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# FEATURES



## RESTON TOWN CENTER THE NEW URBAN PLANNING PARADIGM

by Peter McCandless

Reston's downtown today is a highly-successful, unique destination and the coming of the Silver Line fulfills its destiny and promise. With the coming of the Reston Town Center Metrorail station in 2020, and the dynamic urban core touch-down site, the challenge of the next decade will be to continue the stewardship and replicate this new paradigm of urbanism and community.

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by Alexandra Rossi

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University School of Medicine and is Board Certified by the American Board of Laser Surgery, is a Fellow of the American Academy of Laser Medicine and Surgery and is a Faculty Member of the American Society of Cosmetic Physicians.





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MAY // JUNE 2016

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**ON THE COVER:**  
Reston is illuminated.  
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### After two years serving the Reston community... it was time to renovate!

I couldn't be more grateful to the exceptional people I have had the honor of meeting and working with during the first two years of *Reston Lifestyle* Magazine.

From our wonderful advertisers to our loyal readers, from the inspiring leaders of Reston who work tenaciously to make our community better to the local organizations with whom we partner, and from our contributors to everyone on my hard-working team, everyone has made a big impact on *Reston Lifestyle* and on my life.

That's why it's now time to work even harder to give Reston and the surrounding communities an even better magazine—a luxury magazine.

We have joined forces with *Viva Tyson's* magazine to deliver the new *Viva Reston Lifestyle* magazine. With a new name, new logo, enhanced design, more content, and larger distribution, *Viva Reston Lifestyle* will be delivered throughout the growing Dulles Corridor, including Reston, Great Falls, Herndon, Chantilly, Sterling, Ashburn, and Leesburg.

It will also have bigger photos; new and improved sections; and elegant, glossy printing, to delight our readers and be more effective for our advertisers.

In this edition, get informed about changes at the Reston Town Center, including the new Signature building, its expansion, and the new paid parking; get to know the winners of the Best of Reston Awards; find ideas to pamper your mom on Mother's Day and celebrate with Dad on his day too; and learn the details of upcoming events in the area, including the Southgate Community Day, Love Your Body Yoga Festival, Taste of Reston, concerts, exhibits, and events for everyone in the family.

Find great destinations to enjoy during the summer, as well as places to bring your kids when school is out, including the YMCA Reston, with its fun and educational Summer Camps.

Learn about advanced compounding medicine, tailored to the needs of every person at Golden Health Pharmacy. Enjoy our Home Remodeling section, with articles about local remodelers including NOVA Kitchen, Bath, Basement, and Terranova, Kitchen and Bath. Learn about the excellent and advanced education that students receive at the Academy of Christian Education. Learn about Reston Wealth Management, now celebrating its 13<sup>th</sup> anniversary in business as an independent advisory firm. Take an inside peek at Tall Oaks Assisted Living, where seniors enjoy a high quality lifestyle. Enjoy cute photos of pups in the Furry Neighbors section. Find out what's happening at Reston Art Gallery during May and June, and meet its new mobile sculptor, Wayne Schiffelbein. Don't miss out on the always-interesting column by Delegate Ken Plum, as well as many other articles about our community, art, children, gourmet, gadgets, health, fashion, and entertainment.

I hope you enjoy this edition as much as we have enjoyed making it possible for you.

Please send us your comments, suggestions, ideas, or feedback to [Alexandra@VivaReston.com](mailto:Alexandra@VivaReston.com).

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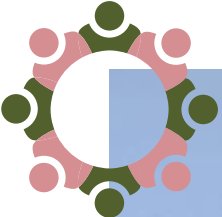
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BY PETER McCANDLESS

## *Reston Town Center*

### THE NEW URBAN PLANNING PARADIGM

#### STANDING ON THE SHOULDERS OF GIANTS

“As one of the new stewards of Reston Town Center, I am constantly reminded that we have seen a little further (because) we are standing on the shoulders of giants,” says Robert Goudie, executive director of the Reston Town Center Association.

#### THE SHOULDERS OF GIANTS AND STEWARDS

Goudie explains that Reston’s original “Giant,” Founder Robert E. Simon Jr. had the vision, passion, courage and audacity to see this shining “city on a hill” in the rural countryside of early, still-segregated,

1960s Virginia. This vision was conceived and formulated from frequent trips to Europe – especially the hill towns of Italy – where a sense of community, density and congregation is formed around central meeting places – piazzas – much like the village squares of early American villages.

“Simon understood that it is density that energizes diversity, interest, a sense of community and opportunity,” Goudie enlightens.

From 1925—when his father tragically passed on and Simon became the 23-year-old president of the family real estate jewel, New



SIR ISAAC NEWTON (Dec 25, 1642 – Mar 20, 1727)

NANOS GIGANTUM HUMERIS INSIDENTES

In responding to a letter from a scientific rival Robert Hooke,

SIR ISAAC NEWTON wrote:

*“What Descartes did was a good step. You have added much several ways, and especially in taking the colours of thin plates into philosophical consideration. If I have seen a little further it is by standing on the shoulders of Giants.”*

The origin of this famous phrase conveys the importance of those who went before us; our leaders. Upon the shoulders of their wisdom, insight and strength is built our present and our future. If Newton accepts this, how much more should we appreciate and acknowledge those who inspired us and through whose leadership we have moved forward?

## WIKIPEDIA

York City’s Carnegie Hall—until 1961, when he purchased the 6,400-acre farmland that was to become Reston, Simon commanded the cultural helm of Carnegie Hall.

For 35 years, he experienced the dynamic interaction of mixed-use development: residential, commercial and cultural chemistry: Carnegie Hall was a vibrant “village” or community. It was this “whole cloth” that was to ultimately shape his vision for Reston’s eventual crown jewel—today’s internationally-recognized and celebrated Town Center.

When Simon was fired in 1967 by the board of Gulf Oil, it was a member of that board, Bob Ryan, who in a critical moment convinced his fellow board members that there were profits to be made from Simon’s vision. The major portions of the original Master Plan were protected, and from 1970 forward, Reston’s struggling residential and commercial sales began to flower and, eventually flourish.

Goudie then describes the next “Giants” who set the stage for today’s Town Center—Northern Virginia’s new downtown. “In 1978, when Reston’s assets were purchased by Mobil Oil, many of the original Gulf Oil executives remained keeping the planning vision intact,” Goudie says.

Stewards of Reston’s innovative Master Plan, these men, in the mid-1980s, saw that the rapid growth of technology, the Internet, the tech industry and the region’s two powerful economic engines—Washington Reagan and Dulles International Airports—would soon make viable the creation of Town Center—the final jewel of Reston’s Master Plan to be developed.

To become the curators of Reston’s new downtown, Jim Cleveland, president of Mobil Land Corporation, tapped Kenneth Himmel, managing partner of Himmel/MKDG Co. of Boston and Chicago, and Alan Ward, FASLA, principle of Sasaki & Associates, Inc. Boston office. Twenty years after the first townhouses were built in the wooded countryside 18 miles west of Washington, the planned community of Reston was finally getting its downtown.

Several past attempts to get the project underway had collapsed, largely because there weren’t enough people living

nearby to shop in the stores, eat in the restaurants and work in the offices, said Kenneth P. Wong, senior development manager for the town center project.

“The idea of a downtown in the suburbs was something that no one really had a grip on,” he said. “It’s a very complicated proposition” that needed “a long research and development gestation period.” Simon never liked the term “new urbanism,” however, this was the new planning paradigm that inspired the Mobil/Himmel/Sasaki team.

The opening ceremonies for the center’s first phase occurred in October 1990. By that time, the team had completed work on 550,000 square feet of office space, a 515-room Hyatt Regency hotel, 250,000 square feet of stores, restaurants and movie theaters, as well as 600 apartments. Six months later, a cultural center with space for galleries and museums was opened to the public.

Goudie explains it is precisely this dynamic balance of hotel, retail, residential, office and cultural that makes Reston Town Center the region’s most enviable destination location. “Town Center is still quite young—we just celebrated the 25<sup>th</sup> Anniversary in 2015—and yet its success has global recognition.” Goudie said that in recent years he has toured planning teams from Houston, Australia and Japan looking for the magic ingredients that make Town Center such a triumph.

## TDM: A Quarter Century Old Mandate for Transportation Demand Management

The Silver Line to the Wiehle-Reston East station has only been open a year and already it is one of the busiest stations in the entire Metrorail system, according to Goudie. “Until Reston Town Center station is built and open in 2020, Wiehle-Reston East will remain the western-most station. This is precisely why Boston Properties on August 1 will launch its paid parking program, PARK RTC.

Folks from as far away as Pennsylvania and West Virginia who work in Fairfax or Washington are daily taking advantage of Town Center’s free parking. “Even in my neighborhood of West Market,” Goudie says, “I have watched cars, with cabs in tow, pull up in front of my

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house. Travelers park then throw their bags in the cab and head to the airport. It is not unusual for an undesirable car to sit in front of my house for up to two weeks.”

Goudie says that 26 years ago, when the Reston Town Center district was being approved, Fairfax County put in place a transportation proffer for paid parking. Anticipating the challenges of density and eventual congestion, the proffer required Town Center to pursue Transportation Demand Management (TDM): they recognized the eventual need for paid parking.

### METRO TOUCH-DOWN SITE: a Dynamic Bridge to the Urban Core

From 2010 to 2015, Goudie was involved in the Reston Master Plan Special Study Task Force that recommended changes to the County Comprehensive plan for Reston concerning development of the new Metro station areas.

He co-chaired the Town Center committee, which was tasked with making recommendations for the redevelopment of parcels comprising the Reston Town Center Metrorail station area and Town Center North.

From its 2010 report, the Committee’s executive summary reads, “The Committee without exception believes the essential emphasis should be the creation of dynamic, mixed-use urban spaces that will make the Reston Town Center Metrorail station a signature regional destination and origination station. Going forward, this will require a stronger emphasis on creating a healthier residential, non-residential balance consistent with transit-oriented development (TOD).”

Richard Ellis, a vice president with Boston Properties, says his firm considers their Reston properties to be some of their most prized crown jewels, and he considers the final 22 acres just north of the future Reston Town Center Metrorail station (the Metro Touch-Down Site) to be one of the premier development sites in the entire Washington region.

Boston Properties has hired Alan Ward and his Sasaki team to oversee the planning of these prime acres which will have an urban street grid, green spaces and will encompass approximately 3.5 million square feet of the same mixed use of office, hotel, retail and residential.

### SIGNATURE: a Prototype for the Metro Touch-Down Site

At the corner of Reston Parkway and New Dominion Parkway, Boston Properties is

developing an exciting mixed use project named Signature at Reston Town Center. Now a big hole in the ground with a tall crane embedded in what used to be a Town Center surface parking lot, Signature features a well-designed, integrated mix: an east apartment tower of 19 stories, a west apartment tower of 21 stories, 1,200 parking spaces and 24,000-square-feet of ground level retail.

Designed by Shalom Baranes Associates, this sophisticated, highly urban, downtown complex features 508 luxury apartments with amenity spaces including a swimming pool, penthouse fitness center, clubroom with demonstration kitchen, library, and picnic areas with public art. Delivery is set for the first quarter of 2018.

Following Boston Properties’ highly-successful Avant residential tower in the urban core, Ellis explains that the uber urban Signature is a prototype of what’s to come in the design of the Metro Touch-Down Site. “It is a kind of gateway to Town Center,” Ellis says, “and includes all the exciting elements of an urban lifestyle. For the ground level retail, we are actively talking to a boutique grocery and a café-style restaurant.”







## TOWN CENTER: Stewardship and the New Paradigm

A 2010 article on Town Center in **URBAN LAND**, the official publication of the Urban Land Institute, said this...“The most critical source of the Reston Town Center development’s success was the intangible but all-important commitment to stewardship. Throughout the planning, development, and operating history of Reston Town Center, all the participants aspired to fulfill the original vision, which was dynamic rather than static.”

“Because of his vision and determination to create dynamic gathering places, Bob Simon set the foundation for Reston’s unparalleled success today,” Goudie said. In a delightful bit

of prophetic irony, Simon, in 1964 named his first business park Isaac Newton Square.

“In the superb Storycatcher film *Another Way of Living: The Story of Reston, VA*, one hears Bob Simon say, ‘You couldn’t have a better plaza than Fountain Square. It is a wonderful gathering place,’” Goudie adds.

Reston’s downtown today is a highly-successful, unique destination and the coming of the Silver Line fulfills its destiny and promise. With the coming of the Reston Town Center Metrorail station in 2020, and the dynamic urban core touchdown site, the challenge of the next decade will be to continue the stewardship and replicate this new paradigm of urbanism and community. ♦

PAID PARKING COMING:

*“It is going to kill us...”*

**T**here has been such an uproar over the announcement of paid parking coming to the relaxed “park free” zone of Town Center’s 7,000 spaces, we felt obliged to measure the temperature of the response from our own survey of merchants.

What we found is that the overwhelming objections heard at the March 31 Boston Properties’ meeting at the Hyatt Regency are not so freely-shared when these words of protest are going permanently into print with an attribution.

Many Reston Town Center stores are owned by large holding companies and it is impossible for store managers to speak freely.

Understanding this “embargo” of free speech, we didn’t bother trying to reach managers of stores like Talbots, Ann Taylor, Banana Republic, J. Crew, Apple, Williams-Sonoma, Chico’s and Victoria’s Secret. Instead, we tried reaching out to managers of smaller, local stores like Appalachian Spring, Midtown Jewelers, Art Insights, The Eyewear Gallery, Davelle Clothiers, Origins, L’Occitane, The Bike Lane and Red Velvet, among others. Even then, owners and managers alike would speak freely only on the promise of anonymity.

**Here, then is the “temperature” of many voices of merchandisers willing to speak to us...**

*“It is going to hurt our drop-by, foot traffic...”*



CONTINUED ON PAGE 18



# PAID PARKING COMING: *"It is going to kill us..."*



CONTINUED FROM PAGE 17

*I have worked here for 12 years and already pay \$70.00/month on the Toll Road to come to work here. This works for me until I have to pay an additional \$50.00/month for parking..."*

◆ ◆ ◆

*"Our employees are going to have to pay to come to work..."*

◆ ◆ ◆

*"Folks from all over the region flock to Town Center because of its dynamic streetscape and upscale shopping. This main attraction and convenience will be killed by paid parking..."*

◆ ◆ ◆

*"Town Center will lose business to surrounding centers like Tysons, Dulles, Mosaic, Fair Oaks and Leesburg who figured this out and don't charge their customers for parking..."*

◆ ◆ ◆

*"The large merchandisers here will be able to pay the parking fees for their employees. We are too small to afford that and will most likely go out of business as a result..."*

◆ ◆ ◆

*"This has nothing to do with the metro. If I pay rent here I shouldn't have to pay for parking..."*

◆ ◆ ◆

*"Why should I have to pay \$50.00/month and then have to park my car in the Yellow parking garage which is a long walk to work? I should be able to park my car anywhere..."*

◆ ◆ ◆

*"I will no longer be able to afford to work here..."*

◆ ◆ ◆

*"Paid parking is bad publicity, will cut into the bottom line, and will ruin everything..."*

◆ ◆ ◆

*"It's going to kill us..."*

◆ ◆ ◆

*"Our temps get paid \$10.00/hour which will now be reduced to \$8.00/hour to cover parking, which means there won't be any money left for them to spend here in Town Center..."*

◆ ◆ ◆

*"I guess we will have to validate parking for our paying customers, but this fee will really dip into the small profit I am making now..."*

◆ ◆ ◆

*"Reston Town Center's decision to implement paid parking during the work week will put an unexpected, costly burden on our organization. We do not think it is fair to place this cost upon our staff, given that there are other ways for the Town Center to address commuter parking concerns. So we must absorb this unbudgeted cost, in place of other initiatives that we had hoped to implement to further our not-for-profit mission." ♦*





# 25<sup>TH</sup> BEST of RESTON COMMUNITY SERVICES AWARDS

*Raised over \$400K*

**A Tribute to Bob Simon was held at the event**

The 25<sup>th</sup> Anniversary of the Best of Reston Community Services Awards, presented in partnership by Cornerstones and the Greater Reston Chamber of Commerce, was celebrated on April 7 at the Hyatt Regency Reston.

700 guests gathered for the sold-out event to raise funds for Reston's premier nonprofit social services organization while showcasing community and corporate involvement.

A \$483,258 check, funds raised through this year's Best of Reston event, was presented to Cornerstones to support the organization's strategies of starting individuals on a pathway to sustainable living-wage employment, and to identify and address other barriers to move from surviving to living prosperous, healthy lives.

The evening began with performances by the Reston Community Center's Young Actors Theatre Vocal Ensemble, under the direction of Rita Gigliotti and Sarah Milhoan, which included the singing of *What a Wonderful World*, the *Star Spangled Banner*, followed by the *National Anthem*.

The Young Actors Ensemble included: Matthew Silverio, Sebastian Cabrera-Guy, Claire Calloway, Hannah Carter, Camille Denny, Lizy Gregory, Danielle Kessler, Audrey Moore, Sydney Parker, Violet Sather, Lauren Skinner and Nora Thomas.

Phil Tobey (2001 Best of Reston Honoree) returned as the Master of Ceremonies, joined this year by Joseph Dagbe, Laurel Learning

Center graduate and Langston Hughes Middle School student. This was Joseph's second stand-out performance on the Best of Reston stage, the first performance being part of the 2014 Best of Reston 100<sup>th</sup> birthday tribute to Robert E. Simon.

An enlightening invocation was offered by Reverend Jim Papile Rector of St. Anne's Episcopal Church in Reston.

A particularly poignant presentation at the event was the Best of Reston Robert E. Simon Fellows "Because of Bob" tribute to the late founder for his vision, spirit, compassion, and belief in giving back. Simon Fellows include: William G. "Bill" Bouie (2013), Joseph L. Ritchey (2009), Lynn Lilienthal (2015), Jim and Karen Cleveland (2011), Charles A. "Chuck" Veatch (2010), Priscilla Ames (2011), who was recognized in memoriam.

The 2016 Best of Reston Community Service Awards Gala Chairs are all former Best of Reston Honorees: Ellen Graves (2004 Best of Reston Honoree), Judy Redpath, VISTA Wealth Strategies LLC (2008 Best of Reston Honoree) and F. Kevin Reynolds, Cardinal Bank (2001 Best of Reston Honoree)

Congressman Gerry Connolly and Virginia Delegate Ken Plum offered Proclamations for the 2016 Honorees.

"That is why this evening is so important. In the stories of those we honor this evening, in our unified celebration of their contributions to the greater good, we come away a better people and a better

CONTINUED ON PAGE 20





Katie Shaw (middle) and Jessica Robinson accept the award from Chuck Veatch.

Photo by: Chip McCrea Photography



Jim Elder (middle) accepts the award for Individual Community Leader.

Photo by: Chip McCrea Photography

CONTINUED FROM PAGE 19



Phil Tobey, Tracy White, and Joe Ritchey

community. The funds raised tonight will help provide shelter for the homeless and equip children to succeed in school and in life. Parents will find better jobs to support their families and contribute to the economic success of our region. As a result, we are a stronger community," said Kerrie Wilson, CEO, Cornerstones.

"We are overwhelmed by the generosity of this community as we set out to raise contributions for this event. The Chamber treasures the powerful partnership that is alive today with Cornerstones. As we look at the future, we are excited about the possibilities and about the next generation of leaders," said Mark Ingrao, CCP, CAE, President & CEO, Greater Reston Chamber of Commerce.

## 2016 BEST OF RESTON HONOREES:

**Vade Bolton-Ann Rodriguez Legacy Award:** Kacey Hirschfeld, Olivia Wolfe and Hannah Becker of Amy's Amigos. Given to only two individuals since its inception, this award honors acts of volunteerism and leadership that motivate and inspire a new generation of leaders and create a legacy of service. Amy's Amigos was recognized for channeling grief into ongoing action, modeling wellness and service, and for passing the leadership torch to the next generation of Reston's leaders.

**The Small Business Leader Award:** Maryam Ovissi of Beloved Yoga for inspiring community well-being and ensuring tools for self-empowerment, self-healing and self-realization are available to everyone in our community.

**Small Business Leader Award:** Wiygul Automotive Clinic. Their key to life and business is defined by a simple but compelling philosophy: "Never Lie, Cheat or Steal—Ever." This practice has paid off for the Wiygul family in its 60 years in business, along with another core value, giving back, to jump start hope for families and children in the community they serve.

**Corporate Business Leader Award:** Google. Google's impact in Reston and Fairfax County includes bringing its signature culture of innovation and considerable financial resources to tackle a wide-ranging set of challenges in education, poverty relief, and the support of returning service men, women and K-9 heroes. Accepting the award was Mike Bradshaw, Google Director, Cloud Platform, East Region.

**Civic-Community Organization Award:** Katie Shaw of Friends of Reston Community Projects. For bringing together



Barbara Rusinko



Ellen Graves and Del. Kenneth Plum



Maggie Parker and Carol Nahorniak

Photo by: Chip McCrea Photography





*Kevin Reynolds, Judy Redpath, Ellen Graves, Jill Norcross, Michael Bradshaw, Mark Ingrao, Joseph Dagbe, Kerri Wilson, and Phil Tobey.*

an impressive group of volunteers who have taken Robert E. Simon's vision and "get to it-ness" to heart. They have operated under the radar, but the impacts of their \$2.1 million investment and hands-on volunteer hours make them hard to ignore. These friends rolled up their sleeves, pulled on their boots, and took to the trails to answer the needs they saw for keeping Reston's environmental promise and natural assets alive for all to enjoy.

**Individual Community Leader Award:**  
**Jim Elder.** As any parent of a youth athlete, or any person who has ever competed, coached or officiated knows, the story that plays out on the field is influenced by a number of things. Jim was recognized for teaching Reston youth that good sportsmanship and fair play are as essential to playing the games they love as skills, stats and strategy,

**Corporate Business Leader Award:**  
**Bechtel.** A world-class business, it's no surprise that Bechtel also goes big when it comes to promoting community engagement. It created an "Employees Club" to give staff a place to bring their purposed-driven interests and passions to Reston, the Dulles Corridor and the world.

The results such as their adoption of local elementary and middle schools, tell the story. Accepting the award was Barbara Rusinko, Executive Vice President, Bechtel Nuclear, Security & Environmental Global Business Unit.

**Individual community Leader Award:**  
**Leila Gordon,** one of the most well-known people in Reston. For rarely stopping to take a breath between projects and convening partners for initiatives critical to community. Leila's contributions go well beyond the scope of a day job that simply provides a stage for giving all who live, work, play in Reston a way to live with compassion and creativity. ♦



*Leila Gordon*



*Joseph Dagbe and Phil Tobey*

Photo by: Chip McCrea Photography



*Karen Cleveland and Michael Ferraro*

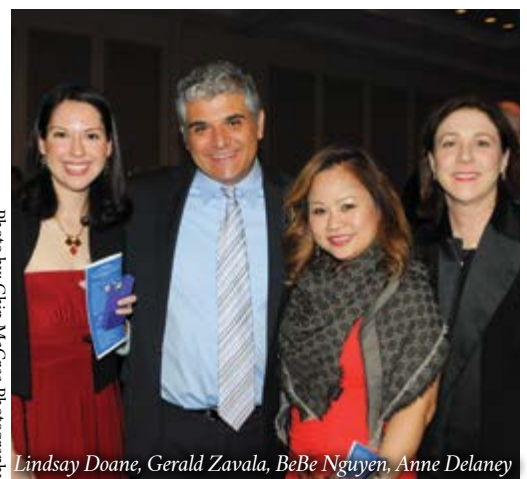


*Cate Fulkerson, Stewart Gibson and Judy Redpath*

Photo by: Chip McCrea Photography



*Maryam Ovissi (middle) and Beloved Yoga family.*



*Lindsay Doane, Gerald Zavala, BeBe Nguyen, Anne Delaney*

Photo by: Chip McCrea Photography





MAY 6

### GO GO GADJET

*Herndon Town Green, 777 Lynn Street, Herndon VA 6:30pm–10:30pm FREE*

Go Go Gadget is a local party band that's been go-go-going strong for nearly 10 years. Every major venue in South Jersey has hosted them, and frontman Jeff Tomrell believes it all has to do with their nonstop, party energy.

MAY 13

### THE ROCKETS

*Herndon Town Green, 777 Lynn Street, Herndon VA 6:30pm–10:30pm FREE*

A seven-piece high energy super production of entertainment that is unmatched. A band that combines the latest technology in sound and visual FX with the versatility of professional talent. America's #1 cover band.

MAY 18–21

### VIRGINIA SENIOR GAMES

*Newport News, VA*

The Virginia Senior Games is open to anyone 50 years of age or older. Through a variety of athletic and social events, participants have the opportunity to display their athletic ability and share common ties and interests with other seniors throughout the Commonwealth. The emphasis is more on fellowship than competition. If you live or work in Reston and would like to participate, RCC will fund half of your registration fee. For more information, please contact Karen Brutsché, RCC 55+ Program Director, at 703-390-6157 or [Karen.Brutsche@fairfaxcounty.gov](mailto:Karen.Brutsche@fairfaxcounty.gov). Note:

- Registrants must be 50 years old by December 31, 2016.
- 2016 is a qualifying year for the 2017 National Senior Games.

MAY 20

### SPLIT DECISION + DARCY DAWN & COMPANY

*Herndon Town Green, 777 Lynn Street, Herndon VA 6:30pm–*

*10:30pm FREE*

Split Decision is one of the most sought after bands in the Philadelphia area and has been since 1998. With over 250 dates annually, the band has risen to the top of the market by playing the hottest night spots around. Split also tours up and down the East coast from Boston to Virginia and as far west as the Ohio Valley.

