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RESTON HERITAGE

# RESTON

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*Lifestyle*  
MAGAZINE

## Oktoberfest

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October 8<sup>th</sup>

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ONE RESTON TOWN CENTER:  
TALLEST BUILDING IN RESTON

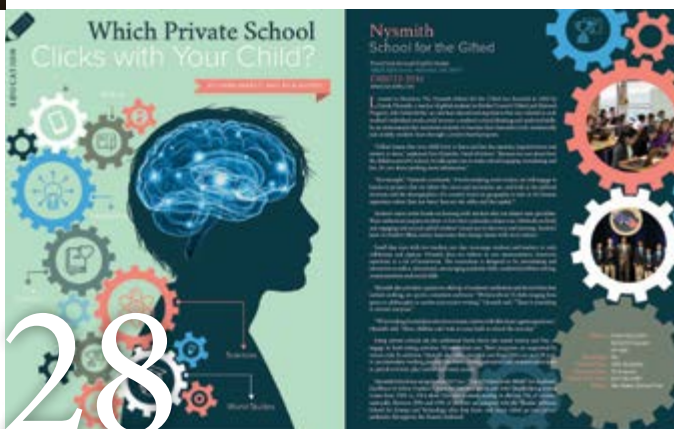
by Peter McCandless

The new urbanism of Reston's downtown is about to achieve an even higher altitude. Given a stunning flourish by the world class architectural firm of HOK, One Reston Town Center (IRTC) will become the tallest building in Reston. At 330 feet, this 23-story, 420,000-square-foot, \$210 million, trophy-class office tower will be approximately 125 feet taller than One Freedom Square, currently Reston's tallest.

WHICH PRIVATE SCHOOL  
CLICKS WITH YOUR CHILD?

by Linda Barrett and Rick Mundy

Throughout the area are several extraordinary private schools dedicated to superior learning across all grades. Whether your child thrives in an environment of rigorous instruction, more individual attention or specialized programs, there are private schools that offer opportunities that may not be readily available through public schools.



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## PROST! OKTOBERFEST IS HERE!

by Dani J. Keating

Oktoberfest in Munich, Germany is the largest festival on the planet. In 2015, more than six million people from all over the world attended the 16-day annual celebration, consuming more than 7.7 million liters of the world's best beers. Food, festivities, and fun for everyone makes this one-time royal wedding celebration a bucket list to do. But, if hopping a plane to Germany isn't in this year's game plan, don't worry. There are plenty of activities throughout the region to quench your thirst.



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## A CHANGE OF DIRECTION

by Analiese Kreutzer

Whether they are chasing a dream, re-entering the workforce after time off, rebounding from a job loss or seizing an opportunity, people all over our area have launched businesses that have taken their careers—and their lives—in new directions. Following are three such stories and the advice these entrepreneurs offer to others looking to make a change.



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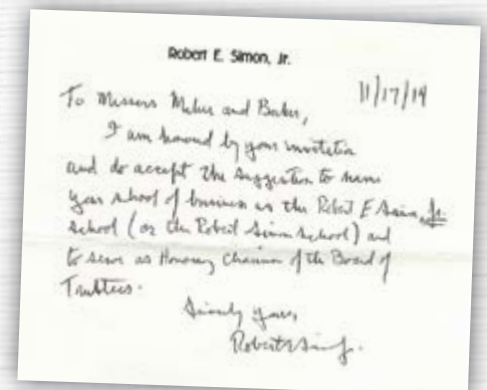
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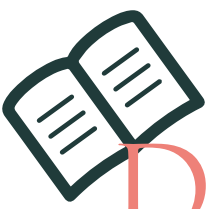


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## More Info:

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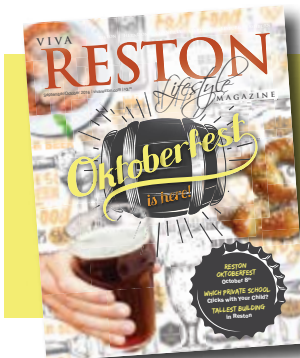
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**ON THE COVER:**

If hopping a plane to Germany isn't in this year's game plan, don't worry. There are plenty of food, festivities, and fun throughout the region to enjoy Oktoberfest (see page 46).



ONE DAY OF FUN — OCTOBER 8, 2016 | RESTON PUMPKIN 5K — OCTOBER 9, 2016



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Alexandra Rossi. Photo credit: Rob Litchfield

As summer days are over, school days start and we prepare our home for fall, we have put together in this edition an array of very interesting articles to get you informed and entertained about what's going on in Reston and the surrounding areas during September and October.

On the cover, get to know the Oktoberfest festivities in Virginia, Maryland and DC, including Reston's 9th Oktoberfest at the Reston Town Center. Read everything about it on pages 46-49.

On page 14, learn about the tallest building in Reston, One Reston Town Center, with 330 feet and 23 floors, scheduled to break ground soon.

