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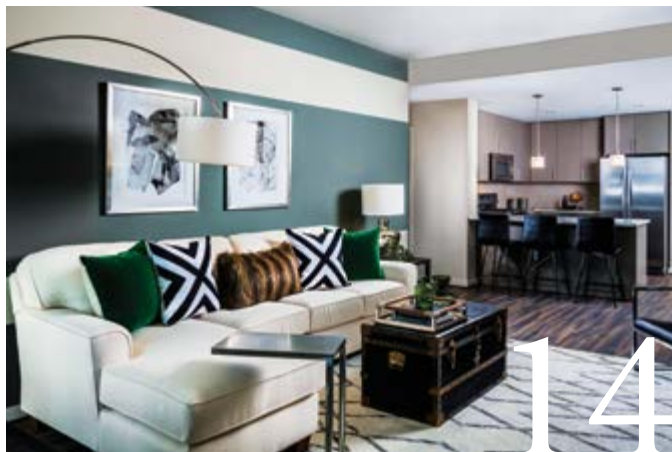
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FEATURES



BLVD | RESTON STATION LUXURY AT THE HEART OF RESTON

by Analiese Kreutzer

Thinking of downsizing? For those who like the patio feel of a garden apartment, the ninth floor of BLVD offers something special. The interior apartments here open onto small patios that lead to a larger green space with manicured gardens. An outdoor kitchen and large stainless steel grills allow BLVD to host events or for residents to use the space. Read more about Luxury at the heart of Reston's newest neighborhood.



CLAREWOOD UNIVERSITY OPENS IN RESTON

by Alexandra Rossi

Following the dream of Reston's Founder, Robert E. (Bob) Simon, who always believed education was a key part of a community, and with his support, Reston finally has its own university: Clarewood University.



MULTICULTURAL FESTIVAL THIS SEPTEMBER 24

by Peter McCandless

Every September for the past 25 years, the Reston community is invited to "Discover the World" at the Reston Multicultural Festival. Created by the Reston Community Center, this signature Reston event honors the cultural diversity that is one of the community's greatest assets, and brings to life the vision that Reston founder Robert E. Simon had for this unique place.



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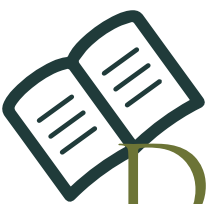
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Photo credit: Laurentina Photography

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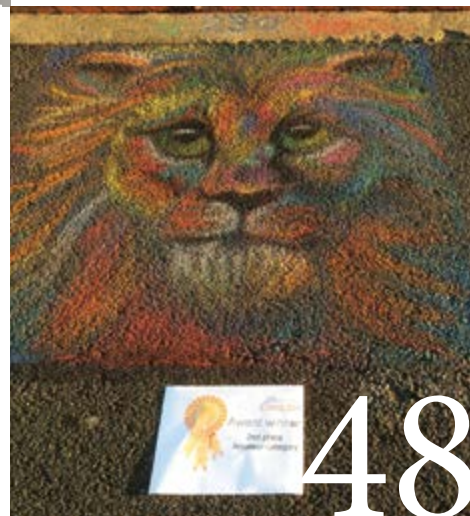
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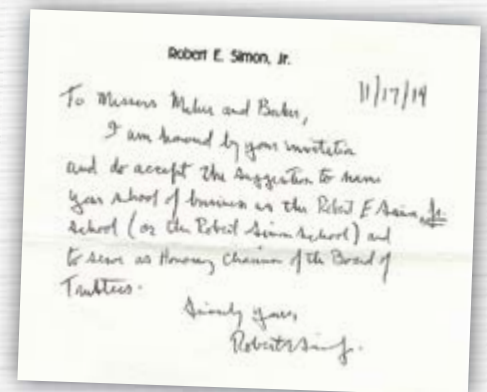
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PUBLISHERS	Johnny Hanna and Alexandra Rossi
ART DIRECTOR / PRODUCTION MANAGER	Mary Jeanne Cincotta
EDITORIAL DEPARTMENT	Peter McCandless Donna Schmidt Ryanne Wright Lindsay Farris Molly Stoopler
GRAPHIC / WEBSITE DESIGNER	Sunghye Chon
MARKETING MANAGER	Lisa Shapiro
GRAPHIC ARTIST	Robin Long
VIDEOGRAPHY	Kari Cannistraro
ADVERTISING / CLIENT ADVOCATES	Juanita Baptiste Deborah McCallen Valerie Portney Sarah Fleishman Molly Stoopler
DIRECTOR OF HUMAN RESOURCES	Christy Jones
CONTRIBUTING AUTHORS	Shauna Atwood Linda Barrett Emily Davis Dr. Harriet W. Hanlon Jan King Starla J. King Keith Loria Marcia McAllister Janet Rems Amy Schoen Rita Tersio
SPECIAL CONTRIBUTOR	Delegate Kenneth Plum
DINING EDITOR	Renée Sklarew
FASHION EDITOR	Lauren Simmons

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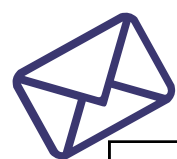
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Alexandra Rossi. Photo credit: Rob Litchfield

Reston is growing fast and becoming, before our very eyes, a key location for businesses, entertainment, luxury living, and international commerce. When I moved to Reston almost seven years ago, the landscape was different. Now high-rise buildings, are popping up—including the new BLVD, right above the Reston Wiehle Metro Station and Harrison Apartments—and now the new Signature building, being built atop the Reston Town Center's old parking lot. Businesses from all over the world have moved their branches to Reston as they look for a convenient access to the Metro, and more private schools of different levels have established themselves here, serving high-income families.

History will also be made this fall, when the first university of Reston, Clarewood University, will open its doors. I'm sure others will follow, in time for our growing youngsters who once attended many of the schools and summer camps that Reston has to offer.

In this edition, take a look into the new luxury BLVD building and its cosmopolitan lifestyle; get to know more about the new Clarewood University, supported by our beloved founder—the late Bob Simon; learn the history of the Reston Chorale in a exceptional piece written by Harriet Hanlon; be informed about the events coming up in

Summer, including those in our Calendar of Events, Wolf Trap, the Chalk Festival at the Reston Town Center and the Multicultural Festival at Lake Anne Plaza, as well as the art exhibits by the Reston Art Gallery and the League of Reston Artists; read about the exceptional program Girls On The Run; learn about the wonderful programs the Rotary Club of Reston holds, including Stop Hunger and its campaign to eradicate the polio; learn about the new changes in Social Security rules and how they will affect you; and get some advice from an expert about kitchen cabinets.

Sneak a peek at the "Artists and Authors" night at the Reston Montessori School; and see photos of fun local events recently held, including the Taste of Reston, Chalk on the Water Festival, Love Your Body Yoga Festival, and the openings of the new Rooster's Men Grooming Center and the new Reston's Police Station.

For the summer, get ideas to keep your pet cool and hydrated, learn beauty tips for hot days, learn about our many trails in Reston, see what the YMCA Reston has in store for kids and adults, get ideas for what to do with your kids on vacations, find out about craft beers that will quench your thirst, and see what Not Your Average Joe's Reston has to offer in its summer menu.

As always, don't miss the interesting article by Virginia Delegate Ken Plum, and our popular Furry Neighbors section, sponsored by Whole Pet Central.

Thank you to all the wonderful people who contributed to this edition, who bring compelling and fun content to our community, as well as to our loyal advertisers with whom we have been growing together.

Happy Summer!

Alexandra Rossi

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BLVD | Reston Station

Luxury

at the Heart of Reston's
Newest Neighborhood

BY ANALIESE KREUTZER



Faced with a large empty nest in Oakton, Cathy Plymack decided she needed to downsize. She turned to BLVD | Reston Station because of its proximity to her work, the airport, and the Metro, and for the urban lifestyle it offers. “I liked the concept of a luxury apartment which included great amenities, such as a rooftop pool, chef’s kitchen, lounge, gaming and exercise rooms, and the ability to work from the BLVD office center on the ground floor,” she said. “Also, I can be at the bike path in five minutes or hop on the Metro and be at Tysons in three stops.”

Reston is all about its neighborhoods, whether it’s Lake Anne, North Reston, South Lakes, Glade, the Town Center, or its newest neighborhood, Reston Station. Although the neighborhood is still taking shape, BLVD, a 450-unit luxury apartment building that sits atop the Wiehle-Reston East Metro station, provides an anchor for it and is defining what it means to live in the next wave of this visionary city.

Maggie Parker, vice president of communications for Comstock, the company behind BLVD, says the property and its surrounding neighborhood fits with Reston Founder Robert E. Simon’s vision for the next village center. Simon’s dream for



his suburban downtown emphasized convenience and community instead of sprawl for a better quality of life, and BLVD firmly supports that vision.

THE NEIGHBORHOOD OUTSIDE

BLVD's location over top of the Metro provides an ideal access point to the rest of the area, and as one of the tallest buildings on the Dulles corridor, its silhouette defines the neighborhood's skyline.

Since BLVD opened its doors on March 1, "Many Restonians have been coming over to see the property," said Parker. "They're curious. People can be afraid of density, and it's important for them to know that the redevelopment that is going on at Reston Station is concentrated along a swath of land right along the Dulles Toll Road."

The new neighborhood also stays true to Reston's original concept, with walkable access to amenities like parks



and shopping. The main entrance to BLVD opens onto the Reston Station Plaza, which buzzes with activity. Monday through Friday, shoppers can browse through a rotating array of vendors in Comstock's pop-up market, Urban Pop. These small glass kiosks house crafters and businesses trying out a small retail space while getting exposure to a vibrant market. The pop ups have included a book store; a shop selling honey; a crafter selling handmade scarves, hats, and gloves; and a vendor offering tea and tea accessories.

"It's not just a metro station anymore, it's a destination," said Catherine Hughes, BLVD's community manager. In addition to Urban Pop, the plaza offers yoga on Tuesdays, pilates on Wednesdays, a farmers market on Wednesday afternoons, children's story time, a summer concert series, and outdoor movies.

The prospective businesses moving onto the plaza further induced Plymack to move in. "I loved the planned businesses that will be on site, such as Founding Farmers, Starbucks Evenings and perhaps a market. The urban pop ups are a lot of fun."

Not only does BLVD offer the best Metro access in the area, it's also right across the street from an entrance to the Washington and Old Dominion trail, making it easy for bike-to-work enthusiasts to commute, and walkers, joggers, inline skaters and recreational bikers to get some fresh air and exercise. Residents have the added convenience of bike storage at BLVD, and it will be a Capital Bikeshare station as well. Built on top of the below-grade transit center, there is also ample parking for both residents and guests.

BLVD is a member of the Reston Association, further melding it and its

residents with the community. As part of the association, residents can take advantage of the programs and events it offers. Not all of the apartment buildings in Reston offer that, according to Parker.

As our world becomes more global, people need to feel like they are part of something. The buy local movement has shown us that people like to be invested in their communities. BLVD appeals to the upscale consumer's need for the latest conveniences and amenities while simultaneously providing a strong sense of community, both in the surrounding neighborhood and among the neighbors within the building.

THE NEIGHBORHOOD INSIDE

BLVD surrounds its residents with luxury and convenience and combines personal service with the latest technology. It starts with 24-hour concierge service. When residents have packages, groceries, or dry-cleaning delivered, they receive a text message or email notification and can also see it posted on a screen near their mailbox. Another screen provides residents with the latest transit information, from how long before the next train arrives to traffic updates and bus and Uber information.

Residents who need a place to conduct business can take advantage of the first-floor conference room, perfect for those who work from home or who need to hold a meeting locally before heading to their office or out of town.

When they're ready to take advantage of the building's amenities beyond the first floor, touchscreen controls summon an elevator to whisk them to the 21st floor where a state-of-the-art fitness center

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with the best views in the area encourages residents to stay healthy. In addition to resistance and cardio equipment, the fitness center includes a spacious yoga studio with on-demand classes on the large-screen TV or instructor-led classes. “Residents don’t need to leave the building to go to a high-quality gym. It’s very convenient,” said Hughes.

“One of my favorite amenities so far is the ping pong table in the lounge area, where I challenge my friends or son to a match,” says Plymack. “This is serious playing. We even bring our personal paddles and balls.”

In addition to the ping pong table, the game area also includes a large-screen TV and a pool table as well as a private game room that one resident has already reserved to hold his fantasy football draft later this summer.

Beyond the game area, residents can relax, mingle and enjoy the breathtaking views that surround the large lounge. A demonstration kitchen is located here, where property management plans to hold chef-led cooking demonstrations. The lounge area opens onto the rooftop pool deck, featuring fire pits with additional seating at the far end.

“I look forward to lazy Saturdays when I don’t need to leave the premises or use my car if I don’t want to, with the planned access to groceries, coffee, restaurants, and the pool, exercise, and gaming areas,” said Plymack.

A PLACE TO CALL HOME

BLVD has not only attracted residents who are downsizing from larger homes but those new to the area and those familiar with the area who want a better quality of life close to DC without being in it.

Renters choose between 35 different floor plans from studios to one- two- and three-bedroom-plus-den models. All the apartments are beautifully appointed with porcelain tile, stainless steel appliances and high-quality cabinetry.

“Comstock’s origins are in home building, and you can see that in the details inside the apartments,” said Hughes, “from the quartz countertops to the tile surrounds in the bathrooms to the backsplashes in the kitchens. It feels more like a house than an apartment.” In addition, the apartments feature gas stoves, two-door ovens, and floor-to-ceiling windows for lots of light.

For those who like the patio feel of a garden apartment, the ninth floor of BLVD offers something special. The interior apartments here open onto small

patios that lead to a larger green space with manicured gardens. An outdoor kitchen and large stainless steel grills allow BLVD to host events or for residents to use the space.

"I live on the ninth floor, which is the Sky Park level," says Plymack, "and I can just walk across the lawn to grill out for dinner. Then by evening, after I watch the sun set from my terrace, if I decide to listen to jazz, I'll hop on the Metro and be at Eddie V's in Tysons in a matter of minutes."

Now that's luxury living with Reston's unique blend of convenience and community. ❖

To learn more about BLVD | Reston Station, visit or contact them at
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AUTHOR: Analiese Kreutzer is a contributing writer and client advocate for VivaTysons, VivaReston and Le Nouveau Moi. As a long-time resident of the area, she is passionate about the communities, people and businesses our publications cover. She can be reached at Ana@VivaTysons.com.



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BY ALEXANDRA ROSSI

Kingsley Haynes, President; Patrick Baker, Chair, Executive Board; and Roger Stough, Chair, Board of Trustees

First University Headquartered in Reston Opens its Door

Clarewood University

TO BEGIN OFFERING CLASSES THIS FALL

With the longtime support of Reston Founder Robert E. (Bob) Simon, who always believed education was a key part of a community, Reston finally has its own university: Clarewood University.

Focused on serving the wide range of professionals who work and live in Reston and Northern Virginia, Clarewood offers four MBA concentrations to prepare professionals for the challenges of the global market, including International Business and Finance, Information Systems & E-Commerce, Management and Entrepreneurship

Multicultural education for a global market

One of the key advantages that Clarewood University offers to students is the opportunity to blend in a multicultural program, where they can learn the important nuances of communicating and working in a global market.

"Oftentimes, in graduate programs today, students are of mixed ethnic origin. The different groups will tend to hang together and not mix with others during learning exercises," said Professor Roger Stough, Clarewood's Chair, Board of Trustees. "While these separate groups learn the content, they don't learn how to acquire information from the other culture, in order to work better with people from multiple backgrounds. Kingsley Haynes [Clarewood's



president]and I have built programs in which participation is designed to ensure diverse interaction both ethnically and globally, and there are some tricks that are involved in making that work."

The program at Clarewood mixes cultures together so students not only learn the basics but also can grow horizontally.

"By having different nationalities and ethnic groups mixed together, you find that some have a stronger work ethic than others, and that openly pulls everyone up," added Stough.

The university also seeks to serve both domestic and international economies. The



(Left to right) Professor Roger Stough, Robert E. (Bob) Simon and Michael Maher, member of the Academic Advisory Committee.



domestic activity focuses on those who are interested in international business but work in the United States or live in the United States, or have worked for companies overseas.

"We are particularly interested in Southeast Asia," said Professor Haynes. "Fairfax County has done an assessment, and, at the moment, there are \$9 billion worth of activities a year from Asian-owned businesses in this region. There are also 25,000 Asian-owned businesses in Fairfax County that generate 54,000 employees."

"One of the largest groups growing in the U.S., besides Asians, is the Hispanic population," affirmed Patrick Baker, CEO and partner of Clarewood University. "Anyone who is coming in to do business on a global basis and works for a company that is international is encouraged to look into our University's MBA program. We're focusing globally; we're not looking at just one niche."

Small classes

Clarewood offers a different approach to higher education, featuring small classes instead of the large lecture halls that some universities have in the area.

"We are not interested in the huge, broad educational component," said Haynes. "We are interested in building from a strong base, focusing on the global aspects. Then, from there, we want to focus on the concentrations we offer with a small group of students and a small group of faculty who focus on ensuring those students succeed. This hand-to-hand development to the students is critical to us."

Clarewood classes will start this fall, with fundamental courses that would build from the undergraduate to the graduate level.

"We looked at the community we're in, so we're initially going to focus on domestic students in Reston and in the Dulles corridor," said Baker. "We're [open for] individuals who are looking for programs focused on management, and human resources—the fundamental principles that they can build on and enrich themselves in their careers."

Top-notch professors

"We have a dozen top-notch professors in the area," said Dr. Mark Zhong, Clarewood's administrative dean. "The faculty has searched for the most talented and prepared professors in the area to give high-quality programs, and the selection process is very thorough. We consider very carefully what degree programs the professors have received their Ph.D. from, what publications and research activities they have conducted, and whether their background complements the four areas in which we're concentrating," said Haynes.

In terms of recruiting faculty, the aspiring professors must have credentials from a recognized program; experience in teaching and publishing; and experience in advising government organizations so that they bring a practical side to the students about the future locations in which they could possibly work.

"They will be people who can bring theory and practice together in the classroom, so that they may use case studies in the classroom to build team exercises to accomplish diversity in participation amongst students," explained Stough.

International internships

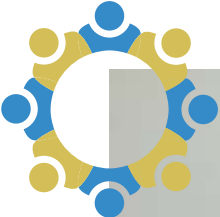
Zhong said that the University will also have a summer internship program in China to allow students to be exposed to an international business environment. The faculty is also open to expanding the internships to other markets in the future.

Flexible schedules and affordable courses

Classes are scheduled on weekday evenings and weekends to accommodate the schedule of working professionals. A vital component of the courses is the use of the Internet and other online resources in addition to face-to-face classroom instruction, so that students can in-part study remotely.

"I received my MBA program in a similar way, and it worked really well for me. It is a successful model we are hoping to mimic," said Baker. "We are trying to be as convenient and as accessible as possible, using technology, so that people have alternative options."

CONTINUED ON PAGE 20



Kingsley Haynes, President; Patrick Baker, Chair, Executive Board; Mimi Tekle, Director of Compliance; Roger Stough, Chair, Board of Trustees; and Mark Zhong, Administrative Dean.

CONTINUED FROM PAGE 19

The faculty's approach is what they call "high-tech, high-touch," which means having a high-quality faculty interacting with the students on a one-to-one basis, which is what they call "high touch," as well as using what they call "linkages," where students use technology.

"Blending the two together is vital," said Haynes. "If you look at a lot of the work that is related to online activities, the fall-off rate for student completion rates is very high. If you blend in the fact that you can talk to faculty members and see them in real time, and then do certain things with technology and compare things from face-to-face settings and technology, it maintains the energy and focus that students need to succeed. That's a priority for us; we do well if students do well. This is really critical, and underlies the characteristics that separates us from other programs."

Reston, the key location

"Knowing we wanted to be a school with international students, we viewed the Reston area as a good location due to its proximity to the Metro, which was just opening as we signed a lease on this location," added Baker. Also, many internationally-owned companies are located in Fairfax County, which employ business talents with international background, who are our potential students. The proximity to the Dulles Airport also connects Clarewood to diverse global areas. He said: "The fact that we are in the Dulles corridor gives us even more exposure internationally, as we eventually are able to pull in students from outside the country. Getting the support of the late Bob Simon was also crucial for establishing Clarewood in Reston; the business school is named after him—the Robert E. Simon School of Business—and he was very supportive of our efforts."

"Every community in the U.S. wants a University," said Stough. "It means a lot to a community in terms of economic development, workforce development, and so on. Reston has long been interested in having a university, working with [George Mason University] and other universities in Virginia to get a branch campus here, and Bob Simon worked hard to get that too. It was just never quite possible, but now this university is here, and Reston is very receptive."

A university supported by Bob Simon

Dr. Zhong, a long-time resident of Reston, added that in the earliest stages, Bob Simon was involved in the preparation of the plan for the school. "He was glad to let us use his name for our business school," Zhong said. "In 1962, Robert Simon wrote the seven goals of Reston, the first being that the widest choice of opportunity be made available for the full usage of the community. Number five was that businesses and commercial opportunities were to be made available to residents. Now, we are the first university to be headquartered in Reston; people in Reston deserve to have a university, and we want to be a part of the community and have the local community's support."

"Mr. Simon was a life-long learner," added Baker. "He never stopped absorbing the experiences around him, and from that you get a real sense that our being here would fulfill his dream and vision of a community where you could live, work, and always learn, life-long."

Haynes, Stough, Baker and Zhong are strong believers that social responsibility is an important part of education. "We used his name for a business school not only as a namesake, but also to incorporate some of his ideals—community solidarity and a sense of social responsibility. We have a course called 'social entrepreneurship' in which we will help foster students who become the talent for the new century and employable in the new and rapidly transforming markets of the world. We also want to emphasize that the Clarewood MBA program is not only an exception to the norm for higher education programs, but also it is socially responsible," said Dr. Zhong.

Open House this July 16th

The community is invited to an Open House on the morning of July 16, at the University's location at 1840 Michael Faraday Drive, Reston VA 20190, to find information about its programs and meet the staff and leadership. The new university is only four-minute walk from the Wiehle Reston East Metro Station and a two-minute drive from the Reston Town Center.

More information, visit www.clarewoodVA.org; call 571-526-4777, or email: CUVA@clarewood.org.



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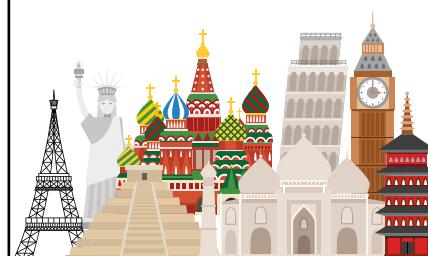
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JULY 6

LITTLE TOTS AT FAIRFAX CORNER

*The Plaza at Fairfax Corner
10:30am-1:30pm*

Join us for fun and entertainment every other Wednesday starting July 6th! Admission is free. Bring your Little Tot's swimsuit and towel for fun in the interactive splash fountain after the event!

