Erin Buckingham
DESIGNER
Email: erin@designandshade.com
www.interiorimpressionsdesignandshade.com
www.designandshade.com

CSDA
Candace Sheppard Dance Academy
This Valentine's, treat them
to the Sweetest Gift of All - Dance at CSDA!
Spring Enrollment is Open-Spots are Limited!
Classes begin February 10!
Register Today for our Spring Semester
or our New 6-week Mini Courses.
301.996.0680
CSheppardDanceAcademy.com

Spaces shaped by story and style
Full-service interior design
www.spacesbykatie.com
hello@spacesbykatie.com
spaces by katie
Spaces by Katie

DWELL DIFFERENTLY
PLAN
PASSIVE HOUSE DESIGN | CONTEMPORARY ARCHITECTURE
contact@PlanH.co | www.PlanH.co | 202.367.6667


WATCH THE
WINTER
OLYMPICS
at Surfside
Join us at Surfside Tenleytown for
Happy Hour daily and the Winter
Olympic games on 11 big screens!
Lite
Lite
Visit Us at 4200 Wisconsin Ave NW

It's That Time of Year Again!

Flower Mart White Elephant Committee's Annual Donation Drive

The White Elephant tent at the National Cathedral Flower Mart

If you are downsizing or decluttering your home, the Flower Mart White Elephant Committee will happily take your stuff. Their annual donation drive begins Saturday, February 28 and runs each Saturday through April 11, except Easter weekend. Saturday donation drop-off dates are **2/28, 3/7, 3/14, 3/21, 3/28, 4/11.** You can drop-off donations between 10 am and 2 pm at the Cathedral Library on South Road, directly behind the National Cathedral. This is the same location as last year. Signs posted along South Road will direct you to the the library. Volunteers will be on hand to help unload cars. Donation receipts are available upon request. Parking is also available along South Road near the library. This year the committee added a new way to donate. If you can't make it to one of their Saturday drop-offs, you can arrange either a home pick-up or drop-off on the cathedral close. Call or text Sarah at 202-365-0056 to schedule.

Here's what the White Elephant committee **will accept:** dishware, glassware, silverware, barware, china, crystal, serving platters, trays and bowls, home décor, small framed artwork, mirrors, sconces and small light fixtures, table linens, holiday décor, decorative pillows & throws, jewelry, purses, scarves, fashion accessories, pots & pans, bakeware & bowls, kitchen utensils. They **will not accept:** books, furniture, appliances, clothing, children's toys, bed linens, curtains, personal care or food items.

All proceeds from the White Elephant sale go towards the maintenance and upkeep of the National Cathedral gardens and grounds. The white elephant committee greatly appreciates the generous outpouring of donations from the greater Washington DC community. They couldn't do it without your continued support.

Last year's White Elephant sale set another record in both sales and shoppers. The line to enter their tent never ended. New as well as long-time Flower Mart shoppers were amazed at both the quality and incredible prices of their items. This year's White Elephant sale promises to be even bigger and better. They're planning on expanding the size of their tents to accommodate more merchandise and lots of shoppers. As always, complimentary tote bags are given with purchase while supplies last.

Flower Mart is Friday, May 1, and Saturday, May 2, rain or shine, on the grounds of the Washington National Cathedral. This year's theme is The Secret Garden.

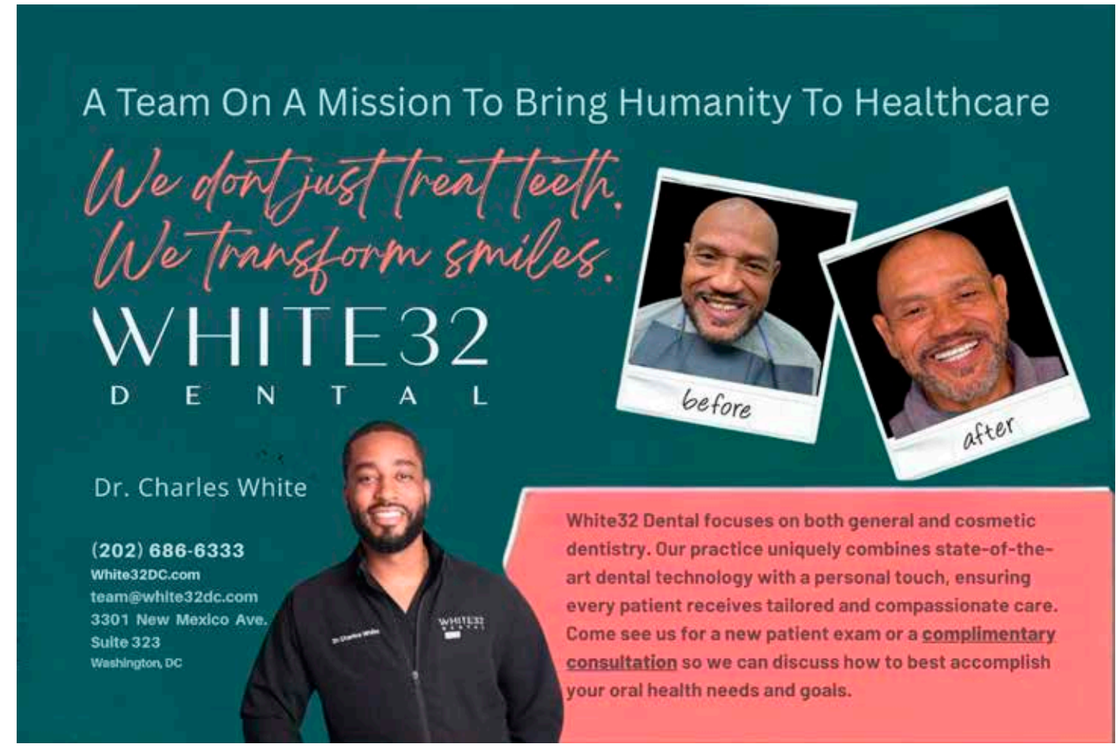
To learn more about Flower Mart and All Hallows Guild, please visit www.allhallowsguild.org. For more about the White Elephant sale or their upcoming donation drive, please visit www.flowermartwe.com.