In September the Reston Community Center is holding its Annual Preference Poll to select the three positions on the Board of Governors. Read all about the candidates on page 16 and let your voice be heard!

As the school year starts over again, read about the top private schools in the area and which one clicks with your child on page 28. Take a look at the first photos of the new state-of-the-art location that the Academy of Christian Education is opening in September on page 36. Be informed about the incredible work the YMCA Reston Fairfax is doing not only with the children but also with the community on page 60.

In the business arena, sneak a peek at the first open house held by Clarewood University, the first university headquartered in Reston on page 51. Its four MBA programs start this fall! Get inspired by the

stories of three local residents who have changed directions in their careers on page 68.

And talking about inspiring people, our Personalities section introduces you to the admirable job Reston-based Dr. Neda Kamantar is doing to change the lives of children all around the globe on page 66. Read the touching and inspiring article by Rachel Luehrs "Going Blind Isn't Funny" where she tells us about her life with retinitis pigmentosa and how you can help find the cure of this disease, on page 18.

Get to know the face behind the high-end jewelry store, Midtown Jewelers, at the Reston Town Center. Owner Bobby Singh tells us about his background, his life, his family and his journey that took him to open the jewelry store where Reston gets engaged on page 62.

After the lazy hot summer days, fall arrives with an extensive calendar of art exhibits, and musical events in the area. In September the Professional Tourist Artists Series opens at the Reston Community Center's CenterStage. Learn about this exciting program on page 56. Read about the exhibits the League of Reston Artists and the Greater Reston Arts Center -GRACE- have scheduled on pages 54 and 55. This October the Great Falls Studio Tour comes back with 59 artists for the delight of the art lovers. Learn more about it on page 53. And if you're a fan of Widespread Panic, don't panic! They are still touring and will come to the Warner Theater on September 6 and 7. Read more on page 50.

For the food lovers, we have featured in this edition Kalypso's Sports Tavern and Barcelona. On its 6th anniversary Kalypso's has prepared a new menu special for fall and the NFL! Get to know more about this wonderful place at Lake Anne on page 38. On the other hand, get to know everything about the Spanish-inspired cuisine of Barcelona at the Reston Town Center on page 44.

As always, Delegate Ken Plum delight us with his very interesting column, this time about wineries in Virginia on page 72.

Fall is the time when people remodel or change homes! We welcome top-notch real estate agent Eve Thompson and her informative column on page 82. And make sure to check our Reston Premier section featuring what's hot in the local market now on page 84. Don't miss the 15th Annual Reston Home Tour, this year on October 15. Read the details on page 64.

On the Health section, know the 8 reasons why you might be gaining weight and didn't know it by Christine Lehmann on page 76, learn about sleep apnea in children by Dr. Liliana Calkins on page 78, and the revolutionary pinhole gum rejuvenation surgery to treat gum recession by Dr. Marcos Grande on page 79.

As an animal lover I couldn't resist but to have our furry neighbors in their Halloween costumes, ready to go trick-or-treating in October. See the cutest photos on page 92! And to spend those breezy fall afternoons under the trees we have our entertainment section with crosswords, Sudoku, Ask Amy's letters, and more!

As the leaves turn gold and the days get cooler, we hope you enjoy this edition we carefully put together for your delight. And don't forget to visit our Facebook page to get community updates at <https://www.facebook.com/RestonLifestyleMag/>

Alexandra Rossi



# IT'S A PLACE YOU'LL WANT TO INTRODUCE TO FRIENDS.

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BY PETER MCCANDLESS

One Reston Town Center.  
Courtesy of Akridge and HOK

*Reston Town Center is one of the most vibrant submarkets within the Washington, DC region. I am happy to see Bob Simon's vision of a thriving live, work, and play environment realized every time I visit Town Center.*

—DAVID TONEY,  
VICE PRESIDENT  
DEVELOPMENT, AKRIDGE

## ONE RESTON TOWN CENTER: *Tallest Building in Reston*

### Striking New Landmark Adds Excitement to Reston Town Center Skyline

The new urbanism of Reston's downtown is about to achieve an even higher altitude.

Given a stunning flourish by the world class architectural firm of HOK, One Reston Town Center (1RTC) will become the tallest building in Reston. At 330 feet, this 23-story, 420,000-square-foot, \$210 million, trophy-class office tower will be approximately 125 feet taller than One Freedom Square, currently Reston's tallest.

A joint venture of D.C.-based Akridge and RTC Partnership LLC, 1RTC will start construction when the developer finds a major tenant who needs to lease 150,000 to 200,000 square feet. The distinctive new tower will replace a 1970s five-story office building located in the northwest corner of the Reston Parkway intersection with Bowman Towne Drive. This project will, in effect, extend Reston's downtown density another block to the northeast.