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 8-9

JAZZY ASH AND THE LEAPING LIZARDS

Theatre-in-the-Woods at Wolf Trap 10:30am \$10
"Bon Voyage" on your trip to Dixieland with Jazzy Ash and the Leaping Lizards as they take you on a jazzy musical adventure that encourages kids and their grown-ups to celebrate the music of New Orleans as part of the American folk music heritage. Ages 2 to 8.

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 8

KRISTEN & THE NOISE

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

Kristen and The Noise is one of the most popular event and party bands on the East Coast and beyond. Kristen is the total package... A mixture of beauty, elegance, and power, with an incomparable voice, and unmatched stage show. She's backed by a world class group of musicians. The band is highly sought after and a favorite of all ages.

JULY 9

BIO RITMO

Sizzlin' Salsa
*Reston Town Center Pavilion
7:30pm rain or shine*
Cuban salsa & other Latin rhythms.

JULY 9

BEATLEMANIA MAGIC

The music of the Fab Four!
Tarara Winery, 13648 Tarara Ln, Leesburg, VA 20176 6:00pm-9:30pm \$15 rain or shine
The show is truly magic for all Beatles fans. The professionalism of the band is outstanding and the attention to details in the singing, playing and appearance is amazing. This is what entertainment is all about. They don't just perform, they entertain. If you are looking for a sure fire hit, Beatlemania Magic is just what you're looking for. (Larry Stock, Succop Theater)

JULY 9

7TH ANNUAL UKULELE FESTIVAL

*2609 Washington Plaza N.
Reston, VA, 12:00pm*

The free festival features performances by several acclaimed ukulele musicians, music demonstrations, festival vendors, and other family friendly activities. The event

includes an open-to-the-public morning jam session, and features a wide variety of music genres ranging from blues to traditional Hawaiian, swing and folk. For more information, visit www.lakeanneplaza.com.

JULY 10

CARLOS VIVES

The Filene Center at Wolf Trap
8pm \$38-85

With over 30 million records sold worldwide and multiple Grammy and Latin Grammy Awards to his name, Colombian pop luminary and pioneer Carlos Vives is hailed as one of the most important figures in Latin music.

JULY 12

COMMUNITY COOKOUT

11400 Ride Heights Road
5pm-7pm

Everyone is invited to take the night off from cooking and come to the pool for some food, entertainment, and good times. Bring a towel and an appetite for food and fun! In case of inclement weather, please contact RCC at 703-476-4500 for an event status update. For more information, visit www.restoncommunitycenter.com.

JULY 14

MISTER G

Bilingual Fiesta With Latin Grammy Award Winner

Theatre-in-the-Woods at Wolf Trap 10:30am \$10

Called the "kid-friendly bilingual rock star" (Washington Post), Latin Grammy award winner Mister G performs an interactive concert spanning genres from funk to folk, reggae to rock, and bluegrass to bossa nova.

JULY 14-16

AMERICAN BALLET THEATRE ROMEO AND JULIET

The Filene Center at Wolf Trap
8:30pm \$20-95

A masterful interpretation

of Shakespeare's enduring romantic tragedy comes to dramatic life in a production by America's National Ballet Company® whose work has been hailed as "the most spectacular dancing in the world" (The New York Times). American Ballet Theatre returns to Wolf Trap in a signature production, renowned as one of the most famous and beloved ballets.

JULY 15

CRAZY IN STEREO + SIX TO MIDNIGHT

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

Crazy In Stereo has quickly become one of the region's premier acts. Their line-up consists of 3 girls and 3 guys with unbelievable chemistry and energy. They're known for their versatility, harmonies, and super fun shows. Five different members sing lead vocals in multiple combinations. This unique quality makes Crazy in Stereo entertaining and versatile in all performance settings.

JULY 15-17

COLLECTORS' SHOWCASE OF AMERICA

Dulles Expo Center, 4320 Chantilly Shopping Center, Chantilly, VA 20151
Friday 2pm-8pm, Saturday 9am-5pm, Sunday 10am-4pm

Sports Collectibles of every variety, numerous celebrity autograph guests, and the region's best collectibles! Admission is \$8 for adults, \$15 for a weekend pass, and free for children 12 and under.

JULY 15, 20, 23

GASSMANN L'OPERA SERIA

The Barns at Wolf Trap 7:30pm, Sunday at 3pm \$32-88

Before Mozart and Salieri there was Florian Gassmann. Following highly acclaimed productions in Paris and Berlin, Wolf Trap Opera presents the American premiere of Gassmann's 1769 comic sendup



JULY 30
Reston Town Center Pavilion

of traditional 18th-century opera. Go behind the scenes during an opera premiere. From the three star sopranos, whose translated names are Smirking, Out-of-Tune, and Purple-Face, to the insecure composer and stereotypical stage mothers, no one is spared. With daggers drawn and everyone looking for glory, success is by no means assured.

JULY 16

LANDAU EUGENE MURPHY, JR.

Come Fly with Me

Reston Town Center Pavilion
7:30pm rain or shine

Jazz crooner, 2011 America's Got Talent winner, Landau Eugene Murphy Jr. performs all the timeless classics from the Great American Songbook first made famous by Frank Sinatra, Dean Martin, Nat King Cole and more in Landau's own unique style. Hits include Come Fly With Me, Ain't That A Kick In The Head, Witchcraft, Night and Day, That's Life, My Way and many more! Come see Landau live in concert and be sure to stop by and say hello after the show; Landau enjoys meeting fans and friends after every performance!

JULY 16

GONZO'S NOSE

The ultimate party band!

Tarara Winery, 13648 Tarara Ln, Leesburg, VA 20176 6:00pm-9:30pm \$15 rain or shine

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 to songs that hit the radio just yesterday.

JULY 16-17

2016 COLONIAL MARKET FAIR

Claude Moore Colonial Farm, 6310 Georgetown Pike, McLean VA 22101, 11am-4:30pm \$3-8

Sit in the shade and savor roast chicken and spicy sausages, enjoy dancing and singing with the fiddler, and test your water color and writing skills with Mr. Andrews at the Stationer. Muster with the militia and re-outfit your home in furniture from the Cabinet Maker. Only at Market Fair can you catch up on the latest news from the frontier and trade stories while enjoying local ale and porter at the Tavern. Try hands-on crafts such as spinning and dyeing, and shop for goods from the finest merchants in the colonies.



JULY 23
Reston Town
Center Pavillion

THE CONGRESS

JULY 17

TEDESCHI TRUCKS BAND + LOS LOBOS

Wheels of Soul 2016 Tour

The Filene Center at Wolf Trap
7pm \$25-70

Formed by husband-wife team Susan Tedeschi and Derek

Trucks, the Tedeschi Trucks Band brings together an eclectic mix of roots-rock performers to create a booming supergroup that "sit[s] at the intersection of heritage and innovation" (*Rhapsody*).



7:30 PM

IN FULL

Reston Town Center Pavillion 7:30pm rain or shine
Dance through the decades to classic rock and hits from the 50s till today.

AUG
13

JULY 21-AUGUST 21

CIRQUE DU SOLEIL KURIOS - CABINET OF CURIOSITIES

Under the Grand Chapiteau, Lerner Town Square at Tysons II, Times Vary \$43-295

Step into the curio cabinet of an ambitious inventor who defies the laws of time, space and dimension in order to reinvent everything around him. Suddenly, the visible becomes invisible, perspectives are transformed, and the world is literally turned upside down. Read more at www.cirquedusoleil.com.

JULY 22

SUFJAN STEVENS

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

The multi-instrumental singer/songwriter whose eclectic sound ranges from indie to electronic consistently creates songs with "well-detailed lyrics...and a gorgeous whisper that could reach into a heartbreaking falsetto" (*Pitchfork*).

JULY 22

THE REFLEX

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

The '80s! A time for classic coming of age movies, big hair, and some pretty crazy fashions. The glue that held it all together of course was the music. The Reflex serves as a perfect reminder of that great music of a decadent decade.

JULY 23

THE CONGRESS

Move to the Groove

Reston Town Center Pavillion

7:30pm rain or shine

Alt-country, rock & roll, soul

JULY 23

ODYSSEY ROAD

The Ultimate Journey tribute band!

Tarara Winery, 13648 Tarara Ln, Leesburg, VA 20176 6:00pm-9:30pm \$15 rain or shine

Odyssey Road possesses the passion to perform Journey material with the feel and energy that would have even the most loyal purist begging for an encore. You will not find another Journey tribute band that reproduces the music and vocals with such precision and detail in a live show.

JULY 23

THE FIREBIRD

National Symphony Orchestra, Janni Younge

The Filene Center at Wolf Trap
8:15pm \$20-65

The majestic Firebird rises on stage to tell its enchanted tale of transformation. Stunning larger-than-life puppetry fuses with contemporary South African dance set to Stravinsky's ravishing score. Janni Younge of the world-renowned Handspring Puppet Company leads this world premiere production. Co-commissioners: Wolf Trap Foundation, Ravinia Festival, Hollywood Bowl, The Mann Center, Saratoga Performing Arts Center, and Sun Valley Summer Symphony.

JULY 23-24

D.C. BIG FLEA MARKET

Dulles Expo Center, 4320
Chantilly Shopping Center,
Chantilly, VA 20151
Saturday 9am-6pm, Sunday
11am - 5pm

From period and country
furniture to collectibles of all
eras all at affordable prices!
Featuring glassware, jewelry,
silver, primitives, porcelain
and much more! Admission is
\$10 and is applicable for both
days of the event.

JULY 24

PINK MARTINI

**National Symphony
Orchestra, Steven
Reineke, conductor**

The Filene Center at Wolf Trap
8:15pm \$30-60

Drawing musical inspiration
from all over the world,
the self-described "little
orchestra," Pink Martini,
performs its cosmopolitan
world music spanning jazz
to classical to vintage pop.
Together with the National
Symphony Orchestra,
they will take you across
continents for a pop concert
full of glamour.

JULY 26

**HUEY LEWIS
& THE NEWS**

The Filene Center at Wolf Trap
8pm \$25-50

For over 35 years, these bluesy
rockers have shown us "The
Power of Love" and that it's
"Hip to Be Square," while
becoming a staple of the '80s
and beyond.

JULY 27

**JEFF BECK
& BUDDY GUY**

The Filene Center at Wolf Trap
8pm \$30-65

Two of Rolling Stone's 100
Greatest Guitarists—Jeff
Beck, lauded for "Cause We've
Ended as Lovers" and his
version of "I Put A Spell On
You," and Buddy Guy, best
known for "Mustang Sally"
and "Ain't No Sunshine"—take
center stage.

JULY 29

**TCHAIKOVSKY
& DEBUSSY
CHAD HOOPES,
VIOLIN**

**National Symphony
Orchestra, Stéphane
Denève, conductor**

The Filene Center at Wolf Trap
8:15pm \$20-58

The young violinist with "a
gift for dramatic pacing and
a distinctive, convincing
sense of poetry" performs
Tchaikovsky's stirring violin
concerto alongside the
NSO with "jaw-dropping
virtuosity" (*The Washington
Post*).

JULY 29

**HERR METAL +
DR FU**

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

German '80s rock legends
HERR METAL have returned
and are poised to tour the
United States. The band will
continue right where it left
off with a full '80s-style show
staged as only a band that
missed the last two decades
could deliver. HERR METAL's
tour will focus on rock hits
recorded and popularized by
Guns 'n' Roses, Bon Jovi, Poison,
Motley Crue, Def Leppard, the
Scorpions, and others.

JULY 29

FAMILY SPLASH

*2310 Colts Neck Road, Reston,
VA 20191 7pm- 9pm \$13- \$26*

Drop in for a night of family
fun! Groups of six or more
must pre-register by calling
the Aquatics Service Desk
at 703-390-6150. For more
information, visit www.restoncommunitycenter.com.

JULY 29-31

**THE NATION'S GUN
SHOW**

*Dulles Expo Center, 4320
Chantilly Shopping Center,
Chantilly, VA 20151*

*Friday 3pm-8pm, Saturday 9am-
5pm, Sunday 10am-5pm*

The greatest selection and
lowest prices on handguns,
shotguns, rifles, ammo,
training, holsters, safes,
antique firearms, carbines,
antique pistols, swords,
knives, cartridges, and
Western Americana, militaria
of all wars, coins, and more!
The whole family is welcome
to attend. Admissions for a
3-Day pass are \$20.00, \$13 for
adults, \$7 for kids 12-17, free
for kids under 12.

JULY 30

**STAR TREK INTO
DARKNESS**

**National Symphony
Orchestra, Emil de Cou,
conductor**

The Filene Center at Wolf Trap
8:30pm \$30-58

Boldly go where no man
has gone before with J.J.
Abrams' Academy Award-
nominated film presented on
huge screens with Michael

Giacchino's score performed
live by the National
Symphony Orchestra!

JULY 30

**BRUCE IN THE USA
Music of the Boss!**

*Tarara Winery, 13648 Tarara
Ln, Leesburg, VA 20176*
6:00pm-9:30pm \$15 rain or
shine

This high-energy musical
experience is a note-perfect
and visually accurate
recreation of a Bruce
Springsteen & The E St. Band
show. Matt Ryan, from the
World Famous "Legends In
Concert" cast, began playing
the Springsteen character
in 2000, in Legends' "full
scale" Las Vegas show. The
great success in the famous
Las Vegas show brought him
to performances across the
world, eventually evolving his
character into the Bruce In
The USA show.



Photo courtesy of Wolf Trap

8 P.M.

**JULY
28**

TONY BENNETT

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

A champion of the American Songbook since the 1950s
with 18 Grammy Awards and two Emmys, Tony Bennett
continues to shine on stage with pop standards and jazzy
reinventions of classics.



JULY 26
The Filene Center
at Wolf Trap

SELECTED EVENTS

Photo Credit: Rich Frollini Coda Photography

Courtesy of Wolf Trap



HUEY LEWIS AND THE NEWS



8 P.M.

**AUG
26**

ARETHA FRANKLIN

The Filene Center at Wolf Trap 8pm \$35-65
 Exalting massive "Respect" for her glorious belt and countless gospel-infused hits like "Chain of Fools" and "Think," the Queen of Soul makes her triumphant return to Wolf Trap.

JULY 30

UNITY REGGAE BAND

Jammin' to the Beat

Reston Town Center Pavilion
 7:30pm rain or shine

Since its creation in 1990, the Baltimore-based Unity has been pleasing listeners with its unique, roots-based reggae and other Caribbean rhythms. Now an accomplished musical unit, Unity prides itself on its versatility. With 25 years of live performance experience as a group, Unity knows how to please a crowd. Having amassed a huge repertoire of original reggae and covers, no two shows are ever the same.

AUGUST 4

STRAIGHT NO CHASER

The New Old Fashioned Tour

The Filene Center at Wolf Trap
 8pm \$25-50

This a cappella group's musical cocktail blends pop hits and classics with a mix of top-shelf collaborators from Elton John to Sara Bareilles.

AUGUST 3-4

FLY DANCE COMPANY

Theatre-in-the-Woods at Wolf

Trap 10:30am \$10

So you think you can dance? Check out this high-energy, gravity-defying dance crew as they mix hip-hop, pop n lock, and modern dance with colorful costumes and comic delivery. Ages 5 to 10.

AUGUST 5

LA BOHÈME WOLF TRAP OPERA

National Symphony

Orchestra, Grant

Gershon, conductor

The Filene Center at Wolf Trap
 8:15pm \$25-75

One of the world's most beloved operas. Puccini's masterpiece is an unforgettable tale of love, youth, and tragic loss in the Latin Quarter of 19th-century Paris. Wolf Trap Opera presents a fully staged and costumed production of Puccini's classic opera, in a one night production featuring full orchestra, chorus, and custom video projections.

AUGUST 5

SAM GROW + DELTA SPUR

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

Sam Grow has earned every success in his life through hard work, an entrepreneurial attitude and an easy-going, charismatic spirit that promotes his soulful and genuine voice. Sam spent six years building a foundation and a group that have become much more to him than fans. In late 2013, Sam moved to Nashville and signed a publishing deal with ole. He began working with Grammy-nominated producer Matt McClure and top tunesmiths including Kyle Jacobs and Billy Montana, with whom he penned his first single.

AUGUST 6

KANYE TWITTY

Tarara Winery, 13648 Tarara Ln, Leesburg, VA 20176
 6:00pm-9:30pm \$15 rain or shine

What kind of band is this? Is it a country band? A Rock band, Hip Hop, Pop or Party Band?

It's all of these and it's nothing of the sort. It's Kanye Twitty. Labels are for clothing. This band is exactly what it should be; entertaining, fun and a flat-out good time. If you want to hear it, Kanye Twitty plays it and if they don't, just ask. Kanye Twitty is your favorite country, rock, hip hop mixtape...You deserve an excellent time.

AUGUST 6

CHUBBY CARRIER & THE BAYOU SWAMP BAND

Jambalaya on the Bayou

Reston Town Center Pavilion

7:30pm rain or shine

Once the accordion-playing virtuoso grabs the mic and takes to the stage with his bandmates, audiences are treated to a show like no other. Chubby's sound is infectious – a concoction of blues, '70s funk, rock and roll, and good-ole zydeco flavor – and makes even the most timid individuals get their feet a movin'.

AUGUST 6–7

BRICKFAIR 2016

Dulles Expo Center, 4320

Chantilly Shopping Center, Chantilly, VA 20151

11:00am–4:30pm

BrickFair is the premiere LEGO fan experience! BrickFair hosts 1,000 of the most dedicated adult LEGO builders from across the USA, Canada, and Europe. See, touch, experience, learn, and be inspired! Admission is \$15 (free for ages 3 and under).

AUGUST 7

THE BAND PERRY

The Filene Center at Wolf Trap

8pm \$35–60

The Band Perry returns to Wolf Trap! Get ready for country music with a rock 'n' roll edge when the Grammy-winning sibling trio hits the stage. Featuring chart-topping favorites like "If I Die Young" and "You Lie," The Band Perry's high-energy show is a must-see live.



SEPTEMBER 1
The Filene Center at Wolf Trap



CHICAGO

AUGUST 10

PHILLIP PHILLIPS MATT NATHANSON

A Great Big World

The Filene Center at Wolf Trap

7pm \$32–55

Experience a night of soulful music from a pair of gifted singer/songwriters featuring American Idol winner Phillip Phillips acclaimed for radio hits like "Home" and "Gone, Gone, Gone" and touring maverick Matt Nathanson recognized for "Come On Get Higher" and "Faster."

AUGUST 11

THE SILK ROAD ENSEMBLE WITH YO-YO MA

The Filene Center at Wolf Trap

8pm \$30–80

Journey around the globe with one of the greatest cellists of all time and an eclectic, multicultural ensemble. Presenting an unexpected hybrid of exotic and familiar musical traditions, these inspired performers celebrate how music can cross boundaries and connect the world. As The New York Times raves, there is "no end of virtuosity among the Silk Road players."

AUGUST 12

LYLE LOVETT & HIS LARGE BAND EMMYLOU HARRIS

The Filene Center at Wolf Trap

7:30pm \$30–55

Experience a show filled with Grammy-winning Americana flair including the "major genre-straddling talent" (*Rolling Stone*) of Lyle Lovett & His Large Band and the "shimmering, yearning soprano" of "one of the great voices in music" (*BBC*) in Emmylou Harris.

AUGUST 12

LOVE SEED MAMA JUMP

Herndon Town Green, 777 Lynn

Street, Herndon, VA 6:30pm–

10:30pm FREE

Love Seed Mama Jump is a six-piece rock band from Dewey Beach, Delaware. Their music is described as guitar-driven pop rock—a blend of modern beats and melodic hooks delivered with powerful, impassioned vocals.

AUGUST 11–14

SUPER SMASH CON

Dulles Expo Center, 4320

Chantilly Shopping Center,

Chantilly, VA 20151

Thursday 12pm–12am, Friday

9am–12am, Saturday 9am–

12am, Sunday 9am–6pm, \$75

Super Smash Con is the ultimate fan event to celebrate the video games we loved as kids—and still love as adults! This is the first event to feature a full-sized Super Smash Bros tournament alongside an all-ages convention, complete with exhibitors, vendors, competitions, music, and so much more! Weekend passes are \$75 each and pre-registration is required to compete in main tournament events.

AUGUST 13

SLIPPERY WHEN WET

Bon Jovi tribute!

Tarara Winery, 13648 Tarara

Ln, Leesburg, VA 20176 6:00pm–

9:30pm \$15 rain or shine

AUGUST 14
 Classic Albums Live Presents
DAVID BOWIE
The Rise and Fall of Ziggy Stardust and the Spiders from Mars
The Filene Center at Wolf Trap
 8pm \$25-45
 Commemorate the prolific, original chameleon of music, and hear his widely acclaimed album performed live by some of the world's best musicians. Featuring anthems like "Starman" and one of "rock's earliest, and best, power ballads" (Rolling Stone), "Ziggy Stardust," this is a tribute that is out of this world.

AUGUST 17-28
GREENBERG TRAIN & TOY SHOW
Dulles Expo Center, 4320 Chantilly Shopping Center, Chantilly, VA 20151 10am-4pm
 Greenberg's Train & Toy Show was founded in 1976 to promote the hobby of model railroading and toy train collecting. Shows feature operating model railroads, dealers selling trains and collectable toys, hands-on exhibits and demonstrations. Admission is \$9 at the door and free for ages 11 and under.

AUGUST 19
JAZZ AT LINCOLN CENTER ORCHESTRA WITH WYNTON MARSALIS
The Filene Center at Wolf Trap
 8pm \$25-50
 Nine-time Grammy-winning jazz icon Wynton Marsalis and his all-star orchestra hailed as the "finest big band in the world today" (The Daily Telegraph) return to Wolf Trap! Drawing from an extensive repertoire that includes original compositions by Marsalis, Ted Nash, and masterworks by legends like Ellington and Coltrane, the group is internationally acclaimed for its incredible versatility.

AUGUST 19-21
INTERNATIONAL GEM & JEWELRY SHOW
Dulles Expo Center, 4320 Chantilly Shopping Center, Chantilly, VA 20151
 Friday 12:00-6pm, Saturday 10am-6pm, Sunday 11am-5pm
 This show offers the greatest selection and lowest prices on diamonds, gold, silver, beads and more. Choose either costume or fine jewelry from more than 360 exhibitors from around the world. Admission is \$8.