MAY 20–21

### THE REDUCED SHAKESPEARE COMPANY - THE COMPLETE HISTORY OF COMEDY (ABRIDGED)

*Reston Community Center Hunters Woods—The CenterStage 8pm \$25-50*

From the high-brow to the low, The Complete History of Comedy (abridged) covers comedy through the ages, from Aristophanes and Shakespeare and Molière (Is Molière funny? Why not?) to Vaudeville and Charlie Chaplin to The Daily Show and Anthony Weiner.

Tickets to The Complete History of Comedy (abridged) are far more affordable than tickets to an amusement park, but you'll come away with the same feeling of nausea and motion sickness. From cavemen telling "Rock Rock" jokes to Chris Rock and stopping for everything in-between, the bad boys of abridgment leave no joke untold as they deconstruct the entire history of comedy in 90 rollicking minutes.

As one would expect in an examination of the History of Comedy, the show contains occasional strong language and sexual innuendo.

MAY 21–22

### NORTHERN VIRGINIA FINE ARTS FESTIVAL

*Reston Town Center Saturday 10am – 6pm Sunday, 10am – 5pm \$5 Suggested Donations for Adults All Ages*  
The Northern Virginia Fine Arts Festival, produced by the Greater Reston Arts Center (GRACE), is a top-



rated annual juried outdoor street festival held in the heart of Reston Town Center. The two-day event attracts more than 50,000 patrons and provides an interactive experience to view and purchase art directly from unique and talented artists. Reston Community Center is thrilled to be a Signature Community Sponsor for the 25<sup>th</sup> Annual Northern Virginia Fine Arts Festival. Visit [www.northernvirginiafineartsfestival.org](http://www.northernvirginiafineartsfestival.org) for more information.

MAY 25

### EDWARD SHARPE AND THE MAGNETIC ZEROS

**Preservation Hall Jazz Band**  
*The Filene Center at Wolf Trap*  
8pm \$25-50

Come "Home" or have a "40 Day Dream" with the 10-piece band that resurrects "the sounds of 1930s country, 1970s psychedelia, and 1970s...rock with a healthy helping of folk and gospel linking the chains" (*PopMatters*).

MAY 27

### FAMILY SPLASH AT RCC POOL

*The Terry L. Smith Aquatics Center at RCC Hunters Woods*  
7pm-9pm \$13-26

Drop in for a night of family fun. The Family Splash entry fee is \$13 Reston/\$26 Non-Reston (for groups up to five people). Groups of six or more must pre-register by calling the Aquatics Service Desk at 703-390-6150.

MAY 27

### THE REAGAN YEARS

*Herndon Town Green, 777 Lynn Street, Herndon VA* 6:30pm-10:30pm FREE

This band of seasoned musicians recreates the sounds of the 1980s. TRY's stage show creates a party atmosphere filled with fun college and high school memories.

# MARY CHAPIN CARPENTER



**JULY 2**  
**The Filene Center at Wolf Trap**

MAY 28-29

### THE GREAT OUTDOORS

**Steven Blier & Wolf Trap Opera Soloists**

*The Barns at Wolf Trap*  
3pm \$46

Music and nature have always been close companions. In this intimate concert, pianist Steven Blier and a quintet of singers explore the joys and the perils of nature for both rugged campers and high-strung city folks. The Great Outdoors is one of a number of summer 2016 performances that celebrate the centennial of Wolf Trap's partner the National Park Service.

JUNE 1-30

### JUNE 2016 EXHIBIT: PHOTOGRAPHY FROM THE RESTON PHOTOGRAPHIC SOCIETY

*Jo Ann Rose Gallery*  
Join the League of Reston Artists on Sunday, June 5 for a reception from 2pm-4pm.

JUNE 2-5

### HERNDON FESTIVAL

*Downtown Herndon*  
The excitement is high as the Herndon Parks and

Recreation Department plans the 36th Annual Herndon Festival. This time-honored event, is a four-day outdoor festival featuring dynamic entertainment on three stages, a carnival, two fireworks displays, Kids' Alley with children's hands-on art area, arts & crafts show, business expo, 10K/5K races and fitness expo, complimentary shuttle bus service, and a wide variety of high-quality food vendors. All these great offerings attract an average of 80,000 people each year.

JUNE 3

### JOHN PRINE PATTY GRIFFIN

*The Filene Center at Wolf Trap*  
8pm \$25-75

Chicago songwriting legend and Grammy Hall of Famer, John Prine tells the story of America's counter-culture heritage through song. Catch one of the true greats of American music when he delivers folk classics like "Angel from Montgomery," "Paradise," and "Hello In There."

JUNE 4

### Celebration Time DAVID AKERS & THE SOUL SHAKERS

*Reston Town Center Pavilion*  
7:30pm, rain or shine

Motown & more. Musicians were lining up for a job with Little Royal and 17 year old David Akers was chosen to replace Randy Boss on trumpet. During these years David met and played trumpet for recording artists Millie Jackson and Carla Thomas. David later joined Mad Dog and the Lowlifers a group that consisted of members of Elvis Presley's Sweet Inspirations, and some of DC's most talented and seasoned musicians. This is when David got his chance to really apply his vocal talents freely. After working with several other groups David has taken on his latest challenge. A solo career. David possesses all of the talent, experience and charisma to be successful. You are invited to come experience this extraordinary performer for yourself. Visit David Akers' website at [www.dscottakers.wix.com/music](http://www.dscottakers.wix.com/music).



# THE FLIGHT OF THE CONCHORDS

 **JUNE 13**  
The Filene Center at  
Wolf Trap

**JUNE 4**

**SOJA WALE**

**Allen Stone**

*The Filene Center at Wolf Trap*  
7pm \$35-55  
Arlington, Virginia's SOJA returns to "their favorite hometown venue" to jam with their Grammy-nominated brand of reggae. Self-proclaimed "Ambassador of Rap for the Capital," Wale and "Freedom" singer/songwriter, Allen Stone join them for an eclectic night of music.

**JUNE 5**

**SUNDAY COUNTRY WESTERN DANCE**

*Reston Community Center*  
*Hunters Woods—Community Room* 6:30pm–9:30pm \$5-10  
18 Years and older  
Line dance, two-step, shuffle and swing the night away to popular country/western tunes played by RCC's DJ. Dances are held monthly in the Community Room, which offers a spacious wooden dance floor and a smoke free environment. Refreshments will be provided. No square or contra dancing, please.

**JUNE 7**

**LORD HURON  
NATHANIEL  
RATELIFF & THE  
NIGHT SWEATS**

**OH PEP!**

*The Filene Center at Wolf Trap*  
7:30pm \$25-45  
Experience the festival-like atmosphere created by "Fool for Love" indie-folk band Lord Huron, along with the rowdy, retro vibes of "S.O.B." rockers Nathaniel Rateliff & The Night Sweats.

**JUNE 9–11**

**RAGTIME**

**The Musical**

*The Filene Center at Wolf Trap*  
*Thursday and Friday 8pm,*  
*Saturday 2 pm and 8pm* \$22-80  
Catch the Tony-winning spectacular that took Broadway by storm! Set against a gloriously rich score, Ragtime transports you to the dawn of the 20th century where change is booming and possibilities are endless. Experience an all-new, striking production brought to life with vibrant dance and compelling characters, as three stories unfold in a timeless tale of hope, hardship, and the American Dream.

**JUNE 10**

**GONZO'S NOSE**

*Herndon Town Green, 777 Lynn Street, Herndon VA* 6:30pm–10:30pm **FREE**

Gonzo's Nose is the most popular party band in the national capitol area. Formed in the summer of 1996 by four musicians from the College of William and Mary, Gonzo's Nose brings solid musicianship to a massive setlist of cover songs, which range from the early 80's up until songs that hit the radio just yesterday.

**JUNE 10, 12, 15, 18**

**Britten**

**THE RAPE OF LUCRETIA**

*The Barns at Wolf Trap* Friday, Wednesday, Saturday 7:30pm, Sunday 3pm \$32-88  
Premiered in 1946 to re-open Glyndebourne's theatre, Britten's intimate and haunting lyrical masterpiece is based on an ancient Roman tale of corruption and tragedy. Lucretia, the beautiful and virtuous wife of a Roman general, is defenseless against the tyrannical prince Tarquinius. The horrific events unfold reinforced by Britten's evocative score,

moving arias, and two-person male and female chorus into a tense and potent tapestry of music and drama.

**JUNE 11**

**Magical Mystery Tour**

**HARD DAY'S  
NIGHT—BEATLES  
TRIBUTE**

*Reston Town Center Pavilion*

7:30pm, rain or shine

Since 1996, Hard Day's Night has been entertaining Beatles fans across the country. Hailing from the rock 'n roll city of Cleveland, Ohio, Hard Day's Night is rated among the top national Beatles tribute groups performing today. The band focuses on performing songs exactly as the Beatles themselves did; four musicians onstage in character as John, Paul, George, and Ringo; wearing perfect stitch-for-stitch replications of the suits made famous by the Beatles; with authentic Vox, Hofner, Gretsch, Rickenbacker, and Ludwig instruments; playing the world-famous songs note-for-note. Visit [www.harddaysnight.net](http://www.harddaysnight.net) for details.

**JUNE 13**

**FLIGHT OF THE  
CONCHORDS  
SING FLIGHT OF  
THE CONCHORDS**

*The Filene Center at Wolf Trap*  
8pm \$35-65

After creating a cult following with their HBO series, the Grammy-winning musical humorists who span all genres reunite to perform their musical comedy live.



JUNE 14

# JACKSON BROWNE

*The Filene Center at Wolf Trap*  
8pm \$35-60 One of the most influential singer/songwriters of the 70s, the Rock and Roll Hall of Famer transports audiences to a time of innocence and lost love with folk-rock hits like "Running on Empty" and "Somebody's Baby."

JUNE 16

# LAKE STREET DIVE

## The Lone Bellow

*The Filene Center at Wolf Trap* 8pm \$25-45 The buzz-worthy band that lives at the intersection of the Beatles and Motown gets audiences dancing with its "joyous, upbeat songs and big, groovy vocals" (*The Guardian*).

JUNE 17

# KENNY ROGERS

## The Gambler's Last Deal Final World Tour with Special Guest Linda Davis

*The Filene Center at Wolf Trap*  
8pm \$30-60 One of the top selling artists of all time with hits like "The Gambler" and "Lucille," Country Music Hall of Famer Kenny Rogers makes his final stop at Wolf Trap on his Final World Tour.

JUNE 17

# BURNT SIENNA

*Herndon Town Green, 777 Lynn Street, Herndon VA* 6:30pm-10:30pm FREE

Hailing from the greater Philadelphia area, BURNT SIENNA is more than just a five-piece band. They are an elite musical experience and a young unit that's been a proven success in the East Coast market for years. Their high-energy show is a rare powerhouse combination of tremendous musicianship and attractive stage elegance.

JUNE 18

# HARRY CONNICK JR.

*The Filene Center at Wolf Trap*  
8pm \$40-75 Showered in awards and accolades for his signature croon, this New Orleans-bred singer and pianist returns to the stage showcasing why "he's one of America's most lasting entertainers" (*NPR*).

JUNE 18

# TASTE OF RESTON

## Reston Town Center

Taste of Reston, produced by the Greater Reston Chamber of Commerce, is the largest outdoor food festival in the area and has been voted "Northern Virginia's Best Food Festival" by Virginia Living magazine since 2012. Join us this June at the Reston Town Center for two days of restaurants and community vendors, live entertainment on three stages, the Family Fun Zone! and our Wine 'n Dine area. Visit [www.restontaste.com](http://www.restontaste.com) for details.

JUNE 19

# STUDIO SPOTLIGHT

*The Barns at Wolf Trap* 3pm \$20 Studio Artists shine in their own program of opera scenes and highlights. To include excerpts by Rossini (*The Barber of Seville*), Donizetti (*Daughter of the Regiment*, *The Elixir of Love*), Bizet (*Carmen*, *The Pearl Fishers*) and Verdi (*Rigoletto*).

# RAY LAMONTAGNE

## The Ouroboros Tour 2016

*The Filene Center at Wolf Trap*  
8pm \$39.50-69.50

With his distinct, soulful vocals on tracks like "You Are the Best Thing" and "Trouble," the ever-evolving Grammy-winner for Best Contemporary Folk Album hits the road to coincide with the release of his 2016 record, *Ouroboros*. Members of *My Morning Jacket* join Ray LaMontagne as his touring band.

JUNE 23-26

# RIVERDANCE

## The 20th Anniversary World Tour

*The Filene Center at Wolf Trap*  
Thursday and Friday 8pm,  
Saturday and Sunday 2pm and 8pm \$20-75  
The international Irish dance phenomenon is back in Riverdance—The 20th Anniversary World Tour! Drawing on Irish traditions, the combined talents of the performers propel Irish dancing and music into the present day, capturing the imagination of audiences across all ages and cultures in an innovative and exciting blend of dance, music, and song. Of all the performances to emerge from Ireland—in rock, music, theatre, and film—nothing has carried the

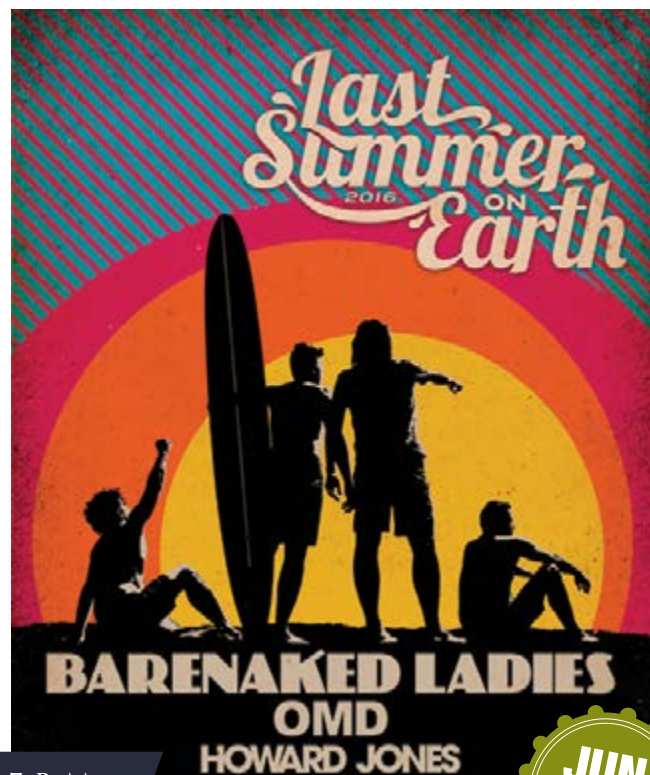
energy, the sensuality and the spectacle of Riverdance.

JUNE 24

# FISH OUT OF WATER + THE JERX

*Herndon Town Green, 777 Lynn Street, Herndon VA* 6:30pm-10:30pm FREE

The Fish Out of Water Band is a HIGH ENERGY cover band focused on one thing: BRINGING THE PARTY wherever they go! They have been known to play anything and everything that'll get people up and moving! Their ability to read what the crowd wants on any given night has led them to learn classic rock, dance, hip hop, country, pop, hard rock, and pop punk tunes!



7 P.M.

## BARENAKED LADIES LAST SUMMER ON EARTH TOUR

*The Filene Center at Wolf Trap* 7pm \$37-57  
Known for pop/rock hits like "One Week" and the "Big Bang Theory Theme," the Barenaked Ladies combine clever lyrics with hilarity and improvisation to create a one-of-a-kind live experience.



# CYNDI LAUPER



**JUNE 1**  
**The Filene Center**  
**at Wolf Trap**

**JUNE 25**

**Let's Boogie**

**BIG JOE & THE DYNAFLOWS**

*Reston Town Center Pavilion*

*7:30pm, rain or shine*

Swing, jump blues. In the late 80's after managing and performing with the 9 piece swing band "The Uptown Rhythm Kings," and after a few years as drummer with the Tom Principato Band, Joe formed his own 5 piece jump blues group "Big Joe & The DynafloWS." The DynafloWS release "I'm Still Swingin'" on Severn Records, received the Washington Area Music Association (WAMA) "Best Blues Recording" in 1998. WAMA also voted Big Joe "Male Blues Vocalist of the Year" both in 2005 and 2009. Other DynafloWS releases include "All Night Long" and "You Can't Keep a Big Man Down" on the Severn label; "Layin' in the Alley" on New Orleans based Black Top Records, which received the (WAMA) "Best Blues Recording" in 1994; "Good Rockin' Daddy" on the Powerhouse label & "Cool DynafloWS" on a European label.

**JUNE 26**

**ARIA JUKEBOX**

**The Audience**

**Gets to Choose!**

**Wolf Trap Opera Soloists**

**Kim Pensinger Witman,**

**pianist** *The Barns at Wolf*

*Trap 3pm \$32-48*

An afternoon of opera highlights curated by the audience and sung by Wolf Trap Opera soloists. Arrive early to vote for the arias of your choice!

**JUNE 27-28**

**PAUL SIMON**

*The Filene Center at Wolf Trap*

*8pm \$50-130*

One of the most successful and distinguished American musicians of all time who created classics like "You Can Call Me Al" "Me and Julio Down by the Schoolyard," and "50 Ways to Leave Your Lover," makes his Wolf Trap debut.

**JUNE 29**

**ASHA BHOSLE**

**The Farewell Tour with Wolf Trap Orchestra**

*The Filene Center at Wolf Trap*

*8pm \$40-115*

"The world's most celebrated 'playback' singer" (BBC) and most-recorded artist in music history with over 13,000 songs ranging from Bollywood to classical ragas, Asha Bhosle is

lauded by CNN as one of the 20 most iconic artists of all time.

**JUNE 30**

**DREAMWORKS ANIMATION IN CONCERT**

**National Symphony Orchestra**

**Justin Freer, Conductor**

*The Filene Center at Wolf Trap*

*8:30pm \$25-45* Enter a world

of adventure with some of DreamWorks Animation's biggest blockbusters brought to life with live symphony orchestra! Film clips of beloved characters from Shrek, Madagascar, Kung Fu Panda, How to Train Your Dragon, and more enchant on huge screens, perfect for the entire family.

**JULY 1**

**AMERICA THE BEAUTIFUL**

**National Symphony Orchestra**

**Emil de Cou, Conductor**

*The Filene Center at Wolf*

*Trap 8:15pm \$20-58* On the

occasion of the National Park Service's Centennial, the NSO journeys across America and visits the finest landmarks from over 30 national parks and monuments for a breathtaking compilation

of hundreds of majestic images. This exciting concert also celebrates the music of American composers including Copland, Bernstein, and Sondheim.

**JULY 1**

**TURTLE RECALL + SOUTHBAY**

*Herndon Town Green, 777 Lynn*

*Street, Herndon VA 6:30pm-*

*10:30pm FREE*

Turtle Recall is an energetic and versatile DC area band specializing in alternative pop folk rock. The crew's unique sound stems from soaring electric fiddle, playful harmonies, and a punk inspired rhythm section. In their 2012 debut LP, Thanks Anyway, Turtle Recall toys with dramatic tempo changes and antiphonal story telling.

**JULY 2**

**MARY CHAPIN CARPENTER**

*The Filene Center at Wolf Trap*

*8pm \$25-50*

Renowned and beloved singer, songwriter, and performer Mary Chapin Carpenter will return to Wolf Trap for a special performance on July 2, 2016. The concert will feature material from her highly anticipated new album, *The Things That We Are Made Of*, which was produced by Dave Cobb (Jason Isbell, Sturgill Simpson, and Chris Stapleton) and will be released in 2016. Carpenter has won five Grammy Awards and is a 2012 Nashville Songwriters Hall of Fame inductee.

**JULY 2**

**Jazz Legends**

**CHUCK REDD & FRIENDS**

*Reston Town Center Pavilion*

*7:30pm, rain or shine*

Jazz, Bossa Nova, and American standards featuring Chuck Redd, an accomplished performer on both drums and vibraphone, renowned clarinetist Anat Cohen and bassist/vocalist Nicki Parrott.



JULY 7

**PAT BENATAR &  
NEIL GIRALDO &  
MELISSA  
ETHERIDGE**

*The Filene Center at Wolf Trap*  
8pm \$30-60

Party to the enduring hits of '80s icons Pat Benatar and Neil Giraldo like "Hit Me With Your Best Shot" and "Love Is A Battlefield," and sing along to '90s rocker Melissa Etheridge's rousing songs like "I'm The Only One" and "Come To My Window" for one night only.

JULY 8

**KRISTEN & THE  
NOISE**

*Herndon Town Green, 777 Lynn  
Street, Herndon VA* 6:30pm-  
10:30pm **FREE**

Kristen and the Noise has established itself as one of the most sought-after summertime shore bands in the region. This female-fronted powerhouse plays today's and yesterday's best covers and party tunes.

JULY 8

**YUJA WANG,  
PIANO**

**National Symphony  
Orchestra**

**Lionel Bringuier, Conductor**  
*The Filene Center at Wolf  
Trap* 8:15pm \$20-58 Widely considered one of the most important artists of her generation, pianist Yuja Wang's virtuosity—which has graced top concert halls around the world—is nothing short of dazzling. "Hers is a nonchalant, brilliant keyboard virtuosity that would have made both Prokofiev (who was a great pianist) and even the fabled Horowitz jealous."—Los Angeles Times

JULY 9

**RAIDERS OF  
THE LOST ARK**

**National Symphony  
Orchestra**

**Emil de Cou, Conductor**  
*The Filene Center at Wolf Trap*



Courtesy of Wolf Trap

8:30pm \$30-58 Don't miss a special 35th anniversary screening of Spielberg's classic! One of the world's greatest movie heroes, Indiana Jones, is back and better than ever before! On huge screens as the National Symphony Orchestra performs John Williams' epic score live, relive the magic of the original adventure, Raiders of the Lost Ark.

JULY 9

**Sizzlin' Salsa**

**BIO RITMO**

*Reston Town Center Pavilion*  
7:30pm, rain or shine Cuban salsa & other Latin rhythms. Blazing a trail by playing some of the hardest hitting and furthest reaching modern salsa for 23 years now, Bio Ritmo have grown into one of the most intriguing and influential Latin dance bands of the last two decades. They are true rebels who have defied being pigeonholed. They have helped pioneer a new generation of musicians (aka nueva generación) that thrive on the spirit of experimentation that once defined the 70's Latin sound

that came to be known as 'salsa'. From hipster rock clubs in Brooklyn to 'salsa bars' in Cali, Colombia, Bio Ritmo keeps the bodies on the dance floor with their nitty-gritty,

vintage grooves, while turning heads with their experimental synth tones, innovative harmonies and thought provoking lyrics. ♦



Photo credit: Sonny McCartney

8 P.M.

**JUN  
1**

**CYNDI LAUPER  
BOY GEORGE**

*The Filene Center at Wolf Trap* 8pm \$30-85 Don't miss this night of '80s hits and rare appearance together by two iconic Grammy winners. Kinky Boots composer, Cyndi Lauper reminds audiences why "Girls Just Want to Have Fun," while Culture Club frontman, Boy George soulfully recounts "The Crying Game."





BY ALEXANDRA ROSSI



Photo credit: Hoon Photography

## 8<sup>TH</sup> ANNUAL LOVE YOUR BODY YOGA FESTIVAL

Celebrates YOGA, CommUNITY and WHOLEness

Reston Community Center will once again be the place to celebrate commUNITY with Northern Virginia's best yoga instructors and alternative health care providers, as they offer fun and educational methods at the Love Your Body Yoga Festival.

Organized by Beloved Yoga, with locations in Reston and Great Falls, the event is free to the public and will take place on Sunday, June 12, from 10:00 a.m. to 3:00 p.m.

Love Your Body Yoga Festival will offer free activities and entertainment for the whole family, including live music, healing demonstrations, food samples, and soothing therapies such as Reiki, chiropractic, massage, and yoga. Yoga studios and wellness centers of Northern Virginia will offer classes and services as well as share information about healthy lifestyles. There will be free prize drawings and vendor booths on Market Street, while the Kids Tent will offer storytelling, laughter yoga, and more, for all ages.

Donations for class participation will benefit Cornerstones, a local nonprofit organization that promotes self-sufficiency by providing support and advocacy for those in need of food, shelter,

affordable housing, quality childcare, and other human services.

"This event was born from the desire to create ease and accessibility for people to try yoga and celebrates the diverse yoga commUNITY of Northern Virginia," said Maryam Ovissi, co-owner of Beloved Yoga and 2016 Best of Reston award-winner. "At Love Your Body Yoga Festival, everyone can learn about the many ways to take care of their bodies from the inside out—physically, mentally, and emotionally—to feel stronger and healthier."

The event also launches the official start of the 9<sup>th</sup> Annual Virginia Yoga Week, June 12 – 19, when many yoga studios and independent teachers offer free, \$5 yoga and Karma classes throughout the Commonwealth.

Beloved Yoga has also created a *Mind Body Fund*, which supports yoga teachers so that they can go into the Cornerstones community, making yoga accessible for all.

The schedule for the Love Your Body Yoga Festival classes and activities is available online at [www.loveyourbodyyogafestival.com](http://www.loveyourbodyyogafestival.com). For more information, call Beloved Yoga at 703-860-9642, email [maryam@belovedyoga.com](mailto:maryam@belovedyoga.com), or follow the festival on social media at [www.facebook.com/LoveYourBodyYogaFestival](https://www.facebook.com/LoveYourBodyYogaFestival). ♦



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BY PETER MCCANDLESS

## Tall Oaks Assisted Living Center

### DISCOVERING A NEW CHAPTER; FINDING A NEW HOME: LIFE ENRICHMENT

With a nod toward that infamous quip from America's favorite humorist Mark Twain, all the rumors of the demise of the Tall Oaks Village Center are greatly exaggerated!