Originally designed by the Polleo Group, the tower was first approved by the Fairfax County Board of Supervisors in February 2012, when RTC Partnership was acting alone. Joining RTC in 2014, Akridge retained HOK to design several key changes. These included a dramatic six-story corner atrium lobby "intended to serve as a distinct corner landmark feature," a six-level, 1,275-space structured parking garage clad in undulating metal panels to create a wave-like





Sky Lounge. Courtesy of Akridge and HOK

form, a sheer-glass curtain wall, and a 35-foot tall glass screen protecting the rooftop terrace from strong winds.

Designed to achieve an energy efficient, LEED Gold Certification, 1RTC will feature 15,000 square feet of ground-floor retail, three terraces (the seventh and 22nd floors and a 2,500-square-foot green roof penthouse), a seventh floor fitness center, a cyber lounge, 23,000-square-foot open floor plates, 10-foot high ceilings and floor-to-ceiling glass.

From the dramatic rooftop terrace, on a clear day, visitors and office residents will be able to see the Blue Ridge Mountains to the west, Tysons Corner and the D.C. skyline to the east, and Reston's downtown urban core directly below. The terrace will

include outdoor seating, a trellis structure on the west side of the rooftop to provide shade for outdoor seating, an enclosed event space serviced with restroom and pantry facilities, and a 2,500-square-foot vegetated green roof. Plans also include a seventh floor outdoor park with a potential bocce court.

"Akridge is pleased to bring to this dynamic community a striking office building in One Reston Town Center," says Vice President David Toney. "We are confident that this Trophy-class, amenity-rich building and its prime location within a walkable, diverse urban neighborhood, will attract a wide sector of office users and positively add to Mr. Simon's vision of Reston." ♦

#### BY THE NUMBERS

330 feet tall	23 stories
420,000-sq. ft. office tower	\$210,000,000
15,000-sq. ft. retail space	23,000-sq.ft. open floor plates
8 high-speed elevators	6-story dramatic atrium
1,275 parking spaces	2,500-sq. ft. rooftop terrace



Retail Streetscape. Courtesy of Akridge and HOK





RCC BOARD OF GOVERNORS: *Left-Right Top:* Bill Keefe, Bill Bouie, Bill Penniman, Vicky Wingert, John Mendonça *Left-Right Bottom:* Gerald Zevala, Michelle Moyer, Beverly Cosham  
Missing: Lisa Sechrest-Ehrhardt

Photos courtesy of Reston Community Center



## To Select Reston Community Center Board of Governors

BY PETER MCCANDLESS

# ANNUAL PREFERENCE POLL GUIDES APPOINTMENT OF NEW MEMBERS

### A Reston Community Center Primer for VivaReston readers:

*As the Reston community began to mature in the 1970s, the need for a vibrant multi-use community center became obvious. To provide funding for this center, the Fairfax County Board of Supervisors, in March 1975, created a special tax district to pay for the construction, operation and maintenance of what was to become the future Reston Community Center [RCC].*

*The County's tax map identifies this area as Tax District 5 which includes most property in Reston zip codes. In 1977, \$2.6 million in construction bonds were issued to design and build the approximately 50,000-square-foot Hunters Woods facility, which opened in 1979 and hosts both a theatre and aquatics center.*

**T**o represent and protect the interests of Small District 5 taxpayers, as well as to establish policies and provide financial oversight for this sparkling, new multi-million-dollar center, The Fairfax County Board of Supervisors established the RCC Board of Governors. The RCC Board appointments are made by the Fairfax County Board of Supervisors after voters have made their preferences known in an annual poll.

Today RCC offers more than 2,000 self-development experiences that enhance the quality of life for all people living and working in Reston. RCC provides a wide range of programs in arts, aquatics, enrichment and life-long learning in two facilities and throughout the community. RCC also creates and sustains community traditions through special events, outreach activities and facility rentals. To find all programs or events, visit [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com) or call 703-476-4500.





Michelle Moyer, Gerald Zevala and BeBe Nguyen

The Preference Poll is a community event held annually to guide selection of members to serve on the Board of Governors. The Board establishes the overall policies and priorities for RCC programs and budget. Members also represent RCC at social, recreational, cultural and educational activities in Reston. Each year, typically, candidates for three seats on the Board of Governors are subject to a community preference poll with voting by residents and businesses located in Small District 5.

This year's Preference Poll will fill those three positions for three-year terms. Online, mail-in balloting and walk-in voting will be available from September 9 through September 30 until 5:00 p.m. Mail-in ballots must be received by RCC's Counting Agent no later than September 29 at 5:00 p.m.

The current Board of Governors recently completed a new five-year strategic plan focused on developing new audiences by:

- **Outreach programming— began with 2 new concert series this summer;** continues emphasis on arts offerings in the CenterStage, new eLearning option, RCC Rides, communications efforts to reach all parts of Reston;
- **Participating in Reston-wide efforts to target resources to youth:** after-school, out-of-school options and programs and services where kids need them; and

- **Encouraging and strengthening community-based partnerships** with Reston civic and non-profit organizations as well as other Fairfax County government agencies.