Courtesy of the White Elephant Committee of the All Hallows Guild

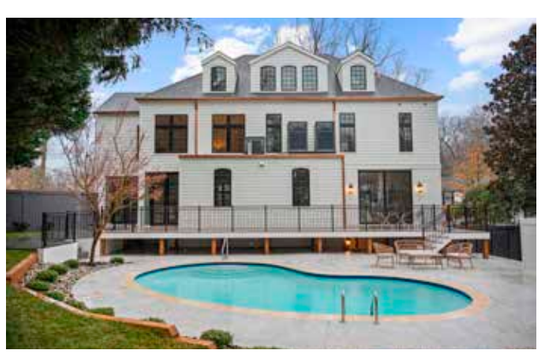
FAPAC
EVERY CHILD DESERVES
A SAFE HOME
DONATE TO SUPPORT CHILDREN IN FOSTER CARE
www.dcfapac.org/donate
SCAN ME
DCFAPAC.ORG

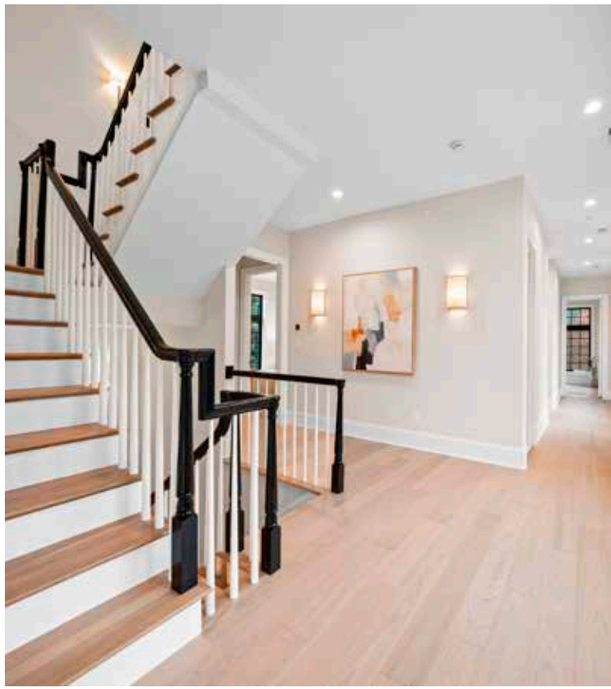
SPRING VALLEY SALES
Jennifer Fritz
The Burr Group
TTR | Sotheby's
4929 Glenbrook Road $5,250,000
4853 Rockwood Pkwy $3,500,000
5163 Tilden Street $3,600,000
4722 Rodman Street $3,010,000
5212 Upton Terrace $2,425,000
3812 48th Street $2,195,000
4907 Upton Street $2,060,000
5107 Yuma Street $1,675,000
202.603.8413 jfritz@ttrsir.com
5101 Wisconsin Ave. NW, Washington, DC 20016 | 301.967.3344

Transforming Spaces with Sophisticated Finishes
JFM
PRO PAINTING
• Interior/Exterior Painting
• Cabinetry Finishing
• High Gloss
• Deck Restoration & Maintenance
• Yearly Maintenance Services to Preserve Your Home's Beauty
Reach out to us today!
Let's discuss your project.
JFMProPainting.com
(240) 300-5307
Jose@JFMProPainting.com
Serving DC, MD, and VA
View Our Work! @jfmpropainting


A Team On A Mission To Bring Humanity To Healthcare
We dont just treat teeth.
We transform smiles.
WHITE32
DENTAL
before
after
Dr. Charles White
(202) 686-6333
White32DC.com
team@white32dc.com
3301 New Mexico Ave.
Suite 323
Washington, DC
White32 Dental focuses on both general and cosmetic dentistry. Our practice uniquely combines state-of-the-art dental technology with a personal touch, ensuring every patient receives tailored and compassionate care. Come see us for a new patient exam or a complimentary consultation so we can discuss how to best accomplish your oral health needs and goals.

5125 UPTON ST NW





Meticulously designed and expertly crafted by award-winning Dilan Homes, this Spring Valley estate redefines luxury living. Thoughtfully sited on a generous corner lot and enveloped by mature trees, 5125 Upton is a rare fusion of timeless architecture and forward-thinking design.

Spanning four levels and nearly 7,000 square feet, the home offers six bedrooms and seven and a half bathrooms, with exquisite finishes curated for modern elegance and everyday functionality.

The main level stuns with soaring ceilings, expansive windows, and a seamless flow from formal living and dining rooms to a true chef's kitchen and sun-drenched breakfast nook. A covered porch, flagstone patio, and private pool provide an enviable indoor-outdoor connection perfect for year-round entertaining.

Upstairs, the primary suite is a private sanctuary complete with a spa-inspired bath and dual walk-in closets, complemented by three additional bedrooms on the second level and a full guest suite and kids' playroom on the top floor.

The walk-out lower level boasts a sixth bedroom, oversized entertainment room, mudroom, and dedicated mechanicals — all executed with Dilan's signature attention to detail and quality. Additional features include a massive two-garage, ample off-street parking, and extensive landscaping. Located in the heart of Spring Valley with easy access to top schools, dining, and downtown DC, this exceptional residence represents a once-in-a-generation offering.

For more information, contact
Brent Jackson of TTR Sotheby's International Realty
(202) 263-9200

DISCOVER THE KENSINGTON BETHESDA
ASSISTED LIVING • MEMORY CARE • COUPLES CARE

Welcome to The Kensington Bethesda, a premier senior living community, privately owned and operated by a close-knit group of founders and partners who are local to Greater Washington. Together, with their dedicated teams, they proudly uphold their promise to love and care for your family as they do their own. From our heart to yours, we invite you to join the Kensington family.

Don't miss our weekly Sunday Champagne Brunches from 11:30am-1pm. RSVP to Anne Buckley at ABuckley@KensingtonSL.com.

For more information, scan the QR code to visit our website.

THE KENSINGTON
Assisted Living & Memory Care
BETHESDA

5485 Westbard Avenue | Bethesda, MD 20816 | www.TheKensingtonBethesda.com | (240) 752-8600

Palisades Montessori
The first school you choose matters. We build a foundation for life.

Who We Are:
- Locally-owned, traditional Montessori school - since 1984
- Infant, Toddler, Preschool, and Afterschool Care
- Limited enrollment in the heart of the Palisades neighborhood

What Makes Us Unique:
- American Montessori Society-trained teachers
- Cozy classrooms designed to spark curiosity and independence

At Palisades Montessori, children develop into inquisitive and independent individuals, equipped for life.