Framed by signature tall oaks, towering and welcoming at the end of the parking lot stands the 5-story, 157-room Tall Oaks Assisted Living Community (TOAL). Built in 1989, TOAL was recently named one of the Top 25 Assisted Living facilities in Virginia by Assisted Living Today magazine. Walking into the lobby is not unlike a visit to the Hyatt Regency Hotel in Town Center.

TOAL is managed by The Coordinated Service Management Company based in Roanoke, Virginia. The Coordinated Services Management family of assisted living homes are found all over Virginia, Maryland and DC. But behind the sparkling wall sconces, classy wall coverings and carpet, there are palpable sounds one does not normally associate with assisted living communities. These are the engaging sounds of seniors enjoying life.

As I was waiting to meet Yvonne Reese, the center's director of community relations, I could overhear a lively discussion in progress worthy of the Jet Propulsion Laboratory or the Johnson Space Center. Spilling out of the large, light-filled living room the residents were participating in an energetic discussion about NASA and the American space program by TOAL



Activities Director Jocelyn Jackson. A TOAL veteran of 16 years, Jackson loves her work, known as "life enrichment."

Reese explains that the TOAL staff – many have been here an average of a dozen years – work hard at defeating the common myths connected with long term care. She explains the Tall Oaks answer to aging centers on hominess (comfortably informal and inviting; cozy; homelike), quality nursing, stimulating activities, a delicious culinary experience and friendliness of staff.







## TESTIMONIALS FROM RESIDENTS

ON FACEBOOK SAY IT ALL:



*"My mother has been at Tall Oaks since last December. She needs quite a bit of attention and these people pride themselves on that. My family could not be happier with how they treat my mother. The care and attention are very good. We rest easier knowing she is in good hands here."*

— MARK AULT, JULY 4, 2015



*"Just the attention the staff pays to their guests, the amazing amount of activities, and the happy/positive environment."*

— BRUCE MILLER, NOVEMBER 20, 2013



## FEEL RIGHT AT HOME: CORE MISSION

A tour of the building convinced me that the mission was being accomplished in a fulfilling way. Every inch of the building's well designed spaces have meaning – spacious and gracious dining rooms, studios, one and two bedroom apartments (where one brings their own furniture & possessions from home), a bistro for 24/7 snacking, activity rooms for baking, games, arts and crafts, a movie theatre, full library, sunrooms and garden terrace, patios, a fitness center, community room for parties, light-filled living spaces on each floor, salon and barber shop, inviting hallways, and even a chapel.

As she guides me through the center, Reese greets every resident we meet with a cheery, "Hello, John, or Helen, you look great today!" She knows them all, and each greeting is always followed by a hug. Reese wants to make sure that everyone feels at home.

### A RECIPE FOR

## Sheer Enjoyment

To dispel a sense of loneliness, the TOAL staff stirs up a recipe for sheer enjoyment. A typical weekly activity sheet from the April website speaks volumes:

**9:30 am**

Easy Does It Trivia

**10:00 am**

Story Behind the News

**10:30 am**

Yoga with Kevin

**11:30 am–1:00 pm**

Lunch in the Dining Room  
or

**12:30 pm**

Lunch Outing to residents'  
favorite restaurants

"At Tall Oaks, we recognize that selecting a residence is just the first step in creating a home," Reese tells me. "We recognize what it means to leave the comfort and familiarity of the home and surroundings that one has known for decades. It is a huge emotional adjustment! So, understanding this, the core of our program planning is to creatively compensate for the loss and anticipate the anxiety."

"Adjusting to this life change is the single-most important focus of our work and our reason for being," Reese tells me. "That's why we design such diverse activities throughout the day for all levels of participation. Executive Chef Robert McKeon provides our guests with three very special meals a day."

In addition, TOAL provides weekly housekeeping and linen service, a state-of-the-art emergency call response system, and is home to a highly skilled nursing team dedicated to excellence in senior care and led by licensed professional nurses who are on-site and available 24 hours a day. A concierge is on duty every day from 7am to 8pm.

Other TOAL hospitality and wellness services include: social, recreational, cultural and religious activities, wellness programs, RN consultation, customized plans of care, medication administration, assistance with activities of daily living, on-site medical center with visiting physicians and an on-site therapy suite (physical, occupational and speech). There is also mini-bus transportation for scheduled local outings and complimentary concierge transportation service to destinations of your choice.

## YOUR NEW HOME

Fun activities and yummy meals help the adjustment to your new home. Reese showed me the model homes that range from a private studio, to a spacious one bedroom, to a two bedroom suite. There are also deluxe studios and one bedrooms. Generous, sun-filled spaces, and just like the cacophony of activities, true to the TOAL core mission.

Reese explains that the cost for this total TOAL experience depends on the level of care and the size of apartment desired.

For more information or to schedule a tour, contact Tall Oaks directly at 703.834.9800. ♦

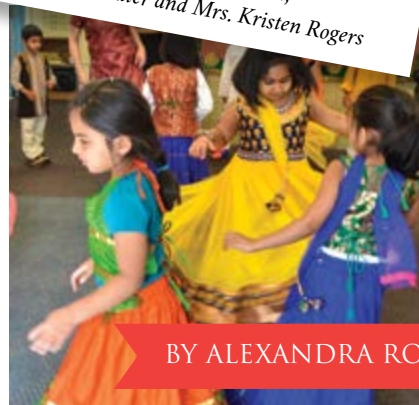




*School Directors: Mrs. Eva Russell,  
Mrs. Donna Strater and Mrs. Kristen Rogers*



*School Founders: Mrs. Judy Lee,  
Mrs. Donna Strater and Mrs. Eva Russell*



BY ALEXANDRA ROSSI

## ACADEMY OF CHRISTIAN EDUCATION: 20 YEARS

### *Awakening The Love For Learning*

***Accelerated curriculum prepares students for the challenges of tomorrow  
and develops integrity through rigorous academics and Biblical truth.***

**W**hat could be better for parents than seeing their child loving school and learning advanced academics, while developing a compassionate heart and good character? Those are the teaching cores at the Academy of Christian Education (ACE) located in Reston since 1996.

Children at ACE thrive in academics, learning at least one grade—sometimes two or three grades—above their level. They also learn, through hands-on experiences, to care about others, help those in need, and to be compassionate. They are taught to be independent and good decision-makers to prepare them for the future.

Twenty years ago, Mrs. Eva Russell, Mrs. Donna Strater, and Mrs. Judy Lee founded ACE with seven children and an extensive experience working in schools.

“Mrs. Russell had the original vision for the school,” said Mrs. Strater, director of ACE. “She came to me and said, ‘I feel that God has given me a vision to start a school.’ We were at that time working at another school that was sold, so we started ACE.”

Mrs. Lee was one of the founders and she was the kindergarten director several years before she retired five years ago.

Today, ACE has almost 200 students ranging in age from toddlers to third grade, with a fourth grade scheduled to open in September 2016.

“Over the years, there has been a lot of variations to the school,” said Mrs. Strater. “We always try to listen to the needs of our families. At the end of the year, we debrief our staff and ask, ‘What are the best things we’ve done this year, and what do we need to improve?’ So every year, we try to do something better than last year. This keeps the school current and fresh.”

The program has also changed during the 20 years since it was founded. ACE wasn’t created as an accelerated program school, but teachers started noticing that children learned at a pace faster than what that the curriculum mandated.

“We found that teachers had finished their curriculum early, so we gradually started moving the curriculum down, one subject at a time,” said Mrs. Russell. “This way, the children can be challenged academically. Our kids thrive on that; they can do so much more than we ask them to do, and I think that was a major element in our evolution.”



## Multicultural learning

With students from a variety of backgrounds, the school celebrates many cultural days with fun activities so that children can learn more about their classmates. These include the Lunar Year celebration, when children go to school dressed in Chinese attires. They also have special food and games, Chinese dancers, and a calligrapher. The school also celebrates an Indian cultural day, and the children can dress in Indian clothing, eat native foods, and enjoy music, crafts and games.

"The entire staff dresses up. I even wear a sari," said Mrs. Strater. "This past year, we had a Bollywood dancer who came in and taught all the kids to dance.

"We also celebrate our own American culture, so in the fall, we hold a Harvest Festival, when we act out the different historical eras of America," Mrs. Strater added. "These include Colonial School Day, the kids come to school wearing Colonial clothing and they bring lunches that represent the Colonial era; and Civil War Day, when kids dress in Civil War clothing. They of course all study these periods before we have these days. One group focuses on pioneers, and they play games that kids played in that era, and they get the kind of treats kids got in that era, as well as the kind of toys they had, so that the kids can learn while having fun."

## Learning while having fun

"We're pretty serious about learning here," said Mrs. Strater. She affirms that having an accelerated curriculum takes a certain level of dedication, energy, and serious pursuit, so the staff works hard in order to make the school experience fun.

"Kids have to really want to learn to do it, and teachers have to really want to teach to make that happen," she added.

In order to accomplish that, the school holds special events all year long. On one occasion, they brought an animal expert with a 20-foot long boa constrictor to teach kids about reptiles. The students also go on three or four field trips during the school year to learn about science, history, and culture.

The results are tests that score two to four years ahead of the child's grade level. "The children are getting an education, but they're having fun doing it, and that was an important element when we started the school. We said, 'We want to provide the best education in Northern Virginia,' and we've tried every year to make that come true," she added.

Having a better education also boosts the children's self-esteem, as they feel proud of themselves when they achieve their goals.

## Character Development

"We want them to not only be strong at academics, but also to have ethics and proper understanding," said Mrs. Russell.

ACE also participates in various programs such as science fairs and World Education Games through UNICEF. ACE students internationally ranked in the top schools for the worldwide competition in the subjects of math, science and literacy.

"All of these programs are developing persistence, grit, and encouraging students to go above and beyond," a parent said. "Every year, my daughter looks forward to participating in the Good Samaritan program to send a box of toys and treats to a boy or girl her age. Having to relate to another child in need has taught her to be compassionate and caring."

Through different activities and Bible reading, children at ACE learn how to be compassionate, forgiving, and caring, as well as to make wise decisions. The school day starts with Bible class, which includes the pledge of allegiance to the American flag, a patriotic or Christian song, and prayer, followed by a Bible story and a gospel message.

"It's when you share these stories with the children—when you say 'now this is how God wants us to live our lives, this is how he wants us to help our families and help each other, this is how we're supposed to be loving, caring and kind.' That is an important element of who we are here as a school, and this 'who we are' message is what we share with the children here," said Mrs. Strater.

The school welcomes children from every religious background without requiring a parent to be a Christian.

"Their approach to Bible studies is welcoming, unassuming, and inclusive for non-Christian families like ours," added one parent.

## Awards

This year, ACE students participated in the Geography Bee and brought home three blue ribbons and one red. Next year, they will go to the Spelling Bee and Math Olympics as well.

"In the World Education Games, we placed third, fourth, and fifth in math science and literacy internationally," said Mrs. Russell.

ACE students also qualified for Johns Hopkins' Center For Talented Youth, an online math program taught by a professor at Johns Hopkins University.

"We were rated as one of Johns Hopkins' top schools. This year, we have kids in the third grade doing sixth-grade math," added Ms. Russell.

## STEAM Summer Camps

The Summer Camp at ACE is open to children either enrolled or not enrolled at ACE during the school year. This year, the camp is STEAM-oriented and includes Science, Technology, Engineering, and Art & Math weeks. Kids enjoy a water day and fieldtrips every week, including trips to the Richmond Science Museum and Route 11 Potato Chip Factory, among others.

The camp runs from 8:00 a.m. to 4:00 p.m. with aftercare until 6:00 p.m., and it's open to kids K through fifth grade.

## A farewell and a new location

As the school celebrates its 20<sup>th</sup> anniversary, there are big changes ahead.

Mrs. Strater, co-founder and head of the school, will retire at the end of this school year and will move to the Shenandoah Valley. Her position will be filled by Mrs. Kristen Rogers, who has served as the school principal for several years.

In addition to a new head of school, ACE will move into a new facility for the next school year. The new building, also in Reston, will have more space to accommodate the growing school.

"We'll have bigger classrooms for specialty classes so that children can have their own spaces; new technology; and new programs. We will also have computer and iPad labs," said Mrs. Rogers.

The new location also has a new playground, more classrooms, and an assembly area/gym.

For more information about ACE or to enroll your child in the school program or summer camp, please visit [www. MySchoolACE.com](http://www.MySchoolACE.com) or call 703-471-2132.







BY ALEXANDRA ROSSI



# 1<sup>ST</sup> ANNUAL *Southgate Community Day* EVENT CELEBRATES SOUTHGATE COMMUNITY CENTER'S 10<sup>TH</sup> ANNIVERSARY

On May 21, 2016, Southgate Community Center will hold its 1<sup>st</sup> Annual Southgate Community Day, helping to bring the community together and celebrate its 10 years of service in Reston.

The event will feature music, food, games, local vendors, and much more to make this a fun-filled day for the whole family.

In addition, the Center will host its "Southgate's Got Talent" contest during the event, with talented participants from first to 12<sup>th</sup> grade, who were selected during an audition in April.

"Our hope for this event is to connect individuals to foster new and old relationships with organizations, government agencies,

and non-profits," said Richard Cabellos, director of the Southgate Community Center.

Located in Reston, Southgate Community Center is a non-profit organization that provides free- and low-cost services and programs for the community, including sports, arts, after school programs, and family support.

The event, free to the public, will take place at Southgate Community Center, 12125 Pinecrest Road, Reston, VA 20191. For more information please visit [www.facebook.com/southgatecommunitycenter](http://www.facebook.com/southgatecommunitycenter) or [www.southgatecommunitycenter.com](http://www.southgatecommunitycenter.com). ♦







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# Southgate

## COMMUNITY DAY

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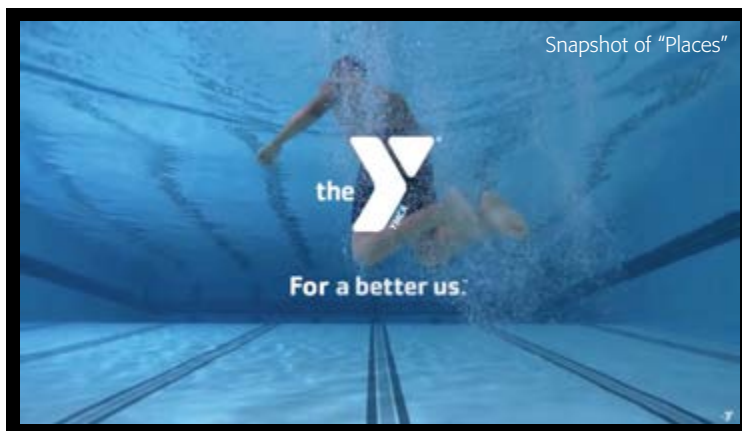




Joseph Mark Crawford



Snapshot of "Idle Hands"



Snapshot of "Places"

## THE YMCA SPOTLIGHTS ITS WORK IN FIRST-EVER NATIONWIDE MARKETING CAMPAIGN

**Campaign Aims to Focus on community Work in Reston, Fairfax County and Beyond**

In January of 2016, YMCA of the USA (Y-USA) and the YMCA of Metropolitan Washington launched "For a better us."<sup>TM</sup>, a nationwide multimedia marketing campaign designed to educate consumers on the Y's work as one of the most effective and enduring charitable organizations in the country. "For a better us" is meant to change the perception of the Y and raise awareness for the work it does in the areas of youth development, healthy living and social responsibility to address pressing social issues in more than 10,000 communities around the country.

Joseph Crawford, Executive Director of YMCA Fairfax County Reston, shared that the Y and the work it does as a nonprofit charity is crucial to the success of our greater Reston and Fairfax community.

The Y as a movement in Fairfax County has been serving youth and families for more than 15 years and still to this day there are so many individuals and families need the social services the Y provides. When people think about the Y, they usually envision a place to swim and exercise.

But the truth is, for over 160 years the Y has been one of America's most effective and enduring nonprofits. The Y is one of the only remaining community spaces left in the country that also provides families, teens and kids with safe spaces, youth development programs, volunteer opportunities, health education resources and more.

The significance of the first-ever nationwide campaign is to underscore the life-changing community work performed by Y staff and volunteer community leaders. The campaign launches with two powerful television commercials, "Places" and "Idle Hands," each depicting a different problem we all face.

Using the slogan "When communities are forgotten, the Y remembers", the TV spot "Places" highlights people who lack the opportunities and resources they need to thrive.

"Idle Hands" explores the ways kids may fill their time when left unsupervised or unchallenged, without constructive activities. Both spots close by highlighting the Y's work on the ground, helping to serve communities by providing healthy living, STEM education, youth development programs, and safe spaces for their community members to go regardless of the inability to pay.

The "For a better us." campaign is a multi-year, multi-faceted effort to engage more people with the Y and its mission. It will run through 2018. The videos can be found on social media and YouTube.

Those interested in donating or supporting the YMCA at the local level can stop into the Y anytime, visit [www.ymcadc.org](http://www.ymcadc.org) or call 703-742-8800. ❖



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...and to us.



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Rebecca L. Melone

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LOCAL EVENTS · FUNDRAISERS · CHARITIES · AND MORE ACROSS THE RESTON AREA



## *An Art Experience!*

25<sup>TH</sup> ANNUAL NORTHERN VIRGINIA FINE ARTS FESTIVAL  
SATURDAY, MAY 21<sup>ST</sup> AND SUNDAY, MAY 22<sup>ND</sup>

Greater Reston Arts Center (GRACE) will present the 25th Annual Northern Virginia Fine Arts Festival for two days, rain or shine, Saturday, May 21 and Sunday, May 22 on the streets of Reston Town Center. More than 200 artists from across the nation will occupy 6 blocks of booths featuring original paintings, photography, mixed-media, sculpture, jewelry and fine craft, plus live performances, GRACE's free art-making activities for families in Reston Town Center Pavilion, and much more for all tastes and ages.

As a highlight of the year in the DC region, this event offers authentic art and experiences and attracts more than 30,000 attendees over two days. The 2016 Northern Virginia Fine

Arts Festival (NVFAF), 12001 Market Street, Reston, Virginia 20190, is open from 10:00 a.m. until 6:00 p.m. on Saturday, May 21, and 10:00 a.m. until 5:00 p.m. on Sunday, May 22. A donation of \$5 to GRACE is requested.

Join in the fun at the Festival Launch Party on the evening of Friday, May 20 at Reston Town Center Pavilion. Tickets, \$100 each, are available from GRACE.

To further the experience, find out about opportunities for volunteering, sponsoring, and other ways to get involved with NVFAF. Contact GRACE at [info@restonarts.org](mailto:info@restonarts.org), or call 703-471-9242. ♦



BY ALEXANDRA ROSSI



## PENNIES FROM MERCURY FOUNTAIN *to Benefit Amy's Amigos*

The 26<sup>th</sup> Annual Mercury Fountain Celebration took place on April 10 at the Reston Town Center, with Restonians turning out to watch the Mercury fountain—situated at the center of the original Town Center—turned on for the 2016 season.

At the event, Robert Goudie, executive

director of the Reston Town Center Association, presented a check for \$2,000 to Amy's Amigos, the winners of a Best of Reston Award. The funds came from the pennies that people have thrown into the waters of the fountain over the last year.

The annual celebration featured refreshments, courtesy of Mon Ami Gabi

and Tavern 64, to honor Bob Simon; music; family fun; and it closed with an outdoor screening of "Another Way Of Living," by Storycatcher Productions, at the Pavilion.

Immediately prior to the fountain celebration, community members honored the life of Robert E. Simon, Jr., with "A Gift to Bob's Community: In Celebration of Robert E. Simon Jr.," an event at the Hyatt Regency Hotel. The Audubon Quartet played; a short film about Simon's extraordinary life, created by Storycatcher Productions, was shown; and family and friends shared stories about his life.

For more information about Amy's Amigos please visit <http://amysamigos.org/triathlon/aboutUs.html> ♦

(Top left) Rob Gotti and Susan Garvey give a check to members of Amy's Amigos.

(Top right) Mark Ingrao, Chuck Veatch, Andy Sigle, and Joe Ritchey.

BY ALEXANDRA ROSSI



## RESTON'S FIRST FOUNDER'S DAY *Without its Founder*

On a rainy day in April, Reston celebrated its first Founder's Day without its beloved founder, Robert E. (Bob) Simon Jr., who passed away last September 21, 2015, at age 101.

Scheduled since the first year of Reston's founding—and around Bob's birthday, April 10—this was the first year that Reston didn't sing "Happy Birthday" or gather around a large cake with a centennial number, but instead, numerous activities for family members of all ages focused on the past, present, and future of Reston.

To make this year's celebration special, the Reston Association sponsored a 50-foot ferris wheel, temporarily installed at the plaza, with proceeds from the rides benefitting Reston Historic Trust and Museum, and the Friends Of Reston, a non-profit organization that performs scientific, educational and charitable projects in support of Reston Association.

Local elected officials Gerry Connolly, Ken Plum, Sharon Bulova, Cathy Hudgins, Beverly Cosham, and Ellen Graves made remarks, followed by the dedication of the Bob Simon Post Office; the new public art on the plaza, sponsored by the

Initiative for Public Art (IPAR); and the new commemorative bricks on Lake Anne Plaza.

The program also included children's art activities in cooperation with IPAR, a chance to meet with "Bronze Bob" Sculptor Zachary Oxman, and opportunities for Reston residents to participate in Storycorps interviews, about the experience of living, working and playing in Reston.

Local author Kristina Alcorn was also present and signed copies of her newly published book, "In His Own Words: Stories from the Extraordinary Life of Reston's Founder, Robert E. Simon, Jr."

Despite the rain, more than 500 people attended the event, sponsored by the Reston Community Center, IPAR, and the Reston Association. ♦

(Top left) Author Kristina Alcorn at Founders Day in the Museum signing her just-published book "In His Own Words." Her daughter Delia is on her right; her mom is on her left.

(Top right) Chuck Veatch and Bob's Bronze Sculptor Zach Oxman standing in the Reston Museum.





BY ALEXANDRA ROSSI

## ROTARY CLUB OF RESTON'S *Galactic Gala Raises \$11,000*

On March 4, 2016, Darth Vader, the Troopers, and the 501<sup>st</sup> Legion Garrison Tyrannus were the special guests at the Rotary Club of Reston's "Galactic Gala," a Stars Wars-themed fundraising event.

Held at Hidden Creek Country Club of Reston, the night was enlightened with the magnificent performance of the Reston Community Orchestra, which played Star Wars-themed music. Guests also enjoyed trivia games, a silent auction, door prizes, and great food and drinks.

The Galactic Gala raised \$11,000, which will support Fairfax County Public Schools in Reston and the "End Polio Now" Campaign.

Sponsors of this great event included the Reston Community Orchestra, Potomac Financial, Graceful Care, Barbara Gist, Wiygul, John Marshall Bank, HSBC, John Mahlmann, The Gilley Team, Unique Travel Events, Symphony Financial, Seclore, Propel GPS, and *Reston Lifestyle Magazine*.

With the success of the Galactic Gala, the Rotary Club of Reston is looking forward to seeing everyone for next year's fundraising event, 'Blackbeard's Ball' on April 22, 2017 at the Hidden Creek Country Club. Save the day!!

For more information, please visit [www.RestonRotary.org](http://www.RestonRotary.org). ♦





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BY RYANNE WRIGHT

# Kids Activities—Just for Fun

## Indoor Fun

We all know that April showers bring May flowers, but what to do when it rains and your kids—and you—get stir-crazy? Try these fun games and activities that require simple household items and just a little creativity! If you run out of ideas, be sure to check out BuzzFeed or Pinterest online for more ideas.

### SCAVENGER HUNT

My mom played this game with me religiously as a kid! She had a few pre-made lists of 20 to 30 specific objects from around the house printed off, and all she had to do was give me a pencil and let me

loose to go find everything! For younger kids who can't read yet, simply use pictures instead of a written list. Have a few of these made up ahead of time, so that when your boss calls and you just need 15 minutes of quiet time, you'll be all set!

### INDOOR HOPSCOTCH

Simply cut out different shapes of construction paper and tape them down to the floor with a little painter's tape. This is an easy way to wear the kids out before their afternoon nap.

### PAPER AIRPLANE OLYMPICS

The Summer Olympics are coming—enjoy the games at home with “Flying

School.” Grab a giant sheet of paper or parchment paper, if you don't have poster-sized paper in the house, and cut out different shaped circles on the paper. Label each circle with points—the smaller the hole, the more points it's worth! Then have the kids make their own paper airplanes and see who can fly their planes through the different targets. To add to the fun, encourage your kids to decorate their paper airplanes or dress up like pilots. You can even make your own awards for “Best Decorated Airplane,” “Highest ‘Flying School’ Score,” and “Best Looking Pilot.”

### BALLOON PING-PONG

Hot-glue paper plates to Popsicle sticks or paint stirrers to make ping-pong



racquets. Then blow up a balloon and use it instead of a ball for hours of ping-pong entertainment with the kids. A guaranteed way to have fun without having your grandmother's vase broken!

## Backyard Games

The end of spring is the best time to get outdoors, but parents live busy lives too ... and sometimes, there's not enough time to make it to a park or fun outdoor space on a weeknight after work and dinner. Here are a few fun backyard games to play that require minimal equipment and should help your kids unwind after a day at school!