RCC Executive Director Leila Gordon wants every household in Small District 5 to be involved. "Reston today is a growing, diverse and changing community. People's lives are in a state of flux and under stress that makes RCC's programs and services as vital as they have ever been to sustaining healthy and happy lifestyles and bringing people together. Participation



in our annual Preference Poll assures the community is directing our efforts and that we respond to the people we serve effectively," Gordon says. ♦



Left to right: Beverly A. Cosham, Vicky Wingert and Lisa Sechrest-Ehrhardt



# Going Blind isn't funny.

BUT I'VE LEARNED TO  
LAUGH ABOUT IT ANYWAY.

BY RACHEL LUEHRS

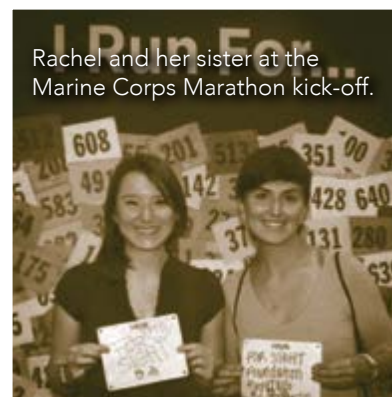
## I'M LOSING MY VISION, NOT MY SENSE OF HUMOR.

I thought I had planned for everything when I decided to study abroad in Spain. I had packed layers of clothing, comfortable shoes, my camera, and of course my trusty Spanish-English dictionary. After landing in Bilbao, the cab driver dropped me off at my dorm in the pouring rain. I walked into the building excited for my adventure to begin. My adventure, however, came quickly to a screeching halt. I had forgotten to prepare for something big: the fact that I am legally blind.

The building where I was supposed to spend the next six months was so dark that I could not see my hand in front of my face. How was I supposed to find my bedroom?

At first I tried to feel my way down the hallway, all the while cursing the ridiculousness of the situation. I soon realized I could hear someone talking, someone who was speaking English! I could tell she was British and involved in a Skype call, but I was desperate for help. I knocked on her door and said, "This is going to sound silly but I cannot see. . . . Can you help me find my bedroom?" The woman angrily asked if I was joking. Surprised, I responded that no, I really could use a hand. The door opened, and the woman stood there ... with a white cane and a guide dog. I had asked a blind woman for directions. What were the odds? This is just one of many ridiculous situations I find myself in dealing with Retinitis Pigmentosa, a condition that's slowly robbing me of my sight.

I come from a family of storytellers. For as long as I can remember, every visit with my father's relatives was spent sharing and retelling the antics of my father, grandparents and my great-grandmother, for whom I was named. After being brought up surrounded by oral history, it's not surprising that the main way I have chosen to deal with losing my vision is with wit and story. My family loves to tell the tale of how my great-grandmother delivered the town mail when the mailman came over to socialize and fell asleep on their front porch; I'll share about the time I was caught knocking on a solid wall of a dark restaurant hallway thinking it to be the bathroom door. Rather than shrink in embarrassment and cry over my fate, more often than not I choose to laugh about it. My friends have come to expect these tales, which they've labeled "Rachel stories."



Rachel and her sister at the  
Marine Corps Marathon kick-off.

I learned I had RP, a rare degenerative eye condition, when I was 13. Individuals with RP have little or no night vision and experience decreased peripheral vision over time. Most will be legally blind by age 40. The red flags had been present all along that something was wrong with my eyes. As I child, I was extremely clumsy, constantly tripping over obstacles and struggling in dim or dark settings. Standard childhood experiences such as playing catch in twilight, camping, laser-tag birthday parties, trips to the planetarium and trick or treating were frustrating and even frightening for me. I was labeled a "scaredy-cat" as friends ran from house to house, screaming and giggling, on Halloween night, while I was left to tiptoe along wondering why everyone else was so much braver than me.

But there were funny moments, too. During childhood road trips, my sister and I





Gordon Gund, his wife Lulie, Rachel's mother, Davida Luehrs, and Rachel at the Foundation Fighting Blindness Vision's conference this June.

would bunk together. I often plotted elaborate schemes to jump on her bed in the middle of the night and scare her. My sister, whose vision is unaffected, would wake up to see me kneeling suspiciously on the side of the bed, staring unseeingly into the dark getting ready to pounce but unable to locate her. She would beat me to the punch every time and smack me down with her pillow.

As my vision continued to decline, the material for my stories increased. In 2008, I started my freshman year at the University of Mary Washington. I quickly learned how to navigate my way around the campus in the dark. The routes were more or less predictable even on a cloudy night. But one night that changed. President Obama, as a presidential candidate, came to speak on campus. I went with thousands of others to hear his speech. His presentation went on late into the night and it quickly got dark. The huge crowd was disorienting. Their shadows eliminated what little light I could see. I had no idea how to get back to my dorm, or where I even was at that point. I tiptoed slowly along, hoping I was headed in the right direction.