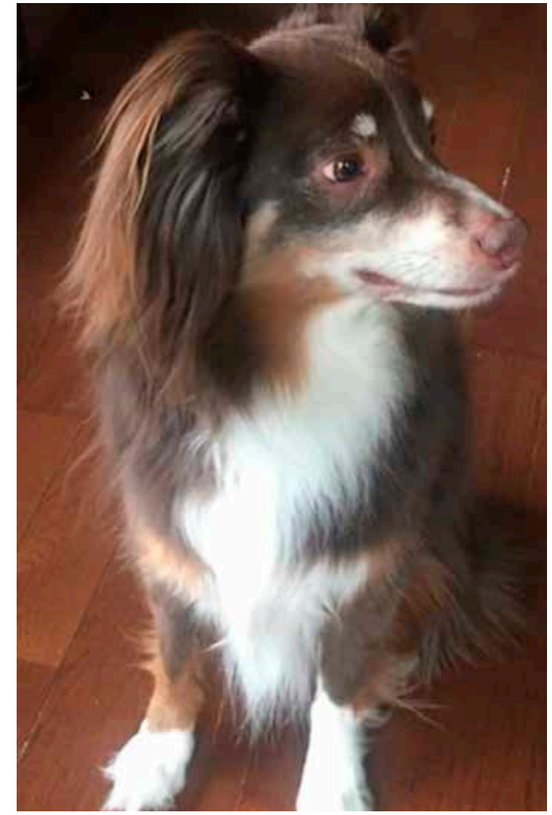
Schedule a tour today!
(202) 537-6807 • info@PalisadesMontessori.com
www.PalisadesMontessori.com

BENSON ANIMAL HOSPITAL
1953

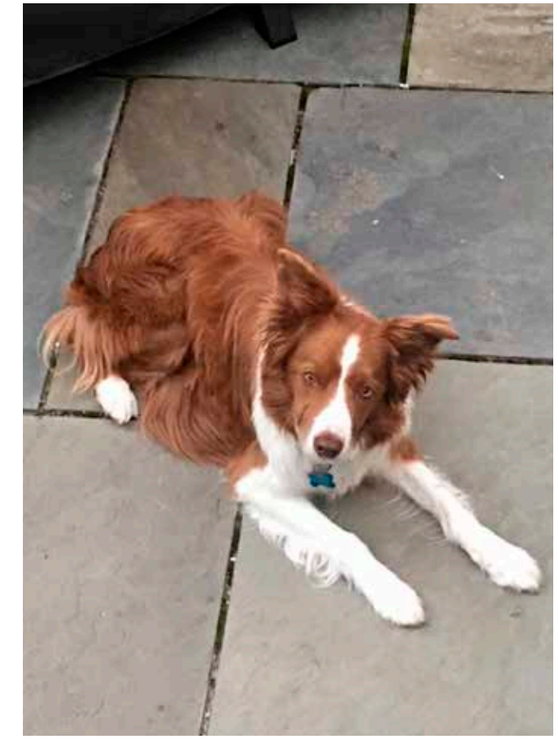
A family-run veterinary hospital proudly serving Bethesda and the DC area since 1953

4981 Cordell Avenue, Bethesda, MD 20814 301-652-8818 BensonAnimalHospitalBethesda.com

Darling Darcy



Darcy



After Linda Chandler and Pat Keough's beloved dog Amber passed away in 2020 at 13, the couple grieved several years and debated whether they should take on a new puppy. Eventually they found Darcy, a senior dog who they rehomed in November 2022. Darcy is now 14 and fills a special place in Linda and Pat's Spring Valley home.

Westwood Pet Center
Since 1979

FREE Home Delivery Available!

Bethesda's local, family-owned, natural pet market since 1979
Raw & Natural Pet Food, Treats, Supplements, Toys & Pet Care Supplies

Leashed dogs are always welcome.
(240) 800-3164 • westwoodpetcenter.com
4611 SANGAMORE RD, UNIT N, BETHESDA

Parma, Italy – A Microcosm Of The Italian Experience

BY KARYL CHARNA LYNN

Italy offers many reasons to visit, from ancient ruins and historic landmarks to quaint villages and world-renown cultural institutions. Let's not forget its delicious cuisine. After three decades of annual visits, I am still finding more hidden gems. Rather than writing about Florence, Venice, or Rome, where many of you have visited, I'd like to introduce Parma, a city of only 200,000 which is a microcosm of the Italian experience.

Located 80 miles southeast of Milan, Parma is easily reachable by train or a quick drive down the *Autostrade.* Founded in 183 BC by the Romans, it served as a significant trade center along the Via Aemilia. Ruled by Farnese and Sforza noble families among others, it was annexed to the Kingdom of Italy in 1860. The Torrente Parma (river) snakes though the city, which is best known for Parmesan cheese, Parma Ham, and Salame di Felino (a type of Italian sausage). With such a long history, Parma's streets are dotted with historic buildings and landmarks, religious and secular, including the Romanesque Cathedral, Romanesque-Gothic blended Baptistery, the late 16th-century Cittadella, and the massive Palazzo della Pilotta, which houses the Teatro Farnese, a quintessential example of the 17th century aristocratic theater.

For self-guided walking tours of the historic city center, visit Parma's main tourist office at Piazza Garibaldi 1 and pick-up a map. Or join a guided group tour exploring the city's historic sites. For a tranquil retreat from city center's hustle and bustle head to Parco Ducale (Ducal Park) where you will find more than 50 acres of peaceful green space, numerous walking paths, food stands, and cafes for a relaxing drink or meal.

Since Parma is a culinary delight, food lovers can arrange guided group or private tours to the famous Parmesan cheese and Parma Ham producers, including tastings and meals. If you are an Italian sausage lover, be sure to take a tasting tour to Culatello Cave of Salumificio Dallatana which produces Salame di Felino, one of the best Italian sausages.

If you love festivals, visit Parma during October. Italy's most famous opera composer,

Castillo di Torrechiara - copyright Karyl Charna Lynn

USEFUL INFORMATION

Currently there are no non-stop flights from IAD to Milan. Best travel via Munich, Zurich, or Brussels; less hassles than connecting via Paris, Frankfurt, or London. There are direct buses and trains from Milan's Malpensa to Milano Centrale where hourly trains depart direct to Parma. Hotels, restaurants, historic sites, and Teatro Regio, are all a few minutes walk from the train station.

1. Gastronomical tours: food.parmaincomingtravel.com
2. Festival Verdi and Verdi Off 2026 schedules: www.teatroregioparma.it/EN/festival-verdi-2026-EN.
3. Trip planning assistance: www.parmaincomingtravel.com.

Castillo diCastillo di Torrechiara - copyright Karyl Charna Lynn

Giuseppe Verdi, was born 10 October 1813 in Roncole (now Roncole Verdi), a tiny village a short distance from Parma. The city adopted him as their son, and the entire city and surrounding area celebrate with Festival Verdi and Verdi Off. There are hundreds of events, activities, and performances, many free, for every age and taste, ranging from operas, musicals, symphony, and theater, to street parades, dancing, recitals, galas, and interactive largescale art installations.