### YARD TWISTER

Use non-damaging, ground-marking spray to make a Twister board on your lawn as large or as small as you like! You can alter the size of the dots depending on the age of your players—perfect for little hands and feet!

### THE GREAT MARBLE RACE\*

Cut a pool noodle in half lengthwise, so that the hole in the tube becomes two long "slides" with the half circle running down the middle of the noodle. You can then prop one side of the noodle up on a box or other object and have kids drop marbles into the "slide" to race their marbles. \*Bonus! You can play this game indoors too!

### BACKYARD BOWLING

Save up a few two-liter soda bottles. Once you have 10 (or more if you want a harder game), have the kids wash them out and paint them whatever colors they want on the next rainy day. Once dry, pour in enough sand or use pebbles (about 1/5th of the way up the bottle) to weigh down the bottles so they won't blow away outside. Then, set them up in the backyard in whatever formation you want—get creative with it—and let the kids roll soccer balls or basketballs at the pins. For an added challenge, have them test their aim and kick the ball instead!

### OUTDOOR TIC-TAC-TOE

Gather some rocks and have your kids paint them two different ways—be it polka dots and stripes or just two separate colors—and then draw a Tic-Tac-Toe board with chalk on your sidewalk. You'll have an instant—and calm—gameboard!

No matter how you choose to spend time with your kids, inside or outside, they'll appreciate the time and effort you put into the activities you plan for them. Remember to slather on sunscreen and bug repellent if you're outside, especially if you plan on hiking. Have fun, be safe, and enjoy the beautiful weather! ♦

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KIDS

# If It Does Not Grow, Say No:

## HEALTHY FOOD FUN FOR KIDS

BY STARLA J. KING



Kids and healthy foods tend to mix like oil and water, but when you add fun and adventure? Suddenly kids are interested in their fruits and vegetables, curious about their health and eating, and even willing to try some healthy foods they usually consider “ewwww!”

*If It Does Not Grow – Just Say No, Eatable Activities for Kids* was created by Kerry Wekelo, a local Reston, VA resident, for children of all ages to discover how much fun they can have with fruits and vegetables. All the pictures from the book were taken by her father, Al Wekelo, to bring the food alive.

Kids will be entertained for hours as they draw and write about their favorite foods, learn why fruits and vegetables are so awesome, try easy recipes for fun foods, get brave about trying new fruits and veggies, make food art, and more. Chances are, they’ll learn that they actually like these foods!

Take, for example, the exercise that challenges kids to try fruit or vegetable they’ve never tried before: the book includes a full-page, color chart for kids to track their experiences—complete with question prompts such as “What did it taste like?” and “What did it feel like when you touched it? Tasted it?” We all know kids love a challenge!

Healthy eating is not just about what we eat, but how and why we eat it. This activity book helps teach kids (and grown-ups!) to slow down for mealtimes, to pay more attention to fruits and veggies, and to make conscious choices about their health. These are lessons that naturally spread into other areas of their lives, making them stronger, healthier, happier kids... who grow into stronger, healthier, happier adults.

Since healthy foods are building blocks for strong kids, Kerry designed soft, colorful “nourishment blocks” to reinforce the activity book message. Each side of the bright green, red, blue, or yellow blocks has a different activity instruction, such as “Choose a fruit or vegetable. Bend your body into that same shape.”

In our society today, we tend to make food an enemy. *If It Does Not Grow – Just Say No, Eatable Activities for Kids* is one way for kids to make healthy food a friend again. Activities in this gorgeous, brightly-colored book include drawing, writing, cooking, word searches, and other puzzles that help kids learn about and enjoy healthy eating. Whether they ask a friend to join them, or do activities on their own, kids will have a blast on this food adventure.

Get your fruits and veggies ready; they’re about to become very popular!



To download free sample activities, and learn more, visit the book website at [www.doesnotgrowstayno.com](http://www.doesnotgrowstayno.com).

To purchase the activity books visit Amazon at [www.amzn.to/21NoSgK](http://www.amzn.to/21NoSgK) or email Kerry at [kerry@zendoway.com](mailto:kerry@zendoway.com) for bulk orders. Consider donating books to a local school or recreation center. ♦



# Vacation Time

WHERE TO GO, HOW TO GET THERE,  
AND WHAT TO DO WHILE YOU'RE THERE!

BY RYANNE WRIGHT

## WHERE TO GO

The first step in planning any vacation is narrowing down where you'd like to go. During the summer, the typical vacation consists of a beach trip, but there are plenty of other options. First, you need to decide what climate you'd like to be in—cold, temperate, or warm. From there, you can then decide whether you'd like to stay in the country, visit a big city, or go abroad. All of these questions are usually determined by your budget. When developing your budget, keep in mind the incurred costs of the different “add on” activities and meals that you will need to pay for while on vacation. You can have a lot of fun even on a smaller budget, so set a firm number and stick to it!

## HOW TO GET THERE

Depending on whether you're traveling overseas or cross-country, you'll need to decide on transportation. Trains, buses, and airlines are the best option for longer trips. When searching for airline tickets online, turn off “cookies” on your browser; by turning off the cookies function, other airline websites won't be able to determine what location you searched for before visiting their website. By doing this, you can avoid price inflation that many airline companies and travel sites have when you have your cookies function turned on, allowing them to know your search history. If you're going out of the country, remember to check your passport and make sure it's up to date. Getting a new one can take time, so be sure to take care of that early; you don't want to miss your vacation

## WHAT TO DO

because your passport is expired!

For most of us, there is nothing worse than arriving at your destination without a plan. What is there to do there? What is on your must-see list? A month or two before your planned vacation, take the time to plan out a few fun activities, including a few indoor ones in case the weather is bad. Also, take an online look at local restaurants, local visitors' bureaus or Chambers of Commerce websites to find out if there are any specials, festivals, or events that may be going on while you're in town. The last thing you want to be on your vacation is bored!

CONTINUED ON PAGE 46



# POPULAR FAMILY VACATION DESTINATIONS— and why they're our favorite picks!

## NORTH CAROLINA



### THE OUTER BANKS

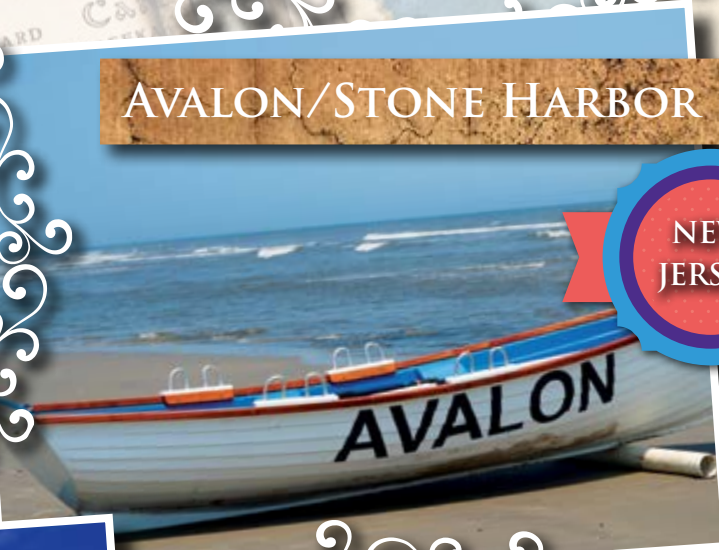
#### The

#### Outer Banks has

been one of the most popular vacation spots for Northern Virginia area families for years. There is a variety of different places to stay—from rented houses, to condos, and hotels—so there is something for every budget. The quaint and subdued beach-town feel is sure to deliver a heavy dose of relaxation. There are plenty of activities for all ages, including **Mini Golf**, **The Wright Brother's Memorial**, and a massive **Aquarium**. The drive isn't a terribly long one, which is perfect if you have smaller kids who don't handle long car travel well. The Outer Banks isn't only known for their beautiful beaches that aren't insanely crowded, but also for their delicious food! Regular vacationers recommend Awful Arthur's, Kitty Hawk Diner, Kill Devil Hill's Grille, and **Duck Donuts** (there is a Herndon Location in case you're craving your favorite donuts away from home) just to name a few!

The motto of this cute little beach town in Southern New Jersey is "Cooler by a Mile", and it lives up to its reputation of a **calm and elegant dream beach**. There is plenty of **boutique shopping** for mom, **fishing** for dad, and beach-fun for kids! Avalon tends to be more of a quiet town if you go in the shoulder- and off-seasons of early and late summer, so if you plan to go then, make sure that the place you want to visit will be open. Avalon can also be a more expensive destination, but not extravagantly so. Enjoy the **fresh seafood** and **beautiful views** that this town has to offer! More information: [www.stoneharbornj.org](http://www.stoneharbornj.org)

### AVALON/STONE HARBOR



## NEW JERSEY

## BAHAMAS



### ATLANTIS

**Atlantis** has the perfect mix of relaxation and fun for the whole family. There are plenty of **water slides** for the kids, a **lazy river** to relax and soak up the sun on all day, and even game centers in case you get a rainy day. While we recommend you stay on the resort, there is an entire **island to explore** if you wish! There are also plenty of dining options at the resort with options for even the pickiest eaters. While this trip can be a little more expensive due to airfare costs, there are usually online deals that the resort offers for slower weeks during the summer.

More information:  
[www.atlantisbahamas.com](http://www.atlantisbahamas.com)



**Puerto Rico** is one of the most versatile vacation spots no matter where you decide to stay on the island. San Juan has a **rich history** and plenty of beautiful sites to visit. Make sure to take a day trip to the **El Yunque rainforest**, a truly unforgettable experience. A must-have dish while you're in Puerto Rico is **Mofongo**, a plantain-based meal that is sure to please! The beaches are hot, the people are friendly, and there is plenty to see to keep you busy all week long. More information: [www.sanjuanpuertorico.com](http://www.sanjuanpuertorico.com)

## PUERTO RICO

## SAN JUAN

### WANT SOMETHING DIFFERENT? Check out these unique destinations!

Not everyone likes the typical beach vacation in the summer. Check out these different destinations for something a little different for this summer!

## ALASKA

## ALASKAN CRUISE

Many companies, including **Disney**, offer **Alaskan Cruises**. The weather is temperate, bordering on cooler temperatures, which is perfect for a vacation away from the sweltering summer heat. Cruises are also perfect for family fun, as they usually have activities for all ages, from **casinos** for mom and dad to **fun, arcade-style games** for the kids. Cruises tend to fill up quickly, so the sooner you book your reservation, the better!

## Cape Cod

**Cod** consists of 15 towns with **charming villages** intertwined, and small bay and ocean beaches stretching the length of the peninsula. While it may be a popular summertime destination for New Yorkers, many Northern Virginians overlook this **historic destination** that features numerous lighthouses, seafood shacks, and boutiques to visit. Provincetown, the first anchorage of the Pilgrims and one of the largest towns in Cape Cod, is a must-see location thanks to its **rich history** and **famous art galleries**.

## MASSACHUSETTS

## CAPE COD



AN  
ANCESTRAL  
VACATION



VISIT YOUR FAMILY'S COUNTRY

Remember to plan activities in advance, be sure to check for travel deals, and most importantly, relax! Vacations can be stressful, but they don't have to be. No matter where you decide to travel to this summer, remember to stay safe and have fun! ❖

**"Ancestral vacations"** have been growing in popularity over the last couple of years. The purpose of these trips is to visit your family's country/countries of origin, and, if possible, see the houses or towns in which your ancestors resided. While there, be sure to participate in popular local activities, whether that's **fishing, pottery, or wine making**. Of course, sampling authentic food, exploring all the nooks and crannies of the town, and **traveling to neighboring cities** that your ancestors would have visited is a must!

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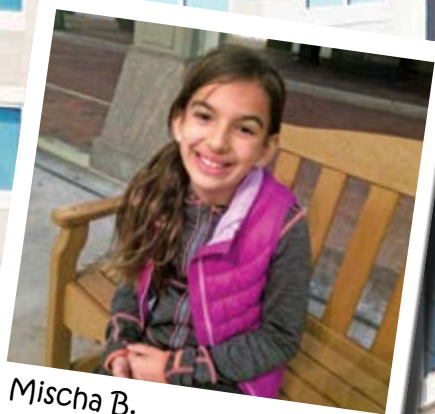


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Connor Brett Beall &  
Chloe Mae Beall

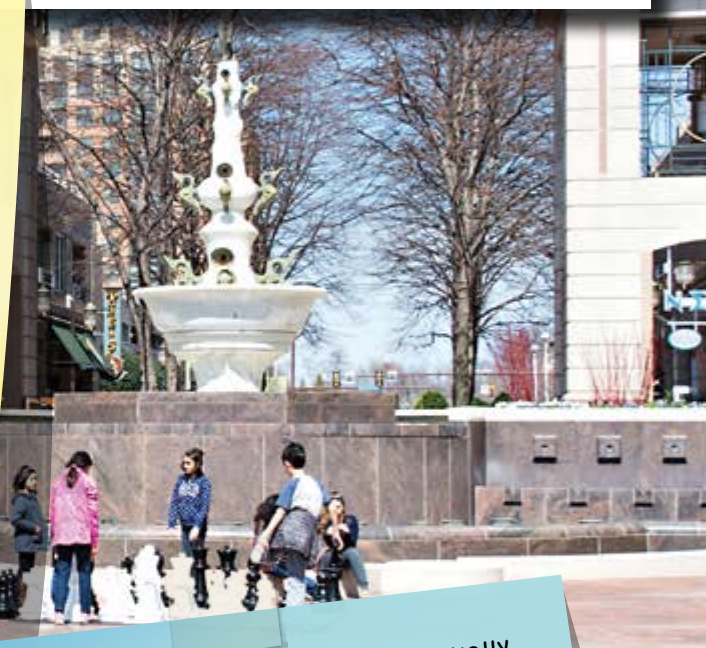


# WHY KIDS *Love* RESTON



Mischa B.

There are lots of things I love about Reston.  
There are so many stores and restaurants to explore.  
My favorite is Jackson's. I love their ozzie rolls!  
In Winter I enjoy going to the ice-skating rink  
with my friends. I also enjoy the marvelous  
sunsets from the top of the apartment buildings.  
It is awesome!  
It is a pedestrian-friendly area and it is fun to  
see the families and animals walking around.  
Almost every weekend there is a fun activity to  
do in the Reston Town Center. On holidays they  
have great parades. For birthday parties, there  
are lots of options as well, including renting a  
theatre at Bowtie Cinemas.  
I am happy to be a part of the Reston community.  
-Mischa B.



Julia

Reston is fun for little kids. There's usually  
at least one fun event going on per week at  
the Reston Town Center, and we attend of  
lot of them!

We also have a lot of good schools in Reston.

I personally love to go swimming at The Water  
Mine. The lazy river is definitely my favorite! I  
like the summer activities more than the winter  
activities.

There are a lot of great swimming pools in  
Reston, too. This is a fun place to grow up.

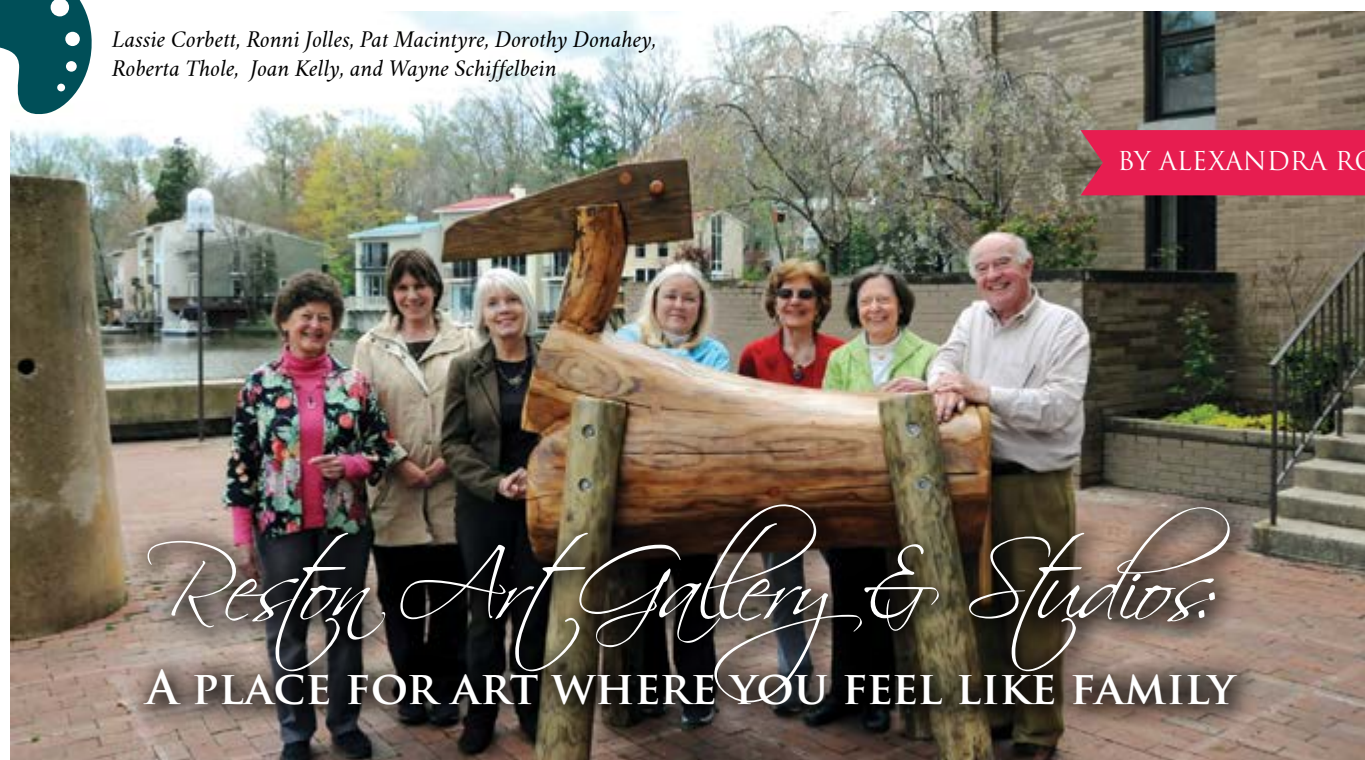
So, that's what I love about Reston!

-Julia





Lassie Corbett, Ronni Jolles, Pat Macintyre, Dorothy Donahey,  
Roberta Thole, Joan Kelly, and Wayne Schiffelbein



BY ALEXANDRA ROSSI

## Reston Art Gallery & Studios:

### A PLACE FOR ART WHERE YOU FEEL LIKE FAMILY

Located at the first art space in Bob Simon's master plan at Lake Anne, Reston Art Gallery & Studio is a hidden jewel, where you are surrounded by many forms of art that will delight all of your senses. From beautiful paintings in watercolor, oil, and acrylic by Pat Macintyre (owner), Dorothy Donahey, Joan Kelly, Gail Axtell-Erwin, Roberta Thole, Lassie Corbett, and Maggie Stewart; to innovative, three-dimensional "paintings with paper" by Ronni Jolles; to art jewel by Gail Axtell; and to the modern mobile sculptures of the newest member of the gallery, Wayne Schiffelbein, Reston Art Gallery & Studios, known as RAGS, is truly an exciting gallery.

#### Art activities for children

Long-term Reston resident and painter Pat Macintyre opens her gallery to people of all ages, and she is known as an art advocate for children. Every Saturday, from 10:00 a.m. to 12:00 noon, Pat offers free crafts lessons to children at her studio, where children can enjoy themed activities and something different every Saturday. In May, children will have the opportunity to create a craft for Mother's Day, and in June, they will make something for Father's Day. July will feature 4th of July-themed crafts.

Children can get used to and develop a love for art through these and other activities at the gallery. Pat said that the gallery has also been a place for birthday parties, where children can celebrate and paint or create an art piece.

#### Classes that awakens the artist inside of everyone

In addition, art lovers can also take lessons directly from artists. Ronni Jolles teaches her art form, "painting with paper," to adults every Wednesday and Friday morning, and she will potentially open another class during evening hours. In the summer, she hopes to expand her classes to children 10 to 14 years old and she may teach other age groups as well.

"In order to teach students how to paint with paper, I teach the foundations of art through fun projects in drawing, painting, and printmaking," explains Ronni. "Although the cutting, ripping and gluing of papers are very important in my art form, many different skills are needed to learn painting with paper."

Those who prefer painting with brushes also have the opportunity to learn from the experts: Lassie Corbett teaches "Advanced Watercolor and Oriental Brush painting" to small groups every Tuesday from 12:30 to 2:30 p.m. People of all skill levels are welcome to join Lassie's classes at any time. "I've done Chinese brush painting since the 1960s. In the evening, I hold a more advanced watercolor class," she says.

#### Camaraderie and exhibits run year-round

Being at the Reston Art Gallery and surrounded by artists is like being with family. Everyone helps each other and works in such a harmonious environment that you feel the love in all that they do. "One of the charms and strengths of the gallery is that we all work in almost completely different ways, and since we have our new mobile 3-D, we're an expanded group," said Dorothy Donahey.

Artists also inspire each other and sometimes create artwork with the same theme or color.

"It used to be that one person started doing a painting in blue, and then all of a sudden, blue was showing up in [all of the other artists'] paintings," added Roberta Thole. "And before you know it, someone is doing a red painting, and red starts showing up and becoming a dominant color in paintings. While that doesn't always happen, it's fun when it does."

This spring, all of the artists ended up painting a beautiful cherry blossom tree that is growing in front of Lake Anne and was visible from the studio.

Dorothy explains that currently she is working on her new exhibit: "The title of that show is 'Sunrise, Sunset' from Fiddler on the Roof, and it will be about sunrises and sunsets," she laughed.





Gail Axtell-Erwin

On the walls, you can see Roberta's paintings and her unique technique with metal additions.

"Sometimes the palette changes, and I don't do a lot of red, black, and brown in the spring, probably because I'm influenced by the brighter, lighter colors of the season," she said.

Joan Kelly's paintings are always very colorful and vibrant. In her most recent exhibit "Joyful Color in Reston", she featured Reston through colorful scenes of Lake Anne and Reston Town Center, as well as Restonians having fun. Sometimes she decides to write after she finishes painting. She said that her reflections on a painting called "Floating in a Dream" made her realize that the images said a lot about her life and the things that were important to her.

Additional exhibits this year will include Pat Macintyre and Gail Axtell-Erwin in May, Ronni Jolles in June, a group show in July, Lassie Corbett in August, Dorothy Donahey in September, Wayne Schiffelbein in October, Roberta Thole in November, and a group exhibit called "Holiday Sparkle" in December.

### Wayne Schiffelbein: "This is artwork— not machine work"

A Restonian since 1965, Wayne Schiffelbein recently joined Reston Art Gallery's roster, with his contemporary mobile sculptures that remind many of Alexander Calder, the renowned sculptor.

Made out of metal, wood, and other random objects, Wayne's sculptures move softly with the wind or a finger's touch, balancing in space and delivering a sense of peace and aesthetic harmony.

To make his mobile sculptures, Wayne uses leftover aluminum from a roofing

company; rods from a welding supply house; fishing weights; and other items found at home, such as a lacrosse ball or a wooden alphabet block. Each piece has simple lines and pure shapes, such as circles, squares, cubes, and spheres.

To make his art pieces, Wayne uses basic metal-working tools and basic machinery to bend the aluminum, but he cuts some of the pieces by hand, including the circles.

"Are they perfectly round? No, but they're close enough. This is artwork—not machine work," says Wayne. "We're not going to fly this thing to the moon; we just want to play with it a little bit." Creativity and a lot of experimentation is what Wayne uses in each one of his pieces. He explains, "The process is a little bit structural, but mostly intuitive. You look for a balance point. I place it on my finger and think, 'Oh well, that's not what I want!' and you have to do some more to move it. It never turns out to be what I started to make. It changes in the process."

An architect as well as an artist, Wayne has worked as the architect representative for all of the train stations from Washington, D.C. to Boston. "Federal projects are required to feature one-half of one percent of artwork in the building or around it," says Wayne. "I was

involved with the artists who were installing artwork at all of the train stations, and now every single one of them has artwork in them. It was fun."

Wayne's mobile sculptures decorate both small and big spaces, including over desks and in cathedrals, living rooms, offices, and lobbies.

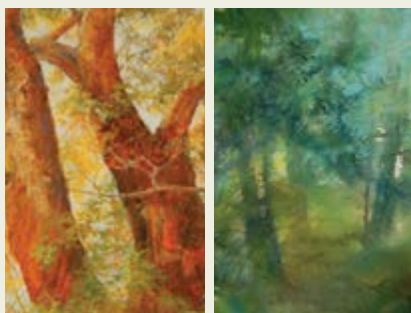
To learn more about Reston Art Gallery & Studios, its exhibits and artists, please visit [www.RestonArtGallery.com](http://www.RestonArtGallery.com) or call 703-481-8156. ♦



Wayne Schiffelbein and his wife, Hedy Glenn

## Reston Art Gallery & Studios

### Exhibits in May and June



#### Gail Axtell and Pat Macintyre "Two Views"

**Exhibit:** May 5 – June 2

**Reception:** May 7<sup>th</sup>, 2pm–4pm  
Public Welcome



#### Ronni Jolles "Rough Around the Edges"

**Exhibit:** June 5 – July 2

**Reception:** June 12<sup>th</sup>, 2pm–4pm  
Public Welcome

11400 Washington Plaza W (Lake Level of Heron House) Reston, VA 20190  
703-481-8156 ♦ [RestonArtGallery.com](http://RestonArtGallery.com)





BY ALEXANDRA ROSSI

# MARY POPPINS

## *the Broadway Musical in Reston*



In March, the Reston Community Center's CenterStage at Hunters Woods presented *Mary Poppins*, the Broadway Musical, directed by Wade Corder.