AUGUST 20
IRA GLASS
Seven Things I've Learned in Association WAMU 88.5 FM
The Filene Center at Wolf Trap
 8pm \$25-55
 "A journalist but also a storyteller who filters his interviews and impressions through a distinctive literary imagination, an eccentric intelligence, and a sympathetic heart" (The New York Times), Ira Glass makes his Wolf Trap debut—catch the award-winning host and producer of NPR's massively popular This American Life podcast in a unique, solo show.

AUGUST 19
FOR THE WIN
Herndon Town Green, 777 Lynn Street, Herndon, VA 6:30pm-10:30pm **FREE**
 For The Win is a high energy party band bringing a fun mix of hip hop, rock, go-go, pop, oldies, reggae, etc and is sure to get you dancing and rocking out. Front man, Schwartzky, has performed for years at the areas biggest clubs and festivals and has jumped up with bands like Mr Greeneyes and Cherry Crush Band and was often heard rapping on the Sports Junkies radio show.

AUGUST 19
MOTORCYCLE RODEO
Dulles Expo Center, 4320 Chantilly Shopping Center, Chantilly, VA 20151 7am-5pm
 The Mid-Atlantic Police Motorcycle riding Committee's goal is to provide better service to the public, not only through encouraging safer motorcycle operation, but also with providing an avenue through which officers would have personal contacts with other officers in various areas, providing an invaluable investigative resource. Show will be held in the parking lot and is free for all spectators.

AUGUST 20
AIRMEN OF NOTE
Jazz under the Stars
Reston Town Center Pavilion
 7:30pm rain or shine
 The Airmen of Note is the premier jazz ensemble of the United States Air Force. Stationed at Joint Base Anacostia-Bolling in Washington, D.C., it is one of six musical ensembles that comprise The U.S. Air Force Band. Created in 1950 to continue the tradition of Major Glenn Miller's Army Air Corps dance band, the current band consists of 18 active duty Airmen musicians including one vocalist.



8:15 P.M.

SETH MACFARLANE AND THE GREAT AMERICAN SONGBOOK

National Symphony Orchestra
Steven Reineke, conductor
The Filene Center at Wolf Trap 8:15pm \$25-65
 Grammy-nominated funnyman Seth MacFarlane, best known as the creator of Family Guy and Ted, shows off his impressive musical abilities by singing pop standards.

AUG 6

AUGUST 20

THE REAGAN YEARS

The best of the best decade—the '80s!

Tarara Winery, 13648 Tarara Ln, Leesburg, VA 20176 6pm-9:30pm \$15 rain or shine

The Reagan Years is the East Coast's Original '80s tribute band. Five talented musicians performing Pop, Rock, New Wave and Heavy Metal greatest male and female hits of the MTV Era. Every song was a massive hit and you will sing along to every song!

AUGUST 21

KRISTIN CHENOWETH

The Filene Center at Wolf Trap 8pm \$25-65

A "Popular" Tony- and Emmy-winning presence throughout the entertainment sphere who starred in the original cast of Wicked and Disney's Descendants, Kristin Chenoweth, a small-but-mighty leading lady, brings her magic to the Wolf Trap stage.

AUGUST 22

NEEDTOBREATHE's

TOUR DE COMPADRES NEEDTOBREATHE MAY KEARNEY JOHN MARK MCMILLAN WELSH ARMS

The Filene Center at Wolf Trap 7pm \$27-55

The "Brother," South Carolina-based band returns to passionately strum its Grammy-nominated, rock-infused songs filled with "heart and drive and craftsmanship" (PPcorn.com).

AUGUST 23

GOO GOO DOLLS COLLECTIVE SOUL TRIBE SOCIETY

The Filene Center at Wolf Trap 7:30pm \$32-55

The alternative rock band that has sold millions of records with radio hits like "Iris" and "Slide" continues to top the charts, cementing its spot as "rock's premier purveyor of music" (AVClub.com).

AUGUST 24-25

RICKY MARTIN

The Filene Center at Wolf Trap 8pm \$45-125

An "all-around showman" with joyous bilingual hits like "La Mordidita," "Livin' la Vida Loca," and "Disparo al Corazón," the Latin superstar makes his Wolf Trap debut with live performances that can only be described as "full-scale pop spectacle[s]" (Rolling Stone).

AUGUST 26

THE VIGILANTES

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

The Vigilantes are a fun and exciting cover band that plays up and down the east coast performing modern top 40 dance music and all your favorite classics. This band brings the party to every show!

AUGUST 27

LEONARD, COLEMAN & BLUNT

Jukebox Revue: The Originals
Reston Town Center Pavilion

7:30pm rain or shine

Glenn Leonard, Joe Coleman, and Joe Blunt have been around the world and back again several times each as the lead singers of three of the most legendary vocal groups of all time. Once the three childhood pals were all back together in the Nation's Capital, the old friends soon hit upon the idea of performing together as one unit, singing in unison all the biggest hits from each of their individual careers with

The Temptations, Platters and Drifters.

AUGUST 27

NATURAL BORN THRILLER

A Michael Jackson Tribute—

The King of Pop's greatest!

Tarara Winery, 13648 Tarara Ln, Leesburg, VA 20176 6:00pm-9:30pm \$15 rain or shine

AUGUST 28

GRAND SLAM SUNDAY: JEWISH COMMUNITY DAY

Nationals Park, 1500 S Capitol St SE, Washington, DC 20003, 1:35 pm

The Jewish Federation of Greater Washington will host the second annual Grand Slam Sunday: Jewish Community Day at Nationals Park. The

Washington Nationals will be taking on the Colorado Rockies at 1:35pm. Arrive two hours before the game for activities and fun for all ages!

AUGUST 31

BONEY JAMES MARSHA AMBROSIUS

The Filene Center at Wolf Trap 8pm \$25-60

With influences ranging from Earth, Wind & Fire to producer Quincy Jones, four-time Grammy nominee and chart topper Boney James captivates audiences with his pop and R&B-tinged jazz, highlighting his spectacular saxophone playing. ♦



TIMES VARY

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A World Premiere co-production between The Hub Theatre and the Jewish Community Center of Northern Virginia

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God just won't let up. Sadie has heard the voice of God her entire life. But she has never answered back, after all, why her? As her parent's marriage crumbles, and her own love interest takes off, Sadie's life takes a comical turn toward the absurd. And in the midst of it all she must come to terms with her own worth and whether or not its time to let in the voice.

Interfaith dialogue after every Sunday performance. More information: laura.adler@jccnv.org





Farmers Market at Lake Anne Plaza, Reston

FARMERS' MARKETS

The return of summer also means the arrival of the area's farmers' markets and the delicious fresh produce, meats, plants, eggs and cheeses they bring. Supporting your local farmers' market helps keep farming profitable and preserves regional farmland—all at a fun, cost-effective, community gathering. Be sure to check out these weekly events to stock up on goods from your local merchants and farmers!

WEDNESDAYS

Wakefield Farmers' Market

Located in Wakefield Park off Braddock Road in Annandale, the Wakefield Farmers' Market is a "producer-only" farmers' market, whose mission is to support local agriculture within the Chesapeake Bay Watershed area. Vendors must grow, raise, or produce the products that they take to market. Vendors with value-added products, such as baked goods, sauces, specialty meat products, jams and jellies are expected to buy local raw ingredients for their products whenever possible. In keeping with their mission to support farmers and producers within a 125 mile radius, the Wakefield Farmers' Market offers a wide array of vegetables, fruits, pork, beef, cheeses, baked goods, jams, cider, salsas, potted plants, cut flowers, honey, herbs and teas and homemade ice cream.

Smart Markets at Reston Station

1900 Reston Station Blvd, Reston, VA 20190
3pm–7pm

Smart Markets at Reston Station offers produce, meats, poultry and other foods—all fresh and local! This year, Fossil Rock Farm is offering a CSA (Community Supported Agriculture) program which can make shopping at the market a little easier and save some time, too. With a CSA, you will sign up

for a subscription to the farm's products and be able to pick up a box each week.

Leesburg Wednesday Farmers' Market

Virginia Village Shopping Center, Catoctin Circle,
3pm – 6pm

With limited space at their Saturday market, many new vendors opt for the mid-week market. It is their chance to show you what they've got, so take advantage of it! Local honey from a woman-owned business, milk—something customers have been calling for for years, as well as teas, herbs, fruits, vegetables, sauces, and plenty of meats make up the Wednesday market selection. Dancing Cow Farm also serves up hot burgers and sandwiches with meats fresh from their local farm, so if you're free during the week, go on by for some great food and merchandise from the area.

THURSDAYS

Herndon Farmers' Market

Featuring a wide selection of local meat and produce vendors, as well as sweets, breads, frozen fruit pops, and vegan products. On several market days throughout the summer, shows and performances for kids are held on the Town Green – check their website for the full schedule. There will also be a Master Gardener Plant Clinic on site to answer questions about plants in your landscape. Bring your questions

and/or your plants to see what type of care they need to thrive. Bring the whole family to this community event!

FRIDAYS

McLean Farmers' Market

A huge variety of fresh fruit and produce await you—provided by our favorite farmers traveling from Caroline, Orange, and Westmoreland Counties in Virginia and the Buchanan Valley in Pennsylvania. That's only a handful of the rich and diverse community of local producers you'll find at the McLean Farmers' market. Every week the Fairfax County Master Gardener Plant Clinic has a tent in front of the market, so stop by and take advantage of in-person answers to your plant and landscaping questions.

SATURDAYS

Reston Farmers' Market

The Farmers and Crafters return to Lake Anne, kicking off the return to browsing crafts, catching some fun music, and sampling some fabulous farmer wares. The Market commences with the farmers opening shop at 8am and the Crafters ready to sell by 9am. There will be music in front of Reston's Used Book Shop starting at 11am. Come by and say hello to your neighbors!

One Loudoun Farmers' Market

North end of Exchange Street, One Loudoun
8am-12pm

Vendors come from within a 125 mile radius of Leesburg; far superior to anything at the local big box grocery store. The One Loudoun Farmers' Market provides goods from a variety of Pennsylvania fruit farms and Northern Neck vegetable growers. If you want to choose just Loudoun farmers you can do that too—the choice is yours! At the market you will find fresh fruits and vegetables that were picked the day before. There are even some farmers who pick right before they head to the market. That is fresh. The bakers are all busy baking Thursday and Friday to bring you fresh-from-the-oven goodness.

Be sure to ask a vendor the best way to store your purchases. A paper towel in with lettuce may help keep things from getting wilted. Putting herbs in water will make them ready for your needs for several days. The guy in the local produce department? He may be able to tell you a few things but he won't know as much as the guys that grow it! ♦





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The Rotary Club of Reston DONATES \$3,000 FOR THE ERADICATION OF POLIO

The Rotary Club of Reston announced that it has donated \$1,000 to PolioPlus, a Rotary-led program with the express mission of eradicating the polio virus world-wide. This was matched 2-to-1 by the Bill & Melinda Gates Foundation, for a total gift of \$3,000.

In 2015, the world saw historic progress against the paralyzing disease, with just two countries – Afghanistan and Pakistan—reporting a single strain of the wild virus. If the current momentum is strengthened, this year may mark the last case of wild poliovirus.

2015 MILESTONES

Nigeria—the last polio-endemic country in Africa—was removed from the World Health Organization's list of endemic countries in September, following one year without a new case of the wild virus. The last wild polio case anywhere on the African continent was in August 2014.

In September 2015, one of the three strains of the wild poliovirus—Type 2—was certified as eradicated, with no cases since 1999. Type 3 has not been seen anywhere in the world since November 2012.

Pakistan, which continues to report the majority of the world's polio cases, reduced its caseload by 82 percent in 2015 over the previous year.

FUNDS NEEDED

To sustain this progress, and protect all children from polio, experts say \$1.5 billion is urgently needed. Without full funding

and political commitment, the disease could return to previously polio-free countries, putting children everywhere at risk.

Rotary's funds will support efforts to end polio in Pakistan (\$11.4 million) and Afghanistan (\$6 million).

Additional funds will support efforts to keep other at-risk countries polio-free: Nigeria (\$5.5), Cameroon (\$1.6 million), Chad (\$2 million); Ethiopia (\$4.1 million), Somalia (\$1.8 million), Iraq (\$1.6 million) and India (\$618,000). Finally, \$355,000 in funds will be dedicated to polio research.

Rotary launched its polio immunization program PolioPlus in 1985 and in 1988 became a spearheading partner in the Global Polio Eradication Initiative with the WHO, UNICEF, and the U.S. Centers for Disease Control and Prevention, which was later joined by the Bill & Melinda Gates Foundation. Since the initiative launched, the incidence of polio has plummeted by more than 99.9 percent, from about 350,000 cases a year to 70 confirmed to date in 2015.

Rotary has contributed more than \$1.5 billion and countless volunteer hours to fight polio. Through 2018, every dollar Rotary commits to polio eradication will be matched two-to-one by the Bill & Melinda Gates Foundation up to \$35 million a year. ♦



BY ALEXANDRA ROSSI



"Stop Hunger Now" EVENT IN RESTON PACKAGED 10K+ MEALS

On June 11, the Rotary Club of Reston held a "Stop Hunger Now" event, packaging 10,150 meals for people in need all over the world.

This event was made possible by the generosity of the YMCA of Reston, which provided the Rotary Club with the perfect location; by the incredible efforts made by Stop Hunger Now Assistant Program Manager Alex Hart; and by a \$3,000 donation from the Rotary Club of Reston, which enabled the group to host the event.

Local families, some of them with their children, gathered at the YMCA Reston to package the meals to benefit thousands of people in need.

The Rotary Club of Reston looks forward to hosting another Stop Hunger Now event in the future. For more information, please visit RestonRotary.org. ♦



Photos by Sonia Castillo-Smith and Rich Smith.



SUMMER CAMPS AT YMCA FAIRFAX COUNTY RESTON

Keeps Youth Moving, Learning and Exploring All Summer Long

Summer is the ideal time for kids to get up, get out, and explore, but for some kids no school means no access to the recreational and educational activities they need to learn, grow, and thrive. As a result, some kids will experience learning loss and can gain weight twice as fast as they do during the school year. For parents and caregivers looking to keep their kids' minds and bodies active, the YMCA Fairfax County Reston offers a summer camp to provide youth with an adventurous, active, and healthy summer.

"YMCA summer camp supports the social and emotional development as well as the physical well-being of kids," says Kiara Holloman, Program Director at the Reston Y camp. "Kids are in a welcoming environment where they can belong, build relationships, develop character and achieve – discovering their potential. We really encourage parents to give their kids the gift of camp so that every child can benefit from the experience."

Holloman says there are five reasons why children and teens should attend summer camp:

- **ADVENTURE:** Summer camp is all about a wide variety of fun adventures and new experiences, especially exploring the outdoors. YMCA camps present a new adventure for every child and teen. Visit www.ymcadc.org
- **HEALTHY FUN:** Camp offers fun, stimulating activities that engage the body and mind, and also teaches children and teens about nutrition to improve their eating habits.

- **PERSONAL GROWTH:** Being away from the routine back home gives youth the chance to learn new skills and develop confidence and independence by taking on new responsibilities and challenges. Camp offers children an opportunity to achieve on a cognitive, social, and emotional level while not in school.
- **NEW FRIENDSHIPS:** Amidst the fun of camp games, songs, swimming, Lego robotics and talent shows, campers will have the chance to meet new friends and strengthen their existing friendships.
- **MEMORIES:** Summer camp is an unforgettable experience that will give each camper memories (and camp traditions) that will last a lifetime. Campers will return to school with plenty of camp stories to share with their classmates!

For more information, visit www.ymcadc.org or contact Kiara Holloman at Kiara.Holloman@ymcadc.org

ABOUT THE Y

The Y is one of the nation's leading nonprofits strengthening communities through youth development, healthy living and social responsibility. Across the U.S., 2,700 Ys engage 21 million men, women and children – regardless of age, income or background – to nurture the potential of children and teens, improve the nation's health and well-being, and provide opportunities to give back and support neighbors. Anchored in more than 10,000 communities, the Y has the long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change. ♦

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BY PETER MCCANDLESS

The Kidsave Story

(In the words of Terry Baugh, founder and president)

[BACKGROUND NOTE:] In 1993, Washington, D.C. marketing communications manager Terry Baugh traveled to Russia to adopt a child. She was not prepared for what she saw. The orphanage was a huge, cold institution with an insufficient number of caregivers for all of the children. Children with shaved heads were sitting in playpens with no toys and no stimulation. The caregivers meant well, but there were so few of them for so many children. For months after her return home, Terry could not get their faces out of her mind.]

A KIDSAVE RESTON SUCCESS STORY

Photos at left (from top to bottom) Katya and Julia.

When Katya and Julia arrived to the US for the first time. (Airport) Julia is in yellow.

Julia and her kids at the town center for a "kid" event/show.

The whole family at Julia's sister graduation. Left to right. Parents Raul and Ana Ramos, and their daughters Melissa, Diana, Julia, and Katya.

GLOBALLY AN ESTIMATED 2-8 MILLION CHILDREN ARE IN ORPHANAGES.

In 1997, Randi (Thompson, at the Porter-Novelli Agency) and I founded Kidsave, a nonprofit organization whose mission is to create change so older, often forgotten, orphanage and foster kids grow up in families and connected to caring adults.

Since we couldn't find any established organizations that were doing this work at the time, we decided to start our own. We knew nothing about running a charity, but we had a strong desire to create change. Still, we seemed to be putting people to sleep when we tried to get them to care about the plight of older orphans.

Then we heard about a program that had given 13 children from foreign orphanages summer vacations in the US. Bill Novelli, my old boss, always said it didn't matter if you had an original idea or applied someone else's. We used our marketing skills to scale up that summer vacation idea, with the goal to build awareness and help more children find adoptive families.

In the summer of 1999, Kidsave gave 177 older orphanage children summer vacations in the US—97% of these children were adopted by their American host families. It was a miracle for these children and a confirmation of our work for Randi and me. It goes beyond marketing to human nature. When a family meets a child in need, many fall in love and are compelled to help. They, like us, become passionate.

Our mission is to create global change—we work in Russia, Colombia, and Sierra Leone to help governments and child welfare professionals use the Family Visit Model and other mentoring programs to place their own orphans into their local families. Over the years, we believe our trainings and programs all around the world have helped about 15,000 children connect to committed parents and caring adults.

THE JULIA RAMOS JOURNEY:

A Kidsave Reston Success Story

Julia's story starts in an orphanage 877 miles south of Moscow in Astrakhan, a city of 520,000 on the banks of the Volga River. Abandoned by their mother, Julia and sister Katya lived with grandparents until they were 4 and 2 years old.

"Our grandfather was a loving and hard-working man," Julia said. "He was our biggest supporter. Our grandmother was blind and an alcoholic and was unable to care for us. Katya and I were very young when our grandfather killed himself. It was especially hard for me because I was the one who found him, and have not been able to get the image out of my head since."

"After my grandfather's passing life got tougher," Julia continues. "Food was scarce and at times there was none at all. I felt cheated out of my childhood because I was forced to mature and take on the mother role for my little sister. She was all I had."

Julia and Katya were taken from their grandparent's home to the cold, crowded orphanage in Astrakhan. Julie recalls that life at the orphanage was often unbearable. "We lacked education, food, and other essential necessities. But most of all we lacked love, comfort, and a family. Meal portions at the orphanage were small and I remember always being hungry—feelings I will never forget."

By the time Julia and Katya were adopted in 2001, Kidsave already had an agreement with the regional office that this orphanage was approved to send children to the U.S. for Kidsave's "Summer Miracles" program. The orphanage director would select children he wanted to spend 2 months in the US. He would then send a photo, social and medical background. When the kids arrived, Kidsave presented the children to prospective parents.

IN THE U.S.
640,000
CHILDREN
ARE IN
FOSTER CARE.

Julia's future parents, Ana and Raul Ramos came late to the selection and were told that all children already had a designated family except for Julia and Katya. The Ramos' agreed to host them for the summer: they had two weeks to decide if they wanted to pursue the adoption. Both girls were grey, gaunt and malnourished. Julia was 11-years-old and weighed only 46 pounds.

Ana and Raul fell in love with the two girls and the adoption papers were soon signed. Transition from the orphanage to the Ramos loving home and family felt very natural for Julia and Katya. "We fit right in," Julia says. I remember the very first night. Katya did not hold back, calling Ana and Raul mama and papa." Language barriers were easily overcome with hand gestures. Julia recalls that both girls were so starved, "we emptied the Ramos refrigerator once a week all summer."

Summer camp was filled with swimming, games and learning. Kidsave assigned them a Russian translator who helped with early English learning. Elementary school followed with English as a second language (ELS) classes. "We picked up our English quickly," Julia said. The adoption was such a success that a year later, the Ramos' adopted Diana, a third Russian girl through Kidsave.

Fast forward to today. Julia is 25 and a graduate of Radford College, Radford, Virginia with a degree in special education. She has her own apartment in Reston Town Center and works full time as a nanny for a family in Great Falls. Katya, also graduated from Radford, is married, has one child and one on the way. Diana was the third Ramos to graduate from Radford and is living and working in Fairfax.

"Looking back, I never realized how much I longed for someone to comfort me when I was sad or sick," Julia said, "and I never knew what it was like for someone to be there for me and encourage me to succeed. I am deeply grateful to the Kidsave program for literally saving my life and the life of my sisters. But my deepest, heartfelt gratitude goes out to Ana and Raul for their courage, love, generosity and warm sense of family. Without them, I most likely would have ended up like my biological mother and father, living without hope, love, education or a future." ❖



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KELLER WILLIAMS



BY PETER MCCANDLESS

Roosters Men's Grooming Center OPENS NEW LOCATION IN RESTON

Owners Larry Hall (second from left) and Amy Hall (with scissors) cut the ribbon on their newly minted Roosters Men's Grooming Store (MGC) store in Reston Town Center on Friday, May 13. Assisting in the Grand Opening event is Chris Little (far left), a board member of the Wounded Warrior Foundation, to whom the Halls are donating a portion of their opening day proceeds; Fairfax County Supervisor Cathy Hudgins, Hunter Mill District (third from left); the Hall's daughter, Kacie, and her lab puppy Aspen; and Greater Reston Chamber of Commerce Executive Director Mark Ingrao (right).

Amy and Larry Hall also own two Loudoun County Roosters Men's Grooming Center (MGC) locations, in Leesburg and Ashburn. There are nearly 80 franchises nationwide, with additional expansion plans throughout the U.S.

The first Roosters MGC opened in Lapeer, Mich., in 1999 by Master Barber and Founder Joe Grondin, who strives to give customers the best in men's personal grooming services to ensure the experience brings you back to the store.

Roosters MGC is part of the worldwide family of Regis Corporation. For more information, visit www.RoostersMGC.com.