In the heart of Parma and Festival Verdi lies the Teatro Regio, a Neoclassic building characterized as "*eroismo formale.*" The Duchess of Parma, Maria Louise, conceived the project, choosing Nicola Bettòli as architect. Construction began in 1821 and completed in 1829. In 2001, the centennial for Verdi's death, Parma created Festival Verdi. Fifteen years later, to broaden the festival's appeal to everyone, Verdi Off was founded as part of the Festival. For 2025 FV, Verdi's final two operas, based on Shakespeare plays, *Otello* and *Falstaff* graced the Regio's stage. *Otello*, a tragic tale of the destructiveness of jealousy and racism, intertwined with the complexities of love and betrayal were vividly contrasted with *Falstaff*, a comic tale of love and marriage, deception and reality. *Otello* production was a modern take with geometric and symbolic scenery (think ferocious reptiles for impending doom) and lighting and projections reflecting psychological states that literally recreated both the characters thoughts and feelings. Comic relief came the following evening with an inherently amusing and updated *Falstaff.*

CONTINUED ▶

TEATRO REGIO'S GRAN CAFFÈ IS OPEN TO THE PUBLIC

If you go to Teatro Regio, note that pre-performance it offers "aperitivo all'opera" (hot or cold dinner plate) with a bar off the foyer. Alternatively, try pre/post show dining, Ristorante Bar Le Bistro, Piazza Garibaldi 19/G. If going to Teatro Verdi, Busseto, stop for pre-performance meal at Vecchio Mulino Pallavicino, Via Toscanini 69/71, opposite Roncole Verdi, for Verdi's cuisine.

Teatro Regio Parma copyright photo by Karyl Charna Lynn

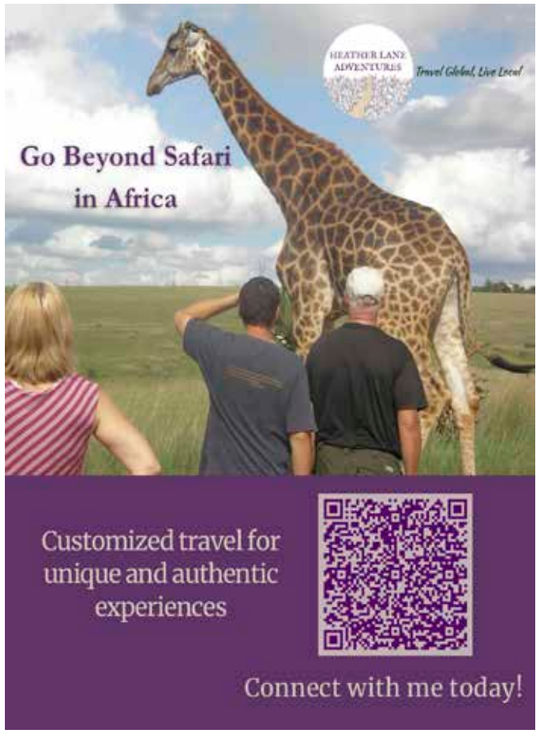


Photo by Roberto Ricci, courtesy of Teatro Regio, Parma

Verdi's birthplace (Verdi Roncole) is a short distance from Parma, with the composer's house restored to its original appearance at Verdi's birth. Across the street is the chiesa di San Michele Arcangelo, where he was baptized. His benefactor's house (Casa Barezzi) and 300-seat jewel of a theater, Teatro Verdi, are located in nearby Busseto. The theater, designed by Pier Luigi Montecchini and opened in 1868 is located in a wing of the Rocca dei Marchesi Pallavicino on the Piazza Verdi.

Back in Parma, music-lovers can visit the Casa della Musica, a multi-media music museum and library housed in the mid-15th century Cusani Palace, along with Auturo Toscanini's Casa Natale Museum (Birthplace Museum) and the Cemetary della Villetta where Italy's famous Italian violinist Niccolò Paginini is buried.

An avid traveler, Karyl Charna Lynn has visited more than 350 opera houses around the world and traveled to more than 70 countries writing six books on opera and 100s of articles. She's been a resident of Spring Valley for some than 30 years.

Wellness Studio Pure Sweat + Float

A haven to relax, decompress, and heal

As the noise, technology, and stressors of everyday life continually increase, so does the need for recovery. Stress - and the toxicity it creates in our bodies - reduces our natural immunity, debilitates our emotional well-being, and contributes to chronic pain.

Pure Sweat + Float Studio opened in Georgetown in May with state-of-the art infrared sauna and float therapy technologies that provide proactive ways to reduce inflammation, detox, de-stress, and heal the body naturally.

Private full-spectrum infrared cabins, custom-made by leading innovator Sunlighten, provide three deeply calming light wavelengths to warm the body at a cellular level. This breaks down toxins and eliminates them through a deep, detoxifying sweat that is good for the body — and also for the brain, increasing serotonin for peace and contentment, improved sleep, and anti-aging.

Pure Sweat + Float Studio Georgetown owner Elizabeth Baker says the infrared sauna experience is more comfortable than conventional saunas because infrared raises core body temperature from the inside out. "It's a therapeutic, comfortable hug of dry heat, and it's safer," she notes, as infrared is used to heat new-born babies in the NICU.

Liz is a former manager of one of the first Pure Sweat + Float Studio locations, which originated in Nashville. She's brought the concept and new studio to DC after relocating here with her husband, a former Naval officer who has used infrared saunas, float therapy, and cold plunge to alleviate pain from injuries he sustained while in the service. Each wavelength — FAR, MID, and NIR — targets a different part of the body to release specific health benefits:

- Far infrared (FIR) reaches deepest into the body, targeting the body's major organs, breaking down toxins and ridding them through a deep, detoxifying sweat that can be up to 10 times greater than a conventional sauna.
- Mid infrared (MID) targets the body's soft tissue, muscles and joints to reduce inflammation by driving fresh, oxygenated blood into the muscles, alleviatjng pain, increasing flexibility, and speeding the healing process.
- Near infrared (NIR) stimulates cell turnover in the skin, combatting fine lines and wrinkles, and even helping with wound healing.

With a frequent practice, infrared therapy has been helpful in reducing symptoms of various autoimmune diseases, including Hashimoto's, Rheumatoid arthritis, and Lyme disease, as well as environmental toxins, such as mold, mercury, and allergens.

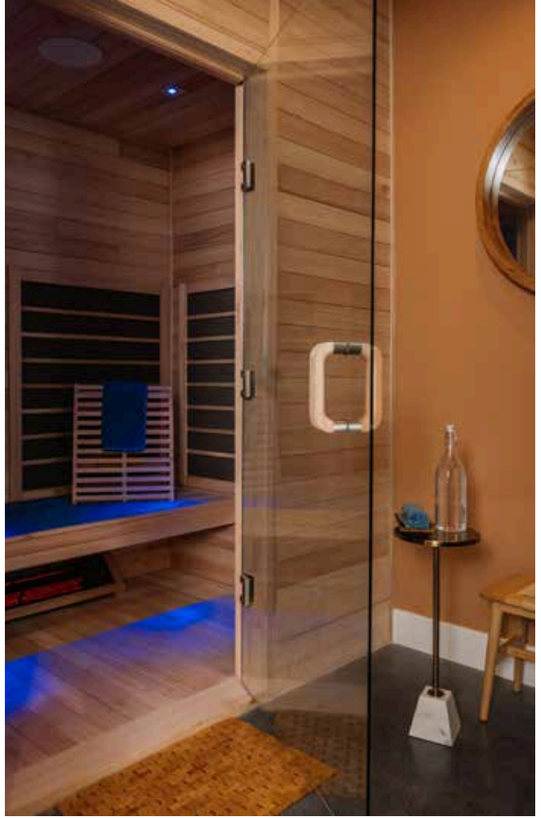
"We offer something for everyone, from athletes who use sauna for performance and recovery, to those suffering from chronic pain, or individuals that are looking to de-stress, lose weight, or age gracefully. The healing benefits of infrared sauna are endless," Liz says.