With an excellent cast, superb direction, excellent choreography, and neat production, the play delighted audiences of all ages with its "Supercalifragilisticexpialidocious" rhythm.

*We had the opportunity to talk with Wade to learn more about him and his motivation behind directing the play.*

**ROSSI:** *How long have you been directing?*

**CORDER:** I've been directing for about 10 to 12 years. This is my sixth show, and my first here in Reston. I directed [Monty Python's] *Spamalot* for The Little Theatre of Alexandria, and that was named the Best Show of the Year by the Watch Awards. I've directed musicals at Elden Street in Herndon before it became Next Stop Theater. I also did *The Drowsy Chaperone* for the Mclean [Community Players], as well as *Ruthless* for Dominion Stage.

**ROSSI:** *Tell me about your work for Mary Poppins.*

**CORDER:** I was asked to do *Mary Poppins* right after the production of *Spamalot*, so it was really exciting. My first thought was, "This will be for my niece." Her name was Michelle Cox, and she loved all things Disney. She had a disease called Batten's Disease, and it took her after about 10 or 12 years. She lost her ability to move and talk, so she spent a lot of time watching musicals, until she also lost her sight. So when I was offered this show, I thought that this would be for her. It's been 20 years; she would have been about 38 now. She died when she was 18.

**ROSSI:** *So you're dedicating this to her?*

**CORDER:** Yes, and we had a sensory performance for people and children with developmental difficulties and problems, and that was just magical. I cried through the whole thing because she would have been in the audience. My part of the play is directed in honor of her.

**ROSSI:** *Tell me about the process producing and directing Mary Poppins.*

**CORDER:** I was asked in August 2014 to direct this play, and we really started working on it about a year later, putting



everything together. The choreographer, Andrea Heininge, has worked with many of the people here. Auditions were early for Community Theater; we held them in October of last year so that we could take time off for the holidays and still be ahead of the game in case of snow.

**ROSSI:** *How many people were in the cast?*

**CORDER:** We had 24 in the cast, 14 in the orchestra, and 25 backstage making things work, moving big sets and making fast set changes. There's 'magic' to do, and it takes a lot of people. It's a wow of a show, and I really can't believe how well it's pulled together because it's been hard.

**ROSSI:** *Was the musical based off of the traditional Broadway script?*

**CORDER:** Yes. It's the same script, but not the same characterization, especially with Mary Poppins because I didn't like the characterization that they had on Broadway.

**ROSSI:** *How is it different?*

**CORDER:** My Mary Poppins is kinder and more expressive of appreciation. You can tell she loves the children, whereas on Broadway and in PL Travers' books, Mary is much harsher and really mean. I wanted it to be more like Julie Andrews in the Walt Disney film. It was a fun journey with Shaina Murphy, who plays Mary Poppins, and she 'got it' right away. It's totally new, and it's beautiful. She's wonderful, and the kids, Aidan Chomicki and Avery Daniel, who play Michael and Jane Banks, are nine and 10 years old and on stage for three hours. It's a long show, and they're amazing. The parents are George Banks and Winifred Banks, played by Ward Ferguson and Amanda Jones. Duane Monahan plays Burt, the chimney sweep, the narrator, the guide of the show, and the friend of the audience.

**ROSSI:** *The play is full of songs, music, and dance.*

**CORDER:** Yes, Andrea Heininge is the choreographer. The tap dance number is about 12 minutes long, and our cast had special classes and put together videos of how to do it in slow motion. The music directors are very talented—Dana Van Slyke is the choral director at Herndon High School, and her husband, Jim, co-music director, is a music voice therapist and cabaret artist as a part of a nationally recognized show about Neil Sedaka.

**ROSSI:** *Is the set similar to the original Broadway?*

**CORDER:** It looks like Broadway, but it doesn't move like Broadway. We don't have electric sliders in the floor to move furniture on and off, and we can't fly a nursery in from above the stage, so all of the mechanics of Broadway have been replaced with hard labor. There is a whole committee of people responsible for the set design. Sarah Burkett, who is backstage, is the one in charge of running the show and figures out how to get all the pieces to work in time so the show isn't six hours long.

**ROSSI:** *Tell me about your experience working in Reston.*

**CORDER:** The theatre itself, and the culture of the support staff, are just wonderful to be a part of; they're kind. We rent the space, but a lot of them come to help us with the lights and sound. They're just a joy. I recommend it for anybody. It's a great space to watch theater and a great place to work.

**ROSSI:** *What did you like the most about this work?*

**CORDER:** It was a real joy and a real honor to give back to the community that has given me so much. To be allowed to also give to the community of special needs children in a judgment-free zone was beyond my dreams of what I could give back. I very much appreciate the opportunity to serve and to be a part of this production and meet all these people. There were about 22 people in the cast that I hadn't known before, so that's 22 more people whom I love in my life. And the gratitude I have for the people stepping forward and working so very hard to make the sets and costumes and dances work ... it's an incredible experience and I'm in awe to be a part of it.

To check more plays at the Reston Community Center CenterStage, please visit [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com). ♦





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# Swing into the Music of YazooZazz

BY KEITH LORIA

If your musical taste harkens back to the Boswell Sisters or the Andrews sisters—the type of harmonious jazz that only a trio of lovely ladies can perform—then you’re sure going to want to check out YazooZazz.

Consisting of Kathy Farmer, Robin Cunningham and Jeanine Greene, YazooZazz has been performing in our area for years, playing regularly with the Tom Cunningham Orchestra or with a small ensemble of three musicians or just piano.

Farmer, the high voice in YazooZazz, has had a long-standing love of jazz and vocal harmonies. She is also a choir director at her church in Ashburn, and a member of the Master Singers of Virginia a cappella vocal ensemble.

Cunningham, the low voice of the group, is an original YazooZazz member, dating back more than a decade. Greene, the middle voice in YazooZazz (and also the trio’s violinist), can also be found singing classic French songs and playing violin with gypsy jazz groups around town.

YazooZazz has been a part of the Cunningham orchestra for many years, and we are the current iteration of the group,” Farmer says. “The name comes from the Boswell sisters, who had a song called “Old Yazoo,” which was about a real town in Mississippi.”

For those unfamiliar, the Boswell Sisters were very influential in early jazz. The Andrews Sisters followed in the 1940s, continuing on their great style.

“The Boswells are not known very well today in the U.S., but many are singing their music around the world,” Farmer says. “Bette Midler covered the exact arrangement of one of their songs, ‘It’s the Girl,’ on her latest album. It’s one of our favorites to perform.”

All three members of YazooZazz work to get the word out about the Boswell Sisters and educate music lovers on what a true American treasure they were. The Boswells wrote

their own arrangements and their own songs, and did a lot of very interesting things musically.

“There are so many people who don’t know anything about them; it’s pretty amazing,” Farmer says, “They were very influential in jazz and they were the rock stars of their age. Thousands of people would show up to see them wherever they played, but that legacy has been lost, which is a shame.”

In October 2014, YazooZazz was invited to go to New Orleans by one of the Boswell Sisters’ granddaughters, who had just written a book about them.

“She started researching and finding all these groups around the world who were doing their music, which is pretty interesting to us because we don’t know much about them in the U.S., but there are people around the world singing this music,” Farmer says. “When we got together with them, we made life-long friends.”

Groups came from Israel, Spain, Australia, Canada and a few others from the U.S. And most of them were singers in their 30s and even younger.





"All three of us have been involved in music forever, and I always wanted to be part of a trio, and even I myself had only a vague awareness of who they were," Farmer says. "Once I joined the trio, it's all I want to do. Of course, we do music of other trios, and it's really fun."

And fun is what it's all about to Farmer and the others.

"You have to smile when you do this music," she says. "It's quirky at times, they mimic instruments at times, and it's quite interesting. Even though people don't know the music, it's so fun and interesting."

Upcoming performances of YazzoZazz include appearing with the Tom Cunningham Orchestra during the Saturday night swing dancing show at Glen Echo Park, on May 7 and June 25.

"People are coming to swing dance and they don't dance to a recording, they are dancing to a live full big band, which is pretty awesome," Farmer says. "It's a great night and we are always excited to play there."

For more information on the trio, visit [yazoozazz.wix.com](http://yazoozazz.wix.com). ♦

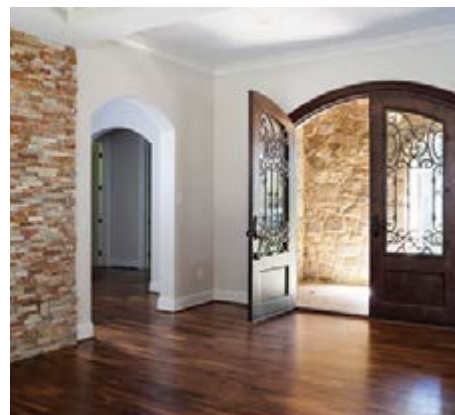
**AUTHOR:** Keith Loria is a freelance writer who writes regularly about sports, business, entertainment, and the arts. When he's not writing, the Oakton work-at-home dad can be found playing with his daughters Jordan and Cassidy.



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BY LINDSAY FARRIS

## RESTONIAN INVENTS A UNIQUE PRODUCT

### *for Keeping Your Priorities Close*

At any given point during the day, you will have various responsibilities and priorities to attend to. Whether it's picking up your children from guitar practice, going to the gym, or attending an important work presentation, the bustle of everyday life can make it challenging to focus on what's really important. A local husband and father has created a simple solution for helping you keep your priorities top of mind and close at hand: Wristlists.

Ryan Lonnett, a 14-year Reston resident, is passionate about and dedicated to bringing wellness to his community. After seeing his daughter struggle to stay focused at school and often leave important homework and personal items in the classroom, Ryan sought a natural way to help his child keep track of what's important. A prototype "Wristlist" was the result, and after seeing great improvement in his daughter's attention and focus in school, Ryan and his daughter made it their goal to bring about the same change to others in their community. Wristlists™ was born.

The Wristlist is a colorful silicon bracelet that is designed to remind people of their life priorities. While Wristlists are beneficial for helping children with attention-deficit disorders keep track of their belongings and tasks, Wristlists have countless uses for people of all ages and backgrounds. Interchangeable badges and customizable, laser-engraved plates make each bracelet unique to a person's priorities. A person who wishes to show love and support for a friend suffering from breast cancer may choose a pink ribbon badge for her Wristlist. A professional may select a badge featuring a bicycle that reminds him to reserve time for exercise in his working day. An aspiring writer may engrave his Wristlist's plate with his favorite literary quote to boost his spirits when he needs inspiration.

Teachers, psychologists, and parents alike have shared the success Wristlists have brought them and/or their loved ones. In a case study

conducted by George Mason University researchers in 2015, each test candidate reported an improvement in staying on task and in his or her own overall quality of life after wearing a Wristlist.

Outside of his work with Wristlists, Ryan has an extensive history of promoting health and wellness, both locally and on an expanding national stage. Ryan is the Founder of Empowered Wellness, a company with unique solutions and a track record of delivering sustainable wellness, including best-of-breed school wellness programs and summer camps for kids; online classes for adults; and several originally designed products. Ryan has authored or co-authored three books, including a recipe book for adults and two wellness activity books for "superhuman" kids. He is especially passionate about wellness in our local community and was chosen by Fairfax County to conduct wellness best practice consultations with more than 30 of their schools and their communities. He was a long-time commissioner for the Reston Little League; sits on several community boards and steering committees; frequently delivers presentations in schools, community or corporate assemblies; and occasionally can be heard in the media sharing his unique thoughts and proven best practices.

To learn more about Wristlists or to order your own custom design, visit [www.wristlists.com](http://www.wristlists.com). ❖





## RESTON SOCCER'S AUCTION A SUCCESS THANKS TO LOCAL MERCHANTS

On April 2, the Reston Soccer Association (RSA) held its Spring Auction to help offset the costs of scholarships for local kids who want to play soccer but don't have the resources to pay the enrollment fees.

The response from the community was superb, demonstrating once again that the spirit of supporting low-income families that Reston Founder Bob Simon instilled in the community remains in the hearts of its residents.

Local merchants, including Not Your Average Joe's, Cafesano, Buffalo Wing Factory, Clyde's of Reston, Flippin' Pizza, Gregorio's Trattoria, Jackson's, Jersey Mike's Sub, Lakeside Asia Café, The Melting Pot, Potomac River Running, Red Velvet, World of Beer, Zoës Kitchen, Allen Edmonds, Sunset Hills Automotive, Perfect Smiles of Reston, and Pediatric Dentistry, among others, donated products and services to the auction and raised more than \$1,000.

RSA is a non-profit organization that serves more than 1,500 youth players from Reston and nearby areas. Almost 20 percent of kids enrolled in its programs are on scholarships. Proceeds from fundraising efforts helps cover costs for both of RSA's travel and recreational team programs.

For more information about the Reston Soccer Association, please visit [www.restonsoccer.com](http://www.restonsoccer.com). ♦

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BY PETER MCCANDLESS

*Reston Wealth Management's Chloe Kirwan (left) and Erin Lester attending Devotion to Children's annual Red Heart and Soul Fundraising Gala in November 2015. Reston Wealth Management was a Silver Sponsor of the event.*

## RESTON WEALTH MANAGEMENT *Celebrates 13 Years in Business*

In June, Reston Wealth Management will celebrate its 13<sup>th</sup> year in the financial advice market. A 29-year veteran in the industry, founder Bob Tucker says his firm is unlike, say, a giant Fidelity, because he likes the focus on personal service and wants his clients to drive the process, not the company.

"We are an independent advisory firm," Tucker says, "and we pride ourselves in being a holistic company because we want our clients to get the best in individualized care. To this end, we have developed a personalized financial website with interactive, user-friendly software that encourages our clients to check into their own financial status often."

Tucker has aligned his firm with LPL Financial, a wholly owned subsidiary of LPL Financial Holdings Inc. (NASDAQ:LPLA), the nation's largest independent broker-dealer<sup>1</sup> with advisory and brokerage assets of \$475.6 billion as of December 31, 2015. In April, Tucker attended the LPL Financial 2016 conference in London, England, an event hosted for top-performing advisors of LPL Financial.

This annual advisor event is an educational forum for qualifying advisors and includes presentations and breakout sessions moderated by LPL leaders and strategic partners, Tucker explains. It also provides financial advisors the opportunity to network and share ideas with their industry peers.

"It is an honor to be able to participate in this prestigious industry event," says Tucker. "Attending the LPL Summit conference is a wonderful opportunity to be able to expand and enrich the level of service and experience I can provide to my clients."

"We applaud these elite advisors for having demonstrated a commitment to helping their clients as they strive to reach their financial aspirations," added Dan Arnold, LPL president. "We are proud to be able to support Bob as he continues to manage and grow his business."

Tucker says his mission is to foster a lasting relationship with clients founded on mutual trust, concern and respect, and to honor God in all they do. "We value long and trusting relationships with our clients, and because we are independent with no products to sell, we are committed to putting our clients' best interests first."

Tucker has always driven his firm to be involved with the community, and he encourages his team to spend time with Reston non-profit organizations that are making a difference.

Securities offered through LPL Financial, Member FINRA/SIPC. Investment advice offered through Reston Wealth Management, a registered investment advisor and separate entity from LPL Financial.

For additional information contact: Erin Lester, Operations Manager and Client Services Specialist at Reston Wealth Management at 703-481-2280. ♦



*Bob Tucker (tallest in the middle row) contributes his time to support The Reston Youth Basketball League.*

<sup>1</sup> (based on total revenues, Financial Planning magazine, June 1996-2015)







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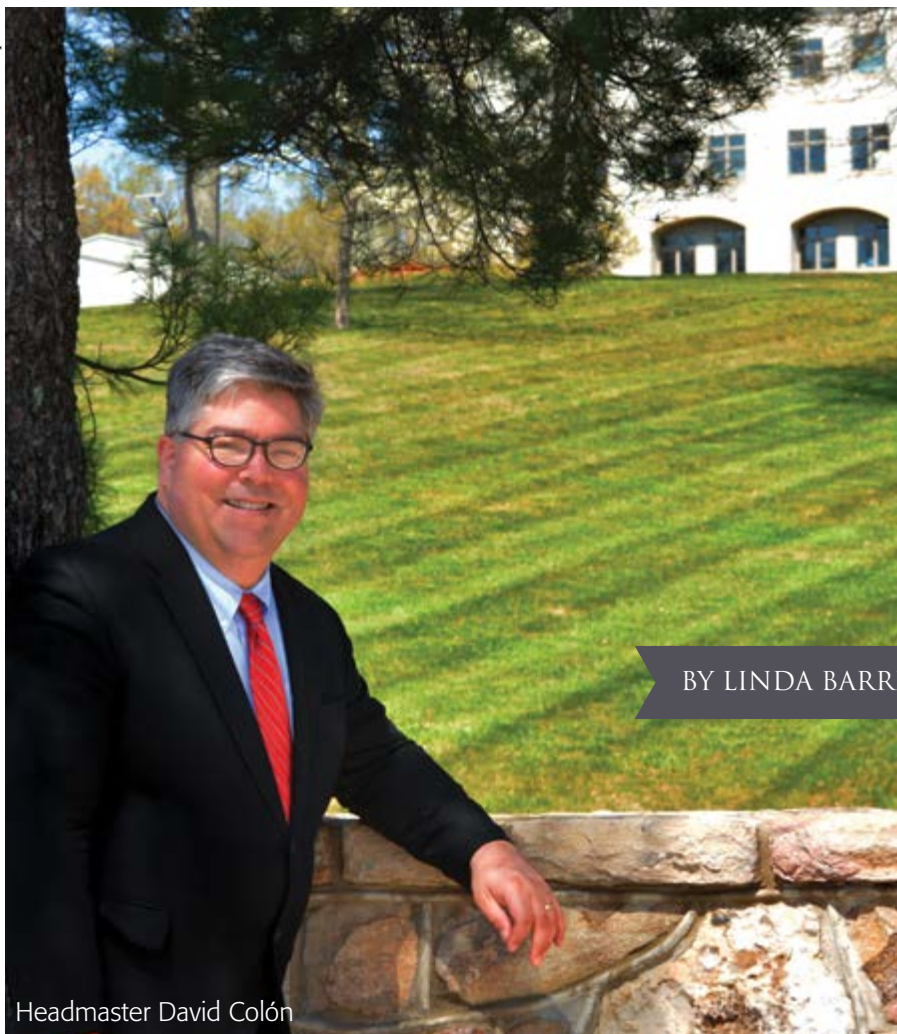
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Headmaster David Colón

BY LINDA BARRETT

# Wakefield School

## A COMMUNITY OF POSSIBILITIES

Wakefield School is an independent, college-preparatory day school with a primary mission to provide a rigorous liberal arts education that trains the intellect while fostering self-discipline, independence, creativity and curiosity. Classes range from junior-K through grade 12.

"Wakefield School offers a unique combination of the classical liberal arts education and progressive learning," said headmaster David Colón. "We have an intentionally-small community that gives us the opportunity to teach responsively in a very real setting, and make a conscious effort toward learning through doing."

"Learning in action helps kids understand why they would do something," he continued. "If you're trying to teach a child about baseball, you wouldn't just hand them the bat and say 'Swing the stick.' You want to show them why it's important. The challenge is how do we do that?"

One way is to ask "How can you make a difference in this world?" The middle school took up this challenge and students created an environmental awareness program to plant trees and create an outdoor classroom. "Kids develop confidence because they are rooted and yet have opportunities to go out and try in a safe space."

### GLOBAL EDUCATION

Wakefield School has a unique and robust global education program as well. Students journeyed to Namibia to work with a cheetah conservation program, India for a social work initiative, Gettysburg to experience history, and this fall, art students will travel to China to document their trip through painting, video, photography and writing.

"This approach of learning in action gives a different perspective and inspires students to go farther than traditional classroom learning where you learn to jump through hoops to get your degree and then a job," Colón said. "We offer real-life experiences that allow kids to imagine what their life would be like. We want each child to lead an extraordinary life in his or her own way."

With all the emphasis on STEM learning, one might ask why a liberal arts education is important. "We have a great program in the STEM fields, but the bigger issue is what are you going to do with it? Even the Silicon Valley companies want people with a liberal arts background who understand technology. Our programs include technology, and teachers show kids how to use it as a creative tool."

### WAKEFIELD SCHOOL

In the hamlet of The Plains, Virginia, the Wakefield School is the largest organization in town. It opened as the Wakefield Country Day School in Huntly, VA in 1972, and moved to the 64-acre The Plains campus in 1996. In addition to its educational curriculum, it offers arts, athletics, AP, summer enrichment experiences, clubs, and local volunteer opportunities. Approximately 330 male and female students are enrolled, in small class sizes, and the school holds a 100% college acceptance rate.

### SUMMER DAY CAMPS

Wakefield School's Summer Camp program offers a diverse list of week-long day camps with a mix of academic, science, performing arts, visual arts and sports, and several partner camps including Verdun Adventure Bound and Beverly Equestrian Center. Day camps run June 20 through July 29. ♦

### WAKEFIELD SCHOOL

4439 Old Tavern Road  
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[www.wakefieldschool.org](http://www.wakefieldschool.org)

**AUTHOR:** Linda Barrett is a freelance feature writer and owner of All the Buzz, a corporate copywriting firm, [www.allthebuzz.net](http://www.allthebuzz.net).



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Wakefield School is an independent, college-preparatory school whose primary goal is to provide a rigorous liberal arts education through a challenging, content-rich curriculum and extracurricular activities that are delivered by skilled, supportive, and creative teachers, coaches, and advisors. We welcome families who will embrace our ambitious vision: to develop capable, ethical, and articulate citizens who will seek the challenge, make a difference, and live extraordinary lives... each in his or her own way.

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On this hilltop, with these teachers, coaches, and advisors, our students learn there is very little they can't do when they put their minds to it.

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# Wakefield School

Campus tours and classroom visits are available daily between 8:30 a.m.-2:30 p.m.

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BY DONNA SCHMIDT

## NOVA KITCHEN, BATH AND BASEMENT: *Thinking Local* KEY TO SUCCESS FOR REMODELING EXPERT

**I**magine having a service provider in your home that not only had an eye for beautiful touches and attention to every last detail, but also focused on sourcing local materials and was located near your neighborhood—in fact, specialized in a Northern Virginia client base because its owner spent his lifetime here. Sounds perfect, doesn't it?

Enter NOVA Kitchen Bath and Basement based in Chantilly. Its owner, John Powell, is a 35-year veteran of the remodeling business who started NOVA Kitchen, Bath and Basement with a dream of offering both design and labor to those seeking a new life for tired, dated spaces. Capping that off is an intentional focus on materials made in the USA and, when possible, using local providers.

"Our granite comes from a local distributor; our cabinets come from different parts of the United States... Alabama, Pennsylvania, New Jersey, Virginia," John says, adding that it currently sells more than seven different types of cabinetry. "From the top cabinetry in the United States, which is Wellborn, all the way down to the lower end of cabinetry [for] a lower-costing kitchen —and that is still a top-grade cabinet," he says.

Whether the plan is completely customized or just bringing the newest updates to a kitchen, bathroom or basement, John notes that NOVA Kitchen, Bath and Basement offers free estimates. Should the client's project involve design work by its in-house staff, that too is free of charge.

John—who stresses he is a *young* 58!—says that the company's approach is encompassed in its mission statement. "Without customers we do not exist and, therefore, must treat every customer with the highest level of professionalism and integrity. It is a privilege to be invited

into a home and to have the opportunity to make... remodeling dreams and ideas come true. From the initial consultation to the project completion, [customers] will find our attention to detail to be the best in the industry."

### A LOCAL TOUCH

Cabinetry isn't the only thing that NOVA Kitchen, Bath and Basement sources locally and domestically. While some of its exotic materials, such as granite, may originate overseas, it is obtained using the company's locally-based distribution network.

"We support the local businesses," John stresses. "Everything is purchased right here in Chantilly; that is the business of this area." That extends to flooring choices as well, be it hardwood or carpeting. "We have all kinds of flooring you can look at, [and] we buy it from only our vendors, who are anywhere from all the way by Canada to North Carolina, as most of the flooring isn't made in Virginia."

John's wife and co-owner Kim is the company's tile and flooring expert, and she focuses on U.S. materials as well. "We buy all our tile from either Daltile or Mosaic Tile, and Daltile is the biggest tile distributor in the United States," adding that as a colorist, she can offer thousands of choices for colorizing a home.

Between John, Kim, and NOVA's team members Chris and Kristi, there are more than 130 years of design and construction





leadership experience. That's a lot to bring to the table for even the biggest of projects—and as John notes, no small detail is missed.

"We have everything you need, even down to the knobs on your cabinets," adding that they have all of those options to show potential clients in the new showroom.

## THE BASEMENT FACTOR

Basements—some folks are not so lucky, and buy a home with a standard basement big enough for a furnace and some holiday storage and not much more. Others, though, with the opportunity to create a finished basement, can increase the living space of their homes exponentially by designing the man cave, family room, extra bedroom or even game room they've dreamed of. NOVA Kitchen, Bath and Basement has clients covered there as well.

"We design basements, [consult with] you what you can and can't do with them, and we do everything from the egress windows to the walkouts in the basement, to custom bars and bathrooms, media rooms, offices, gyms and full-sound proofing," John says, adding that the basement space potential is nearly endless. "We do it from the very beginning to the very end." He does not use any subcontractors, all work is done by his team "so we know exactly what's going on everywhere," as John notes. The only subcontracting done is to hang and finish sheetrock, a time-consuming phase of a project that hiring subcontractors can cut down to just one day in many cases.