But I was not. After several steps, I realized that the ground felt quite strange underneath my feet, and there were sharp branches brushing my face. Then I felt a strong hand grasp my arm. A deep voice barked "Ma'am. What do you think you are doing?" It was a cop. Somehow I had managed to wander off the path and into a grove of trees behind the podium where the president was speaking. This apparently was considered a "secure area," and I had been "trespassing." I received a police escort back to my dorm, a cop on each arm. There is truly never a dull moment in living with low vision.

Retinitis Pigmentosa has impacted aspects of my social life as well. Typical young adult activities like dating can be quite complicated for someone with low vision. I can't drive anymore, so do I ask my date to pick me up? Should I bring up my disability on a first date, or just wait for it to become apparent? More often than not, it seems to come up on its own. Bars and restaurants are often dimly lit, so the simple task of finding my chair can often seem like an obstacle course. Anything below my chin is outside of my visual field, so I often don't see handshakes or the menu being handed to me. I also have trouble occasionally recognizing friends if the room is especially crowded or dimly lit. It makes for endless adventures.

I have gone on dates with men who have been overprotective, refusing to let me take any risks in discovering the limitations of my

vision. I have also experienced the other extreme of a total lack of understanding, where I have been left to walk alone in dark and unfamiliar territory. I have currently found the happy medium. I am with someone who allows me to take risks but is there to guide on the side and provide support when necessary. I'm the same as any woman. We all just want an arm to hold onto before we face the dark.

There are times when it's hard to laugh about my situation. This past year brought a particularly difficult adjustment: I now have to use a white cane at night and in the Metro. I worried that the cane would label me as weak or as a victim, and that people would treat me differently. My fears proved true many times. I have had people yell "handicapped lady coming through" when I walk past. I have had complete strangers try and physically push and pull me down escalators, thinking that they are providing assistance. My shins are battered and blue from walking into chairs at school that my students forgot to push in. I will always be the one who knocks down a chair or a glass in a restaurant or bar. The reality is that I am slowly going blind. I often feel like the proverbial Cinderella. The sun sets, and, often, so does my independence. Days are a race to see how many things I can fit in before the sun goes down. But I can't sit in the dark and cry. I plan to cram every day with adventures. I will keep laughing at the endless ridiculous situations I find myself in. When I wake up in the night and can't find my way out of my bedroom, I have to see it as hilarious, not humiliating.

Researchers are on the cusp of finding a medical cure to Retinitis Pigmentosa, which would give me, my mother, and countless others back the sight we have lost. It is this fact that truly gives me hope. Until the day that such a cure is found, however, I will face each obstacle with a laugh, a smile and a story. ♦

**AUTHOR:** Rachel Luehrs is an elementary school teacher living in Arlington, Va. She is the Visionwalk chair for the Foundation Fighting Blindness.



Northern Virginia Visionwalk team in 2014

 LAKE ANNE  
Reston



# SELECTED EVENTS



## SEPTEMBER 1 FOOD TRUCK THURSDAYS AT RESTON TOWN SQUARE PARK

11900 Market Street, Reston, VA  
20190, 11am to 2pm

A variety of food trucks will provide both lunch and dessert options for patrons. Cash and credit cards are accepted. For more information visit [www.restontowncenter.com](http://www.restontowncenter.com).

## SEPTEMBER 1-30 ART MIRRORS CULTURE: JO ANN ROSE GALLERY

RCC Lake Anne 3D Gallery,  
1609-A Washington Plaza

This exhibit will be shown from September 1st-30th at the RCC Lake Anne 3D Gallery as a part of Reston's Multicultural Festival. For more information, visit [www.lakeanneplaza.com](http://www.lakeanneplaza.com)

## SEPTEMBER 3 LAKE ANNE JAZZ & BLUES FESTIVAL

Lake Anne Plaza, 11404  
Washington Plaza W, Reston, VA  
20190, 1pm- 8pm

Come and enjoy an afternoon and evening of Jazz on the Lake. As part of the festival, there will also be a showing of *Lady Sings the Blues* on August 28 at dusk and a performance by the Chris Vadala Quartet on Thursday, September 1 at 7:00 pm. For the full schedule of events/times, visit [www.lakeanneplaza.com](http://www.lakeanneplaza.com).

## SEPTEMBER 3-4 VIRGINIA SCOTTISH GAMES & FESTIVAL

Great Meadow, 5089 Old Tavern  
Rd, The Plains, VA, 9am-6pm  
\$5-30

The Virginia Scottish Games is a unique annual festival that began as a celebration of Alexandria's Scottish heritage and continues to celebrate the Scottish heritage of the whole Commonwealth of Virginia. The cornerstone of the event is the Highland Athletic Competition. From the days of the medieval Scottish kings, Highland athletes have gathered to test their strength on the field of honor. The Games will host many of the top-ranked professional athletes in North America to include several who have

competed at the recent World Championships.