It's time to recognize that de-stressing is as vital as eating and sleeping. The American Institute of Stress estimates that over 75% of all visits to primary care physicians are for stress-related problems.

Float Therapy. The new studio's float therapy suite enables individuals to float effortlessly in 12 inches of warm, filtered water buoyed by 1,500 pounds of Epsom salt (magnesium sulfate). The salinity of the water creates a gravity-free environment supporting natural alignment and easing aches and pains through the neck, spine, and hips. It allows clients to reach a deeply relaxed state with numerous anti-inflammatory benefits including lowering cortisol and blood pressure.

The float, complete with ensuite showers, is spacious enough for two although many use them individually. The experience is completely customizable with ambient lighting, music options and is designed to trigger a deep relaxation response - even deeper than normal sleep. Forty minutes in a float is comparable to four hours of sleep.

Cleanliness is assured through a filtration unit and cleaning cycle developed by Superior Float Tanks in Norfolk, Virginia, the industry's top manufacturer of therapeutic floatation tanks. After each float there is an automatic 15-minute filtration cycle where the water runs through a UV light three times, then goes through an ozone filter three times. No toxic chemicals are used to clean the water, only food-grade hydrogen peroxide.



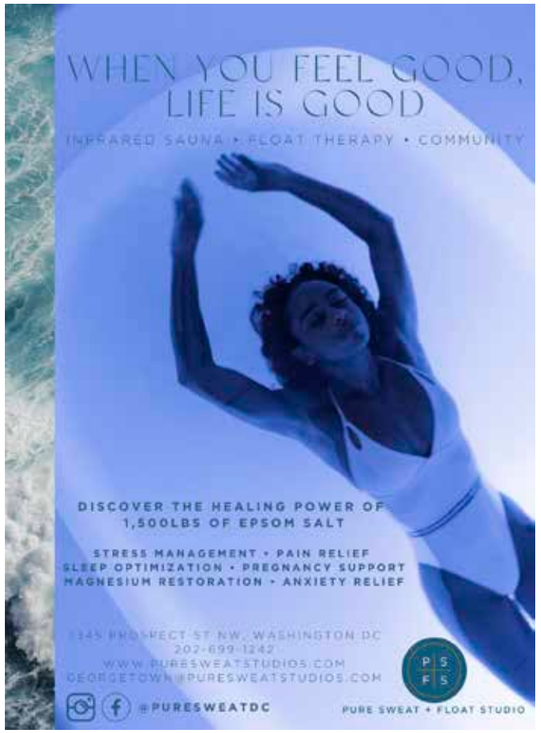
Safety is a priority for the team members at Pure Sweat + Float, who are alert to every client's needs - such as people with pacemakers. A control panel in every sauna enables the temperature to be matched to an individual's tolerance, Liz says, but adds, "We are not medical professionals. We are well-informed about sauna and float, but you are encouraged to consult your physician regarding concerns about health conditions and the use of the infrared sauna and float therapy."

Liz's experience has taught her the efficacy of Pure Sweat's modalities in treating different causes of inflammation and has numerous success stories of people with anxiety, eczema, brain health, and PTSD finding the services beneficial. Liz notes that short 15-minute infrared sauna sessions at low temperatures have been proven to be beneficial for children with ADHD and explains that for families with nervous systems affected by mold toxicity "we turn down the temperature so that the young ones can sit in the sauna with their parents; it's a great way to detox and fight inflammation in the body."

"We have a beautiful space. Seeing people realizing improvements in their health and well-being — that's the driving factor for me," Liz says. "We all need more self-care and compassion, so we create special experiences for you when you float: Stars on the ceiling, your choice of music. We have what you need to relax and enjoy your visit. Then with our luxury shower amenities, you rinse off, and walk out feeling your very best."

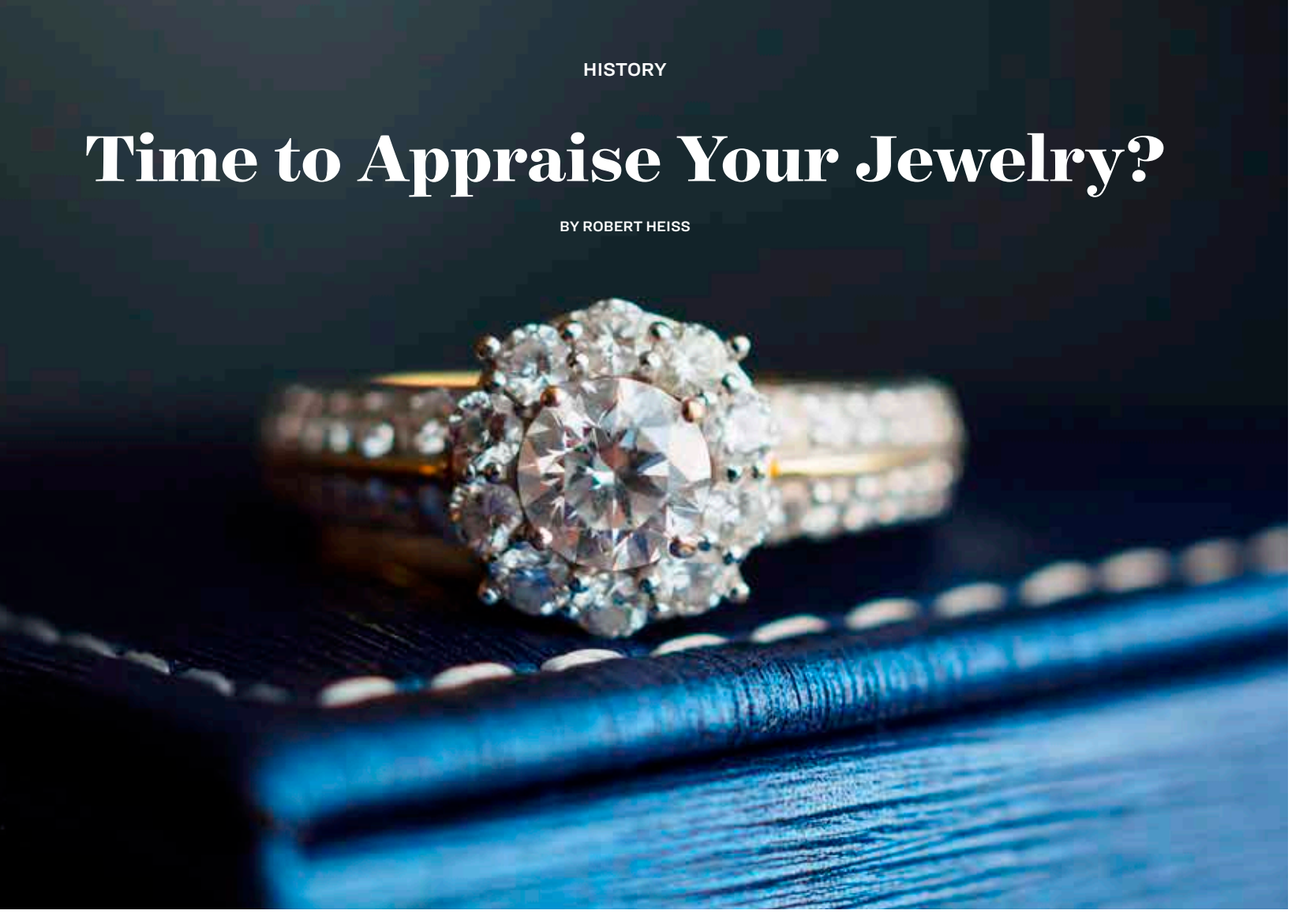
What Pure Sweat + Float provides is rooted in compassion, self-care, and health and seeks to cultivate a community of wellness enthusiasts with special speakers and events throughout the year. For upcoming events, follow along on social media @puresweatdc or sign up for their newsletter at www.puresweatstudios.com/washington-dc.