## NOVA'S NICHE

As John stresses, his company is a one-stop shop when it comes to remodeling. "We can do anything there is to a house. We do windows, we do siding, we do roofs, we do gutters, we paint; we have a full paint crew for the exterior and interior of a house. We

do rotten wood repair, too."

One more thing he promises: you'll never have to worry about NOVA Kitchen, Bath and Basement changing its focus from the clientele of Northern Virginia, craftsmanship and getting the job done right.

"I've never worked for anyone but myself since I was 22 years old," he says. "I grew up here, I watched Reston get built. There was no Reston when I was growing up, and it got built. I was a kid back then. I watched Great Falls get built, I watched McLean get built. I helped build them," John says.

NOVA Kitchen, Bath and Basement is nearly ready to open the doors of its newest location, Loudoun Kitchen Bath and Basement in Leesburg, where it will house a second showroom.

For more information please visit [www.novakbb.com](http://www.novakbb.com) or call 703-378-7100. ♦

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Photo Credit: Terranova K&amp;B

BY JOHN BYRD

## Tuscan-Style Cooking Class

SHOWCASES MODULAR HOME'S VERSATILE GOURMET KITCHEN

Open House to be Held June 11

Eleven guests are gathered around 4'x12' food prep island, which is surfaced in a fine Italian marble. In full view are a pork roast, fresh tomatoes, basil and other herbs, newly rolled-dough and a pasta maker, plus the chef's hand-printed cookbook. The large open room includes a view of the breakfast room and budding garden beyond. A family room with coffered ceiling and patio-access is off to the right.

Chef Luca Tinti, a rising star in culinary circles, is holding a class on how to prepare a full menu ranging from Parmesan flan to herb-crusted pork to biscotti.

Tinti is the featured talent at Foresteria Villa Cerna in Tuscany's Chianti district, a spot Trip Advisor ranks as one of Italy's top culinary destinations. He's also engaged to Claudia Tersio, sister of the home's owner Rita Tersio.

"We just wanted to welcome Luca to the family, and share some of his five-star recipes with neighbors" Rita says " But we also responded to several people who wanted to see just how customized a kitchen designed from a modular construction process can be."

Tersio, who with husband Marcelo Dobrauchi operates Terranova Construction K&B in Tyson's corner, has been a principal in one of northern Virginia's more prolific home remodeling shops since the late 1990s. As a rule, the couple concentrate on remodeling solutions in conventionally constructed "stick-built" homes

But in 2003 on a business trip in Pennsylvania they witnessed a pre-constructed home component being whisked through the air on a crane and decided to investigate current technologies in the modular home sector.





(At left) The starting point in designing the Tersio-Dobrauchi gourmet kitchen was a 4' x 12' food preparation island that parallels a six-burner gas range. The surface is fine Italian marble. The 4,000 square foot residence is a modular home designed by the owners who wanted to explore how completely they could customize the original plan. The house will be open to the public April 16 and April 30.

(Above) Chef Luca Tinti, a rising star in Tuscan culinary circles, taught a well-attended cooking class in the Tersio-Dobrauchi's Vienna home last month.

Meanwhile, back at the cooking class, Chef Luca is putting the new kitchen through its paces:

"This space was obviously designed for serious cooking. For instance, there are sources of water in all the right places," he says, pointing to the pot-filler behind the gas range, the sink on the food prep island and the bow-shaped farm sink on a parallel wall.

"Then there's a professional caliber gas range. Several ovens. Pullout spice racks. It's not merely an exceptionally well-organized plan, it also provides work stations for a whole range of steps necessary for sophisticated cooking."

The food prep island (which doubles as a three-stool dining counter) is perfectly positioned to support work triangles formed by perpendicular counter surfaces on either side of an archway which, in turn, segues to the butler's pantry and formal dining room beyond.

It's a plan allows that one dish to marinate—while another is being sautéed on the gas range, and a third is in the warming oven.

As a chef, Luca is also keen on considerations that put all the necessary tools at his fingertips.

"I can swivel in one direction and find cooking utensils, specially-sized pots and pans, and mixing bowls in

(Below) Barbara Semedo and Trisha Stotler study a recipe.



CONTINUED ON PAGE 66

"It was obvious from what we saw that a modular home is more solidly constructed than a house built by traditional methods," Rita says. "We decided to become more familiar with the current practices. As builders, we wanted to know how effectively a home coming out of this process could be customized."

One thing led to another and last year the couple purchased a half acre lot in Vienna, which soon became the site of the 4,200 square foot two-level modular home the couple had shepherded from rough sketches to the finely detailed residence they now occupy. The home was on site-- finished-- in about three months.

"A fascinating learning experience," Tersio says. "Interestingly, there's nothing about this house that isn't comparable to a custom-built home in every respect. The differences arising from the modular home process are all advantages: you can have a fully finished house on your site in a few months, and for about 15% less than the cost of building the same house through conventional methods."



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CONTINUED FROM PAGE 65

custom-designed drawers," he says. "In the pantry, there's a special cubby for the pasta-maker. There's even a case for cookbooks built into the island".

None of this praise is a surprise to Marcelo, who is a seasoned kitchen designer locally renowned for beautifully articulated interiors built-around well-integrated work triangles. Still, the ease of realizing this kitchen's lovely finishwork did come as something of a revelation.

"My experience in designing this house may be somewhat like that of a playwright who is so close to every detail of his work that he's completely forgotten about the audience until opening night. Suddenly people are excited about effects they are seeing for the first time, and all I can say is—Yes, *that's the reaction I intended to inspire.*"

That said, Marcelo is equally enthused about the home's master bathroom, formal dining room-- and the old-world elegance of the spacious family room.

"The modular home design process can remove a lot of drudgery because you have the option to work with pre-existing templates," Dobrauchi says. "On the other hand, there's nothing you can't adapt to your requirements, and this allows the homeowner to concentrate on interior design, which is the arena where they really get to express themselves."

The Tersio-Dobrauchi home will be open to the public on June 11, 2016.

For information, call 703-761-0604, or visit [www.terranovackb.com](http://www.terranovackb.com). ❖

**AUTHOR:** John Byrd has been writing about residential architecture, building and remodeling for 30 years. His work has appeared in *House Beautiful*, *Architectural Digest*, *Southern Living* and many national and regional publications. He has also written and produced segments for HGTV and other cable outlets. His work has received numerous Press Association awards for excellence in journalism. He can be reached at [byrdmatx@comcast.net](mailto:byrdmatx@comcast.net) or [www.HomeFrontsNews.com](http://www.HomeFrontsNews.com).



Chef Luca Tinti

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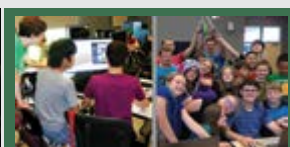
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|        |    |  |
|--------|----|--|
| May    | 6  | Go Go Gadget                             |
|        | 13 | The Rockets                              |
|        | 20 | Split Decision + Darcy Dawn & Company    |
|        | 27 | The Reagan Years                         |
| June   | 3  | Herndon Festival (No Friday Night Live!) |
|        | 10 | Gonzo's Nose                             |
|        | 17 | Burnt Sienna                             |
|        | 24 | Fish Out of Water + The Jerx             |
| July   | 1  | Turtle Recall + South Bay                |
|        | 8  | Kristen & the Noise                      |
|        | 15 | Crazy in Stereo + Six to Midnight        |
|        | 22 | The Reflex                               |
| August | 29 | Herr Metal + Dr FU                       |
|        | 5  | Sam Grow + Delta Spur                    |
|        | 12 | Love Seed Mama Jump                      |
|        | 19 | For the Win                              |
|        | 26 | The Vigilantes                           |

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BY DONNA SCHMIDT

THE LARGEST OUTDOOR FESTIVAL IN THE AREA,

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RETURNS THIS JUNE 17-18

Now in its 26<sup>th</sup> year, the annual Taste of Reston is returning June 17–18 to Reston Town Center. This event is organized by the Greater Reston Chamber of Commerce and is expected to bring in more than 30 restaurants, and another 20-30 exhibit booths, according to Mark Ingrao, President and CEO of the Chamber.

With average attendance between 30,000 and 80,000, there is truly something for everyone, from trying excellent cuisine and strolling through business exhibits to the Family Fun Zone with interactive booths for children.

Taste of Reston also includes the Wine n' Dine event, with chef cooking demonstrations and samplings from regional vineyards. A craft alley, four music stages, and live bands on the pavilion stage are also part of the two-day festival.

Still thirsty? Try a craft beer at the Taste Lounge, where beers and wines will be available to complement all of the delicious food.

"We plan to invite more wine vendors to join us this year [and enhance] our Wine n' Dine area on Saturday from noon–8 pm," Ingrao said of the changes for 2016. More cooking demonstrations from participating restaurants have also been added to the event schedule.

Taste of Reston has a long history with the Chamber and people of Reston. It was first held at the Town Center when it was called "Taste of the Town," with proceeds to benefit the YMCA—which, at that time, was still in the planning stage. The following year the Greater Reston Chamber of Commerce took over as sponsor and renamed the event, but it has never left its host venue of Reston Town Center.

"Virginia Living Magazine has voted Taste of Reston as the Best Outdoor Food Festival in NOVA for now the fifth year in a row," Ingrao says. "[It is] one of the most popular events in NOVA."

Taste of Reston will be held June 17 from 3pm–11pm and June 18 from noon–11pm. Entrance is free, and tickets to purchase food and alcoholic beverages are \$1 per ticket or 24 for \$20. Parking is also free.

For more information please visit [www.restontaste.com](http://www.restontaste.com) ❖



# SELECTED AREA RESTAURANTS

## RESTON

### ARIAKE

**Reston | Japanese | \$\$**

Arguably one of the best Japanese restaurants in NoVa, Chef Aoki brings 35 years of experience straight from Tokyo, and it shows. Serving the best sushi rolls around, Ariake is a great place for large parties, kids, and families with seasonal outdoor seating.  
12184 Glade Dr. Reston, VA | 703-391-9006  
[www.ariakerestaurant.com](http://www.ariakerestaurant.com)

### BARCELONA RESTON

**Reston | Mediterranean | \$\$**

Enjoy trendy Mediterranean-inspired tapas, cocktails, and an extensive wine list in their energetic, modern, spacious and airy dining room or on their delightful patio. The weathered wooden textures and modern elements make for a sophisticated and welcoming dining experience.  
12023 Town Sq. Reston, VA | 703-689-0700  
[www.barcelonawinebar.com](http://www.barcelonawinebar.com)

### BARTACO RESTON

**Reston | Mexican | \$**

Inspired by the beach culture of coastal California, Mexico, Uruguay and Brazil, Bartaco combines healthy upscale street food with a coastal vibe in a relaxed rustic environment. Rooted in Mexican tradition, the menu also pulls bold, spicy flavors from the Mediterranean, Asia and beyond. Whether dining with family, kids, or friends, all will enjoy the friendly service and atmosphere.  
12021 Town Sq. Reston, VA | 703-787-8226  
[www.bartaco.com](http://www.bartaco.com)

### CAFESANO

**Reston | Mediterranean | \$**

Created with the idea of offering healthy, flavorful food you can enjoy every day, Cafesano's menu is not too rich or too spicy, but is full of freshness and flavor from Italy and the Mediterranean.  
11130 South Lakes Dr. Reston, VA | 703-391-2100  
[www.cafesano.com](http://www.cafesano.com)

### CLYDE'S RESTON

**Reston | American | \$\$**

Considered a DC area "institution", even though part of a chain, each Clyde's location is its own neighborhood gathering place. The friendly staff makes everyone feel welcome and where "wide-ranging" American menus meet with reasonable prices.  
11905 Market St. Reston, VA | 703-787-6601  
[www.clydes.com/reston](http://www.clydes.com/reston)

### IL FORNAIO CUCINA ITALIANA

**Reston | Italian | \$\$\$**

This modern trattoria specializes in wood-fired everything (pizzas & meats) and homemade pastas, using the freshest ingredients and traditional cooking techniques. Enjoy authentic Italian fare paired with great wines and cocktails in a beautiful setting. Founded 1972, in Italy, Il Fornaio locations are all throughout the US.  
11990 Market St., #106 Reston VA | 703-437-5544  
[www.ilFornaio.com](http://www.ilFornaio.com)

### JACKSON'S MIGHTY FINE FOOD

**Reston | American | \$\$**

Offering American comfort food in a comfortable and upbeat environment, at Jackson's you can enjoy classics with a creative twist, including their deviled eggs with sugared bacon and lobster mac and cheese.  
11927 Democracy Dr., Reston, VA | 703-437-0800  
[www.greatamericanrestaurants.com/jacksons](http://www.greatamericanrestaurants.com/jacksons)

### KALYPSO'S SPORTS TAVERN

**Reston | Mediterranean | \$\$**

Located on Lake Anne of Reston, whether you're with the family, on a date, or watching the game with friends, Kalypso's Sports Tavern has something for everyone. Enjoy

an extensive menu featuring authentic Greek cuisine with a lake front patio and lounge, fully stocked sports bar with 30+ HDTVs, gorgeous lounge with separate bar, and a full service in-door dining room. Offering weekend brunch menu that is offered every Saturday and Sunday till 2:00pm.  
617 Washington Plaza N. Reston, VA | 703-707-0660  
[www.kalypsosportstavern.com](http://www.kalypsosportstavern.com)

### NOT YOUR AVERAGE JOE'S

**Reston | American | \$\$**

Enjoy fun and eclectic cuisine from every corner of the globe. Not Your Average Joe's began with the goal to create a unique neighborhood place: where people know your name, where the food and prices are great, and where you feel special without dressing up. The large restaurant features a full bar, two seasonal outdoor patios, an open-kitchen, and a wood-burning oven all in a bright and polished atmosphere.  
1845 Fountain Dr. Reston, VA | 571-234-8200  
[www.notyouraveragejoes.com/reston/](http://www.notyouraveragejoes.com/reston/)



## KALYPSO'S LIVE

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DJ (Sports Bar)  
9:30pm-1:30am

**Sunday**  
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## PASSIONFISH

**Reston | American | \$\$**

Offering fresh sustainable fish and seafood (with raw bar!) in an upscale/casual fine dining atmosphere, Passionfish is a great spot for a date or the whole family. Fine dining with kids has never been so easy. Their kid-tested-mother-approved "Beach Bucket" menu arrives in a jaunty nautical blue & white tin bucket, and at a bargain with entrees just \$6 [including a drink].  
11960 Democracy Dr. Reston, VA | 703-230-3474  
[www.passionfishreston.com](http://www.passionfishreston.com)

## ASHBURN

## FORD'S FISH SHACK

**Ashburn | American | \$**

This popular New England maritime-themed seafood spot is a real catch! There is something for everyone, even kids, with a menu of fresh lobster and shrimp rolls, fish tacos, crabs, oysters, scallops, and shrimp, alongside classic American favorites. Enjoy their outdoor patio all year round. Offers Saturday and Sunday Brunch till 3 PM. Always busy—reservations are recommended.  
44260 Ice Rink Plaza #101, Ashburn, VA  
571-918-4092 | [www.fordsfishshack.com](http://www.fordsfishshack.com)

## SENSE OF THAI ST.

**Ashburn | Thai | \$\$**

A popular spot for locals, enjoy traditional Thai curries and noodle dishes with a stylish backdrop, and a buzzy cocktail scene. Here, you'll discover rustic, vibrant, tasty, and fun food that reflects the Thai culture in every bite. Allow your senses to guide you through the dining experience and you will see why they are so passionate about Thai street food.  
20413 Exchange St, Ashburn, VA  
703-858-1980 | [www.senseofthai.com](http://www.senseofthai.com)

## CLYDE'S WILLOW CREEK FARM

**Ashburn | American | \$\$\$**

Named one of the Top 10 Heart-Healthy Restaurants in America, Clyde's Willow Creek Farm is just that, yet offers a historic setting that reconstructs an earlier era of landed gentry and rural splendor. Enjoy an all-American contemporary menu, featuring locally grown produce, hormone-free beef and house-made desserts. Enjoy live entertainment nightly with Karaoke on Wednesdays and live music every Friday and Saturday night.

42920 Broadlands Blvd. Ashburn, VA  
571-209-1200 | [www.clydes.com/willow](http://www.clydes.com/willow)

## HERNDON

## ANGEETHI

**Herndon | Indian | \$**

With two Northern Virginia locations, Angeethi offers some of the best authentic Indian cuisine in the area with fine dining service. Offers a popular lunch buffet and

Saturday Sunday brunch.

645 Elden St. Herndon, VA | 703-796-1527  
[www.angeethiindian.com](http://www.angeethiindian.com)

## GRANADA

**Herndon | Mediterranean | \$**

Popular with the locals, Granada offers an innovative menu inspired by Syrian, Iraqi, Turkish, Greek and Lebanese cuisines, offering authentic and delightful dishes. Granada offers a full daily lunch buffet 11:30 am till 2:30 pm Monday through Friday for only \$8.99 and an Arab Brunch buffet every Saturday and Sunday 10:30 am to 1:30 pm.  
368 Elden St. Herndon, VA | 703-955-7009  
[www.granada-cafe.com](http://www.granada-cafe.com)

## PIERO'S CORNER RISTORANTE ITALIANO

**Herndon | Italian | \$\$**

Owner/Chef Gian Piero Mazzi's parents wanted him to be a doctor or a lawyer, but they made one major mistake—they let Mazzi grow up eating the rich food of the Liguria region in Italy. Now as the executive chef of Piero's Corner, Chef Mazzi's palate makes most of the career choices. At his restaurant he welcomes guests to feast on the authentic cuisine of his childhood, from al dente pasta dishes tossed with robust meat sauces to carbonara-style scallops and chicken marsala.

13340 Franklin Farm Rd. Herndon, VA | 703-707-6400  
[www.pieroscorner.com](http://www.pieroscorner.com)

## MINERVA INDIAN CUISINE

**Herndon | Indian | \$**

With two outposts in the area (Fairfax and Chantilly), Minerva offers authentically spiced regional cuisine and the area's most expansive lunch buffet. The butter chicken, with its creamy tomato-based sauce, is one of their best dishes and could make an India native homesick, which is why you will find predominantly Indian clientele at every table.

2443-G1 Centreville Rd. Herndon, VA | 1-877-2MINERVA  
[www.minervacuisine.com](http://www.minervacuisine.com)

## RUSSIA HOUSE

**Herndon | Russian | \$\$\$**

The Darugars, the owners, say that the Russia House aims to cultivate "the warm feeling that you are dining at your aristocratic grandmother's table." Since 1992, they have combined fine dining with a homey attention to detail and a commitment to addressing every guest as "Czar." Guests may also witness Russia House's flair for culinary drama; many entrees are prepared tableside.

724 Pine St. Herndon, VA | 703-787-8880  
[www.russiahouserestaurant.com](http://www.russiahouserestaurant.com)

## TURCUISINE

**Herndon | Turkish | \$**

Located in the Worldgate shopping center, TurCuisine is a standout in the area, offering authentic Turkish and Mediterranean fare in a modern atmosphere. Start with the Meze Tabagi – a mixed mezze platter. The try the Doner Kebab, their house specialty, prepared fresh daily with a mixture of thinly

sliced marinated lamb and beef, grilled in front of a spitfire. They also offer Kebabs and Pides (Turkish pizzas).

13029 Worldgate Dr. Herndon, VA | 571-323-3330  
[www.turcuisine.com](http://www.turcuisine.com)

## LEESBURG

## AIYARA THAI LEESBURG

**Leesburg | Thai | \$**

A favorite with the locals, this family owned and operated, full service Thai restaurant offers friendly staff, fantastic food at a great price. Very kid-friendly, so bring the whole family. Enjoy patio seating, a full bar, and of course, authentic Thai cuisine.

5 Catocin Circle, SE | 703-771-1131  
[www.aiyaraairestaurant.com](http://www.aiyaraairestaurant.com)

## TUSCARORA MILL

**Leesburg | American | \$\$**

Housed in a 19th century rustic grain mill and known as "Tuskies" to locals, Tuscarora Mill has earned the reputation as one of the best restaurants in the County, with its authentically seasonal and local menu and ambiance. They have an impressive wine list and have been a recipient of the Wine Spectacular Award of Excellence for the past 10 years. Whether it is a romantic dinner, a casual lunch or a corporate function, Tuscarora Mill will surely exceed your expectations. Reservations recommended.

203 E Harrison St., Leesburg, VA | 703-771-9300  
[www.tuskies.com](http://www.tuskies.com)

## THE WINE KITCHEN

**Leesburg | American | \$\$\$**

Enriched by the bounty of nearby Virginia and Maryland farms, The Wine Kitchen combines hyper-local agriculture with culinary artistry to offer extraordinary wines paired with seasonally-inspired menus. Enjoy 40 wines by the glass and tasting flights, all in a rustic, intimate setting. The Wine Kitchen has quickly gained a following with its wine bar concept and "Eat, Drink, Simply" motto. Enjoy Brunch and live music on Sundays.

7 South King St., Leesburg, VA | 703-777-9463  
[www.thewinekitchen.com](http://www.thewinekitchen.com)

## GREAT FALLS

## BOLLYWOOD BISTRO

**Great Falls | Indian | \$**

After finding success in Fairfax, Bollywood Bistro opened its second restaurant in Great Falls. A modern and fresh take on Indian cuisine, this restaurant offers selections such as tomato-cheese naan, tender chicken korma, and decadent Bombay shrimp. With reasonable pricing for both catering and in-house dining, Bollywood Bistro is perfect for any occasion.

9853 Georgetown Pike, Great Falls, VA | 703.865.0450  
[www.bollywoodbistrofairfax.com](http://www.bollywoodbistrofairfax.com)



**DANTE RISTORANTE****Great Falls | Italian | \$\$\$**

Chef Giuseppe Di Benigno serves comfort food from his hometown in Italy. The menu includes Italian favorites like pastas, Osso Buco alla Milanese, and Giuseppe's signature seafood soup. Dante offers an extensive wine list with plenty of reds and whites to choose from.

1148 Walker Rd, Great Falls, VA | 703.759.3131

[www.danterestaurant.com](http://www.danterestaurant.com) Italian born**L'AUBERGE CHEZ FRANCOIS****Great Falls | French | \$\$\$**

Internationally-acclaimed, L'Auberge Chez François transports diners to the Alsatian countryside in this rustic French country inn, nestled among lush woods and fragrant gardens. Well-known as the place to celebrate special occasions for more than 60 years, L'Auberge Chez François offers an authentic menu, full of the flavors of Alsace and traditional French cuisine. Expect professional fine dining service, extreme attention to detail in a casual yet elegant atmosphere. Reservations Recommended.

332 Springvale Rd, Great Falls, VA | 703.759.3800

[www.laubergechezfrancois.com](http://www.laubergechezfrancois.com)**THE OLD BROGUE****Great Falls | Irish | \$\$**

In keeping with the family tradition, The Old Brogue has served the community for more than 30 years. Enjoy beverages from all over the world, and enjoy fresh made-to-order specialties as well as traditional Irish fare. Enjoy breakfast daily next door in Katie's Coffee House. A Great Falls institution with outside seating and enclosed patio.

760 Walker Rd, Great Falls, VA | 703.759.3309

[www.oldbrogue.com](http://www.oldbrogue.com)**STERLING****MOKOMANDY****Sterling | Korean-American | \$\$**

A casual yet modern fine-dining restaurant, Mokomandy offers an eclectic menu of American, Korean, and Cajun dishes that complement one another, resulting in an unprecedented dining experience. Born from a Korean-American father and a Cajun mother, President Thaddeus Kim offers fare that isn't available anywhere else.

20789 Great Falls Plaza #176 Sterling, VA

571-313-0505 | [www.mokomandy.com](http://www.mokomandy.com)**THE BUNGALOW LAKEHOUSE****Sterling | American | \$\$**

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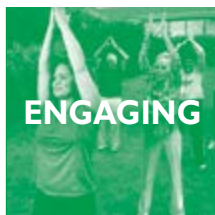
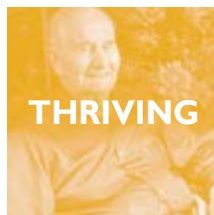
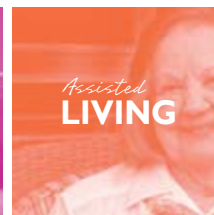
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## What About a Permanent

# Farmers Market?

BY SCOTT L. PARKIN

On Saturday mornings between May and October, I often drive to the Reston (Virginia) Farmers Market, which is located at historic Lake Anne, about a mile from my front door. During the late fall and throughout winter months, however, the market is closed and I shop for fresh produce elsewhere.

According to John Lovaas, the original and current Market Master, the Lake Anne market officially opened in May 1998 and the number of vendors has grown from nine to 31, but going year round is just a dream for now.

"I would like to have it go year-round," but he explained that without fresh vegetables and fruits there would likely be few customers when it snowed or the temperatures dropped into the single digits.

"There would be no more fresh apples, just baked goods and meats," he noted, meaning that there would be less incentive for people to shop there and harder to keep the volunteers who operate it engaged. At the same time, he said, "there's a lot of pressure to go year-round."

Plus, plans to find a more permanent, covered home for the market are on hold, although they were part of recent proposals to modernize Lake Anne.

Eve Thompson, secretary of the Reston Association Board of Directors, said that while redevelopment of Lake Anne is on hold, "things are moving forward" and she is hopeful that a design to make the market more permanent will be incorporated in any future proposals.