In addition to athletic competitions, the Virginia Scottish Games includes piping & drumming, highland dancing, and fiddling competitions along with sheep-herding demonstrations, an antique car show, a variety of vendors & crafters, clan and society exhibits, a living history encampment, children's activities, live entertainment and plenty of Scottish food and drink.

## SEPTEMBER 9 ANTIGONE RISING

Jammin Java, 8pm, \$17-20

Founding sisters Cathy and Kristen Henderson have always had the same philosophy. Play better than the boys and make sure the fans feel like part of the family. That philosophy, plus writing undeniably catchy songs, has allowed this self-sustained group to maintain their independence and leave an indelible mark on an industry best known for leaving girl (bands) behind. Opening for such acts as The

Rolling Stones, Aerosmith, Rob Thomas, Joan Jett & The Blackhearts, and more recently, The Bangles, The Indigo Girls, etc. they were signed to Lava Records; a lead singer change came next and a rebuilding musically into a more country pop sensibility.

## SEPTEMBER 9 CHALKFEST AT RESTON TOWN CENTER

11900 Market St, Reston, VA  
20190, 12pm Friday - 4:30pm  
Saturday

Spectators and participants welcome! Rain or shine. For more information visit [www.publicartreston.org](http://www.publicartreston.org).

## SEPTEMBER 10 LEON BRIDGES LIANNE LA HAVAS

The Filene Center at Wolf Trap,  
8pm, \$30-55

Lauded as "the second coming of Sam Cooke" (*Rolling Stone*), Leon Bridges transcends time with his cool, retro sound that has already earned him a Grammy nomination for *Coming Home* (2015) and a collaboration with Macklemore.



## SEPTEMBER 10

### LEZ ZEPPELIN

*The State Theatre, 9pm, \$22-48*  
Lez Zeppelin is a New York City-based all-female tribute band, performing the work of Led Zeppelin. It sounds like too much of a gimmick to be any good; four women get together and form a Led Zeppelin cover band. Maybe good for a laugh or two, but that's about it. Except these girls rock. Shannon Conley can croon and caterwaul just as well as Robert Plant. Steph Paynes manages to match Jimmy Page's guitar note for note, not only technically, but passionately as well.

## SEPTEMBER 11

### TIFFANY "A MILLION MILES" STORYTELLER TOUR

*Jammin Java, 7:30pm, \$30-40*  
Tiffany's iconic number one hit single, "I Think We're Alone Now" captured the heart of a nation and catapulted her to pop superstardom. The singer and songwriter's new full-length album, *A Million Miles*, debuted on March 31, 2016. Tiffany has teamed with the cutting edge entertainment platform, Pledge Music, which allows her fans a unique and personal look into the creation of the album.

## SEPTEMBER 11

### "WEIRD AL" YANKOVIC

*The Mandatory World Tour*  
*The Filene Center at Wolf Trap, 8pm, \$40-65*  
Wolf Trap proudly concludes our 2016 Season with the return of "Weird Al" Yankovic's Mandatory World Tour, after last season's spectacular sellout performance. When the hilariously irreverent "Weird Al" Yankovic takes over Wolf Trap all bets are off. Fasten your seatbelts and get ready for

his Mandatory World Tour, a wild ride through 30 years of pop culture parodies and original satire by the four-time Grammy-winning artist who turns mockery into witty modern art.

## SEPTEMBER 12

### TRADITIONAL CHINESE ARTS AND CULTURE: WHAT YOU MIGHT NOT KNOW

*RCC Lake Anne, 1609-A Washington Plaza, 7pm- 9pm*  
This workshop will give audience members an insightful perspective. Through photo slides and video, Dong Xiang will discuss: the essence of Chinese culture and its traditional values; how and why it was nearly lost; the unfolding of a renaissance of traditional Chinese culture and the driving force behind it. This event is free, however you must register here: <https://webtrac.restoncommunitycenter.com/wbwsc/webtrac.wsc/wbsearch>.

## SEPTEMBER 15

### BEAR'S DEN

*Jammin Java, 7:30pm, \$15-25*  
While the band's folk roots are still evident, they now come cloaked in the lush alchemy of '70's and '80's FM rock: Fleetwood Mac, The Eagles, and in particular, the nocturnal ambience of Bruce Springsteen's *Darkness On The Edge Of Town*, alongside more contemporary artists such as The National and Sufjan Stevens.

## SEPTEMBER 16

### 2016 WOLF TRAP BALL

**Celebrating 100 Years of the National Park Service**

*The Filene Center at Wolf Trap, Evening, Tables \$10,000-\$100,000*

Your support preserves our national treasure now and for future generations, and helps

children and families benefit from Wolf Trap's renowned arts and education programs.