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to the Community*

BY ALEXANDRA ROSSI

On Saturday, June 18, the Reston District Police Station celebrated the opening of their new building on Cameron Glenn Drive with an event for the whole family. The event offered food, drinks and entertainment for both kids and adults.

The building, designed by AECOM, also houses the office for the Hunter Mill District Supervisor, Cathy Hudgins.



Lt. Jen Lescallett, Captain Ronald T. Manzo, and Chief Pilot Jason Post.



PFC Robert Rankin, MPO Ryan O'Connor, Lt. Michael Fish, PFC Landon Hopson, MPO Steve Depue



Teachers (left to right): Anandhi Radhakrishnan, Rosie Malik, Joyce Scheuermann, Eliana Jaoude, Kyuo-Bin Choi, and Allie Baker.



BY ALEXANDRA ROSSI

ARTISTS AND AUTHORS NIGHT *at Reston Montessori School*

On June 8, Reston Montessori School held its annual Artists and Authors Night, where kindergarteners exhibited their artwork in an end-of-the-school-year celebration with their parents and teachers.

Throughout the school year, the kindergarteners attended several field

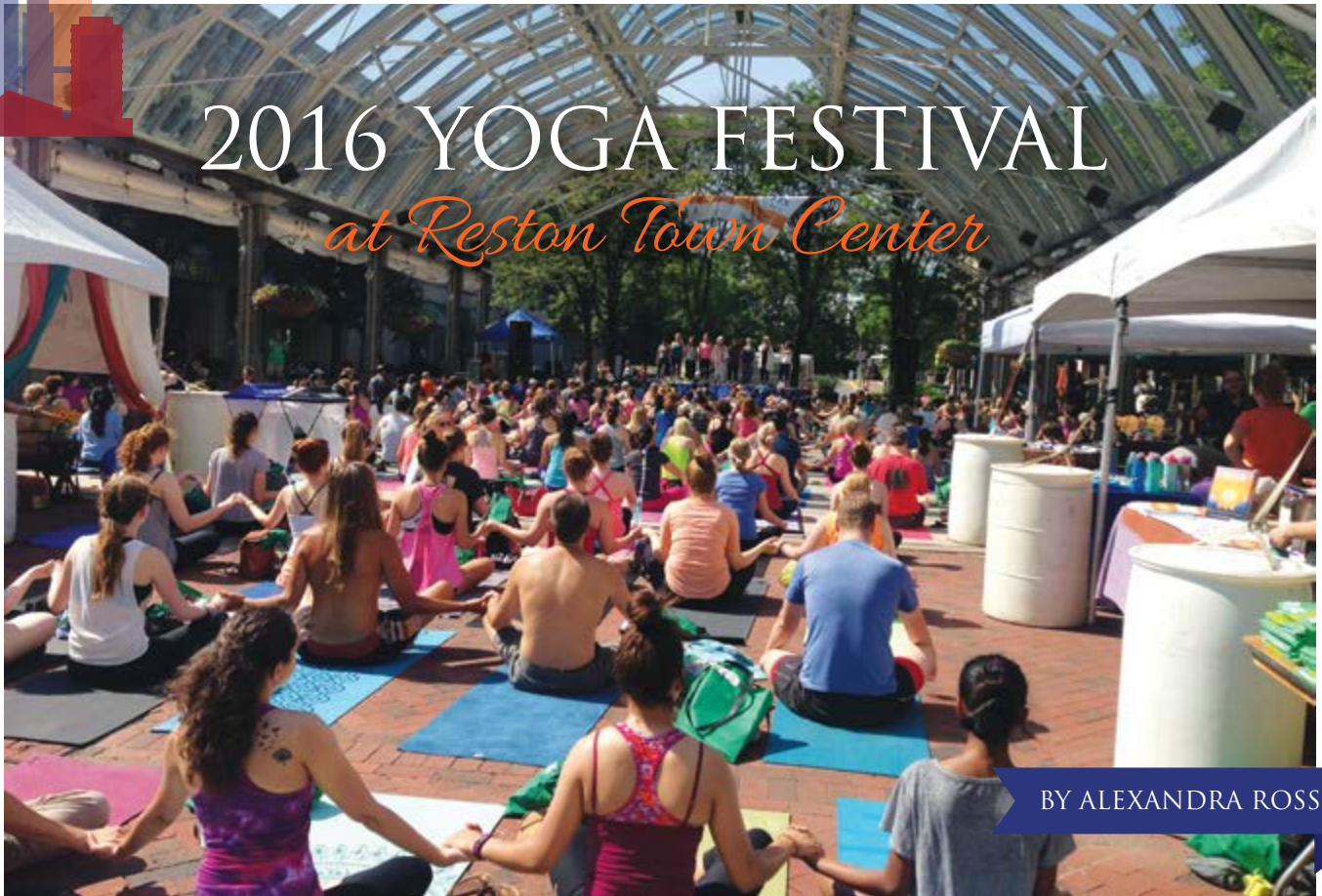
trips, including the National Gallery of Art, where they learned about different artists. Then they recreated some of the famous pieces, trying to emulate the artists' style.

The event culminated with a graduation cake and a song as a farewell to the students' kindergarten years. ♦



2016 YOGA FESTIVAL

at Reston Town Center



BY ALEXANDRA ROSSI

Kids tent



Elsa Lam and her team at the Golden Health Pharmacy booth.



8TH ANNUAL

Love Your Body Yoga Festival

DONATES \$1,555

On June 12, Reston Town Center was filled with yoga, music, wellness and healthy activities when Beloved Yoga held its 8th Annual Love Your Body Yoga Festival.

Hundreds of people of all ages enjoyed free yoga lessons and massages, healthy food, music, and fun activities.

Maryam Ovissi, owner of Beloved Yoga, said profits of \$1,555 raised at the event will be used to pay the teachers who give free yoga lessons to the community, especially at the SouthGate Community Center. She will also make a donation of \$1,000 to the SouthGate Advisory Board for the new field currently under construction. ❖



Maryam Ovissi



Photos on this page, credit: Laurentina Photography



BY ALEXANDRA ROSSI



TASTE OF RESTON *Another Great Event*

Thousands of people flooded Reston Town Center's streets the weekend of July 17 and 18, when the Greater Reston Chamber of Commerce held its 26th Annual Taste of Reston.

Adults enjoyed Wine'n Dine with a variety of food, beverages and desserts from vendors along Market Street. Participating Restaurants included Not Your Average Joe's Reston, Melting Pot, M&S Grill, Nomini Bay Oyster Ranch, McCormick & Schmick's, Neyla, Gregorio's Tratoria, Delsur Baked Goods, Vinifera and Tavern 64, to name just a few.

In addition, the YMCA Fairfax County Reston partnered with the Chamber to bring the Family Fun Zone! Children and families enjoyed games, crafts, games, a free photo booth, caricatures, cooking and fitness demonstrations, face painting and scavenger hunt prizes for all to enjoy.

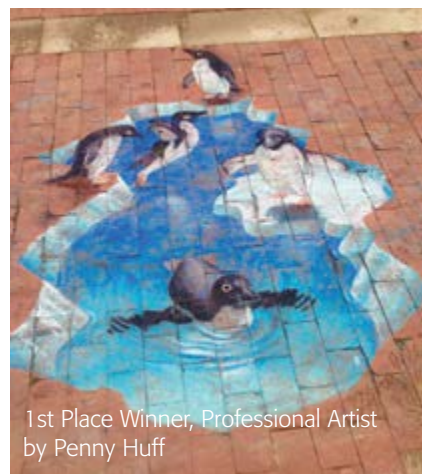
The event also featured four stages of live entertainment, with the band "The Reagan Years" taking the stage on Saturday night.

Voted the "Best Outdoor Food Festival in Northern Virginia" by Virginia Living Magazine for the fifth year in a row, the Annual Taste of Reston also featured business exhibits, including the brand new Clarewood University—the first university headquartered in Reston— The Zone, iSchool for the Future, Knapp Chiropractic, Washington Film Festival, Boston Properties, Homefix Custom Remodeling, Gutter Helmet and Viva Reston Lifestyle Magazine, among others. ♦





Grace enjoys taking part in the Family/Elementary School category



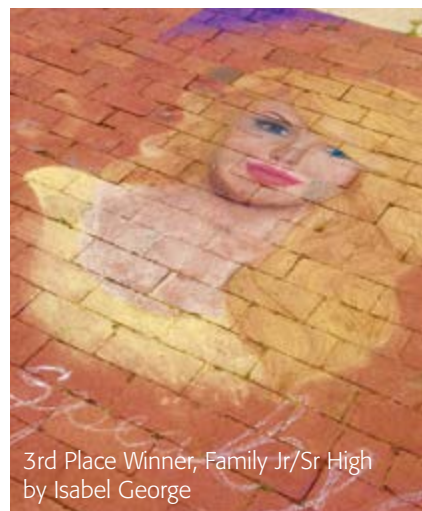
1st Place Winner, Professional Artist by Penny Huff



BY ALEXANDRA ROSSI



1st Place Winner, Amateur Artist by April Komer



3rd Place Winner, Family Jr/Sr High by Isabel George

2016 LAKE ANNE *Chalk Festival*

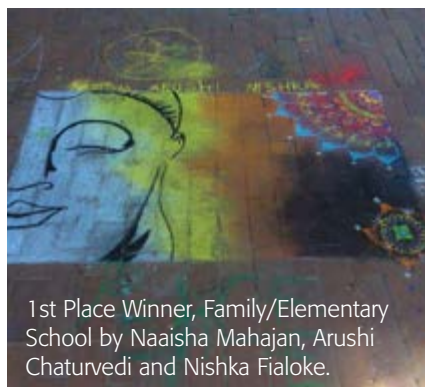
On June 11th and 12th, Lake Anne Plaza turned into a Chalk Art Museum organized by IPAR (Initiative for Public Art—Reston). Participants of all ages and skills created amazing sidewalk art. First prize in the Professional Artist category went to Penny Huff, while first place among Amateur Artists was awarded to April Komer. Samantha Holden received first place for her work amid the Junior Senior High School field, and even Family/Elementary School children got in on the action, with Naaisha Mahajan, Arushi Chaturvedi and Nishka Fialoke all taking home gold for their chalk art. ❖



3rd Place Winner, Amateur Artist by Priya Janaki Kasturiransan



2nd Place Winner, Amateur Artist by Rob Carter



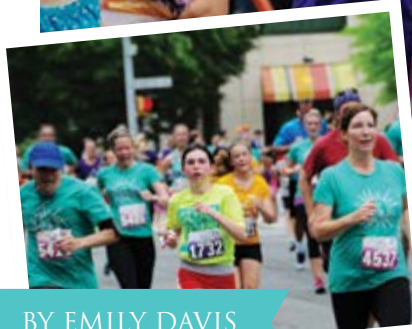
1st Place Winner, Family/Elementary School by Naaisha Mahajan, Arushi Chaturvedi and Nishka Fialoke.



2nd Place Winner, Professional Artist by Ioannis Hadjikyriakou



Photo credit: David Brooks



BY EMILY DAVIS

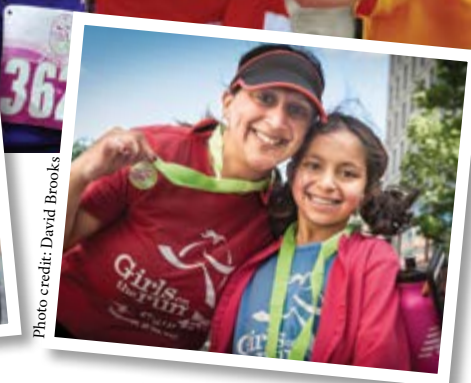


Photo credit: David Brooks



Girls on the Run of NOVA

IS WORKING TO BUILD STRONG, CONFIDENT, AND HEALTHY GIRLS IN NORTHERN VIRGINIA

Did you know more than half of girls experience a drop in confidence when they hit puberty? A 2014 study on puberty and confidence found only 19 percent of girls surveyed had a positive association with the phrase "like a girl."

Girls on the Run of NOVA (GOTR NOVA) is working to change this by helping local girls gain the skills they need to become strong, confident, and healthy women. With a unique, research-based curriculum that creatively integrates running, Girls on the Run promotes healthy lifestyles and a positive self-image.

"Girls on the Run lessons help girls to develop important strategies and skills they need to successfully navigate life experiences," said Katey Comerford, Executive Director for GOTR NOVA. "These include standing up to peer pressure, being intentional about choosing friendships, identifying and handling both comfortable and uncomfortable emotions, and demonstrating respect and responsibility towards oneself and towards others."

GOTR NOVA has two tiers of youth enrichment: Girls on the Run for 3rd-5th grade girls and Heart & Sole for 6th-8th grade girls. Programming is delivered over a 10-week season with teams meeting twice each week, before or after school. Trained Volunteer Coaches work directly with the girls, mentoring and guiding their teams through discussion based lessons that transition to fitness activities designed to reinforce the day's topic.

"Girls on the Run ignites a belief in each participant that she can achieve anything," said Comerford. "We help girls increase confidence in who they are, develop strength of character, create positive connections with peers and adults, and make meaningful contributions to their community."

Over its 16-year history, Girls on the Run of NOVA has directly impacted more than 55,000 girls throughout Northern Virginia. Several Reston schools hosted Girls on the Run teams during the 2015-16 school year, including Armstrong Elementary, Aldrin Elementary, Dogwood Elementary, Forest Edge Elementary, Lake Anne Elementary, and Reston Montessori School. ❖

BRING GIRLS ON THE RUN AND HEART & SOLE TO YOUR COMMUNITY

GOTR NOVA is a nonprofit organization that needs your help to grow. Each season, hundreds of volunteers, donors, and sponsors (including *VivaReston Lifestyle Magazine*) come together to support the program.

Heart & Sole is Girls on the Run's newest offering - a newly revamped program specifically designed for middle school girls. The program creates a positive, structured space for girls to learn about themselves, explore new ideas, cultivate empathy, strengthen connections and develop life skills that will help them as they move through adolescence and beyond. GOTR NOVA wants to bring Heart & Sole to your school for the Fall 2016 season.

"Only 1 in 4 girls in Northern Virginia has access to Girls on the Run programming," said Comerford. "We need your help spreading the word so Girls on the Run of NOVA can continue to increase access to high quality youth development programming throughout Northern Virginia." If you are interested in learning more about how you can start a team, register a family member, or volunteer your time, visit www.gotrnova.org.

SEPT
9-10

UPCOMING EVENTS

BY JANET REMS



A Growing Public Art Tradition

CHALKFEST AT RESTON TOWN CENTER RETURNS SEPT. 9 AND 10

By Janet Rems, IPAR Communications Chair

Chalk by its very nature is an ephemeral artistic medium. But the fun and satisfaction—and camaraderie if done as a group—derived from uninhibitedly expressing your inner artist with chalk can be a truly memorable experience.

For the past three years, those rewards have been repeatedly affirmed by the growing popularity of ChalkFest at Reston Town Center.

Rain or shine, the next ChalkFest will take place Friday and Saturday, Sept. 9 and 10, at Reston Town Center. It will be open to professional artists/sponsors/ on Friday from noon to 11 p.m. and everyone on Saturday from 8 a.m. to 4:30 p.m. On Saturday, Sept. 3, a free Chalk Workshop with artist Patrick Owens will be offered at the center 11 a.m. to 1 p.m.

The “canvas” will be 4-by-8-feet and 4-by-4-feet spaces all along Market Street. In addition to the sheer joy of creating street-art with chalk, the ChalkFest will award prizes in various categories, including the People’s Choice Awards.

ChalkFest draws a wide range of participants and an even larger group of visitors. In 2015, more than 2,000 visitors participated in ChalkFest programming, exceeding expected goals.

The idea of creating a Reston Chalkfest was initially suggested in 2009 from well-known community activist Bill Bouie, vice chair of the IPAR Board, chairman of the Fairfax County Park Authority Board and a longtime Reston Community Center board member. He was inspired by the annual Sidewalk Arts Festival, now a 35-year-old tradition at the Savannah College of Art and Design (SCAD), where his daughter Kerri attended. Kerri, who earned a BFA from SCAD and

is now a staff designer at Wingate-Hughes Architects, helped IPAR organize Reston Town Center’s first ChalkFest and remains involved. In a fortuitous meeting of minds, about the same time, David Youst, of Boston Properties, suggested Reston Town Center as a ChalkFest location.

Professional artist Penny Hauffe, who has participated in both Reston Chalk festivals from their inceptions, is major fan of the art form. Hauffe, whose chalk works have won many awards, including a first place at the June Chalk on the Water festival at Lake Anne Village Center, says they have “opened my eyes to a whole new—okay, new to me—world of art.”

She adds, “I’ve always enjoyed painting in public places for the social interaction it invites. There is something about a chalk festival that really appeals to people on all levels and from all walks of life, and it gives me a chance to share my artistic vision.”

Similarly, for Anne Delaney, IPAR’s executive director, the success of the Chalkfests comes directly from how they engage people of all ages and artistic skills. “Kids and amateur artists get to draw alongside professional artists,” she says, “and it is as much a family event as an opportunity for professional artists to showcase their skills and meet other artists.”

Another important dividend, Delaney emphasizes, is “to remind the community of the inherent joy in art and the importance of public art.”

For ChalkFest at Reston Town Center information and to sign up, visit ChalkFest’s website at www.chalkfest.us. ❖



At Reston Town Center
Event located on Market Street



SAVE **the** DATE!

Friday, September 9th

Noon - 11:00 pm

Professional Artists/Sponsors

Saturday, September 10th

8:00 am - 4:30 pm

Open to All



REGISTRATION

We encourage you to register in advance in order to secure a space. You may register at www.chalkfest.us ~ It will be possible to register the day of the event at the Pavilion, first come, first served as space & supplies permit. You may pay with cash or credit card. Sponsorship opportunities may be found on our site www.publicartreston.org



Photo credit: Reston Community Center

BY PETER MCCANDLESS

RESTON'S POPULAR *Multicultural Festival*

COMING TO LAKE ANNE PLAZA ON SEPTEMBER 24

National Heritage Fellows to Perform

Every September for the past 25 years, the Reston community is invited to “Discover the World” at the Reston Multicultural Festival. Created by the Reston Community Center, this signature Reston event honors the cultural diversity that is one of the community’s greatest assets, and brings to life the vision that Reston founder Robert E. Simon had for this unique place.

The 2016 Reston Multicultural Festival returns to Lake Anne Plaza on Saturday, September 24 from 11am to 6pm. Attendees are encouraged to dress in native attire and share the uniqueness of their cultural roots.

The Festival will open with a Naturalization Ceremony, where America’s newest citizens will take the Oath of Allegiance. The World Stage, Global Stage and the Gallery Stage will feature an all-day series of free performances representing many of the world’s cultures. Fans of dance will enjoy Tahitian, Spanish, Bolivian, Polynesian, Indian, and Chinese Lion dances, to mention a few. Numerous musicians performing a variety of world music styles will also perform.

Two National Heritage Fellows will join the festivities this year: Irish button accordionist Billy McComiskey and traditional blues and gospel singer Sherman Holmes of the Sherman Holmes Project. The National Heritage Award Fellowship is the highest honor bestowed upon folk or traditional artists by the United States Government through the National Endowment for the Arts.

In addition to performances, the Festival will feature an array of arts and crafts activities and Reston’s unique Multicultural Book Fair for the entire family. The Book Fair will feature award-winning books that vividly tell the stories that help shaped the world’s cultures. Author Alice Y.

Chen will read from her book “The Centipede Dragon” and conduct activities for the whole family related to the Hmong culture.

On Saturday, attendees can enjoy culturally diverse foods at the Global Café or shop in the Global Market and take home a memento from artisans’ work from neighboring lands. With a vast array of performing arts, family activities, ethnic cuisine and global arts and crafts, there will be something for everyone to enjoy! A complete schedule of events is available at www.restoncommunitycenter.com.

For more information contact BeBe Nguyen (703) 390-6145 or visit our website.

WHERE:

Lake Anne Plaza, 1609-A Washington Plaza, Reston, VA 20190

WHEN:

Saturday, September 24, 11 a.m. to 6 p.m.

PARKING:

Off-site Parking is available at Brown’s Chapel, and the Tzu Chi Foundation. All are within a short walking distance to the Festival site.

The Reston Multicultural Festival is presented by Reston Community Center, hosted by Lake Anne Plaza, and co-sponsored by Reston Association, Lake Anne of Reston Condominium Association, and The Lake Anne Merchants Association with partners from a variety of Reston-based organizations and businesses. *VivaReston Lifestyle Magazine* is the official media sponsor of this year’s Festival. ❖

RESTON MULTICULTURAL FESTIVAL



**SATURDAY
SEPTEMBER 24**

11:00 a.m. – 6:00 p.m.

FREE • Rain or Shine • Lake Anne Plaza

The Reston Multicultural Festival is an annual event that brings together the people of Reston to celebrate our rich medley of cultures. The Multicultural Festival features a Naturalization Ceremony, International Book Fair, National Heritage Award Fellows, arts & crafts, exciting entertainment, the *Art Mirrors Culture* exhibit, delicious food and family activities from around the world.

**For more information, please contact Kevin Danaher,
RCC Community Events Director, at 703-390-6166.**



The Reston Multicultural Festival, presented by Reston Community Center, is hosted by the Lake Anne Plaza and co-sponsored by the Reston Association, with partners from a variety of Reston-based organizations and businesses. *Reston Lifestyle* is the official media sponsor for this year's festival.



Like us on Facebook
Follow us on Twitter

www.restoncommunitycenter.com

To request reasonable ADA accommodations, call 703-476-4500, TTY 711.





LOOPHOLES
Take a Hit

BY KATHERINE MACKEY



New changes to Social Security rules close off two popular loopholes. Will they affect your benefits?

As part of last year's Bipartisan Budget Act of 2015, Congress approved some major changes to Social Security which could impact your benefits.

Designed to eliminate "loopholes," the new rules will mostly impact married, dual-income couples. It is estimated that couples could stand to lose as much as \$60,000 in benefits as a result of these changes.

THE "FILE AND SUSPEND" STRATEGY

The biggest change is the elimination of the popular "file and suspend" strategy. Leveraging this strategy, an individual could file for benefits at Full Retirement Age, then immediately suspend payments. The spouse could then file to receive a spousal benefit. The spousal benefit could be equal half of the benefit amount of the spouse who had suspended the benefit. This strategy allowed for a payout of benefits to the household, while both individuals still continued to grow benefits until age 70 at the rate of 8% per year.

Under the new law, spousal or dependent benefits can only be collected once the filer has started collecting their social security benefits.

There are exceptions. Anyone born on or before May 1, 1950 is still eligible to file and suspend. Executing this strategy will permit others in the household to become eligible to collect benefits based on the individual who has filed. To do so, paperwork must be submitted by April 29, 2016.