There are successful year-round farmers markets. The Ithaca, New York market is situated in a scenic park at the southern end of a 40-mile long lake. It is housed in a pavilion modeled after a 13th Century cathedral with a roof that covers the aisles in the shape of a cross. It has no sides, but when arctic winds



blow straight through and when there's little fresh produce to sell, the farmers, craftspeople, artists, candy makers, cooks and vintners offer other products that attract large crowds every weekend year round. Customers include students from Cornell and Ithaca College, city residents and tourists who visit either on foot, by bicycle, bus, car or boat.

Ithaca is an owner-operated cooperative, while the Reston Farmers Market is volunteer-run and sponsored by the Fairfax County Parks Authority. It has its own set of rules that currently dictate what types of products can be sold such as only fresh, locally grown vegetables or products that are made from scratch and contain local ingredients.

There is also competition from local supermarkets that offer tables with fruits or vegetables, often with hand-lettered signs to lend authenticity, claiming the limited produce you see is from this or that West Virginia or Pennsylvania farm. It's hard to tell whether that's true (some of those fruits have barely readable labels that say product of Chile or Mexico) and at Wegman's, Giant, Trader Joe's or Harris Teeter's, the food displayed under fluorescent lights just doesn't look the same. And, there are other important differences.

It is unlikely that you will see an elderly man in racing gear wheeling his bike through the aisles past the guy in a clown suit entertaining the kids. And, you will be less likely in a supermarket to pass by a truck where they make fragrant caramel corn or made-to-order ice cream. Or, bump into a neighbor.

"It's a social event," Lovaas noted. "You go to buy some tomatoes and lettuce, and end up talking with vendors and neighbors."

At one tent I like to patronize at the Reston farmers market, there are usually young women behind the cash table. Not only do they share a natural beauty, they have calloused hands and dirt under their fingernails. They smile and engage shoppers in brief conversation with gracious ease. From the Pennsylvania farm whose name emblazons their t-shirts and truck, I imagine they wake up at dawn, milk the cows, feed the chickens and head off to the fields to pick the berries, pumpkins, grapes and melons now displayed under the tent.

Lovaas is sad that plans to have a prominent spot for the farmers market with a permanent cover were recently shelved. Perhaps future planners could take a page from Ithaca and create a year-round destination for both residents and visitors alike, preserving its sense of community and help to support Lake Anne's struggling businesses. I know I would be a steady customer.

**AUTHOR:** Scott L. Parkin is a freelance writer who has lived in Reston since 1985. ♦





BY DONNA SCHMIDT

# Compounding FOR BETTER HEALTH

Compounding medicines: it sounds technical and complicated, and in some ways it is. But the result of effective compounding can be seen in the benefits to patients of all kinds: medications or supplements that fit the specific needs of an individual.

Taking on these technicalities of compounding for the betterment of clients' health is Elsa Lam, owner of Golden Health Pharmacy in Sterling. According to Lam, there are several types of compounding, each for a different facet of each person's total health picture; anti-aging and pain management are just two types of compounding that result in personalized medicine for each individual.

"There is no 'one-size-fits-all' when it comes to personal health," noted Lam. "So why do we take the same mass-produced medications that don't meet all our personal needs?"

The question is certainly a valid one. Consider your current medications, and then imagine the myriad of other folks of varying ages, health profiles, heights/weights, allergies and other factors that also take it. It is no surprise then, according to Lam, that compounding has become such a useful tool.

Compounding is the art and science of creating personalized medications for patients. Compounded medications are made based on a practitioner's prescription with individual

ingredients mixed together in the exact strength and form required by that patient. This method allows the compounding pharmacist to work with the patient and prescriber to properly customize that medication.

For example, anti-aging and cosmeceutical compounding is popular for clients of Golden Health Pharmacy. Staff can work in tandem with a patient's doctor to make the most effective skin care routine for a targeted problem area.

"The bases that we use are very effective on their own, but we can also add extra components that will help you achieve and maintain healthy skin," Lam noted. "As well as anti-aging/cosmeceutical compounding we specialize in flavor compounding, bioidentical hormone replacement therapy, men's health compounding, pain management compounding, hospice compounding, pediatric compounding, sports compounding, and animal compounding."

Here is more information about each of these types, and the benefits that compounding can bring to any patient of any age and health profile.

**Anti-Aging/Cosmeceutical Compounding:** Just as every face has its own distinctive features, every person has his or her own skin type. Golden Health can customize cosmeceutical creams, which can help skin appear younger and healthier. They also may be useful for soothing dry, cracked skin, improving moisture and treating blemishes and problem areas. Most importantly, they protect skin from harmful external aging forces.

**Flavor Compounding:** One of the greatest challenges in prescription medication is that some patients just don't like taking medicine. From children who can't stand the taste of cough syrup to cats who refuse antibiotics, taking medicine rarely is a pleasurable experience. It doesn't have to be that way.

**Bioidentical Hormone Replacement Therapy:** The advantage of compounded BHRT is adaptation specifically for one's body and hormone levels. It can utilize hormones with the exact chemical structure as hormones in the human body. The body recognizes them and allows them to mimic the function of natural hormones.

**Men's Health Compounding:** Research has identified numerous common physical and emotional symptoms in men as they



age, including decreased libido, muscle mass, strength and stamina; impotence; sleep disorders; depression and more. Termed “andropause” or “male menopause,” the phenomenon is tied to decreased testosterone or increased estrogen levels. Natural balance may be restored through supplementation of testosterone, which has been shown to relieve the symptoms of andropause.

**Pain Management Compounding:** Many patients experience stomach irritation or other unpleasant side effects from taking pain medication. Some have difficulty taking medication in its commercially available form. Pharmacy compounding can provide alternate methods of delivery to make the process easier; instead of a capsule or tablet, pain medications can be compounded as a topical gel, cream or spray that can be applied directly to the site and absorbed through the skin. Such dosage forms bypass the gastrointestinal tract, providing optimal results, and help patients who have difficulty swallowing pills.

**Hospice Compounding:** A patient who is unable to swallow may be given topical medication to help provide relief, which also may help avoid stomach upset. Other patients may prefer medications prepared in the form of flavored lozenges or rapid-dissolve tablets. Medications also may be prepared as suppositories, oral liquids, or even as lollipops.

**Pediatric Compounding:** Children are especially suited for custom compounded prescriptions. For various reasons, commercially manufactured drug forms or strengths sometimes may not meet the needs of every child. Compounding can benefit young patients in various ways.

**Sports Compounding:** Sports activities and fitness programs focus on athletes' strengths and are customized to meet their individual needs, so why not do the same with medication needs? A compounding pharmacist can combine various drugs into a single dosage to combat nerve pain, customize topical antifungal medications, and more. Compounded sunblock creams, lotions and lip balms may help protect outdoor athletes.

**Animal Compounding:** Animals can be extremely difficult to treat with medications. Cats are notorious for refusing to swallow pills, and drug strength can be very tricky with dogs—a medication that works for an 80-pound Golden Retriever may be far too much for a six-pound Yorkie.

Elsa Lam and Iva Ingar




Lam said that the compounding that Golden Health Pharmacy—which, as members of the Professional Compounding Centers of America (PCCA), can obtain the best ingredients and formulas for its clients—works with the most is bioidentical hormone replacement therapy. However, nearly any issue a patient may have can be treated more effectively through a compounded medicine.

Golden Health Pharmacy will be hosting a Spring Open House on May 7 from 11 a.m. to 3 p.m. For more information on the event, compounding medicines, or how Golden Health Pharmacy can best help you, call (703) 430-8883 or visit [www.goldenhealthpharmacy.com](http://www.goldenhealthpharmacy.com). ❖



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# AcceleDent: A FEW MINUTES A DAY WILL CHANGE YOUR SMILE FOREVER

DENTAL HEALTH

**Y**ou may hesitate to achieve the smile you were meant to have as an adult seeking orthodontic treatment. In advocacy for your oral health, in this article Dr. Calkins shares contemporary treatment auxiliaries that benefit adult orthodontics for a faster and more comfortable orthodontic experience.

Adult orthodontics now has the benefit of prescribing AcceleDent Aura®, a simple-to-use and hands-free device designed for faster orthodontic treatment in only 20 min per day.

The technology at Sunrise Orthodontics is constantly evolving, and AcceleDent Aura is part of the progressive specialist philosophy that is implemented at Dr. Calkins' office: "the bone surrounding the teeth will respond to micropulsations delivered by the device in your mouth, so teeth move faster in the desired specific direction", Dr. Calkins explains.

AcceleDent Aura is a device that generates small vibrations that will accelerate the rate of change or remodeling of the bones that surround your teeth and speed up tooth movement. Some patients even feel more comfortable during their orthodontic treatment. The device is easy to use and non-invasive.

Dr. Calkins recommends using this device by incorporating it into daily activities such as reading or answering emails: "the device is easy to use and our patients feel comfortable, they also value the shorter treatment time for adult orthodontics". Clinical trials have proven to shorten treatment time up to 50%.

Our patients will be provided with the device along with a mouthpiece that is selected exclusively for them. As the teeth change in position and the bite modifies, under our care, a new mouthpiece might be provided to keep all the teeth in contact for a comfortable bite. The device is also simple to take care of at home by rinsing the mouthpiece with warm water and gently cleaning the activator.

With the acquisition of this technology, Dr. Calkins is capable of providing patients with a proven Class II Medical Device that is safe and reliable. This is the same technology that has been used in orthopedic medicine to help broken or damaged bones regenerate. Now it is accessible to patients as part of Sunrise Orthodontics commitment to their care.

This technology is an excellent option for adults that want a smile that can be accomplished with shorter treatment times and comfort, plus with quality in treatment results.

For more information on your orthodontic care, contact Dr. Calkins at Sunrise Orthodontics. <http://www.sunrise-orthodontics.com> ♦



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The Chao Pinhole® Surgical Technique (PST®), invented and patented by John Chao, D.D.S., is a scalpel-free, suture-free procedure for treating gum recession.

"Anyone who has had gum grafting knows how painful the recovery can be," says dentist Dr. Marcos Grande.

***With the Pinhole Gum Rejuvenation surgical technique, receding gums can literally be slid back into place with no cutting or stitches.***

Receding gums can be a real problem; they look terrible, they cause sensitivity to cold and can lead to tooth loss, according to Dr. Grande. Until now, the standard treatment has been gum grafting surgery, a painful procedure in which a section of gum tissue is cut out of the palate and sewn on to the affected area. Even with the bleeding, pain and recovery time, dentists can only treat one or two teeth at a time because of the trauma.

But what if the dentist could simply slide receding gums back down into place in minutes with no cutting, no stitches, lasers or downtime? The Pinhole Surgical Technique™ is a new, patented treatment that offers these advantages over conventional gum grafting surgery. The treatment, also known as Pinhole Gum Rejuvenation™, permits multiple teeth to be treated through just one tiny entry point.

"Half the population has some degree of gum recession, but many people are unaware of their condition until they experience sensitivity to cold or notice the roots of their teeth beginning to show," says Dr. Grande.

## How Pinhole Gum Rejuvenation Works

The teeth to be treated are cleaned and prepared, and the area is made numb with a local anesthetic. A needle is then used to make a tiny entry point in the gum above the tooth or teeth to be treated. "A specially designed small instrument is inserted into the entry point and is manipulated to free the gum tissues from the bone. Then the gums are moved down to a normal, healthy position."



Small angled forceps, or pliers, are then used to place several tiny collagen strips under the gums, which help to keep the tissue in place as new collagen is formed by the body. The entire procedure takes about a half hour, depending on the number of teeth treated. The small entry hole quickly heals and is virtually undetectable the next day. ♦

***To learn more about the Pinhole Surgical Technique, please contact Dr. Grande's office at 703-471-7164 or visit <http://pinholesurgicaltechniqueherndonva.com>.***

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CIRQUE DU SOLEIL:  
**SEEING**  
*is*  
**Disbelieving**

BY CHARLES S. DONNAVAN







## Have you ever dreamed about altering reality at will?

If so, you'll want to head to Tysons Corner this summer as that's the theme of Cirque du Soleil's latest extravaganza, "KURIOS – Cabinet of Curiosities," which will premiere under the iconic blue-and-yellow Big Top at Lerner Town Square at Tysons II from July 21 through August 21.

In the show, guests are surrounded by whimsical curiosities that come to life in the most amazing ways, as if you are at a Victorian carnival or magical sideshow.

Written and directed by Michel Laprise, Cabinet of Curiosities is Cirque du Soleil's 35th production since 1984, and includes a talented cast of 46 performance artists from 15 different countries.

Laprise has a great deal of experience in creating unique performance art performances. He spent nearly a decade as an actor, director and artistic director in the theater world, and was hired by Cirque du Soleil in 2000 as a scout.

He quickly proved his chops and was promoted to special events designer, under his direction the troupe performed with Quebec diva Diane Dufresne during the Opening Ceremonies of the Montreal 2006 Outgames. He also took the helm of the large-scale performance event created for the launch of the Fiat Bravo in Italy (2007); the Cirque du Soleil performance event celebrating Quebec City's 400th anniversary (2008); and the launch of Microsoft's Kinect console at the 2010 Electronic Entertainment Expo, broadcast on MTV. Laprise even collaborated with Madonna as an artistic consultant for her performance at the Super Bowl XLVI halftime show and later directed her world tour.

The creative team of KURIOS – Cabinet of Curiosities consists of 17 creators under the artistic guidance of Guy Laliberté and Jean-François Bouchard.

The show follows a story where time comes to a complete stop, transporting the audience inside a fantasy realm where anything and everything is possible. It's a world set in the 19th Century only seeing is disbelieving.

Descriptions of the tale have been vividly painted by all who have seen it. In an alternate yet familiar past, in a place where wonders abound for those who trust their imagination, a Seeker discovers that in order to glimpse the marvels that lie just below the surface, we must first learn to close our eyes. In his larger-than-life curio cabinet, the Seeker is convinced that there exists a hidden, invisible world—a place where the craziest ideas and grandest dreams await.

From there, a collection of otherworldly, benevolent characters suddenly steps into his makeshift mechanical world. When this outlandish group turns the Seeker's world upside down—with a touch of poetry and humor—in an attempt to ignite his imagination, the curios jump to life one by one before the Seeker's eyes.

The title of the show takes its name from the humble and strange characters that inhabit the Seeker's Cabinet of Curiosities—the so called KURIOS, assistants including the Winch Kurios and Suction Cup Kurios.

Other characters include Nico the Accordion Man, who wears a costume that allows him to bend way down or stand way up so he can be at eye level with absolutely everyone; Mr. Microcosmos, leader of the group, who is the embodiment of technological progress; Klara the Telegraph of the Invisible, who can receive alpha waves by turning on her heels and pointing her hoop skirt in various directions; and Mini Lili, who represents Mr. Microcosmos' unconscious mind.

The show originally premiered in Montreal back in 2014 and has remained a popular hit throughout North America, keeping the unique tradition of Cirque du Soleil alive.

For more information, visit [cirquedusoleil.com/kurios](http://cirquedusoleil.com/kurios). ❖





# TAKING FLIGHT

BY KEITH LORIA

When you hear the words “Air Force,” most people automatically think of Air Force pilots and flying. So, when the Air Force-affiliated Randolph-Macon Academy in Front Royal was looking to distinguish itself from other schools back in 1985, it decided to offer a flight-training program to its students.

“I think they were trying to stand apart from other military schools,” says Laura Abraham, who has served as flight director for the school for the past 14 years. “It’s been a very successful program.”

This year, approximately 40 students are enrolled in the flight-training program, and it’s a great program for teaching responsibility.

“I see a lot of students who come to school here, and once they take our program, and they’re successful at it, it’s a huge ego boost and makes them more confident about themselves,” she says. “It teaches them responsibility and decision-making skills. I see a lot of people come in here who are very shy and reserved, but once they learn how to fly and take control of that, it’s a huge deal.”

As flight director for the program, Abraham wears a lot of different hats. She is head instructor, makes sure the airplanes get regular maintenance checks, makes sure the maintenance facilities are safe, checks that all inspections are scheduled and complete, and is also in charge of aircraft acquisitions (both buying and selling).

Looking at her experience, it’s not hard to understand why she was selected for the program. Abraham started out as an education major, but didn’t want to be confined to a

classroom and started taking flying lessons in Pittsburgh. She received a master’s degree in aeronautics and has both a seaplane rating and rotorcraft helicopter add-on to her license as well, meaning she can fly everything from airplanes to seaplanes to helicopters.

Each year, young men and women have the opportunity to earn their solo wings through the flight lessons taught by Abraham and fellow on-staff flight instructor Ryan Koch, and many also achieve other aviation credentials.

“The R-MA Flight Department took my interest in aviation and dream of flying and turned it into the reality I live in today,” says flight student Danny Scarluzzo, Class of 2016. “The instructors have fueled my curiosity into a passion that I will have for the rest of my life. They have helped me grow, not only as a flight student into pilot, but also as a person. I will be graduating this school with the knowledge and skills that will help me to excel in my future



aspirations of life in aviation and with a confidence in my skills I couldn't get anywhere else."

Not surprisingly, the flight school is one of the most popular electives at Randolph-Macon Academy, with most who are eligible for the class signing up.

"We get a lot of students who come here because they want to fly in our program," Abraham says. "It's kind of the deciding factor, which is nice, and it sets us apart from a lot of the other schools."

The school's flight training program is the only one of its kind at the private secondary school level in the entire U.S. Lessons are available to all Upper School (grades 9-12) students, with priority given to seniors and juniors. Per FAA regulations, students must be 16 to solo and 17 to test for their private pilot certification.

"[Students] have to maintain a certain GPA (3.0 or higher) and it does cost extra; it's not part of the tuition," Abraham says. "Most of our students who take part are juniors and seniors because before that they're just too young."

In March, sophomore Jared Keefe performed his first solo flight, and he kept the calming advice of Abraham in his head while in the air.

"I was really nervous the first time, but once I got in the air, I knew I just had to do it. When I landed on final approach, it was such a relief because I knew I could do it again and again," the 17-year-old says.

"I kept thinking, 'Wow, I'm flying a plane by myself.' I have always wanted to be a pilot, ever since I was 10, and now here I am."

Sasha Matson, a 16-year-old junior, is in her first year of the flight program, after taking flying instruction at several summer programs.



"I've been travelling in airplanes since I was really young and did a simulator when I was young, and always though flying was really cool," she says. "It's kind of crazy when you realize you are actually flying a plane. My parents tell all their co-workers and everyone is amazed that I am flying planes."

The students in the program take flying lessons in two Cessna 172s, which are housed year-round inside the William H. Garber Hangar, named for 1933 R-MA graduate and aviation enthusiast William H. Garber.

The hangar is located at Front Royal/Warren County Airport, only six miles from the school. The aircraft are professionally maintained by FAA certified flight mechanics and are routinely inspected to meet Federal Aviation Regulations. Recently, new GPS systems were installed in the planes to be competitive with other schools and to ensure safety.

Randolph-Macon Academy, situated on a 135-acre campus in Front Royal, is the oldest co-ed boarding school in America with Air Force Junior ROTC, serving grades 6-12 and postgraduates. For more information about the school and/or the flight program, visit [www.rma.edu](http://www.rma.edu). ✨

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# 2016 MAY/JUNE STYLE

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BY LAUREN SIMMONS



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# GADGETS, GOODIES, AND GIZMOS

BY LAUREN SIMMONS



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[www.Hydrosleeve.com](http://www.Hydrosleeve.com)  
The hydrosleeve is a hands-free hydration system that straps on to the upper arm of a runner who doesn't want to stop moving to take a sip of water. The bladder holds eight ounces of liquid (about a glass of water), which the manufacturer, himself a runner, says is enough to drink during a run.



**RunBell**  
[www.UncommonGoods.com](http://www.UncommonGoods.com)  
For runners who are blocked by slowpokes, the RunBell is a nice alternative to yelling, "Get out of my way!" The finger ring has an attached bell that operates much like a bicycle bell.

**Superfoods Tablet**  
[www.8Greens.com](http://www.8Greens.com)  
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Direct: 703.861.7229

Office: 703.938.4200

[Allie.Chamberlain@LNF.com](mailto:Allie.Chamberlain@LNF.com)



### VIENNA, VA

\$1,089,000

Situated on a quiet street in a sought-after Vienna neighborhood, this home offers over 4,700 finished square feet on three gracious levels featuring 4 bedrooms, 4 1/2 baths — all on a half acre lot! From the gourmet kitchen with granite countertops, stainless steel appliances, breakfast area & island, to the open family room with the inviting wood burning fireplace and brick surround, no detail has been compromised in presenting this home of distinction. Minutes from the Silver Line as well as restaurants and shopping in the new Tysons West Plaza. Less than 2 miles to Tysons Corner Malls, downtown Vienna, Wolftrap Performing Arts Center and Meadowlark Gardens. Offers access to major commuter routes.



# RESTON *Premier*

SELECTED AREA LISTINGS

## EXTRAORDINARY RESIDENCE BY NV HOMES



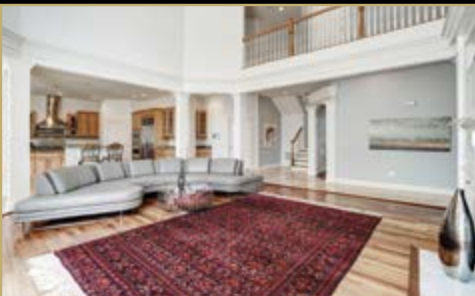
**Casey Margenau**

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

Direct: 703.827.5777

Office: 703.442.8600

**CaseyMargenau**  
Fine Homes & Estates



### OAKTON, VA

\$2,199,875

This stunning 10,000+ sqft residence by NV Homes sits on a quiet cul-de-sac in the Madison School District. With a beautiful open floor plan and spacious grand rooms, this home is quite extraordinary. Boasting a large gourmet kitchen with top of the line stainless steel appliances, cozy morning room, sunroom and luxurious master suite with walk-in closets. The lower level offers a huge rec room, media & exercise rooms as well as a 3-car side load garage. The backyard includes an in-ground pool & jacuzzi, built-in grill & outdoor bar, making this home an entertainer's dream.

## THE MERCER CONDOMINIUM



**Casey Margenau**

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

Direct: 703.827.5777

Office: 703.442.8600

**CaseyMargenau**  
Fine Homes & Estates



### RESTON, VA

\$345,000

This plush 2-bedroom, 2-bathroom condominium is located in the luxurious Mercer building. Close proximity to the new Silver Line Metro, Reston Town Center with retail and restaurants, the W&OD Trail and much more! The Mercer is a secure building that offers top amenities including underground parking, an outdoor pool, fitness room, party room & lounge, movie theatre, pool table & kitchen. This unit has 2 masters with walk-in closets, a gourmet kitchen with high-end appliances, maple cabinets and has been updated with new paint and carpeting.





# DULLES CORRIDOR METRORAIL PROJECT

## PHASE 2 (SILVER LINE)

BY MARCIA MCALLISTER



### AUTOPILOT DRIVE GUIDEWAY

Concrete columns, caps, and 84" girders along Autopilot Drive at Dulles International Airport form part of the aerial guideway structure that will support Silver Line trains through the airport.

*Photo by Jennifer Alcott, Capital Rail Constructors*



### INNOVATION STATION 3

Precast concrete elements take shape to form the future Innovation Center Station in the median of the Dulles International Airport Access Highway just east of the airport.

*Photos by Jennifer Alcott, Capital Rail Constructors*



### INNOVATION STATION LOOKING EAST

A tower crane, crawler crane, and rough terrain crane facilitate construction activities at the site of the future Innovation Center Station.





### STRADDLE BENT PIER 3 POUR

Dulles Corridor Metrorail Project crews place nearly 500 cubic yards of concrete into the first of four straddle bents at Dulles International Airport.



### STRADDLE BENT POUR PIER 2 5813

380 cubic yards of concrete are placed in the second of four straddle bents that will support Silver Line trains at Dulles International Airport.



### STRADDLE BENT POUR PIER 2 5825

A Dulles Corridor Metrorail Project crew places 380 cubic yards of concrete in a 114' x 7' x 13' straddle bent form that spans the eastbound DIAAH near Dulles International Airport. The structure will support Silver Line trains as they approach and depart the future Dulles Airport Station when Phase 2 of the Silver Line is complete.



### STRADDLE BENT POUR PIER 2 TERMINAL

Straddle bent construction at Dulles International Airport will be ongoing through the first three quarters of 2016.

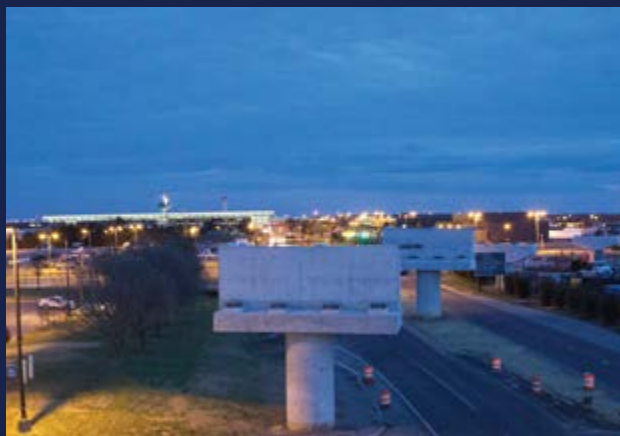
*Photos by Jennifer Alcott, Capital Rail Constructors*



### DECK POUR SPAN 64

Dulles Corridor Metrorail Project crews pour a deck span on the Silver Line's aerial guideway at Dulles International Airport.