Pure Sweat + Float Studio
3345 Prospect Street NW
Washington, DC 20007
Phone: (202) 699-1242
www.puresweatstudios.com/washington-dc



Time to Appraise Your Jewelry?

BY ROBERT HEISS



Do you believe some of your jewelry has surged in value and is underinsured today? Need to get jewelry appraised as part of the administration of an estate?

Gold has appreciated considerably in value. What has happened to diamond prices? Today's volatile market has produced some new realities. A professional appraiser will be able to provide the answers.

Jewelry has provided pleasure to human beings for hundreds of thousands of years. It comes in many forms — metal, gemstones, other ornamentation. It adorns the human body in various ways — attached to the ears, around the neck, on the lapel, on the wrist. Traditionally, a couple's engagement included the gift of a diamond ring to the future bride, and gold rings were engaged as part of the wedding ceremony.

What is distinctive about jewelry, of course, is that it is coveted for its beauty and at the same time it is an extremely compact commodity of substantial value. That also makes it an appealing target for theft. It also becomes an appalling loss when it disappears from carelessness. It cannot be protected financially with an adequate amount of insurance, however, without a reasonably current appraisal. Whether or not insured, it cannot be the subject of a police investigation when stolen unless it is at least identified and listed with specificity.

Most often, the reported robbery of jewelry here is from a jewelry store. A notorious DC case from the 1970s, however, illustrates the extremes to which thieves of jewelry from personal residences may go. One thief was estimated to have burglarized 2,000 homes in the DC area. Known as the "Ghost Burglar" and the "one man crime wave," he stole silver, antiques, jewelry and coins, and smelted the metal in his basement. Thanks to the police he was apprehended in 1980 and no large scale home jewelry heists have been reported since.

How often should valuable jewelry be reappraised after its time of purchase? The industry consensus appears to be every two to three years, so that the owner can avoid having an undervalued piece of jewelry for insurance purposes in case of loss.

Who should perform the appraisal? The qualified person for the job is a certified gemologist. Local jurisdictions do not regulate the jewelry appraisal business. Gemologists are certified by private organizations. They are employed at established jewelers. A gemologist knows the value not only of gemstones but also of metals associated with jewelry — their purity, weight, and market value.

How can you protect your ownership of the jewelry while it is in the possession of the jeweler? The professional reputation of the jeweler or other appraiser is critical, of course. Beyond that, you should take pictures yourself or receive pictures of the items and a receipt when you deliver jewelry to the gemologist for appraisal.

How is the appraisal fee determined? The appraiser has a set fee for each item. Locally, one figure quoted for an existing customer was $75 per item. Some jewelers offer a reduced appraisal fee for a piece that was sold by their store and is already recorded in their database; the fee may be one-third less than on an item that was purchased elsewhere.

What jewelry items should not be appraised? What jewelry items should be appraised as a group? Appraisers typically do not assess the value of costume jewelry, regardless of its maker and artistic value. Silver jewelry, because of its modest value compared to gold, may not need to be included in probate appraisals. Small gold pieces that do not have substantial individual value can be aggregated and treated as a single item and charged a single fee for the appraisal.

What is the difference between a Karat and a Carat? Karat is the measure of gold purity, while carat is used as the physical measurement of a diamond. 24 karats represent 100 per cent pure gold, 18 karat gold is 75 per cent pure gold, and 14 karat gold is 58.3 per cent pure. One carat of a gemstone equals 200 milligrams.

What is the difference between yellow and white gold? The color difference is determined by the other metals that are alloyed with the gold. The combination effects the color and also durability.

What has happened to the price of gold? Gold has recently enjoyed substantial

CONTINUED ▸

appreciation in value as a hedge against inflation and economic uncertainty. It is valued for its bright color, density, malleability, and resistance to corrosion, among other properties. Ten years ago, an ounce of gold reached a low of about $1000. Last year (in May 2025), it was worth about $4300 per ounce. Some of the gold sold in the United States is domestically mined; Nevada is the top producing state. While its value can and does fluctuate substantially over time, it does less so than some other market commodities like oil and natural gas. Gold can be artificially created through nuclear reactions; this process, however, is not cost-effective and does not threaten the market in the mined metal.

What has happened to the price of diamonds? The manufacture of diamonds has been perfected. As a result, experts cannot distinguish between a mined diamond and a lab-produced diamond. Now man-made diamonds have become more readily available than mined diamonds were in the past. These realities have had a profound impact on the value of diamonds in the market. Regardless of the prestige value that natural diamonds have always had, their value declined 26 per cent since 2023. The slogan "diamonds are forever" remains true because of their special physical properties, including brilliance and exceptional hardness, and the romantic sentiment that has traditionally been attached to them, but they no longer hold their value and appreciate as they have done historically. This has sent shock waves through mining interests and the jewelry business.

What is the basic method of conducting an appraisal? It may come as a surprise to owners of specially designed jewelry that appraising its market value, like any other jewelry, is based primarily on the weight of the gemstone or metal.

What role, if any, does the recognized artistry of a particular jewelry designer or the authentic period of design play in the the determination of the value of a piece? A probate appraisal likely will not take into account any added value that might be attributed to the artistic design and execution reflected in the piece. The possibility of added value may be more relevant to an insurance appraisal, where the replacement value is paramount.