## SEPTEMBER 17

### BEER, BOURBON AND BBQ FESTIVAL

*Village at Leesburg, 1602 Village Market Blvd SE, Leesburg, VA 20175, VIP Bacon & Whole Hog Session Noon-2pm, Regular Session 2pm-6pm, \$29-75*  
Join us at the festival for a great day of beer sippin', bourbon tastin', music listenin', cigar smokin', and barbeque

eatin'. Your admission buys you a sampling glass so you can enjoy an ALL-YOU-CARE -TO-TASTE sampling of beer and bourbon. Some of the best barbeque vendors are on-site if you get hungry all while enjoying seminars in the tasting theater and LIVE music all day.



THRU  
Oct 23

10AM-7PM

## MARYLAND RENAISSANCE FESTIVAL 2016

*The intersection of Route 450 and Crownsville Road in Crownsville, Maryland (about 8 miles northwest of Annapolis), 10am-7pm, \$10-24*

Each August through October, the Maryland Renaissance Festival recreates a 16th century English village with crafts, food, live performances on 8 stages, a jousting arena and lots of games. At the family fun event, held in Anne Arundel County about 30 miles from Washington, DC, you can see a fire-eater, watch jousting in full armor, marvel at jugglers and magicians, and listen to music and choral groups. Attendees enjoy a variety of fare from more than 40 food outlets and shop at 130 craft shops for stained glass, sculptures, jewelry, pottery, wood-butchery, leather-work, inlay, clothing, and glass-blown creations. Child-friendly activities include free pony rides, a maze, archery, a play area and dozens of games.



 **SEPTEMBER 11**  
The Filene Center  
at Wolf Trap



Courtesy of Wolf Trap

# "WEIRD AL" YANKOVIC

## SEPTEMBER 17 COLONIAL MARKET & FAIR

3200 Mount Vernon Memorial  
Hwy, Mount Vernon, VA 22121,  
9am-5pm

The annual Colonial Market & Fair at Mount Vernon features dozens of America's finest craftspeople and plenty of family fun!

Colonial-attired artisans demonstrate 18th-century crafts and sell traditional wares such as baskets, woodcarvings, tin and ironwork, leather-workings, weavings, furniture, and much more. "General Washington" will be on hand overseeing the lively Revolutionary War military drills and 18th-century entertainment including music, a balloon launch, fire-eating, sword-

swallowing, puppet and magic shows, plus hearty specialty food for sale on site.

Costumed interpreters will be demonstrating the 18th-century chocolate-making process using an authentic colonial recipe!

## SEPTEMBER 17 FALL FESTIVAL AND TASTE OF FALLS CHURCH

Cherry Hill Farmhouse & Park,  
312 Park Ave, Falls Church, VA  
22046, FREE, 10am-3pm

Over 7,000 residents and visitors celebrate the arrival of fall in Falls Church at our Fall Festival and Taste of Falls Church. This annual event includes pony rides and a children's tent full of activities for young attendees. Local

restaurants display samples of their cuisine that the crowd can purchase with 'Taste' tickets. Over 90 crafters, businesses and civic groups set up booths with live music and amusement rides adding to the picture-perfect day in Cherry Hill Park.

## SEPTEMBER 17 THE ACOUSTIC LIVING ROOM: KATHY MATTEA AND BILL COOLEY

RCC CenterStage, Hunters  
Woods Village Center, 2310 Colts  
Neck Rd, Reston, VA 20191, 8pm  
Grammy Award winning singer Kathy Mattea and her longtime collaborator, guitarist Bill Cooley, have shared one of Nashville's most musically rich partnerships for over two decades. Tickets are \$25- \$35, and can be purchased by contacting 703-390-6167. For more information visit [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com).

## SEPTEMBER 17-18 41ST ANNUAL VIRGINIA WINE FESTIVAL

Bull Run Regional Park, 7700  
Bull Run Dr, Centreville, VA  
20121, 11am- 6pm both days  
Virginia Wine Festival has become a Grand Commonwealth Tradition and a wine enthusiasts' paradise. Taste Over 200+ Virginia wines (unlimited wine tastings are included in your event ticket) and buy bottles and cases and take them home to enjoy all year. Admission is \$29 if tickets are purchased in advance, \$40 Day of (at Gate) and VIP Tickets are \$59 in advance. For more information visit [virginiawinefest.com](http://virginiawinefest.com).

## SEPTEMBER 17-18 COX FARMS FALL FESTIVAL PREVIEW

15621 Braddock Rd, Centreville,  
VA 20120, 10am-6pm, \$5-17  
All of those giant slides, swings, apples and cider,

animals, pumpkins are waiting for you, and we know you have been waiting for them! Be here right when they open and be on the first hayride of 2016! Also be on the lookout for Cox Farms Fields of Fear where tickets can be purchased for the Dark Side Hayride, entry to the Cornnightmare or The Forest: Back 40 late October. House are 7:30pm-11pm, tickets cost \$13-25.