*Photo by Jennifer Alcott, Capital Rail Constructors*



### DULLES TERMINAL CAPS COLUMNS

Drilled shafts, columns, and caps form the foundation of the Silver Line's aerial guideway. Future Silver Line passengers headed eastbound into Dulles International Airport from Loudoun County will enjoy evening views of the airport terminal.





# *Pamper* Mom and Dad

ON THEIR SPECIAL DAYS

BY RYANNE WRIGHT

## May Activities for Mother's Day

Whether you're spending the day with your Mom or treating her to a day of pampering, here are a few ideas for fun ways to spend Mother's Day.

### *Send Mom to a spa*

Mom needs to be pampered, believe me! Whether it's a manicure and pedicure, facial, or massage, send Mom to the spa. She'll enjoy the much-needed relaxation.

### *Go Shopping in Georgetown*

Sometimes it's hard to pick out a gift for Mom, so make it easier on both of you by going shopping with her! Georgetown is beautiful this time of year with the weather and flowers, so make it a day trip.

### *Do whatever she wants to do, even if you don't like it.*

It's her day—let her choose what to do! Even if it's not your first choice, focus on your time together rather than the destination. This way, you are guaranteed to do whatever she likes, whether it's a movie or a museum.





# June Activities for Father's Day



## *Car Show*

There are always Father's Day car shows throughout Northern Virginia, with one of the most popular being a large, annual show on Sully Historical Plantation grounds. Dad will love searching through rows and rows of cars for his favorite hot rod!

## *Sports Game*

Even if you can't find a game on Father's Day, get Dad tickets for his favorite team! Not only will he appreciate the gift on Father's Day, but it will allow him precious time with you during the game itself. Just remember to check his schedule if you're buying tickets in advance for a game.

## *Peace & Quiet*

My dad always told me all he wanted for Father's Day was some peace and quiet. Even though it's a joke, dads are often working, fixing things, and helping out around the house. Maybe Dad just deserves a long nap and a relaxing afternoon at home!

# Mother's Day & Father's Day Dining

Whether it's a steak dinner or brunch with bottomless mimosas, make sure Mom and Dad get what they want this year! Be sure to call and make a reservation so you're guaranteed a spot at their favorite place.

### *Kalypso's Sports Tavern*

1617 Washington Plaza N. Reston VA 20190  
703-707-0660  
[www.KalypsosSportstavern.com](http://www.KalypsosSportstavern.com)

### *McCormick and Schmick's*

11901 Democracy Dr., Reston, VA 20190  
703-787-7766

### *Café Taj*

1379 Beverly Road  
McLean, VA 22101  
703-827-0444

### *Not Your Average Joe's Reston*

1845 Fountain Drive  
Reston, VA 20190  
571-234-8200  
[www.notyouraveragejoes.com/reston/](http://www.notyouraveragejoes.com/reston/)

### *L'Auberge Chez Francois*

332 Springvale Rd.  
Great Falls, VA 22066  
703-759-3800

### *Chima Brazilian Steakhouse*

8010 Towers Crescent Drive  
Vienna, VA 22182  
703-639-3080

### *American Tap Room*

1811 Library St., Reston, VA, 20190  
703-834-0400

### *Brio Tuscan Grille*

7854 Tysons Corner Ctr.  
McLean, VA 22102  
703-288-8882

### *Chef Geoff's*

8045 Leesburg Pike  
Vienna, VA 22182  
571-282-6003

### *Glyde's of Reston*

11905 Market St., Reston, VA 20190  
703-787-6601

### *Assaggi Osteria*

6641 Old Dominion Drive  
McLean, VA 22101  
703-918-0080

### *Fleming's Prime Steakhouse & Wine Bar*

1960 Chain Bridge Road  
McLean, VA 22102  
703-442-8384

### *Morton's The Steakhouse*

11956 Market St, Reston, VA 20190  
703-796-0128

### *BRX American Bistro*

1025-I Seneca Road  
Great Falls, VA zip code??  
703-433-9050

### *J. Gilbert's*

6930 Old Dominion Drive  
McLean, VA 22101  
703-893-1034

### *Jackson's Mighty Fine Food & Lucky Lounge*

11927 Democracy Dr., Reston, VA 20190  
703-437-0800





BY DELEGATE KENNETH R. "KEN" PLUM

## ON PARENTAL *Influence*

In the 1960s musical, *The Fantasticks*, two neighbors realize that one's daughter and the other's son would make an ideal couple. They also understood that as parents if they were to promote a relationship between their children that the opposite of their desires would probably happen. After all, who would want their parents to choose their friends and most especially their closest friends? To accomplish their goal the parents set about creating restrictions that forbade their children from seeing each other. This bit of reverse psychology worked. If Mom and Dad want to keep us apart, there must be good reason for us to be together. The play has a happy ending for all including those involved in its production as it set records as having one of the longest runs as a musical.

I am sure that my parents never saw *The Fantasticks*. They lived most of their life within a couple of miles of their birthplaces in rural Page County, Virginia, and only left the area to visit their children when they had moved away. I am also certain that with just an elementary school education they knew nothing about psychology. They did, however, possess a lot of common sense gained from experiences in life like living through the Great Depression. Interestingly, their parents had not approved of their marriage. They ran away from home, lied about their ages to get a license, and got married.

As a youngster I was always interested in life outside our small community. My studies in school, our field trips, books that I read, and movies that I saw only whetted my appetite. My parents, however, were interested in protecting me from the unknowns that I would face in the greater world. They really did believe in a kind of caste system even though they never expressed it that way. I was told that people outside our area talked and lived differently and that I may be embarrassed or hurt by what I would experience.

I will never know for sure if their intent was to keep me at home or through a reverse psychology to encourage me to leave the area where more opportunities would exist for me. Was their effort to keep me from getting beyond my "raisings" (rearing) or was it intended to ensure that I had a fuller life than they had experienced? In either case I did leave the area for greater opportunities to return only for periodic visits.

On occasions like Mother's Day and Father's Day we are reminded that we have more influence over our children in what we say and do than we may intend or realize. ♦





# FEED YOUR PET PROPERLY:

## UNDERSTAND THESE COMMON PET FOOD MYTHS



BY DR. SANDY CHRISTMUS



Over the past few years, our pet food options have ballooned to levels never seen before. We have grain-free options, vegetarian diets, raw diets, diets that contain duck and kangaroo, and many other choices. Unfortunately these options can be confusing to pet owners, and the marketing and hype associated with some of these diets can be misleading. I'd like to clarify some misconceptions or myths that we veterinarians hear from our clients regarding pet foods.

While some dogs are intolerant and some truly allergic to grains, they are a reasonable and healthy source of protein, fiber, and other nutrients for most dogs. Pets are most commonly allergic to beef, dairy products, chicken, lamb, fish, eggs, corn, wheat, and soy, in that order. Note that grains are low on that list, while the more common protein sources in pet foods are high on the list.

Dogs are omnivores, able to derive nutrition from animal and vegetable sources. Cats, on the other hand, are true carnivores, which is

why there are no recommended vegetarian diets for cats and why they shouldn't eat dog food exclusively.

Many diets that are "grain-free" replace grains with potatoes. Unfortunately potatoes have less nutritive value than most of the ingredients they replace. In grain-free diets, other ingredients or synthetically derived vitamins must be added to replace the proteins, vitamins and minerals that are missing because of the exclusion of grains.

Some clients say their dogs look glossier on a grain-free diet. Like people, dogs differ, so certainly, some dogs will be happier or healthier on some diets versus others. Be aware, though, that high levels of fatty acids and other ingredients can make a dog's coat look glossy, but an outward appearance doesn't reflect the overall nutritive quality of a diet.

First, let's start with a legal definition of byproducts from the Association Of American Feed Control Officials (AAFCO), the body that governs pet food labeling. Byproducts are "the non-rendered, clean parts, other than meat, derived from slaughtered mammals. Byproducts include, but are not limited to, lungs, spleen, kidneys, brain, livers, blood, bone, partially defatted low-temperature fatty tissue, and stomachs and intestines freed of their contents. It does not include hair, horns, teeth and hooves." The reason they are called byproducts is because they are byproducts of the human food chain in the US. In most other countries, however, people eat lungs, spleen, kidneys, brain, livers, blood, intestines, stomach, pancreas, thymus, etc. Have you ever watched Bizarre Foods with Andrew Zimmern on The Travel Channel? He eats these things and more, every week! These ingredients are excellent sources of nutrition for dogs, cats and people, so there's no reason to reject a diet that includes animal byproducts.

CONTINUED ON PAGE 92



Some diets make a point of stating they include stomach and intestines, which makes their diet better. While the diet might be fine, it includes byproducts; they're just not called by that name.



There is no legal definition of "organic" in pet foods. While the USDA has legally defined the term "organic" for products designed for human consumption, there is no such thing for pet food ingredients. "Organic" dog foods can contain pesticides or chemicals not allowed in organic foods for human consumption, but because the ingredients are in pet foods, the manufacturers can call it "organic" without risk. As for the term "human grade," the AAFCO does not have a definition for this term, either. It is illegal to use it in the

ingredient list; however, the use of the term on the label is less restricted. It's possible to say on the label that the ingredients are "human grade," but this undefined term is an advertising gimmick. What constitutes "human grade" to you may not be what's "human grade" to pet food manufacturers.

On the other hand, the term "natural" is a legally defined term for pet food labels. It means that no ingredients were made synthetically. Because the term is so strict, all foods labeled as "natural" will say "with added vitamins and minerals," because it's very difficult and expensive to use non-synthetic vitamins.



The AAFCO requires that every pet food label include a statement defining

the life stage for which the product is formulated. It'll say "Brand X is formulated to meet the nutritional levels established by the AAFCO dog (or cat) Food Nutrient Profiles for growth (or maintenance or all life stages)" or "Animal feeding tests using AAFCO procedures substantiate that (name of product) provides complete and balanced nutrition for (specific life stage)."

There are several things to note here. One, some foods are tested using feeding trials, and others are determined to be complete by the nutrient profile only. In general, companies that use feeding tests are more serious about the quality of their food. While the tests aren't perfect, they are expensive and time-consuming, and it's a lot cheaper and easier not to perform them.

Two, the AAFCO specifies two life stages only, growth/reproduction and adult maintenance. There are no requirements for a senior life stage diet at this time. Labels that state a diet is formulated for "all life stages" mean they fit the minimum requirements for both categories. The hazard here is that some nutrients will be somewhat higher than necessary for adults (like protein, calcium, phosphorus, etc.) and significantly higher for seniors, mainly protein levels. Nutritional excesses can be just as dangerous as deficiencies. Many senior cats and dogs with kidney disease have dangerously elevated blood values because they are eating a diet for "all life stages" and are therefore eating too much protein.

Some foods display an AAFCO statement that says, "This product is intended for intermittent or supplemental feeding." These foods do not meet the minimum requirement for either life stage. The label on the food can market itself as an adult dog food; however, if you don't carefully read the label, your pet could be getting poor nutrition for the long term.

Choosing the right diet for your pet can be confusing and frustrating. I hope this information debunks the myths you've heard and helps you choose a suitable, sustainable diet for your furry friend. ♦

**AUTHOR:** Sanford Christmus, DVM practices veterinary medicine at Oakton-Vienna Veterinary Hospital in Vienna, Virginia. To learn more about Dr. Christmus and the hospital, visit [OVVhpets.com](http://OVVhpets.com). Please e-mail questions to [askthetvet@ovvhpets.com](mailto:askthetvet@ovvhpets.com).

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# BRIDGE CLUB

## LOUIE'S BLIND SPOT

♠ A J 8 7  
♥ Q 4  
♦ A 10 9  
♣ J 10 9 5

♠ K Q 10 9 5 3 2  
♥ A 5  
♦ K J 4  
♣ A

| West | North | East | South |
|------|-------|------|-------|
|      |       |      | 1 ♠   |
| pass | 3 ♠   | pass | 4NT   |
| pass | 5 ♥   | pass | 6 ♠   |
| pass |       |      |       |

West leads the jack of hearts, and East covers dummy's queen with the king. Plan the play. Answer on page 96.

Excerpt taken from: *Frank Stewart's Bridge Club*. Page 58.

## BIDDING QUIZ

### YOU HOLD:

♠ A J 8 7 ♥ Q 4 ♦ A 10 9 ♣ J 10 9 5

Your partner opens one heart, you bid one spade and he rebids two hearts. The opponents pass. What do you say?

**ANSWER:** The time is right for aggression. Your tens and nines add value to your hand, especially for play in notrump, your queen of hearts will fill in partner's promised six-card suit, and you have aces on the side. Bid 3NT. If partner returns to four hearts, you won't be displeased.

Excerpt taken from: *Frank Stewart's Bridge Club*. Page 61.

TO KEEP THE BODY  
IN GOOD HEALTH IS  
A DUTY... OTHERWISE  
WE SHALL NOT BE ABLE  
TO KEEP OUR MIND  
STRONG AND CLEAR.

Buddha

## HOW TO SOLVE WORDOKU PUZZLES

To solve a wordoku, you only need logic and patience. Simply make sure that each 3x3 square region has only one instance of each of the letters in the word UNDERCOAT.

Each column and row of the large grid must have only one instance of the letters in the word UNDERCOAT.

The difficulty on this puzzle is easy.



IF YOU ARE DEPRESSED, YOU ARE LIVING  
IN THE PAST. IF YOU ARE ANXIOUS, YOU  
ARE LIVING IN THE FUTURE. IF YOU ARE AT  
PEACE, YOU ARE LIVING IN THE PRESENT.

Lao Tzu: philosopher and poet of ancient China

## THERE ONCE WAS A MAN FROM NANTUCKET...

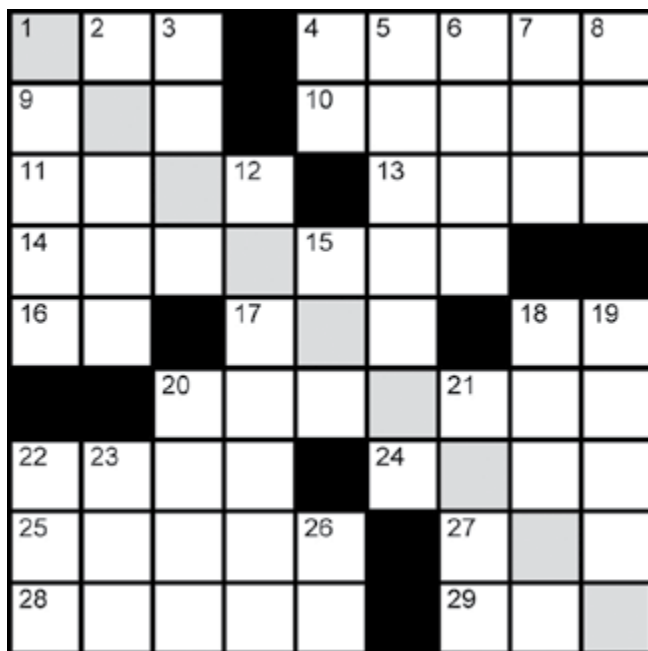
### CROSSWORD CLUES

#### ACROSS

1. "Acid"
4. Fasteners
9. IX - VI
10. Arctic abode
11. Charity
13. Greasy
14. Edge
16. Word in a simile
17. Computer monitor, for short
18. Atop
20. Armenian porridge
22. Horse color
24. Ponzi scheme, e.g.
25. Military groups
27. Island strings
28. Museum piece
29. Bell and Barker

#### DOWN

- |                              |                         |                            |                                  |
|------------------------------|-------------------------|----------------------------|----------------------------------|
| 1. Jungle climber            | 5. Open, as an envelope | 18. 1970 World's Fair site | 22. Same old, same old           |
| 2. Missile housing           | 7. Campaign pro         | 19. Directory contents     | 23. "Walking on Thin Ice" singer |
| 3. Lowers the light          | 8. ___ sauce            | 20. "Aquarius" musical     | 26. Therefore                    |
| 4. Hello                     | 12. Trig ratios         | 21. Lowlife                |                                  |
| 5. Cousins of the guinea pig | 15. Bobby of the Bruins |                            |                                  |







## BRIDGE CLUB SOLUTION

### LOUIE'S GOOD FORTUNE

|            |                  |             |
|------------|------------------|-------------|
|            | ♠ A J 8 7        |             |
|            | ♥ Q 4            |             |
|            | ♦ A 10 9         |             |
|            | ♣ J 10 9 5       |             |
| ♠ 6        |                  | ♠ 4         |
| ♥ J 10 9 8 |                  | ♥ K 7 6 3 2 |
| ♦ 8 6 5 2  |                  | ♦ Q 7 3     |
| ♣ K Q 6 3  |                  | ♣ 8 7 4 2   |
|            | ♠ K Q 10 9 5 3 2 |             |
|            | ♥ A 5            |             |
|            | ♦ K J 4          |             |
|            | ♣ A              |             |

| West | North | East     | South |
|------|-------|----------|-------|
| pass | 3NT   | all pass | 1NT   |

Opening Lead: ♥ J

'Do you think glasses might help me play better?' Unlucky Louie asked me in the club lounge.

'Not if you drain too many of them,' I replied.

North felt Louie needed glasses after his costly blind spot on this slam.

When East covered the queen of hearts, Louie took the ace, cashed the ace of clubs, led a trump to dummy and returned the jack of clubs, pitching his last heart. West won and led another heart, and Louie ruffed, took the K-A of diamonds and led the ten of clubs for another ruffing finesse. West produced the king: down one.

'I'll have another martini,' Louie said dryly. 'My chances were more than 75 percent, much better than trying to guess the queen of diamonds.'

How would you play the slam?

After South takes the ace of clubs, he can get to dummy three times with trumps to ruff dummy's remaining clubs. South then exits with a heart, and East must lead a heart, conceding a ruff-sluff, or lead a diamond, guessing the queen for declarer.

Excerpts taken from: *Frank Stewart's Bridge Club*. Pages 61.

### WORDOKU Answers

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| T | A | R | C | E | U | N | D | O |
| O | C | E | D | A | N | U | T | R |
| N | D | U | R | O | T | A | E | C |
| C | E | O | N | T | A | D | R | U |
| U | N | D | E | R | C | O | A | T |
| A | R | T | U | D | O | E | C | N |
| R | O | A | T | U | E | C | N | D |
| E | T | C | O | N | D | R | U | A |
| D | U | N | A | C | R | T | O | E |

### CROSSWORD Answers

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| L | S | D |   | H | A | S | P | S |
| I | I | I |   | I | G | L | O | O |
| A | L | M | S |   | O | I | L | Y |
| N | O | S | E | O | U | T |   |   |
| A | S |   | C | R | T |   | O | N |
|   |   |   | H | A | R | I | S | S |
| R | O | A | N |   | S | C | A | M |
| U | N | I | T | S |   | U | K | E |
| T | O | R | S | O |   | M | A | S |



AN ENTIRE SEA OF WATER CAN'T SINK A SHIP  
UNLESS IT GETS INSIDE THE SHIP. SIMILARLY, THE  
NEGATIVITY OF THE WORLD CAN'T PUT YOU DOWN  
UNLESS YOU ALLOW IT TO GET INSIDE YOU.

Goi Nasu, author of inspirtional quotes





JAN KING

It's finally here! No, not another political debate—but it's something that gets just as heated. Summer has arrived, and our spirits are soaring right up there with the temperature. The teenagers are burning up at the prospect of playing Beach Blanket Bingo for three months, the kids will get to ride their bikes and dive into backyard swimming pools (sometimes simultaneously), and the men get to enjoy their long awaited vacation time. Everybody is overjoyed...uh, well, not exactly everybody. There will be millions of women who must face the prospect of having their kids and husbands hanging around bugging them. But, this isn't the real reason for the summer of our discontent. On second thought—yeah it is. However, a major underlying cause for our Xanax-sized depression is the prospect of having to try on a bathing suit.

All winter we've been hibernating under layers of sweat shirts, sweat pants, and sweat socks--but we haven't been sweating. Instead like the Grizzly bear, we've been hibernating, and packing on pounds of food to help us survive the long, dismal, cold winter. And, when we start peeling off those layers, it's anybody's guess what the hell we're going to find under there! But one thing is for sure. After existing on carbs and high fructose sugars all winter, it's going to be a shock. As we stand in front of the dressing room mirror in a bathing suit, it's the worst kind of wake-up call from hibernation. Reality's going to take a big bite out of our big tushies.

In the department store, we grab our Master Cards and a bunch of bathing suits, sizes 6-16—just to cover all the possibilities. To be safe, we try on the size 12 first to avoid going into shock and having to be resuscitated right there on the dressing room floor. For safe measure, one must avoid looking into the mirror until the suit is on and our feet are well braced. Then on the count of three, we open our eyes and take a look. Whoa Mama! We're staring at a body that needs Spanx coverage from the armpits to the kneecaps. Where are those

old Jantzen bathing suits with the pleated skirts capable of hiding the saddle bags of a Clydesdale? It also doesn't help that the fluorescent lighting makes us look like the Pillsbury Doughboy on performance enhancing drugs. That hideous lighting accentuates every bit of cellulite in the body, begging the question: at what point did our bodies turn into the consistency of Jello? What's up with the arm-flab jiggle and squishy butts? Not to mention the wrinkled kneecaps, new tummy rolls, and thighs which are expanding faster than Steven Hawking's universe. It's angst-producing enough to make millions of women jump into the sea and drown themselves like lemmings. Somebody throw us a life saver!

But wait. If you can't reveal you must conceal. So our life saver comes in the form of those cute little things called cover ups! How great are they? Colorful little shapeless shifts made from chiffon, lace, fishnet, and eyelet cleverly hiding a multitude of sins—and make those mortal sins. Designed to match our bathing suits, they create a beautifully stylish and slimming ensemble. Who cares if the bathing suit costs \$49.99 and the cover up costs \$149.99...it's worth every penny and then some.

So, cheer up! Go out and buy some darling sandals, big-brimmed straw hats, and arrive at the pool or the beach looking like the stunning woman you are! One teensy problem: if you actually want to go swimming, you'll need to figure out how to shed that designer cocoon and slip into the water without being noticed. Lifesaving

Tip: wait until a bunch of twentysomethings arrive in their barely there authentic Sport's Illustrated bikinis. Trust me—even if you jumped in butt naked nobody will notice. ♦



**AUTHOR:** Jan King is a national bestselling author and currently has three books on Kindle Amazon. You can read her blog at [www.jankingauthor.com](http://www.jankingauthor.com)



## MAY



**TAURUS:** If you've been fantasizing about a romance with someone at work, be cautious. The situation could be fraught with difficulties, but some workplace romances work out.



**GEMINI:** Decide what you'll do if you get a put-down by a fairly important person. Avoid being defensive and skip your tendency to be provocative. Ask for a meeting.



**CANCER:** One of your talents lies in the area of organization. You can see what to do, when it should be done, and who should do it. The talent extends to material management.



**LEO:** Come on Leo, you know very well that a coming decision has several implications, some good, some not so good. But it's not too late to turn the situation your way.



**VIRGO:** People often think that creativity is the province of artists and dancers. You don't because you know you have it. Don't cloak your talent and your thoughts. Be open.



**LIBRA:** You may not have scheduled a vacation, but you still have summer and fall to take one. At work, they'll find ways to hold on. You'll come back healthy and energetic.



**SCORPIO:** Scorpions, including you, are generally logical and open, "what-you-see-is-what-you-get." Until now. Whatever the problem is, let it go. Say little and learn a lot.



**SAGITTARIUS:** At gatherings, listen carefully to conversations to determine what's being left out. You're the one who could identify it, which could be a determining factor.



**CAPRICORN:** External influences have moved you away from your true purpose in life. To get back on your core path, reflect your life and your true goals.



**AQUARIUS:** Sometimes your world brings you confusion. Get back to reality and give the situation a breather. Your intuitive abilities will take over and push confusion away.



**PISCES:** The full moon on May 22nd reminds you to be your own best friend. Plan more private time and less running around to promote what may not be in your best interests.



**ARIES:** Pay a little extra attention to your mom. On Mothers Day try to be with your family or make a phone call. Relatives are less aggravating than they are at Thanksgiving.

## JUNE



**GEMINI:** You need a vacation right now. It's tempting to put it off, but if you do, other factors intervene and make it impossible to take off work. Be cautious with your money since the summer brings unexpected expenses.



**CANCER:** Late night work sessions become impossible by the end of the month. Plan now to avoid hitting the panic button.



**LEO:** Your unusual talent for insight encourages others to come to you for help in solving problems. Decide carefully about whether to become involved.



**VIRGO:** When setting your own guidelines and goals, consider the wisdom of an older and wiser mind. You could remember that on Fathers Day.



**LIBRA:** Sometimes sorting out a mess is required at work. If you have to do it, avoid offending those who ask you to intervene.



**SCORPIO:** Planning is essential this month to reduce work-related stress and strive for peace at home. Balancing emotional and physical stability will make you stronger.



**SAGITTARIUS:** Co-workers are generally on your side this month. But try to surround yourself with those who are achievement-oriented and future-minded.



**CAPRICORN:** Your inquisitive nature captures information that helps you see through tough situations and find solutions. Sometimes your intuition helps.



**AQUARIUS:** Avoid sarcastic comments even if you think they're funny. Someone this month takes sarcasm as truth and that causes trouble.



**PISCES:** Composure is called for this month as a family member criticizes you. Consider the source and remember a calm response wins the day.



**ARIES:** Remember the old advice about not discussing religion or politics at a dinner party. Someone close disagrees strongly. Avoid a bitter argument and maintain your relationship.



**TAURUS:** Cooperation and communication are the big issues for today. Work to resolve a misunderstanding with your boss or with a co-worker.



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