What is the difference between the probate value and insurance value of jewelry? The appraisal for probate assesses the price that the market would pay for the item. If it is gold, regardless of the maker, then the value of the gold may determine the probate value. In contrast, the insurance value is the jewelry's replacement or retail value. It is usually 20 per cent or more than the probate appraisal value.

What does a proper appraisal report look like? The appraisal of every valuable item of jewelry should include an extremely detailed and technical description of the piece as well as a picture.

How can valuable jewelry be protected from theft? The traditional place for storing valuables has been a safety deposit box in a bank vault. This part of the banking business, however, has been in decline because of decreased demand, rising maintenance costs, and a general shift in the market. For example, the Spring Valley branch of Capital One Bank continues to service the safe box business for existing box holders but is no longer offering the service to new clients. Alternative protective measures include a fire-proof safe or home security box. Because home measures may be less secure than a bank safety deposit box, adequate insurance becomes more important. That is possible only with frequent reappraisals.

The world of appraising may seem (and is) dry and unromantic compared to the mystique that has always surrounded valuable jewelry in courtships and weddings, and in family life, Marilyn Monroe sang in a movie that "diamonds are a girl's best friend." The relentless and bloodthirsty pursuit of gold marked the identity of the arch fiend Goldfinger: "he knows only gold," according to the theme song, in the classic James Bond movie of the same name. Anything of substantial value, however, is measured as a commodity. Supply and demand will always determine its current value.

Today's uncertain market in metals and gemstones can produce a windfall or a slippery slope for anyone who regards jewelry as primarily an investment. A professional appraisal tells the tale. Above all, however, jewelry should be enjoyed for the pleasure it brings the wearer.

Photo courtesy of Elena Walls

Chicken Tagine & Stuffed Acorn Squash

BY ELENA WALLS, OWNER OF FOODFIRST CULINARY SCHOOL WWW.FOOD-FIRST.COM

CHICKEN TAGINE WITH HERBES DE PROVENCE**

Recipe by FoodFirst Culinary School
Serves 4

Ingredients:
- I chicken cut into parts or 4 large chicken legs
- 1 large onion, chopped
- Juice of 1 lemon
- 1 tablespoon Dijon mustard
- 1 tablespoon each: Herbes de Provence, ground ginger, paprika, and salt
- 1 teaspoon each: garlic powder and black pepper
- 2 tablespoons of olive oil
- ½ cup water
- ½ cup plain yogurt (optional)

Method:
Preheat the oven to 400F. Combine all ingredients in a casserole or a baking dish with a lid and mix well. Bake, covered, for 40 minutes. Remove the lid and bake for additional 20-30 minutes, until the sauce is reduced and the chicken is very tender. Serve with rice, couscous or bread and a salad.

*What Is Herbes de Provence? Herbes de Provence is an aromatic mixture of dried Provençal herbs and spices, which traditionally includes thyme, basil, rosemary, tarragon, savory, marjoram, oregano, and bay leaf. If you don't have it on hand, you can substitute with Italian seasoning or a mix of thyme, rosemary, parsley, basil, and oregano.

STUFFED ACORN SQUASH

Serves 4

Ingredients:
- *2 acorn squashes*
- *Olive oil*
- *Kosher salt, black pepper*
- *½ cup quinoa or bulgar*
- *1 cup broth or water*
- *1 onion, diced*
- *1 garlic clove, minced or crushed*
- *1 can chickpeas, drained*
- *½ cup chopped walnuts*
- *¼ cup dried currents or chopped dried cranberries or cherries*
- *½ cup chopped fresh parsley*
- *½ cup crumbled feta cheese*
- *Kosher salt, black pepper*

Method:
1. Preheat oven to 400F.
2. Halve the squashes lengthwise and scoop out seeds. Oil the cut side and sprinkle with salt and pepper. Place on a lined baking sheet cut side down and bake for 25-30 min, until cooked through but still firm.
3. While the squash is baking, cook quinoa or bulgar in broth or water.
4. Sauté the onion till golden; add minced garlic and cook for 30 seconds.
5. In a mixing bowl, combine cooked quinoa or bulgar, cooked onion and garlic, chickpeas, walnuts, dried currents, parsley, and feta; toss gently. Adjust seasoning to taste.
6. When the squash is ready, take it out of the oven, turn cut side up, and drain any juices that accumulated in the pan. Distribute the filling between the four squash halves and put back in the oven for 10-15 minutes.
7. Serve with a drizzle of lemon juice and plain yogurt on top.

Have a recipe you'd like to share? Please email Rita.McWilliams@n2co.com.

Elena Walls started FoodFirst Culinary School in her Spring Valley home. FoodFirst offers in-person small-group cooking courses and classes for home chefs in DC.

IN BLOOM:
A Festive Garden Party at Georgetown Garden Shop

PHOTOGRAPHY BY PAIGE FREMDER OF HEY NEXT PAIGE

The Georgetown Garden Shop, owned by Kent resident Caroline Ervin, hosted a lovely Fall Fete just ahead of the holiday season for the residents of Kent, Cleveland Park, and Spring Valley. A portion of the proceeds went to The Potomac Conservancy, which ensures the Potomac River boasts clean drinking water, healthy lands, and vibrant communities in the DC region.

A sponsor of all three Stroll neighborhood publications, The Georgetown Garden Shop carries beautiful outdoor furniture, including Brown Jordan, with custom ordering options available. The store also offers a wide variety of pots and planters, vases, gardening tools, outdoor pillows and linens, and accessories for outdoor entertaining.

Starting in March and through October, locally grown flowers are also available for purchase, including ranunculus, peonies, zinnias, lisianthus, and dahlias.

As the days grow longer and warmer, be sure to visit The Georgetown Garden Shop at 3214 O St. NW for your outdoor needs!

The Georgetown Garden Shop

GARDEN DÉCOR & ACCESSORIES • OUTDOOR FURNITURE
PLANTERS • GARDEN-INSPIRED GIFTS

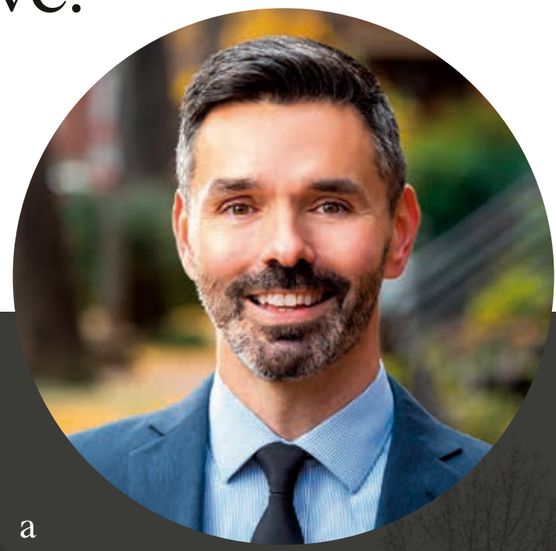
Washington, DC's Exclusive Brown Jordan Retailer

3214 O Street, NW, Washington, DC
202.450.1305 • www.georgetowngardenshop.com
@thegeorgetowngardenshop

A New Year.
A Trusted Advisor.
A Smarter Move.