THE "RESTRICTED APPLICATION" STRATEGY

Another change eliminated the ability for dual-earner couples to effectively double claim. Under this loophole, a spouse could choose to file to collect only a spousal benefit upon reaching the full retirement age, then later switch to their own benefits which will most likely be higher due to delayed claiming (at a rate of 8% a year until age 70).

Under the new law, anyone born after Jan 1, 1954 will no longer be allowed to start collecting a spousal benefit upon full retirement age and delay collecting their own benefit. Those born before this date can continue to file for a spousal benefit at their Full Retirement Age and defer their individual benefit to a later time.

Also, the changes won't necessarily apply to a widow or widower. A surviving spouse could still claim a survivor benefit and defer his or her own retirement provided the survivor has not already filed to receive benefits.

Determining the maximum possible Social Security benefits for a household can be quite complicated, depending on age, life expectancy, age disparity, income and other factors. We know Social Security can be an important part of your retirement income, so it's a good idea to discuss your Social Security strategy with your Financial Advisor to see how it may impact your long-term goals. Reach out to me with any questions you might have.

SOURCES/DISCLAIMER

1 New York Times, http://www.nytimes.com/2015/12/05/your-money/the-end-of-social-security-loopholes-what-now.html

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If you'd like to learn more, please contact Katherine Mackey, Financial Advisor, Morgan Stanley Wealth Management, 703 456 6054.

Article provided courtesy of a Morgan Stanley Financial Advisor.

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Morgan Stanley Financial Advisor(s) engaged Reston Lifestyle Magazine to feature this article.

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CRC 138612 [1/16]

Top 10 School In The World



Is Your Child Bored? Ours Certainly Aren't!!

**Come See Why Families Have Moved From Around The Country
Specifically For Their Children To Attend Nysmith.**

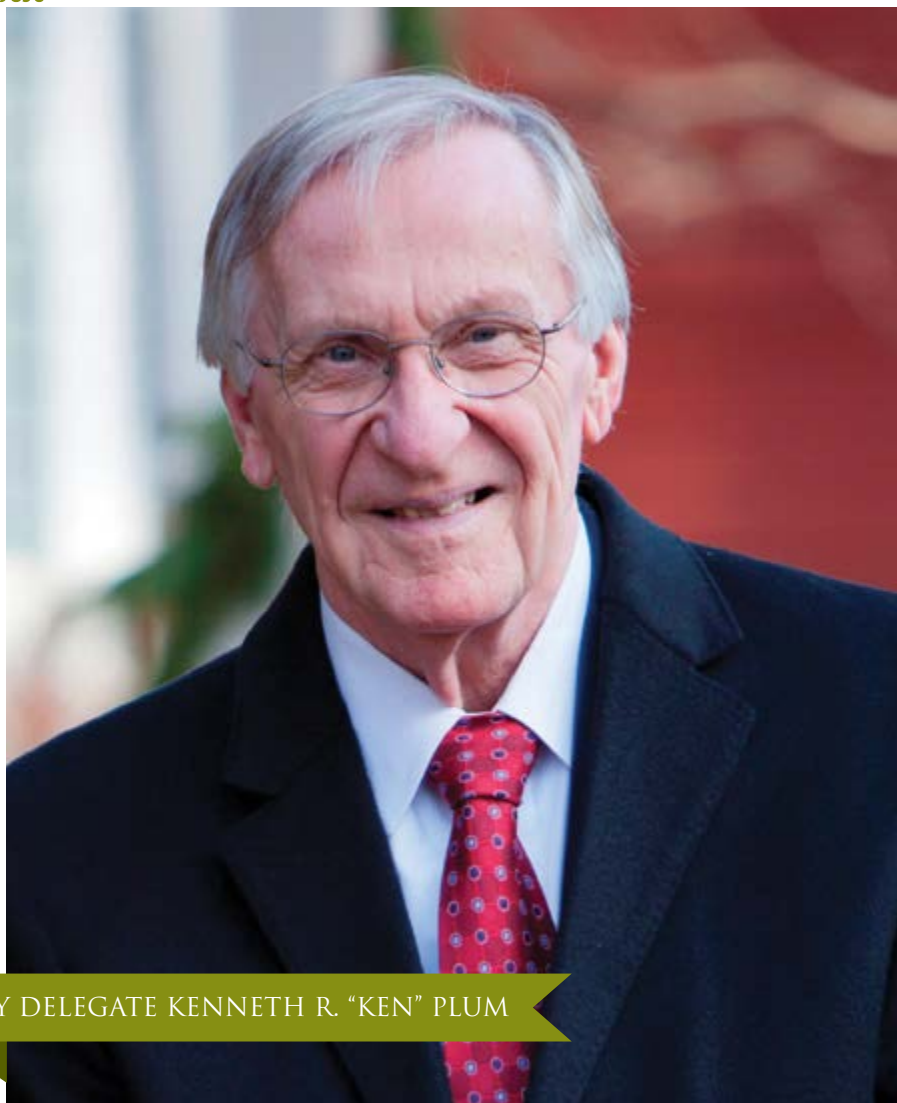


Small Classes 1:9 Ratio

The award-winning Nysmith School diversifies academics up to four grade levels in a loving environment to meet the needs of each child. Daily science, computers, foreign language, logic, and much more. Minimal repetition, minimal homework. Come see how Nysmith will prepare your child for the future while having fun.

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FOR THE GIFTED

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nysmith.com**



BY DELEGATE KENNETH R. "KEN" PLUM

Out Around RESTON

Opportunities abound in Reston and its environs to get outdoors for fitness, relaxation and fun. The Reston trail system is wonderful, but don't feel confined to the trails in your neighborhood. Check out the ones across the community as well. Venture onto the Fairfax Cross County Trail and hike or bike to Great Falls. Jane and I have walked the Cross County Trail in segments; check for a map at www.fairfaxcounty.gov/parks/cct/.

Within easy driving distance of Reston are unique and special parks at all levels of government. They are free or low cost and at various levels of rigor.

Less than two hours away is the East Coast's national park—Shenandoah National Park—for great sightseeing and hiking. (www.nps.gov/shen/index.htm) Travel out Route 66 to enter the Park at its northernmost point or take a leisurely drive south on Route 29 to Route 211 and enter the Park. Stay overnight at Skyland Resort, where I worked in the summers as a teenager, or at Big Meadows Lodge. The park is a great attraction any time of the year but is particularly popular in the fall when the leaves turn colors. There have been more black bear sightings this year than I have ever known; just follow the advice of the rangers, and you will be safe with the bears! Very rigorous hikes like Old Rag Mountain or short, flat hikes like Stony Man Mountain are among the options, while White Oak Canyon offers beautiful waterfalls.

For state parks, check out Sky Meadows Park about an hour from Reston. (www.dcr.virginia.gov/state-parks/sky-meadows#general_information) It has one of the best views of the Virginia Piedmont that I know of, and its trails are fairly flat. Birders love this park.

A great regional park is Meadowlark Gardens (www.novaparks.com/parks/meadowlark-botanical-gardens) just minutes from Reston. We visit often enough to buy an annual membership. Blossoms abound throughout the spring and summer, and some of its trails offer just enough grade for a cardio workout.

Fairfax County Parks are great as well. My grandchildren grew up thinking that I owned Frying Pan Park because I took them there so often. (www.fairfaxcounty.gov/parks/fryingpanpark). Kidwell Farm is a great educational outing for suburban children to experience a little of life on a farm. In the spring there are new baby animal births regularly that provide education and entertainment for children.

No need to travel far if you live in Reston for a healthy and fun outdoor adventure. If you see me on the trails, please say hello. I am always glad to talk with constituents around Reston! ♦



BY RYANNE WRIGHT

"The Tale of Trails" IN FAIRFAX COUNTY

Fairfax County has an extensive system of walking and biking trails suited for safe exercise, and Fairfax County's Parks and Recreation Department works tirelessly to give residents ample opportunities to enjoy themselves in the outdoors. Many trails, for example, allow the whole family, and even some furry friends, to participate in a healthy outdoor activity of their choosing. However, ongoing construction and trail maintenance can sometimes make it difficult to determine which County trail is best for personal interests. Additionally—in order to maintain a city-like appearance with a more residential area in many locations—Fairfax County tends to tuck away the trails out of public view, making them even more difficult to discover.

To counter this, Fairfax County government has created two new, online interactive map systems, which can help users not only discover trails in their area, but they can also help people map out their desired routes. The first system, "Bike Fairfax", can be found at www.tinyurl.com/zuj59wz. This system is designed specifically for bicyclists and highlights the many trails throughout Fairfax County that are suitable for biking.

A second map system, known as "Trail Buddy", can be found at www.tinyurl.com/jamsc8x, and provides all the information one would need for both regional and local trail systems, as well as what

surface material the trails are made out of and how wide they are. This allows users to plan a more desirable outdoor experience catered to what specifically interests them.

For those who are new to the trails, please know that no motorized vehicles are allowed. Trails are open from sunrise to sunset for personal safety, and are open to everyone, including walkers, runners, bike riders, and even horseback riders.

Throughout Fairfax County, there are regional trails that connect areas such as Lorton to areas as far away as Sterling. These trails span across the county in a generally circular direction and are more suited for those who enjoy more strenuous activities such as biking or training for long-distance runs, such as marathons.

Fairfax County also maintains what are known as local trails. These are the trails that snake through neighborhoods and parks and around ponds. These trails are perfect for family walks, leisurely exercise, and walking dogs. While bikes are welcome on all trails, local trails tend to be more narrow, making regional trails more suitable for serious cyclists.

No matter what trails you take and where they lead you, remember to stay hydrated, always bring a fully charged cell-phone and identification, apply sunscreen, and most importantly, enjoy yourself!

For more information about trails, please visit www.fairfaxcounty.gov/parks/trailsframe.htm. ♦



Taken at the Reston Zoo



Summer has arrived – school is out and your children are looking for new ways to fill their day. If you’ve lived here for a long time, it can sometimes be difficult to come up with inventive and stimulating ideas to keep your kids entertained. *VivaReston Lifestyle Magazine* is here to help! Here are some beloved old and exciting new attractions you can take your kids to, rain or shine, for some fun and educational activity options in lieu of school.



Places to Go

Reston and surrounding areas have plenty of fun places to visit with your kids—you just have to take the time to explore them! There are plenty of family friendly events in our Calendar of Events, located on pages 22–29, but here are some fun places that are open weekly for family visits.

Reston Zoo

The Reston Zoo has a Zoofari wagon ride, which takes guests on a narrated tour through their free-roaming safari. There is also a reptile house, budgie adventure aviary, and a petting barn to feed and pet sheep, goats, and many more favorites! The zoo is open from 9am to 5pm every day. Admission prices are: \$15 for adults, \$13 for seniors (65+) and military, and \$10 for kids (2-12). For more information, visit www.restonzoo.com.

1228 Hunter Mill Road
Vienna, Virginia 22182

The Water Mine

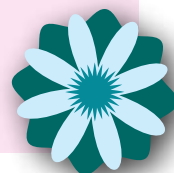
Come relax at this family water park with a water playground, a 725-foot long lazy river, slides, and so much more! The Water Mine will be open daily from 10am to 7pm, depending on weather. Admission prices are: \$15.95 (over 48" tall) on weekends & holidays; \$14.85 (over 48" tall) Monday through Friday; \$12.25 (under 48" tall); and \$9.00 after 5pm. Monday through Friday in July. For more information, visit www.fairfaxcounty.gov/parks/rec/watermine.

1400 Lake Fairfax Drive,
Reston, Virginia 22039

Heritage Farm Museum

Travel back in time with your young little farmer to the “Waxpool General Store,” milk a life-like cow, and participate in many other hands-on classes and programs. The museum is open Tuesday to Saturday from 9:30am to 4:30pm. and Sunday from 11:30am to 4:30pm. Admission prices are \$5 per adult and \$3 per child. For more information, visit www.loudounmuseum.com.

21668 Heritage Farm Lane
Sterling, Virginia 20164





Parks to Visit



Northern Virginia, especially the Fairfax area, is known for its phenomenal public parks and trail systems. Here are several that are perfect for children of all ages. For details such as special hours and available playing fields or recreation center spaces, visit www.fairfaxcounty.gov/parks.

Burke Lake Park

Burke Lake Park is known for its beautiful views and popular fitness trails. The park has one of the 10 best fitness trails in the nation, according to the American Hiking Society. Some hiking trails can be completed in 60 to 90 minutes with minimal hiking experience. If hiking isn't something that interests you, Burke Lake Park also has a mini-golf course, playgrounds, outdoor volleyball courts, and more! Admission is free for all Fairfax County residents. Charge for non-county residents on weekends and holidays only (no charge on weekdays), April through late October is: \$10 for cars, \$5 for motorcycles, \$10 for large capacity vans and \$40 for buses. The park is open daily from sunrise to sunset. For more information, visit www.fairfaxcounty.gov/parks/burkelakepark.

7315 Ox Road
Fairfax Station, Virginia, 22039

The Turner Farm

The Turner farm offers one of the most unique mixes of a recreational and an educational facility that your family could ask for. There are horseback riding and jumping facilities, a celestial telescope, and educational facilities, as well as picnic areas with trails for nature observation. The park is open dusk to dawn every day of the week. For more information, visit www.fairfaxcounty.gov/parks/turnerfarm.

925 Springvale Road
Great Falls, Virginia, 22066

Frying Pan Farm Park

Frying Pan Farm Park preserves a 1920s–50s farm—the agricultural process, rural community life, and landscape—for the education and cultural enrichment of the citizens of Fairfax County. Admission to the park is free, and the park is open daily from sunrise to sunset. Wagon rides, carousel rides, and a country store are also open all week long for family fun! For more information, visit www.fairfaxcounty.gov/parks/fryingpanpark.

2739 West Ox Road, Herndon, Virginia, 20171



Things to See

Once kids get out of school, it can be hard to keep up with their education over summer break. Workbooks can be helpful, but it's not always easy to stay indoors on a beautiful day. So take your kids to historical sites for some educational fun. Taking your kids to local historical sites is also a great way to get them involved in the community as well.

Colvin Run Mill

Colvin Run Mill is an early 19th Century gristmill that is still operational. There are daily tours, blacksmith demonstrations, and even woodcarving demos. There is also a general store and educational program. The historical site is open every day except Tuesday. For more information, call 703-759-2771. For more information, visit www.fairfaxcounty.gov/parks/colvinrunmill.

10017 Colvin Run Road
Great Falls, Virginia 22066

Historic Green Spring

The Historic Green Spring house was built in 1784. Set amongst the beautiful Green Spring Gardens, guests can enjoy tours of the house, art exhibits, a museum shop, and more than 20 thematic gardens.

There is also a tea boutique where programs are offered for children. The historical site is open Wednesday through Sunday from noon to 4:30pm. For more information, call 703-642-5173. For more information, visit www.fairfaxcounty.gov/parks/greenspring/manor.htm.

4603 Green Spring Road
Alexandria, Virginia 22312

Ox Hill Battlefield Park

Ox Hill is the only site of major Civil War engagement in Fairfax County. There are more than five acres of battlefields, historic monuments, and plenty of parklands with benches and paved walking trails. There is a free, 25-minute, streamable audio walking tour, as well as occasional Civil War reenactments. The park is open daily from dusk to dawn. For more information, visit

www.fairfaxcounty.gov/parks/oxhill.

4134 West Ox Road, Fairfax, Virginia 22033

Sully Historic Site

Sully Historic Site is the home of Richard Bland Lee, the first Northern Virginian representative to Congress. There are daily tours and museum-level educational programs. On site, guests can visit the Lee household, built in 1794; a smokehouse; a stone dairy; a representative slave quarter cabin; and other historical features. The site is open every day from 11am to 4pm, except Tuesday, when it is closed. For more information, contact 703-437-1794 or visit www.fairfaxcounty.gov/parks/sully-historic-site.

3650 Historic Sully Way
Chantilly, Virginia, 20171 ♦



League of Reston Artists

EVENTS FOR SUMMER

Kelly Snyder's easy brush strokes and fresh colors, in her acrylic painting "Fruit for Sale," capture the summer mood at the Paint & Beyond Exhibit showing at the US Geological Survey through July 29.

"PAINT AND BEYOND EXHIBIT" *at the US Geological Survey*

The League of Reston Artists is displaying paintings, mixed media, and two-dimensional works suitable for wall hanging (no photography) at the US Geological Survey, National Gallery, 12201 Sunrise Valley Dr., Reston, VA 20191 from July 1 through July 29, 2016. Much of the artwork reflects USGS's environmental mission. The exhibit is free and open 8:00 am to 5:00 pm Monday through Friday; parking is available in the visitor's lot adjacent to an entrance where visitors pass through security. ♦

Art in Public Places Exhibits

The League of Reston Artists is managing the Art in Public Places (AIPP) Program in Reston and surrounding suburbs. Two-dimensional, hangable art—including paintings, mixed media and photography created by LRA members—is shown on a three-month rotation at 16 public and private office buildings.

ART IN PUBLIC PLACES (AIPP) LOCATIONS:

Asset Management

3975 Fair Ridge Drive,
Suite N315
Fairfax, VA 22033

Capital Financial

1593 Spring Hill Rd, Suite
500
Vienna, VA 22182

Edward Jones

Financial Offices

754 Elden Street
Herndon, VA 20170

Executive Center 1-3

multiple floors
1851 Alexander Bell Drive
Reston, VA 20191

Executive Center 2

1835 Alexander Bell Drive
Reston, VA 20191

Fairfax County

Government Offices

(Cathy Hudgins' Offices)
1801 Cameron Glen Drive
Reston, VA 20190

Griffin Owens Insurance

847 Station Street
Herndon, VA 20170

Herndon

Community Center

814 Ferndale Ave
Herndon, VA 20170

Herndon

Fortnightly Library

768 Center Street
Herndon, VA 20170

Herndon Harbor House

873 Grace Street
Herndon, VA 20170

Herndon

Municipal Center

(2 floors)
777 Lynn Street
Herndon, VA 20170

Herndon Old Town Hall

(Conference Room, 2nd
floor)
730 Elden Street
Herndon, VA 20170

Morgan Stanley

Financial Offices

333 John Carlyle St
Alexandria, VA 22314

Potomac Falls

Health Center

46531 Harry Byrd Highway
Sterling, VA 20164

Reston Bookstore

1623 Washington Plaza
Reston, VA 20190

Verity Commercial

11490 Commerce Park Dr
#500
Reston, VA 20170

Visit the LRA web site at www.leagueofrestonartists.org to find more information on these and other events. ♦



Angie



Spencer (autistic artist)

RESTON ART GALLERY: *Events for July and August*

Located in the heart of Lake Anne Village Center, Reston Art Gallery has a summer program for both adults and children to enjoy art.

Gallery hours during summer: Saturday: 10am–5pm; Sunday: 12pm–5pm; Thursday: 5pm – 7pm. For more information about the gallery, visit www.restonartgallery.com, or call 703-481-8156.



Pat Macintyre (right) is an advocate for art education for children



EXHIBITS

Group Exhibit "Summer Works" **July 7 – August 4**

July opens with a Group Show by Reston Art Gallery artists, including Pat Macintyre (owner), Lassie Corbett, Dorothy Donahey, Roberta Thole, Joan Kelly, Gail Axtell-Erwin, Maggie Stewart, Ronni Jolles and Wayne Schiffelbein. A reception will be held on Saturday July 10. Every one is invited!

Lassie Corbett **"Golden Moments"** **August 4 – September 1**

In August, the exhibit "National Parks and Other Landscapes" by Lassie Corbett opens to the public with an artist reception on Sunday, August 8 from 2pm to 4pm.

ART FOR KIDS

Every Saturday from 10:00 am to noon

Pat Macintyre and her team offer crafts and art activities for children. In July, kids will have the opportunity to create patriotic art to reflect the love of our country. ❖



Celebrating 50 years

BY SHAUNA ATWOOD



Charlie Brown

The Reston Players Organization was created in the spring of 1966, making it the oldest theater in Reston. The first show performed, *The Greatest Game in Town*, was an original musical comedy about the stock market. With a net profit of \$200.00, The Reston Players Organization was born! Buoyed by this success, 500 shares of common stock were offered to Restonians at \$10.00 per share to create and maintain a community theater. Only 200 families had settled in Reston at that time, however, all the shares quickly sold. In June 1966, the Reston Players became a for-profit entity incorporated in the Commonwealth of Virginia.

In the early days, Reston Players struggled to establish a consistent home for performances, set design/building, storage and rehearsals. The Players held their first performance at the South Riding Center stable, which boarded horses in stalls around the perimeter. The group then moved to the Lake Anne Community Center. When the Players could no longer manage set building at LACC, they moved to the Bowman Chapel near the A. Smith Bowman Distillery on Old Reston Avenue. They held performances at various Reston locations: The Reston Music Center, The Washington Plaza Baptist Church, and even in a giant tent in Reston Park.

In April 1972, the Bowman Chapel burned to the ground destroying everything the Players owned. Later that year, the Reston Players rose again with a new name, the Reston Community Players.



As Reston grew, plans developed for a full-service community center, which included a state-of-the-art theater. Opening in 1979, The CenterStage at the Reston Community Center has been RCP's home ever since.

While the group now had a permanent home for performances, the Players still lacked a space to build sets and store inventory. From 1979 until early 1983, scenery was built in members' garages and unrented rental spaces.

In 1984, Lindsay Petersen, Secretary of the RCP Board of Directors, purchased a warehouse in Herndon as an investment property, which she leased to RCP for a nominal fee. This property was converted into a scene shop, storage space, and the RCP rehearsal hall. When Petersen passed in 2002, she left the rehearsal hall to RCP, who now had a permanent home for set-building, storage, and rehearsals.

It has been an adventure for Reston



Community Players over the last 50 years. They could not have done it without the help of the Reston community. Some ongoing challenges for the theater are finding volunteers, sponsors for shows, and additional donations to keep quality live theater in Reston. Thirty-year veteran, Sue Pinkman, of RCP stated, "I believe the future is bright! As long as there are people who want to express themselves onstage... and there will always be patrons who want to escape for a few hours into another world, while they are sitting in a dark theatre. Theatre should be accessible to everyone and is a combined creative effort of many people who want to share the experience with others."

Sue Pinkman, who was president for 10 years and has held almost every position on the board, has acted, directed, produced, stage managed, sewn costumes, designed wigs, and even helped design the RCP logo. Sue stated, "I drove down to a Virginia winery to collect 2 huge wine barrels for set pieces for *Beauty & the Beast* and discussed how to make the 'break-away' trousers for the male strippers in *The Full Monty*!" In 2009 she was honored to be named Reston Citizen of the Year, for helping to bring the live theatre to the Reston community for over 30 years.