CENTER CIRCLE

COMPASS REAL ESTATE



Resolve to make your best move yet in 2026!

With more than a decade as a transactional attorney and years as a top-producing Compass Realtor, I guide my clients every step of the way with clarity, confidence and an obsession with obtaining your very best outcome.

Whether you're selling, buying, or just evaluating your options, I'm here to help you make informed decisions that protect your interests and maximize your results.

Let's make your next move your smartest one yet.

Reach out and make your next move exceptional!

Ryan Tyndall, Esq.

M: 202.361.5185
ryan.tyndall@compass.com
centercircle.com

1313 14th St NW
O: 202.386.6330

Licensed in DC, MD & VA

Compass is a licensed real estate broker, licensed to do business as Compass RE in Delaware, Idaho, New Jersey, Pennsylvania and Tennessee, Compass Realty Group in Kansas and Missouri, Compass Carolinas, LLC in South Carolina, and Compass Real Estate in New Hampshire, Maine, Vermont, Washington, DC., Idaho and Wyoming and abides by Equal Housing Opportunity laws.

Friends of Spring Valley Park Invasive Species Clean-up

The leader of the Friends of Spring Valley Park invites neighbors to join in for the next round, on January 24.

A sunny winter day in Spring Valley Park -- Neighbors from the early shift December 14th who cleared ivy from the park's trees

Ryan Tyndall of Compass stopped by to help

DC's Mary Farrah discusses best methods to rid trees of ivy and other invasive species

Led by Mary Farrah, D.C's Invasive Plant Management Coordinator, on December 13 we cleared invasive ivy from 89 trees in the Spring Valley Park! But the work is not finished -- we did not get to quite a few trees. Mary advises that winter is the best time to cut the vines, since poison ivy will still be defoliated -- and the next available date to lead us is Saturday, January 24, 9:30 am to 11:30 am.

So if you missed Round 1, this is your chance to join the fun and avoid FOMO! And for the veterans of Round 1, Round 2 will be even more satisfying! So please plan to join us at the Fordham Street entrance to the Spring Valley Park at 9:30 am on Saturday, January 24. If you will be attending, the D.C. Government needs you to register and sign the short waiver and this way Mary will know how much equipment to bring (she will provide shears and other devices to attack the ivy on trees, and heavy gloves).

You can do this via this link at https://forms.office.com/g/PRuNb5iVpC.

Or by using this QR code below.

If it's cold we will provide hot drinks, and maybe there will be assorted flavors of Dunkin' Donuts "Munchkins" again.

I hope to see you there!

Adam Wenner

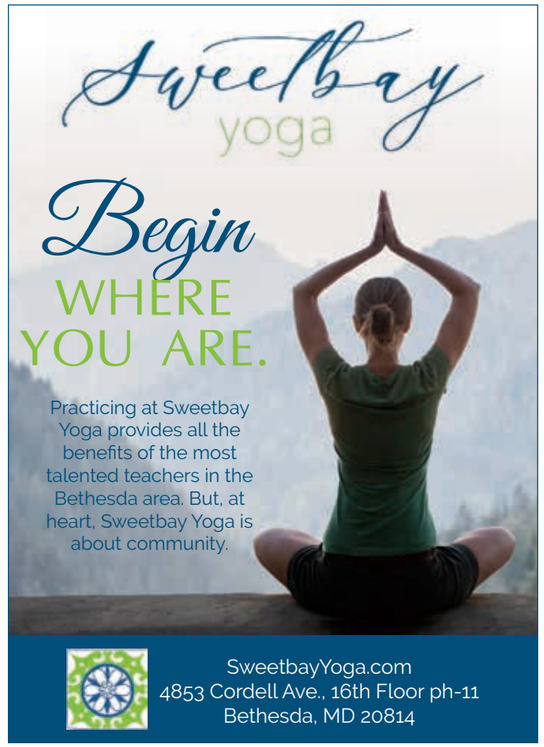
Transform Your *Home.*
Transform Your *Life.*

Seamless Home Elevator Installations-Even in Homes Not Built for Them.

Signature ELEVATORS & ACCESSIBLE DESIGN

850 E. Gude Dr. Suite E • Rockville, MD 20850
(240) 371-1076 • SignatureElevators.com

Serving Maryland, Washington DC, and Northern Virginia.



PRESENTED BY **LYDIA BENSON**

– YOUR SPRING VALLEY *NEIGHBOR* AND *REALTOR* –

SPRING VALLEY REAL ESTATE UPDATE

STATUS	ADDRESS	DAYS ON MARKET	BEDROOMS	BATHS	LIST PRICE	SOLD PRICE	ABOVE GRADE SQFT	LOT SIZE SQFT	YEAR BUILT
SOLD	4921 Tilden Street NW	4	4	3/2	$2,895,000	$2,895,000	3,555	7,643	1938
SOLD	3614 Overlook Lane NW	0	3	3/2	$2,400,000	$2,380,000	3,447	15,063	1954
SOLD	3915 47th Street NW	78	3	3/1	$1,695,000	$1,600,000	1,904	3,700	1942
CONTRACT	4200 29th Street NW	107	5	5/1	$4,275,000		4,033	4,006	2025
CONTRACT	5042 Overlook Road NW	0	6	7/2	$6,895,000		6,455	12,889	1953
CONTRACT	4906 Van Ness Street NW	43	5	5/1	$4,000,000		3,896	3,729	2025
ACTIVE	5033 Tilden Street NW	210	6	7/1	$5,495,000		4,812	14,503	1942
ACTIVE	5125 Upton Street NW	41	6	7/1	$4,995,000		4,780	13,789	2025
ACTIVE	5103 Yuma Street NW	3	3	4/1	$2,099,000		2,956	8,084	1986
ACTIVE	5222 Loughboro Road NW	169	5	4/1	$1,950,000		3,004	6,430	1992
ACTIVE	4257 Fordham Road NW	69	4	3/1	$1,649,000		2,805	4,102	1980
ACTIVE	4016 47th Street NW #2	88	1	1/0	$330,000		670		1936

LYDIA BENSON
REALTOR® DC | MD | VA

202.365.3222
LYDIA@LYDIABENSON.COM

TTR | Sotheby's INTERNATIONAL REALTY

A PRODUCT OF
THE N2 COMPANY

9151 Currency St.
Irving, TX 75063

A Publication for the Residents of
Spring Valley

AMERICAN PROFESSIONAL
CHIMNEY & MASONRY SERVICE

Over 50 yrs.

AMERICAN PROFESSIONAL
CHIMNEY & MASONRY

Repair • Rebuild • Reline • Remodel

301-Chimney
301-244-6639

americanprofessionalchimney.com