Reston Community Players (RCP) Board of Directors feels strongly that the Players should give back to the community. RCP offers annual scholarships to area high school seniors who wish to study performing arts in college. To fund these scholarships, The Players conduct a 50/50 Raffle at each performance.

Reston Community Players brings to the public a variety of theatrical experiences including classics and original plays as well as popular Broadway musicals, dramas,

mysteries, and comedies. Partially funded by grants from Fairfax County, in cooperation with the Arts Council of Fairfax County, RCP offers something for everyone, be it performer, designer, technician, or audience member. Some features include:

- Four major main stage productions per season (two musicals and two plays)
- Around ten performances per musical and seven performances per play
- Occasional workshops in various theatre disciplines
- A stage combat troupe, the Noble Blades, that provides performances and training with certified instructors
- A pool of skilled technicians who serve as consultants to other community groups and schools
- A scene shop/rehearsal facility with storage space for scenery, costumes, and props. The rehearsal hall is available for rental.
- A full inventory of costumes, props, and scenery available for rental

There is simply no better way to open the Reston Community Players (RCP) 50th season than with what has been called the greatest American musical—*Gypsy*! The play is based on the memoirs of the famous burlesque artist, Gypsy Rose Lee, and focuses on her mother Rose who is the ultimate stage mom. Theatre critic Clive Barnes described the character of Rose as "one of the few truly complex characters in the American musical..." With a smart, funny, and gripping script; unforgettable characters; and some of

CONTINUED ON PAGE 62



Shrek



Our Town

CONTINUED FROM PAGE 61

the best music ever written for the stage; *Gypsy* is must see theatre. So, let us entertain you! Get your tickets now, and don't miss the 'mother' of all musicals—*Gypsy*!

Gypsy will be followed by *Vanya and Sonia and Masha...and Spike*, a revised version of Chekhov's play *Uncle Vanya*. Tony-Award-winning playwright, Christopher Durang, transformed this play, thrusting it into the present day, and translating the quiet, bittersweet Russian characters into very modern American counterparts. The result is a comic masterpiece that Chekhov would never recognize. Vanya and Sonia, two middle-aged siblings, live quietly in the country until their sister Masha, a B-list Hollywood star, and her boy-toy Spike visit with a plan that will upend their existence. Durang himself says, "I take Chekhov scenes and characters and put them in a blender." Come and see the play the *New York Times* described as "deliriously funny!"

The next production will be *Rock of Ages*, nominated for five Tony Awards including Best Musical. This show takes you back to the times of big '80s rock bands, with big egos playing big guitar solos, and sporting even bigger hair! Come rock out to the live band assembled on stage and enjoy your favorite songs from Styx, Whitesnake, REO Speedwagon, Pat Benatar, and Twisted Sister. Aspiring rock star, Drew, and aspiring actress, Sherrie, try to prevent developers from turning the Sunset Strip into a strip mall. Break out your air guitar and Aqua Net.

RCP closes their 50th season with *Private Lives*. First performed in 1930 in Edinburgh and revived numerous times throughout the decades, *Private Lives* is one of the most sophisticated and entertaining plays ever conceived. This quintessential comedy of manners was written in just four days by prolific playwright, composer, director, actor, and singer Sir Noël Coward. Elyot and Amanda, once married and now honeymooning with new spouses at the same hotel, meet by chance, reignite the old spark, and impulsively elope. After days of being reunited, they again find their fiery romance alternating between passions of love and anger. Their aggrieved spouses appear, and a circle dance of affiliations ensues as the women first stick together, then break ranks, and new partnerships are formed. Come see an enduring work from a man *Time* magazine hailed for "a sense of personal style, a combination of cheek and chic, pose and poise."

Full-season subscriptions are on sale now. Subscription packages offer savings off single ticket prices and personalized customer care. Subscriptions are available for \$64 - \$74. Discount tickets are available to full-time students under age 18 and seniors age 65+. For more information about subscriptions, visit restonplayers.org or contact RCC's Box Office, 703-476-4500 x 3. Single tickets go on sale in September.

RCP is a member of the Cultural Alliance of Greater Washington, a non-profit membership umbrella organization that unites the Metro DC arts community and provides services and resources to strengthen their organizations.

In 1999, RCP was one of 10 charter member theater companies that established WATCH. RCP is a charter member of Washington Area Theatre Community Honors (WATCH), an organization founded for the adjudication and presentation of annual awards recognizing artistic and technical excellence in community theatre throughout the metropolitan Washington, D.C. area.

RCP will hold their 50th Gala celebration on September 23rd 2016 at Hidden Creek Country Club. ♦

Reston Art Gallery & Studios

Exhibits in July and August



Group Exhibit

"Summer Works"

Exhibit: July 7 – Aug 4

Reception: July 10th, 2pm–4pm
Public Welcome



Lassie Corbett

"Golden Moments"

Exhibit: Aug 4 – Sept 1

Reception: August 14th, 2pm–4pm
Public Welcome

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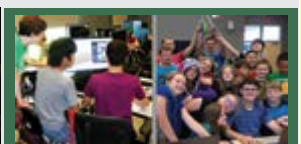
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BY DR. HARRIET W. HANLON

(At left) *The Reston Chorale's first concert was called "Christmas in a New Town." Under the direction of Dr. James Christian Pfohl, the concert was held on Washington Plaza, Lake Anne Village, December 21, 1966. The Chorale performed on a stage shaped like a Christmas tree with the Reston Children's Choir forming the tree's base. At the time, Reston had fewer than 1,000 residents. Photo from the Reston Times, 1967.*

steps to Reston developer and founder Robert E. Simon.

Bob Simon established The Reston Foundation to provide seed money for organizations or businesses that the residents needed and were willing to support. A lifelong pianist and choral musician, Bob made sure The Reston Foundation presented a series of summer concerts and dances on Lake Anne Plaza in 1966. With its population nearing 500, a group of the residents began organizing musical events themselves through a non-profit corporation they called Serendipity, Inc. Offerings in 1966 included a jazz concert at the golf club on North Shore Drive and a performance by the Obernkirchen Children's Choir at Lake Anne Hall.

By mid-summer 1966 the first and future conductor of The Reston Chorale, Dr. James Christian Pfohl, had moved into Heron House on Lake Anne Plaza. He must have hoped, as sights and sounds of Reston residents singing and dancing on the plaza drifted through his window, that these residents would be the ones to help him establish several musical groups that fall.

Robert E. Simon's Invitation to Dr. James Christian Pfohl to Establish a Reston Music Center

Early in 1966 Bob Simon had invited Dr. Pfohl to establish a Music Center in the new town of Reston. Simon, who served as president of Carnegie Hall from 1935 to 1960, would have known Dr. Pfohl personally since Pfohl conducted at Carnegie Hall often and in 1964 had been chosen by the National Association for American Composers and Conductors to present their Thirtieth Anniversary Concert at Carnegie Hall. Earlier in his career Dr. Pfohl had founded five major musical organizations including the

The Reston Chorale -

A REFLECTION ON YEAR 1 AS YEAR 50 BEGINS

**Reston's Musical DNA Dates Back to New Your City 1935
When Bob Simon Became President of Carnegie Hall**

Birth of The Reston Chorale

Hints of the town's love of music were evident at the twilight dedication of Lake Anne Center in December 1965 when the International Folk Dance Group of Washington D.C. entertained the attendees with music and dance. Walle Hargreaves, a Hickory Cluster resident and folk dance member, was thrilled to be able to show some dance

Brevard Music Center in North Carolina which he directed for 28 years. During his time at Brevard, he served as primary conductor for the Charlotte Opera Association and the symphony orchestras in Charlotte and Jacksonville.

As planned by Simon, the Reston Music Center was to include a chorale, chamber orchestra, a summer camp for young musicians and, eventually, a year round professional school for the performing arts.

Pfohl Accepts the Challenge

Dr. Pfohl accepted Simon's invitation and spent the summer months working with Simon on programs for the Reston Music Center's 1966-1967 season. Their first task was to immediately establish The Reston Chorale which would need a chamber orchestra to accompany the voices. Their second task was an ambitious one—establishing a 6-week summer music camp for choral and instrumental training for high school musicians. In addition, because of parents' requests, Dr. Pfohl immediately established The Reston Children Choir for children in grades 3 to 6, taught by Marion Dillard.

To find singers for The Reston Chorale, Dr. Pfohl placed an invitation in the October 1, 1966 issue of *The Reston Times*, asking persons interested in singing to meet with him on October 4 at the Lake Anne Community Center. Of the more than 60 attendees, 40 singers joined the Reston Chorale that evening. One of the tenors was Bob Hanlon, who had recently arrived from the New York/New Jersey area where his choral work with the David Randolph's Masterwork Chorus of New Jersey found him singing the Messiah each December at Carnegie Music Hall. Bob was elected by the members to serve as president; membership dues were set at \$5; and rehearsals began the next week at the nursery school above the Safeway in Lake Anne Center. Henry Pfohl, a voice teacher in New York City and Dr. Pfohl's cousin, visited Reston several times a month to assist Pfohl with the chorale's Christmas and spring performances and to provide voice training for chorale members.

The Reston Chorale's first concert was called "Christmas in a New Town." An indoor performance was presented at Lake Anne Hall on December 11, followed by an outdoor televised performance on December 21, 1966. WETA-TV (Channel 26) chose to broadcast the performance on Christmas Eve while the National Education Television network made the performance available nationwide until the end of the holiday season.

At the time of the Christmas concert, Reston had fewer than 1,000 residents but many helped with the construction of a conical platform that backed up to Lake Anne. It was covered with greenery and the chorale singers appeared on it as a singing Christmas tree, with the Reston Children's Choir forming the tree's base. The Bram Smith

brass repertory ensemble of Washington and musicians from the local high school also participated in the concert.

Even though chorale members had no formal concerts during summer of 1967, many chorale members participated in the choral concerts that were part of the Reston Music Center Camp recitals from June 25 to August 21, 1967. The camp, with its 160 students and 30 instructors, had a minimum of six concerts each week, which included: the camp's wind ensemble every Sunday evening; guest symphony orchestras on Sunday afternoons; the Reston Music Center symphony orchestra on Saturday evening; the camp's youth orchestra and student recitals on Saturday afternoon; choral and wind ensembles on Friday; and chamber music on Wednesday. In addition, a pops concert was presented on July 4 and a Vittorio Giannini memorial concert was performed on July 15.

Even though Simon was to leave Reston before the chorale's 1967 Christmas concert, there are no historical records that suggest The Reston Chorale would not continue to flourish. Gulf Reston had already met with a group of Reston residents formed to evaluate the survival of existing institutions and Gulf agreed to offer some support in 1968 for the

continued operation of the Reston Music Center, specifically the Music Center camp and The Reston Chorale.

The Reston Music Center did continue in 1968 and 1969, but not as a camp. Reston families provided housing and meals for students; schools, churches, community rooms, and Lake Anne plaza provided places for practices and performances.

By the summer of 1970, the Reston Music Center camp ceased to be and the Virginia Youth Orchestra of Reston emerged. Dr. Pfohl worked with this group for 3 years and then resigned. He also resigned as director of The Reston Chorale. Leaving Reston five years after Bob Simon, Dr. Pfohl said: "I have provided the structure for the continuation of live classical and contemporary music in Reston and for the summer education of high school musicians." (*The Reston Times*; January 25, 1973)

The unbelievable amount of music generated by The Reston Chorale from Christmas 1966 to Christmas 1967, The Reston Music Center camp and the endless number of guest musicians and symphony orchestras that Dr. Pfohl persuaded to visit Reston, were a rare gift to those who lived in the new town. In the 50 years that have passed, The Reston Chorale continues to thrive as it commissions original works and provides concerts that represent the best music of a new town. ❖

AUTHOR: Researched and written by Dr. Harriet W. Hanlon, a Northern Virginia educator whose doctoral work was in neuroscience. Hanlon and husband Bob moved to Reston on August 1, 1966.





BY KEITH LORIA

Huey Still Has THE POWER OF LOVE

With a song catalogue that includes one radio hit after another—"Do You Believe in Love," "Heart of Rock & Roll" and "If This is it"—Huey Lewis and the News is one of the most popular groups of all time.

And while the band still tours around the country, its lead singer hasn't been embracing the musical world of today.

"I don't Facebook. I don't Twitter. I'm so old school," Lewis says. "I fish, I ride my horse, I play golf. I just do everything outside where there's no electronics."

But thankfully, he still sings and sounds as great as he ever has.

This quintessential American rock band got its start when two rival Bay Area bands merged in 1979. Taking the name Huey Lewis and The News, the band offered a brand of straight-ahead rock and roll that has outlasted countless trends.

"We weren't spring chickens at the time. I had been in the band Clover and made two records and did sessions as a harmonica player living in London," Lewis says. "By the time this band formed, I knew how to stick to my guns substantively and I knew what I wanted to do. It was blues and R&B based, but with a modern edge."

While the band has always had a huge following for its live shows, over the past 25 years or so, Lewis says he's had to work to get his music heard.

"The music business isn't what it used to be and there's very little market for a pop record," he says. "If you are over 28 and are a white male, you better be doing country. As a pop writer, it's hard to write when there's no audience, but we do write and we do original stuff."

Unfortunately, most of that stuff hasn't been available on any record. The band's last release was 2010's "Soulsville," and even that was their first full album in a decade's time.

"It's soul-oriented and sax-oriented, Memphis based music," Lewis says. "This was a labor of love for us. The only reason to do anything anymore is if it's a creative challenge and this was."

Problem was, the album sold what was reported as less than 50,000 copies, which is a long way off from when *Sports* was selling that many in a single day.

Lewis does hint that new stuff may be coming in 2016, although he's not even sure how to promote a new recording anymore.

"Even if you release a new album, any radio station is only going to play the old stuff. But it's a calling card," he says. "We've got four songs finished, and three of them are mixed and we've got another two in the oven. And I've got ideas for another two. I don't know if it'll be an album or an EP or whatever. I don't think it matters, to be honest, because I don't think we're going to sell that many. But as a storyteller, you need a new story to tell."

On July 26, Huey Lewis and the News tells that story as they return to Wolf Trap, a venue they've become quite the regulars at.

"I've always had great memories of Wolf Trap," Lewis says. "There have been some very memorable shows. We had Stevie Ray Vaughan open for us, Bill Kirchen opened once... Some really fun times."

Lewis previews that he and the band will play a generous portion of the hits complete with a three-piece horn section that was added about 15 years ago.

"We'll also play what we consider the greatest misses, our favorites that weren't hits and are really for our hardcore fans," he says. "When you play music the way we do—which is old school—nothing is on samples and it's a team sport. The songs just begin to play themselves and that's the best feeling in the world. When you find that spot and it sounds good, it's the most fun thing in the world. You can only do that when it's different every night."

In their heyday, the band would play close to 200 dates a year, but now it's a more manageable 60-75.

"It's enough. You don't want to take too much time off, but at the same token, you don't want to go six weeks at a time without playing. I absolutely love playing live," Lewis says. "As I get older, my voice is actually better than ever, but you have to be smarter. Think about Sinatra at the Sands when he was 55, he was at his best. It's age and wisdom. Admittedly, my range isn't what it used to be, but that doesn't matter. It's still a good time." ♦

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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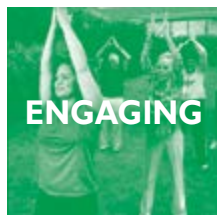


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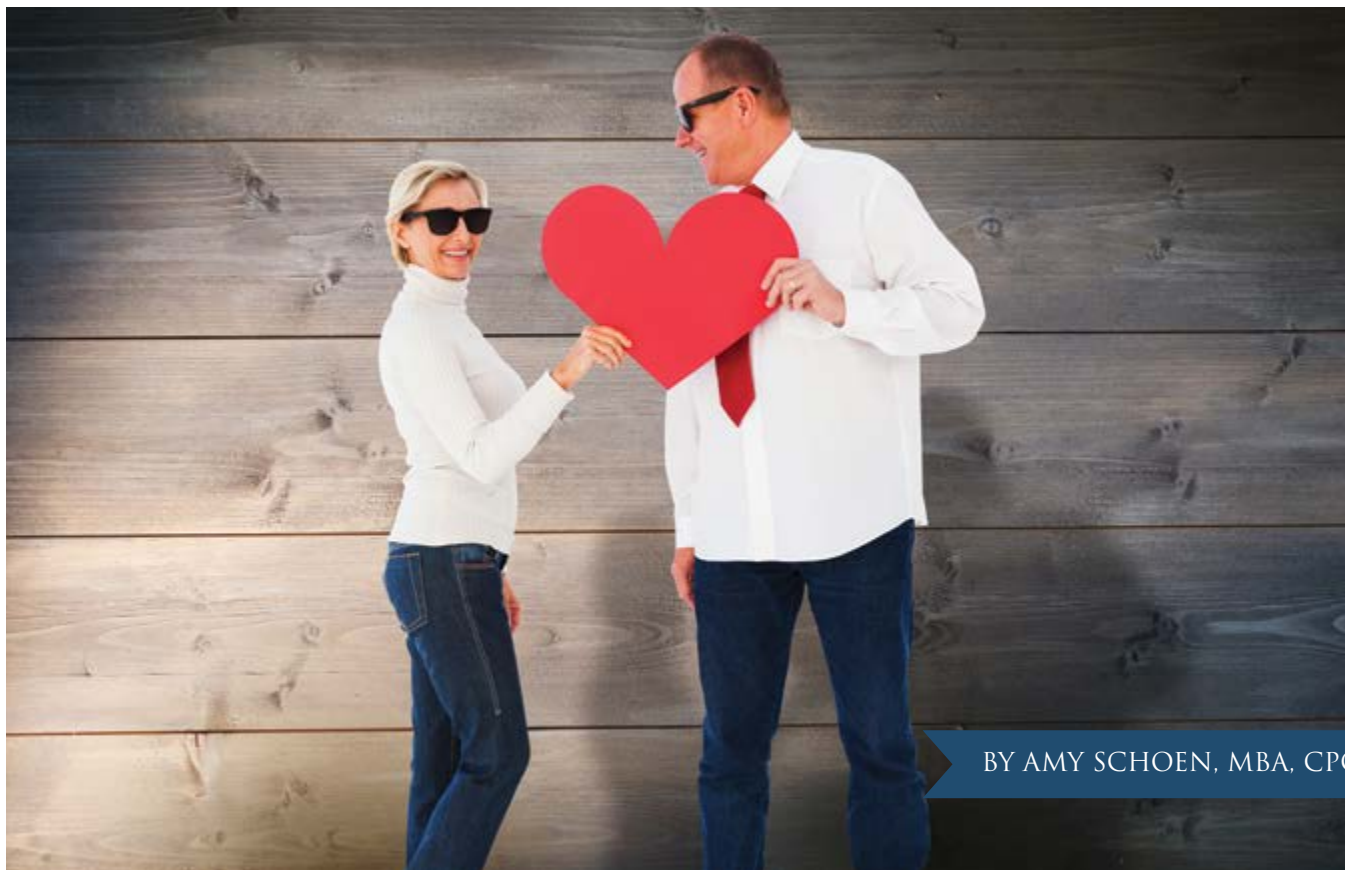
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BY AMY SCHOEN, MBA, CPCC

ASK COACH *Amy*



DEAR COACH AMY,

I am an active 60-year-old widow who is financially settled and ready to meet a life partner. I met a man online that has been separated for the past 9 months. He has moved out of the house and his divorce will be final in 3 months. His soon to be ex-wife has turned the kids against him and he is trying desperately to be able to communicate with them. This is the first man that I have actually felt a bit of chemistry with since I started dating again 3 years ago. The main reason is because he verbalizes how much he would like to get to know me and has planned a lovely date for us. Most guys I meet don't have a clue about how to communicate their feelings. He is not the type of man I would usually go for. He also rides a motorcycle, wears jeans, and curses. He does have a

steady career that he loves, though. This is all new to me. I am used to a more sophisticated man but am intrigued and excited by this new experience. Should I take a chance or am I setting myself up for heartbreak?

Adventurous in Annandale



DEAR ADVENTUROUS,

Dating after being married for a long time takes openness and curiosity, and I sense that you have that. You will meet all kinds of people in all stages of their relationship lives, especially when you are dating after 50 years old.

As a rule, dating a separated man is fraught with risk, however, I have seen times when it has worked out. Sometimes

the marriage has been dead for a long time and the person leaving is ready for a loving partner and is commitment oriented. The expression, "Nothing ventured, nothing gained" is a good motto here. It's important to take your time and find out more about his situation. This is what I want you to think about:

- He is separated. Does he really know what he wants? Most people are figuring things out and you could be his transitional relationship.
- His family turned against him. Why? There are two sides to every story. (Red flag here) Did he leave the marriage and why? Did he have good reasons? See how open he is to sharing this with you. If he gets defensive, that is not a good sign.
- He curses. What values does that go against for you? Would you feel comfortable introducing him to your kids? If you ask him not to curse in public, would he try to accommodate you or is he a "take it or leave it" guy?
- What does he see his life being like in the future? How does he spend his weekends? Where does he want

to live? (Good things to talk about).
And how does that mesh with your goals for the future?

Whether going through a divorce or losing a partner to death, there needs to be time for healing and it's a transitional time. During this time you need to take the time to self-reflect and evaluate what worked and what didn't with your last relationship. It's also a good time to think about what you want in the next chapter of your life. This has been true for my widowed clients as well, since many actually admit that their marriages were less than perfect.

Next, chemistry can be deceiving. You want to make sure that your life goals and values line up first, and he does not exhibit any deal breakers. This will keep you from getting hurt. He seems to know the right things to say to sweep you up! Also, this man seems to know how to connect with you through similar expressions of love by communicating his feelings for you. Given he is hitting you on your hot button, you will have to assess whether he is sincere or a smooth operator!

Dating is a process of getting to know someone, so take one step at a time. Fortunately, you have the time to date and get to know him better. I wouldn't cut out any other prospects for dating just yet either. That way you can learn more about him and see if his intentions are real.

It's wonderful to see that love is possible in your 60s and beyond! It's all about an open attitude and a willingness to try to get out there and meet someone. You appear to have both.

Anyway, enjoy your time with him and see what he has to offer. You may be pleasantly surprised!

Intentionally yours,

Coach Amy ❖

AUTHOR: Amy Schoen is a certified professional life coach and dating/relationship expert based in the D.C. area and is the author of *Get It Right This Time—How to Find and Keep Your Ideal Romantic Relationship*. She helps marriage-minded individuals to find and keep committed, loving relationships. www.MotivatedtoMarry.com.



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BY RITA TERSIO



KITCHEN CABINETS— *The Four Signs of Quality*

Yes, it is a big deal. Kitchen cabinets are the highest ticketed item on the kitchen remodeling project, coming in at approximately 29 percent* of the kitchen remodeling project on average. So if you are shopping for kitchen cabinets and you don't know where to start, here is some important info you should know when looking into changing your kitchen (and bathroom) cabinets.

Do not get discouraged by the wealth of information you will find about each cabinet maker. There are a few key elements to compare to assess the cabinets' quality. The bad news is that it's virtually impossible to do an apple-to-apple comparison. Why? Because kitchen cabinets are priced based on several key factors, but each manufacturer assigns a different price percentage to each factor.

Let's take inset doors—those nice, really popular cabinet doors that are inserted into the cabinet frame, that are more expensive than regular partial or full overlay doors because the space to fit the door has to be carefully cut. Well, many cabinets makers would charge you 5 percent for inset doors while others would charge 18 percent for the exactly the same thing. Now, it gets even trickier.

Door styles are priced into categories, graded A–F, where A is the most affordable and F is the most expensive, but doors are arbitrarily categorized by the different manufacturers. So the same door can be considered a different price level depending on the brand you look at.

Then there is the finish. Stained or painted? Glazed, brushed or antiqued? Again the price tag is dictated by the maker, so watch out. If you want to keep your budget under control, maybe you can compromise on the glaze if you really want those beautiful white painted cabinets.

Another important factor is the wood specie. Again, different manufacturers use different percentages to price their wood species.

A cherry rather than a birch cabinet can cost you anywhere from 15 to 20 percent more on the total cabinet price.

Not overwhelmed yet? Well, if you see “X” brand cabinets everywhere you go and you see stacks and more stacks of books of free literature, be advised. Are you paying for their huge marketing campaign or for the quality of your brand new investment?

Finally, when considering a cabinetry manufacturer, always ask your designer (because we assume that you hire a professional to design your kitchen!!) how the manufacturer responds to a crisis. For instance, if the cabinet broke, how long would you have to wait for a replacement? There are many things happening behind the scenes of a kitchen remodel, so keep that in mind too!

In the end, it's up to you to decide what your priorities are. Do you want cabinets that will last 8 years or 80 years? Do you really want that inset door or can you give that up in exchange for that rich cherry cabinet you absolutely must have?

My advice is, look around but do not obsess. Get informed, but ask the expert. Sit back, relax, and try to trust your designer. That could be your best move of the whole selection process!

The 4 Signs of Quality:

1. **Box construction:** $\frac{3}{4}$ " plywood on sides. Melamine or laminate interiors are ok, because they wear better over time.
2. **Drawer construction:** Dovetail drawers are a must.
3. **Drawer glides:** Full extension glides, rated for 100lbs (75 lbs is standard).

4. **Doors:** Choose a full overlay door style for an updated look (3/4 overlay looks builder grade).

Kitchen Cabinets—Price levels & quality

“Big Box” stores: Do-it-yourself stores are fine for short term investments and quick fixes, but they offer limited sizes, finishes, and questionable construction. Great for your first condo or rental property, but NOT great for resale value or long-term wear. Would you trust boxes that are stapled together to last?

Stock: Basic sizes and finishes, but of better quality than from a big box store. What you give up: the design flexibility of specialty cabinets that improve function and upgrade the look of your kitchen, like Super Susan corner cabinets, glass front cabinet doors, and flexible sizing.

Semi-Custom

Most kitchens remodeled for between \$35,000 to \$85,000** are designed with semi-custom cabinets that have great design flexibility with a good price tag.

Custom

Top of the line cabinets—so free your imagination and design anything you want! Obviously, expect to pay accordingly for it. ♦

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NOT YOUR AVERAGE JOE'S KITCHEN & BAR

Nothing says summer quite like a big slice of juicy watermelon—why not take it a step further and make a refreshing, effervescent cocktail! This Watermelon Sangria serves as the perfect accompaniment to some poolside relaxation or as a signature drink to impress your guests as at the summer barbecue.

Watermelon Sangria

Ingredients

Watermelon Vodka	1 cup
Watermelon schnapps	.5 cup
Watermelon juice (dole or stirrings)	3 cup
Lemonade (any store bought)	4 cup
White wine (we use pinot grigio)	1 bottle
Diced watermelon	2 tbsp
Mint Leaf	4 each
Prosecco or sparkling wine	

Directions:

In a pitcher, muddle diced watermelon and mint leaves. Add remaining ingredients but prosecco/sparkling wine. Stir well. Pour over ice filled glass and top with prosecco or sparkling wine. Garnish with fresh watermelon.

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

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

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

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

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

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

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

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

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/



KALYPSO'S LIVE

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5:30-8:30pm
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9:30pm-1:30am

Saturday
Acoustic (Patio/Dining)
5:30-8:30pm
DJ (Sports Bar)
9:30pm-1:30am

Sunday
Acoustic (Patio/Dining)
4:30-7:30pm

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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

SWEETHEAT BBQ

Reston | American | \$\$

Expect Carolina-style, as well as Kansas City-, Caribbean- and Korean-style barbecue with menu highlights such as pulled pork sliders, BBQ Ribs, low country red rice, and if you have friends that are hungry, try "The Tailgater," a \$78 platter for eight that features "pulled pork, half bird, brisket, one turkey breast, a slab of ribs, and three sides." With an overwhelming response by locals, it's no surprise since Chef Kermit Griffin, former chef at South Carolina's Beaufort Inn as well as several other southern restaurants, brings 15 years of experience.

1810 Michael Faraday Dr. Reston, VA | 703-689-0060
www.sweetheatbbq.net

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

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

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

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

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

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

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

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 aristo-

cratic 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

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

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.aiyaraThaiRestaurant.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

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

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

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 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

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

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

THE BUNGALOW LAKEHOUSE

Sterling | American | \$\$

Enjoy traditional American-style menu options and a great selection of beer at this casual restaurant fit for any occasion. With beautiful dining rooms and the best in terrace dining, enjoy billiards, darts, and great food. Here, you might even be able to catch your favorite local band.

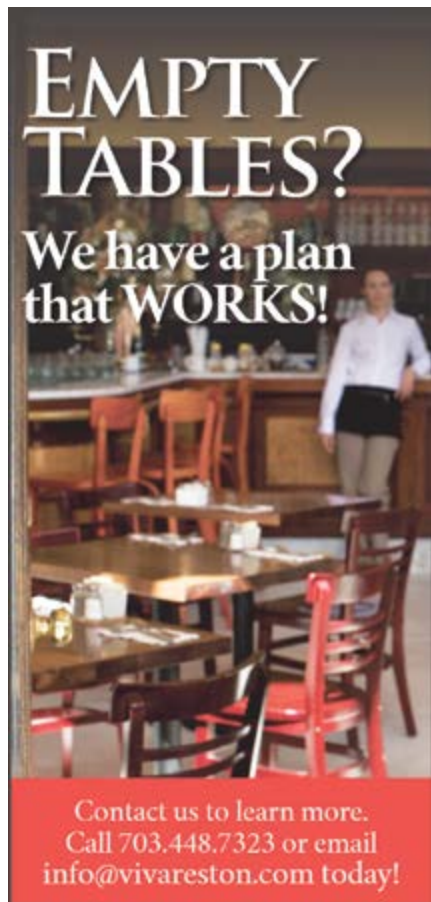
46116 Lake Center Plaza Sterling, VA | 703-430-7625
www.bungalowlakehouse.com

THAI BY THAI - STERLING

Sterling | Thai | \$

Vibrant chain offering hard-to-find Thai street fare plus classic curries, noodle soups, and more in a casual quick service style at four locations in Northern Virginia, seven days a week. Fresh ingredients are the focal point of their menu in addition to their "secret menu".

46930 Cedar Lake Plaza #180, Sterling, VA
703-444-8908 | www.thaibythai.com



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BY MOLLY STOOPLER

Beer has been the most consumed alcoholic beverage in the United States for the past 20 years. Over the past 40 years, the beer manufacturing industry has undergone a quiet revolution, despite the initial doubts of industry experts.

Prior to prohibition, the influx of German immigrants into the country brought a preference for lagers, and brewery consolidation eliminated the majority of smaller-operations which produced different varieties. The passage of the 18th Amendment, which eliminated alcohol production in the country, was the proverbial nail in the coffin for independent brewers. When prohibition was finally repealed, the largest breweries took advantage of their superior technology and efficiency to push the small brewers out of business. Thus by the early 1980s it is estimated that there were fewer than 100 breweries operating in the United States, almost all of which produced beer of a similar style—a light, somewhat bland, lager known as “American Lager.”

Homebrewing would be the spark that would eventually change the face of beer production. Independent small breweries began cropping up throughout the country, trying to bring back styles of beer that had been effectively wiped out by industry monopolization. Collaboration amongst small-scale beer manufacturers provided the necessary brewing knowledge to give small regional breweries the opportunity to compete with the large manufacturers. Advancements in communications technology, such as the advent of the personal computer, allowed long distance consultation, which further spurred the accessibility of craft brewing to the common man. Today, 99

Orange Whip IPA 7.5% ABV

Brewed with our favorite American Citra hops, the citrus and fruit aromas lure you in even before taking the first sip. The strong malt backbone alongside the intense hop character produce an extremely well balanced IPA. The impeccable balance makes this beer approachable to everyday beer drinkers and hop-heads alike!

Mad Fox

444 W Broad St.
Falls Church, VA 22046
703.942.6840
www.madfoxbrewing.com

percent of breweries in the United States are small craft breweries, and The Brewers Association has rigorously standardized 142 styles of beer. In accordance with this, American tastes are also trending towards the consumption of more varied and robust styles of beer. In fact, the average American now resides within 10 miles of a brewery. As of 2015 there are 124 craft breweries in Virginia, up roughly 59 percent from 2014.

So with so many craft breweries around to try, what should you expect when drinking craft beer? Obviously most craft beer does not resemble ubiquitous traditional American lager. Beer styles have been influenced throughout the history of beer production



Mad Fox in Falls Church

by a variety of factors, including locale, ingredient availability, and economic and political restrictions. At its essence, beer is made up of three main ingredients: malt, hops, and water. Malt serves as the base of beer, and is the mix of malted grains – usually barley – that is fermented to create sugar, and thereby, alcohol. Hops are a flavoring agent and preservative that is used to balance the taste of beer, providing bitterness in contrast with the sweeter flavor of the malt. Beer is divided into two categories, ales and lagers, based on the type of yeast used in the fermentation process. Ales are fermented with yeast that rises to the top of the brew at higher temperatures, whereas lagers are fermented for longer periods with yeast that remains at the bottom. The resulting difference is that ales have a tendency to be stronger both in flavor and alcohol content than lagers, and lagers tend to be less cloudy in appearance than ales.

The following serves as a guide to some of the more commonly found families of beer styles, within which there are many subcategories. Although this list is far from exhaustive, it provides background information regarding some of the more basic styles you might encounter when venturing out to your local brewery.

Pilsners/Pale Lagers

Pilsners are the original pale, light, hoppy brew style. Originating in Germany and the Czech Republic, Pilsners are crisp, clean lagers with a bready malt flavor.

Dark Lagers

Using darker malt than their paler counterparts, dark lagers are toasty and caramel-like in flavor. Common styles include the German-style Märzen/Okttoberfest and Vienna lager, which have proven very popular among American consumers.

Bocks

Traditionally, Bocks include little to no hops, and are therefore sweeter than most dark lagers. Doppelbocks are stronger in flavor and are a more alcoholic version of the original Bock, given the German literal meaning as “Double Bock.” Trippelbocks (English: Triple Bock) are a less common, but definitively stronger version

of the double variety. Certain styles of Bock may include wheat (Weizenbock) or additional hops (Maibock).

IPAs

Commonly referred to by the acronym “IPA” India Pale Ales are the top selling craft beer style in the United States. IPAs were invented in order to create a beer that would survive the long trip to India for consumption by British soldiers, as India’s climate

continued on
page 78



FLA-Mango

Florida Weisse
with raspberry and mango

Aslin Beer Company

257 Sunset Park Dr,
Herndon, VA 20170
703.787.5766

www.aslinbeer.com



Flight of Beer at Aslin in Herndon

continued from page 77

was too hot to lend itself to brewing. The addition of extra hops, which function as preservatives, created a beer that not only survived the journey, but was believed to actually have improved flavor. IPAs can possess a floral, citrus, or even piney flavor, depending on the type of hops used. Much like Bocks, a stronger variety of IPAs exist known as DIPAs, or Double IPAs.

Porters/Stouts

Porters and Stouts comprise the two darkest styles of craft beer currently available. The difference between them is widely contested, and various distinctions in history, composition, and brewing methodology have been proposed as potential divisions between the two. The common consensus is that Porters are made from malted barley, whereas Stouts consist of unmalted, roasted barley. Though historical context may refute this differentiation, this belief largely defines how modern brewers choose to name, and thus distinguish their beers. Dark and roasty Porters have light aspects of chocolate, nut, and coffee flavors, but are less dramatic than their more espresso-like cousins, Stouts. Stouts can range from a sweeter and maltier Milk Stout to a more bitter and alcoholic Imperial Stout.

Wheat Beer

In 1516, Germany passed a law known as Reinheitsgebot, also known as the German Beer Purity Law, which dictated that the only ingredients permitted in the manufacturing of bottom-fermented beer

(lagers) were water, barley, and hops. The law was enacted in an attempt to prevent breweries from competing for grains needed to produce bread, namely wheat and rye. As time passed, yeast was recognized by the law as a necessity for beer fermentation and was exempted from the restriction. Reinheitsgebot still remains in effect in Germany today and there are therefore limited wheat-based beers exported from Germany. Top-fermented beers (ales), however, saw more relaxed restrictions and certain beers styles, such as the Hefeweizen survived. Outside of Germany, Belgian Witbeir and American varieties of wheat-inclusive brews have flourished in recent times. Modern wheat beers generally use anywhere between 40-60 percent wheat in the brewing process. Wheat gives the beer a creamier and tangier flavor, which lends to the addition of fruit flavors. Due to this, you will frequently come across wheat beers that include fruit in the brewing process.

Hybrids

One of the beauties of the craft beer movement is that although certain styles are standardized for the sake of differentiation and better understanding of the brewing process, experimentation is very much encouraged. Fruits, spices, and deviations from traditional fermentation methods can create entirely new styles of the world's most consumed beverage. A very common example of this is the Kölsch, which is a pale ale that is warm fermented, and then conditioned at cold temperatures like a lager.

And there you have it—a very basic guide to the quickly expanding world of craft brewing! Have no fear, the craft brewing world is very focused on open discourse, so if you have any questions, just ask your server or brewer.❖

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July 16-17, 2016

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(right outside the Barrel & Bushel restaurant)
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Tysons Corner, VA 22102



Barrel & Bushel at Tysons Plaza

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BY DR. LILIANA CALKINS

Pediatric Sleep Apnea DENTOFACIAL ORTHOPEDIC APPROACH

Several studies have demonstrated the relationship between obstructive sleep apnea (OSA), obesity, temporomandibular joint pain, headaches and undeveloped maxilla in children and adolescents.

At Sunrise Orthodontics, Dr. Calkins evaluates and offers treatment alternatives for children with OSA accomplished by changes in the growth of the midface. A narrow upper airway has been correlated with a prevalence of OSA between 4–11 percent. The incidence of sleep-breathing disorders and chronic facial pain is increasing: one in six children and adolescents has clinical signs of TMJ disorders.

Headaches and migraines can be experienced in the pediatric population. Children diagnosed with migraines are 8.5 times more likely to have a sleep-breathing disorder.

“If children come to us for a pediatric evaluation and we detect signs and symptoms of possible OSA, a pediatric sleep study will be recommended”, affirms Dr. Calkins. Dentofacial orthopedics has proven to be a clinically acceptable approach with favorable outcomes in the management of OSA in children. Dr. Calkins will target maxillary and mandibular development. Patients will resolve with less snoring, headaches and favorable sleep studies to monitor the effectiveness of the orthopedic approach.

Dynamic skeletal development in children as early as 4 years old with severe apnea can be helped by modification of facial growth. “The goals of a practice focused on the comprehensive health of our patients allows us to render protocols to serve in an integrated and interdisciplinary collaboration”, says Dr. Calkins. Diagnosis and treatment modalities that bring benefits to early intervention are worth the benefit for the integral health of children and adolescents. If your child is experiencing conditions known as airway-related craniofacial dysfunctions (ACDs) that include: chronic naso-pharyngeal obstruction, lip-tie or tongue-tie tissues, open mouth posture, not swallowing or chewing correctly, chronic hyperventilation or hypocapnia, breathing-disordered sleep, clenching of teeth, temporomandibular joint pain, cranial or postural concerns; consider visiting Dr. Calkins for a comprehensive evaluation of your children or adolescent.

Dr. Calkins will look at the opportunity to improve the quality of life of your family.

Orthodontics and Dentofacial Orthopedics will establish the priorities to care for the needs to address the airway in your children.





Gum Recession Breakthrough Treatment: Pinhole Gum Rejuvenation

DR. GRANDE PERFORMS CHAO PINHOLE® SURGICAL TECHNIQUE IN HERNDON, VA

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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Cool Summer Days

BY LINDA BARRETT



Hillary Summerbell, owner of Sanctuary Interior Design is always on trend when it comes to what's hot and what's not for each season. She recently returned from High Point, North Carolina with her latest observations.

"The 2016 summer trend is all about bright colors, with plenty of white and cream accented by cool tones in light blue, turquoise, light green, gray, silver and gold, with circles and geometrics dominating the patterns—think the colors of Greece," Summerbell explained. Gone are the muddy colors and browns and in their place are lots of pastel colors, with Mother Nature providing the background. "No reds, oranges or browns."

The warmer months are the time to take your living space outside. "Creating a comfortable outdoor space can easily be done in a weekend," she said. "I recommend that you perform an analysis of your outdoor living space and think about how you would like to entertain guests. Then make a list of everything you need and make it a weekend project to create a sanctuary on the outside of your home for the season."

Items that make the most impact and are easiest on the budget include: new furniture cushions, pillows, tablecloths, fresh candles, new glassware, fresh flowers in a container garden, and outdoor music. "I'd consider these your basics, but if you were going to do one thing that made the biggest impact, it would be to purchase new cushions and pillows."

Consider soft lighting. In the trees, hang lanterns with candles or even a chandelier on an extension cord. Line the inside of an umbrella with twinkle lights on battery packs. Since you are not using your firepit in the warm months, fill it with water and float candles or flowers here as well

as in the pool. Even sparklers can add a certain charm—they don't have to be used just for the Fourth of July.

"Don't be afraid to use your outdoor space," Summerbell advised. "Have a luncheon and invite friends over or ask the neighbors for a champagne and fruit party. Hold a spontaneous happy hour or plan a pot luck dinner party."

"Always plan for your party to be outside. You can always pull it inside if it rains, and then after the storm passes, the party will flow again outside naturally. If you start inside, it's harder to move it outside later."

Some of the hottest looks for outdoor spaces have a clean, contemporary focus. "We're seeing porch bed swings, outdoor ping pong tables and chairs made of lucite, clear glass coffee and end tables, electric or gas-infused fire pits, sectional couches, fish tanks, and patio container gardens with white flowers—white is everywhere this year."

Sweet Summer in the Front Yard

Use the transitional areas outside your home to create spaces where people can come together. There are many ways to enjoy a long summer's evening together in a relaxing way.



If you have a front porch, use it. Sit in the rocking chairs or on the swing. Set up a decorative sitting area on the lawn. Drag the picnic table to the front yard, cover it with a red and white checked tablecloth and have a simple afternoon luncheon. "People get too isolated in their backyards, whereas front yards are more inviting. Wouldn't it be nice to ask the neighbor walking by, 'Would you like to come over for a glass of sweet tea?'"



Entertaining isn't just for adults, either. Remember the lemonade stand of your youth? Take it up a notch by setting up an artist's stand and have your kids draw portraits of their friends and neighbors with a sketch pad and crayons, as well as sell lemonade. Set up a tent and camp outside with your children.

Current Outdoor Projects

Sanctuary Interior Design recently helped several families freshen their outdoor spaces for this summer. The first client wanted to prepare their screened-in porch for summer entertaining with fresh paint and fresh furnishings. The second client desired a backyard patio retreat. For a fresh, uncluttered look, Summerbell recommended removing an old swingset and playhouse, adding new furniture and reworking the garden area.

Sanctuary's third project is a local favorite: the Old Angler's Inn in Potomac, Maryland. "We are redecorating their outdoor space by repainting the patio and veranda and outdoor bar in cool grays and light blues to freshen it up, and adding lots of pastel flowers in containers." Summerbell also placed a marble-topped gallery table in the middle for entertaining and accessorized it as a working sideboard that can serve as a buffet with candles and platters.

Summer is the season for outdoor living, whether you are entertaining, playing with the children, or simply relaxing in your personal sanctuary. All too soon, we will be back indoors. ♦

SANCTUARY INTERIOR DESIGN

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www.sanctuaryinteriordesignbuild.com

AUTHOR: Linda Barrett's favorite season is summer. There is nothing like a good book, a hammock and an icy glass of lemonade. In addition to writing for Viva Tysons, she is owner of All the Buzz, a corporate copywriting firm, celebrating 20 years. www.allthebuzz.net.



2016 JULY/AUGUST STYLE THAT PEACHY GLOW...

BY LAUREN SIMMONS



1



3



4



2



6



5



7

- 1) Jacquard Cotton Scarf
www.BananaRepublic.com
- 2) Marchesa Petunia Pin
www.LordandTaylor.com
- 3) Embroidered Cotton Dress
www.Mango.com
- 4) Peaches & Cream—Deborah
Lippmann Gel Lab Pro Nail Polish
www.Net-A-Porter.com
- 5) Mini Peach Lip Balm
www.TonyMolyUs.com
- 6) Leather Lace Ups
www.JCrew.com
- 7) Polaroid Eyewear—
54mm Polarized Sunglasses
www.Nordstrom.com



GADGETS, GOODIES, AND GIZMOS

BY LAUREN SIMMONS



Fearless Fathers Diaper Kits

www.FearlessFathers.biz

Fearless Father diaper kits are 'Gear for Men Brave Enough to be Dads'. This local Reston company has launched a clever way to never be without the essentials for your little ones. Not intended to replace the traditional diaper bag but a perfect addition for leaving in your car, in a stroller, or leaving behind at Grandma's house.

Air Cork

www.UncommonGoods.com

When all you're craving is a single glass, the rest of the bottle doesn't need to suffer a most unsavory fate! Unlike stoppers that leave your leftover vino exposed to air, and consequently, oxygenation, this ingenious wine savor creates a protective, impermeable seal between the bottle's contents and the taste-altering air above.

Simply lower the balloon end until it just grazes the surface of your remaining wine. Give the grape-shaped pump a few squeezes and the balloon will expand to the exact size of the bottle.



Lekue Silicon Popcorn Maker

www.Momastore.org

This Lekue silicon popcorn maker for the microwave pops a third of a cup of kernels, no oil, in two to three minutes and collapses for storage. The unique suction lid keeps the popcorn from overflowing. A great way to have a fast, guilt-free snack.



Rikon High-Output Ratchet Mill

www.SurLaTable.com

The high-performance Kuhn Rikon high-output ratchet mill features a ceramic stone grinder that won't corrode and can be used with salt, pepper or other spices. Adjusts from fine to coarse and is a favorite among cooks.

Evrgrn Crash Sack—Wearable Sleeping Bag

www.REI.com

This wearable bag combines the warmth of a legit sleeping bag with indulgent comfort of the biggest puffy jacket you could own. Designed with zippered holes for arms and legs, it lets you walk, eat and kick back without ever leaving your cocoon.



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Office: 703.938.4200

Allie.Chamberlain@LNF.com



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M&A CUSTOM HOME



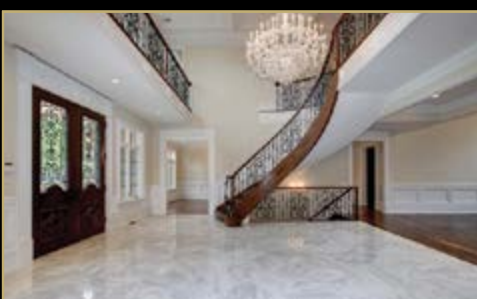
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MCLEAN, VA

\$5,999,900

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Night crews work on the future Dulles Airport station, where passengers will be able to access the main terminal by a tunnel with moving sidewalks.

Photo by Chuck Samuelson, Dulles Corridor Metrorail Project

BY MARCIA MCALLISTER

FULL STEAM AHEAD:

SILVER PHASE 2 CONSTRUCTION RAMPS UP IN 2016

Steady progress continues on Phase 2 of the Dulles Corridor Metrorail Project with the design nearly complete and ample elements to capture curious eyes.

As construction continues to ramp up through 2016, commuters will see work along the entire 11.4-mile stretch of Phase 2, which extends from the existing Wiehle-Reston East station westward to Dulles International Airport and beyond to Ashburn in Loudoun County.

"This is the biggest year so far for construction all along the Phase 2 alignment from Reston west to Ashburn," said Charles Stark, the executive director for the project. "There is a lot of work to be done."

While the project's design is 99.3 percent complete, construction is currently around 17 percent complete.

Considerable work has been done at Dulles Airport and at the Innovation Center station site, which is the first station to the east

of the airport. Traversing the Dulles Airport property requires the use of an aerial guideway consisting of drilled shafts, columns, caps, girders, decks and other engineering elements. The shafts, columns and caps are mostly complete, and about 200 girders have been set along the guideway.

In addition to the aerial guideway, considerable work has been done at the Dulles Airport station site adjacent to Garage 1. The pedestrian tunnel running from Garage 1 to the main terminal has been closed to permit construction of the station. Once work has finished, the tunnel will reopen to provide access for those parking in the garage as well as those arriving or departing via Metro.

The future Innovation Center station site has experienced the most progress, taking on the look of the Phase 1 stations, while enabling and excavation work continues at most of the other five station comprising Phase 2. Ashburn remains the exceptions, but excavation work is expected to begin there later this year.

Crews continue to supplement their restricted daytime schedules with night work along the alignment. ♦

RESTON TOWN CENTER STATION WORK



RESTON PILE DRIVING

Capital Rail Construction has finished its pile driving operation at the Reston Town Center station site and will begin construction of the station (*Dulles Corridor Metrorail Project*).



RESTON CRANES

A tower crane was erected at the Reston Town Center station site now that pile driving activities are complete. (*Dulles Corridor Metrorail Project*).

ARTWORK AT TYSONS AREA STATIONS

Installation of the Silver Line Phase 1 artwork was finished this spring. Below are the works at the Greensboro and Spring Hill stations.

Works at the Greensboro Metro Station



Works at the Spring Hill Metro Station





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Summer Pet Safety

Keeping your pup cool during the hot months

BY RYANNE WRIGHT

It is important to keep your furry family member cool and comfortable during the heat of summer. Dogs are more prone to heat stroke because they don't sweat like humans- they have to cool themselves by panting. Early signs that your dog is overheating include acting sluggish or confused, panting harder than usual, with the appearance of a bright red tongue.

The 5 Second Rule:

Place your hand on the back of the pavement, if you cannot hold your hand to the pavement for five seconds, it is too hot to walk your furry friend!

Keeping your pup Cool:

Remember to never leave your dog inside of a car! If you have to keep your dog outside, ensure you purchase a cooling bed, pad, or mat. If at all possible, invest in a quality dog house or dog tent to give your dog an escape from the heat of the summer sun. If your dog is keeping your family company during a day at the pool or the beach, tie a wet bandana around their neck to help keep them cool. You can always get them a kiddie pool to splash in as well as a fan to help circulate air where your dog likes you hang out!

Can my dog get a sunburn?

The answer is yes! Breeds such as Dobermans, American Terriers, and other short hair breeds tend to have little to no hair on their stomachs and chests. Some dogs love sunbathing, and their sensitive skin and get burned quickly. You can treat their burned areas with aloe or coconut oil.

Summer Dog Treats

ICEPUP: Freeze water, rubber toys, and small treats in a small plastic container for an ice block treat to not only keep your dog cool but occupied, too!

PUPSICLE: Mix 12 ounces of Banana Greek Yogurt with 6 ounces of creamy peanut butter. Place the mixture into an easy to pop-out silicone ice cube tray. Freeze for at least an hour before you let your dog enjoy the treat! If you find your dog doesn't enjoy the banana flavor, plain vanilla yogurt works just as well! ❖



RESTON PUPS ENJOYING THE SUMMER

FURRY NEIGHBORS



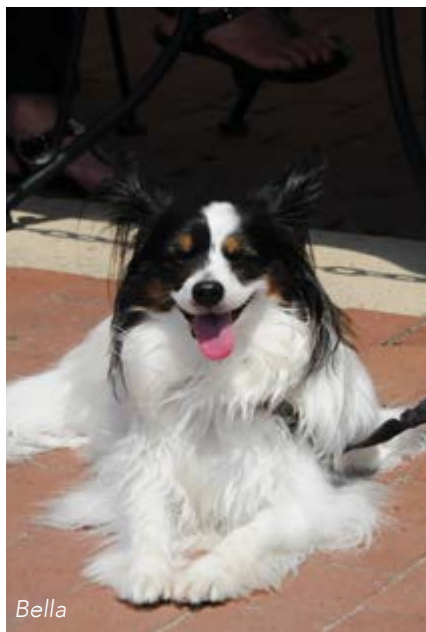
Erika with Allison and Diego



Jordan and Ellie



Thor, Nikki, and Kenny



Bella



Nevaeh with Kellen and Mikaela



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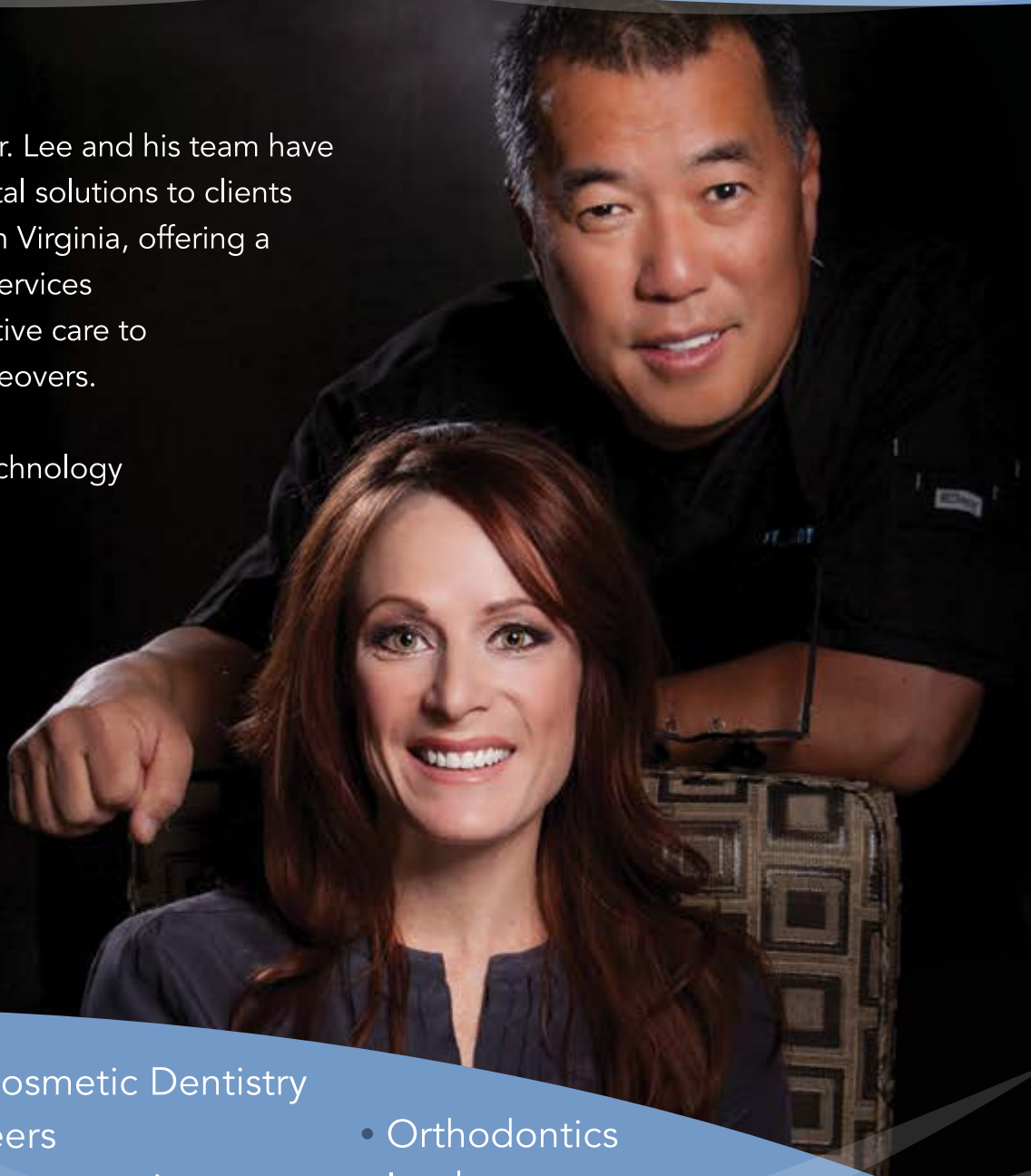
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BRIDGE CLUB

LOUIE'S HEFTY PROFIT

♠ 5 4 3
♥ 6 5 2
♦ 8 5 4 2
♣ J 7 3

♠ A K J 3
♥ A K Q J 10
♦ A K
♣ A K

West	North	East	South
			2 ♣
pass	2 ♦	pass	2 ♥
pass	2NT	pass	3 ♠
pass	4 ♥	pass	6 ♥
all pass			

West leads the jack of diamonds. Plan the play. Answer on page 174.

Excerpt taken from: *Frank Stewart's Bridge Club*. Page 41.

BIDDING QUIZ

YOU HOLD:

Q 9 8 7 ♥ 9 8 4 ♦ Q 7 3 ♣ Q 9 5

Your partner opens two clubs (strong and forcing), you bid a negative two diamonds, and partner rebids two spades. What do you say?

ANSWER: This is a textbook situation. Raise to four spades, promising good trump support but denying any side ace, king, void or singleton. Your partner will often stop at game, but if all he needs from you to make a slam is a stray queen or two, he'll bid again.

Excerpt taken from: *Frank Stewart's Bridge Club*. Page 45.

GROWTH IS PAINFUL.
CHANGE IS PAINFUL.
BUT NOTHING IS AS
PAINFUL AS STAYING
STUCK SOMEWHERE
YOU DON'T BELONG.

Unknown

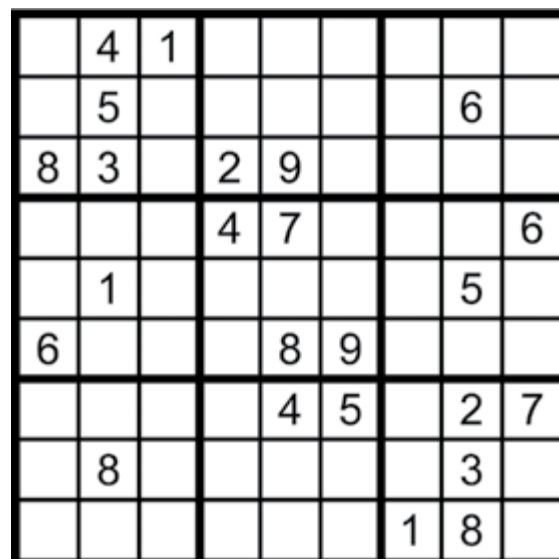
HOW TO SOLVE SUDOKU PUZZLES

To solve a Sudoku, you only need logic and patience. No math is required.

Simply make sure that each 3x3 square region has a number 1 through 9 with only one occurrence of each number.

Each column and row of the large grid must have only one instance of the numbers 1 through 9.

The difficulty on this puzzle is easy.



AT THE END OF THE DAY IT'S NOT ABOUT WHAT
YOU HAVE OR WHAT YOU'VE ACCOMPLISHED. IT'S
ABOUT WHO YOU'VE LIFTED UP, WHO YOU'VE MADE
BETTER. IT'S ABOUT WHAT YOU'VE GIVEN BACK.

Denzel Washington, American movie star

SPACE STATION DWELLER

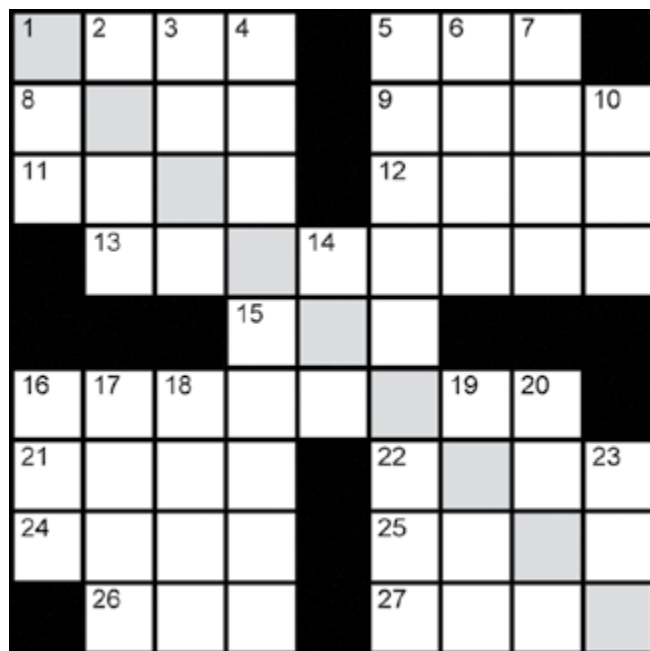
CROSSWORD CLUES

ACROSS

1. Hack
5. Bleat
8. Come down hard
9. Pond dweller
11. ___-ran
12. Highway
13. Sirens, e.g.
15. "The Bells" poet
16. Pursued, as a career
21. Arch type
22. Dungeonlike
24. Unit of pressure
25. Needle case
26. "Help!"
27. Medical advice, often

DOWN

- | | | | |
|-------------------------------|-----------------------|--------------------------|---------------------------------|
| 1. Number cruncher, for short | 7. Biology lab supply | 17. Freudian topics role | 20. Burden |
| 2. Author Victoria | 10. Commercial | 18. "I, Claudius" | 23. Do-it-yourselfer's purchase |
| 3. Yorkshire river | 14. Hawaiian dish | 19. London art gallery | |
| 4. Cuers | 16. Knows, in poesy | | |
| 5. Mixologist | | | |
| 6. ___ vera | | | |





BRIDGE CLUB SOLUTION

LOUIE'S GOOD FORTUNE

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

West	North	East	South
			2 ♣
pass	2 ♦	pass	2 ♥
pass	2NT	pass	3 ♠
pass	4 ♥	pass	6 ♥
all pass			

Opening Lead: ♦ J

'I picked up one of my usual,' Unlucky Louie told me in the lounge, 'with one jack. I was sure the rubber had gone west; but then partner bid a slam with no particular encouragement.'

'He must have had a whale,' I surmised.

'He'd have needed Moby Dick's big brother to make six hearts opposite my hand,' Louie said.

Louie's partner won the first diamond and drew trumps. He cashed a fourth trump for exercise and next led the ace, king and a low spade. East took the nine and queen, defeating the slam.

'He had 32 high-card points,' Louie said, 'and we made a big 50-point profit thanks to his 150 honors.'

'If you'd been South, you'd have made the slam,' I said. 'You'd lead a low spade at Trick 2. When you got back in, you'd cash two trumps and then the A-K of spades. You're safe if the queen falls or, as in the actual deal, if a defender with four spades also has the last missing trump. Too bad you were sitting in the wrong seat.'

'I always am,' Louie sighed.

Excerpts taken from: Frank Stewart's Bridge Club. Pages 45.

SUDOKU Answers

2	4	1	6	5	8	9	7	3
7	5	9	1	3	4	2	6	8
8	3	6	2	9	7	5	4	1
3	2	5	4	7	1	8	9	6
9	1	8	3	6	2	7	5	4
6	7	4	5	8	9	3	1	2
1	9	3	8	4	5	6	2	7
5	8	2	7	1	6	4	3	9
4	6	7	9	2	3	1	8	5

CROSSWORD Answers

C	H	O	P		B	A	A
P	O	U	R		A	L	G
A	L	S	O		R	O	A
	T	E	M	P	T	E	R
		P	O	E			
W	E	N	T	I	N	T	O
O	G	E	E		D	A	N
T	O	R	R		E	T	U
	S	O	S		R	E	S



ONE OF THE MOST TRAGIC THINGS ABOUT HUMAN NATURE IS THAT ALL OF US TEND TO PUT OFF LIVING. WE ARE ALL DREAMING OF SOME MAGICAL ROSE GARDEN OVER THE HORIZON INSTEAD OF ENJOYING THE ROSES THAT ARE BLOOMING OUTSIDE OUR WINDOWS TODAY.

Dale Carnegie: American writer



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JULY



CANCER: It feels like a while since you had a profound realization, so get ready for a series of breakthrough thoughts. They may come to you in threes so get ready.



LEO: A truly new idea should be savored and optimized. Start building the energy that you'll need to promote it and overcome setbacks and obstacles.



VIRGO: With your improved communication skills, you are starting to make inroads in areas formerly closed to you. Think about the benefits of good will and cooperation.



LIBRA: If you are searching for your soul mate, or a renewed relationship, this month you won't lack the personal magnetism to capture and retain that person's attention.



SCORPIO: A new project is coming to you. It could test your patience and talents, but co-workers stand ready to give the assistance you'll need. Don't try to do it alone.



SAGITTARIUS: You will be caught up in differences of viewpoint, which could compromise your information sharing. Take care not to provoke clashes with co-workers.



CAPRICORN: You know how to downplay your advantages in order to get things done. You won't need to apply any special pressure or persuasion to get what you need.



AQUARIUS: July and August bring a sense of a sense of acceptance and recognition. You look set to be the recipient of appreciation for your contributions.



PISCES: First there is an idea; then there is a plan and at some stage other people will have to come on board, or at least act as sounding boards. It is time to share.



ARIES: You've been shooting off fireworks away from work because it's July. Don't get used to it. It's also an excellent month to avoid verbal explosions.



TAURUS: At conventions and company meetings, be ready with interesting conversational topics. You'll be remembered for your wide general knowledge.



GEMINI: Today might seem like a mundane, routine time. But step back and observe it. Today could just be a beautiful, normal day.

AUGUST



LEO: The new moon on the 2nd sets the stage for major activity later in the month. You know what you are dreaming about. This is the day to see the steps to take to make your dreams come true. By the full moon on the 18th, you'll be in a position to act on your thoughts. Someone wants to hear your plans.



VIRGO: Some people can do the job halfway, but you aren't one of them. You will find yourself handling more than your share by mid-month, and this effort will not go unnoticed. When questioned, remain humble and be ready to pleasantly point out efforts of your teammates.



LIBRA: A moment of tranquility in a decidedly chaotic time comes your way this month. Indulge the moment with your spouse or significant other. Build up a little strength because the chaos will probably resume. A special report settles your mind somewhat.



SCORPIO: You make a wrong turn early in the month that ends up with unexpected surprises. Remember while you are on the wrong path, that you get to see the backroads before you get to the destination. Look around. Something new is waiting for you to notice it.



SAGITTARIUS: Keep your eyes and ears open at a meeting this month. Something good is awaiting you, but you have to accept it. Put on your turning light, there is a detour coming.



CAPRICORN: A home project requires your management skills this month. Develop a reasonable budget before you start and see that everyone sticks to it. Without your intervention here, things can go awry.



AQUARIUS: Integrity is on your mind this month as your own is tested. Pay attention to the small stuff and the big picture will take care of itself. You will be glad you did.



PISCES: People always joke that good things and bad happen in threes. This month you wonder about a string of seemingly lucky occurrences. Before you buy another lottery ticket, look at how your own work and interactions contributed to these good things. And thank your lucky stars!



ARIES: A minor health issue follows on the heels of one from which you just recovered. Accept that this is annoying, but not forever. You will not be out there in front of the pack pushing your latest ideas. Enjoy a glass of ice tea and get well. This will resolve by the end of the month.



TAURUS: How long has it been since you really reaped the rewards of your work? A vacation might be the ticket this month, even if it is a short one. Of course, you will want the best hotel room and a sumptuous dinner. Indulge, but keep an eye on tomorrow, too.



GEMINI: Some days you feel like putting the top down and waving at everyone stopped at the intersection. Why not? A splendid day is in the offing and even at a stop sign you could pick up some networking contacts. Your gift of gab will be an asset here but use the appropriate restraint.



CANCER: Projects stack up this month just when you have a bit of the summer daydreams. Try to focus on one project at a time and then leave it until tomorrow. Enjoy your family at a pleasant Wednesday dinner and put everything else out of your mind.

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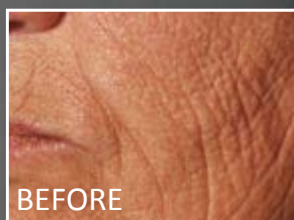
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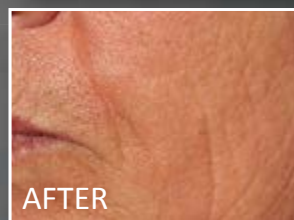
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