## SEPTEMBER 19 MAKE AMERICA ROCK AGAIN

The State Theatre, 6:30pm, \$37  
Featuring Trapt, Saliva, Saving Abel, Alien Ant Farm, Crazy Town, 12 Stones & Tantric.

## SAVVY WOMEN NETWORKING EVENTS

5 PM-9 PM

**SEPTEMBER 21**  
**Red's Table**, South Lakes  
Village Shopping Center  
11150 South Lakes Dr,  
Reston, VA 20191

**SEPTEMBER 28**  
**Bar Louie**,  
20586 Easthampton Plaza  
Ashburn, VA 20147

**OCTOBER 12**  
**Parallel Wine and Whiskey Bar**, 43135 Broadlands  
Center Plaza Suite 121  
Ashburn, VA

**OCTOBER 20**  
**Greenhouse Bistro**,  
2070 Chain Bridge Rd,  
Vienna, VA 22182

For more information  
visit [www.savvywomennetwork.com](http://www.savvywomennetwork.com).





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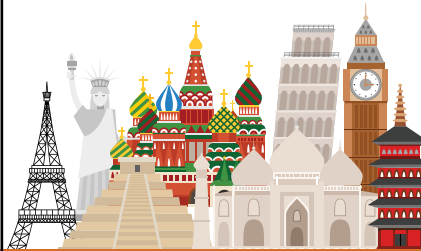
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**SEPTEMBER 24****RESTON  
MULTICULTURAL  
FESTIVAL**

Lake Anne Plaza, 11404  
Washington Plaza W, Reston, VA  
20190, 1pm- 6pm

The multicultural festival is free and open to the public. Different entertainment and activities will be held throughout the duration of the event. Come celebrate your heritage! For the full schedule of events/times, visit [www.lakeanneplaza.com](http://www.lakeanneplaza.com).

**SEPTEMBER 24-25  
OCCOQUAN ARTS  
& CRAFTS SHOW**

Downtown Historic Occoquan,  
314 Mill St, Occoquan, VA  
22125, Sat 10am-6pm, Sun  
10am-5pm, Rain or Shine, FREE,  
Shuttle cost: \$5

This event showcases products like art, dance supplies, ladies apparel, dog products, antiques, beauty services, gifts, food, ladies accessories, wine, and scuba gear, etc. in the gifts & handicrafts industry.

**SEPTEMBER 25-30  
FALL FOR THE  
BOOK**

This annual event is held at multiple locations across Fairfax County, mainly at

George Mason University. Multiple different authors and artists alike will be giving readings and performances throughout the span of the event. For more information and a list of participants and specific dates, please visit [fallforthebook.org](http://fallforthebook.org).

**OCTOBER 1****SAVED BY THE 90'S—  
A PARTY WITH THE  
BAYSIDE TIGERS**

*The State Theatre, 9pm, \$15-18*  
2016 is sooo overrated, but you know what's ALL THAT? The SAVED BY THE 90's PARTY! BOO YA! Hailing from NYC and now active all over the U.S., this party has tons of live 90's music from a totally fresh band (they're da bomb). Get ready for everything from Third Eye Blind to the Spice Girls, from The Backstreet Boys to The Beastie Boys. And after that, we're not leaving you hangin'! As if! Get Jiggy with the DJ spinning dope tunes all night! It's gonna be the raddest thing since your mom!

**OCTOBER 1****TURTLE ISLAND  
QUARTET**

*RCC CenterStage, Hunters  
Woods Village Center, 2310 Colts  
Neck Rd, Reston, VA 20191, 8pm*  
"A Love Supreme: The

Legacy of John Coltrane" is an experience in exploring John Coltrane's musical legacy, the Grammy Award-winning Turtle Island Quartet continues its own tradition of employing the string quartet form to shed new light on the timeless joy and beauty contained in the greatest music of the American jazz masters. Tickets are \$25- \$25 and can be purchased by contacting 703-390-6167.

**OCTOBER 1-31****ARTRESTON:  
THE COLOR OF  
AUTUMN**

*RCC Lake Anne, 1609-A  
Washington Plaza*  
This exhibit is hosted by the League of Reston Artists and will be shown from October 1st- 31st at RCC Lake Anne. A reception will be held October 9th from 2:00pm- 4:00pm. For more information, visit [www.lakeanneplaza.com](http://www.lakeanneplaza.com)



8 P.M.

**5TH ANNUAL  
FREDERICKSBURG PET SHOW**

*Fredericksburg Expo & Conference Center, 2371 Carl D. Silver Parkway, Fredericksburg, VA,  
Sat 10am-5pm, Sun 11am-4pm, \$7-9, children 12 & Under Free*

This family fun event brings together pet owners, lovers and enthusiasts with vendors that represent all aspects of the pet world. Look for pet related products and services at the show, along with hobbyists, clubs, animal rescue organizations, veterinarians and everything in between.



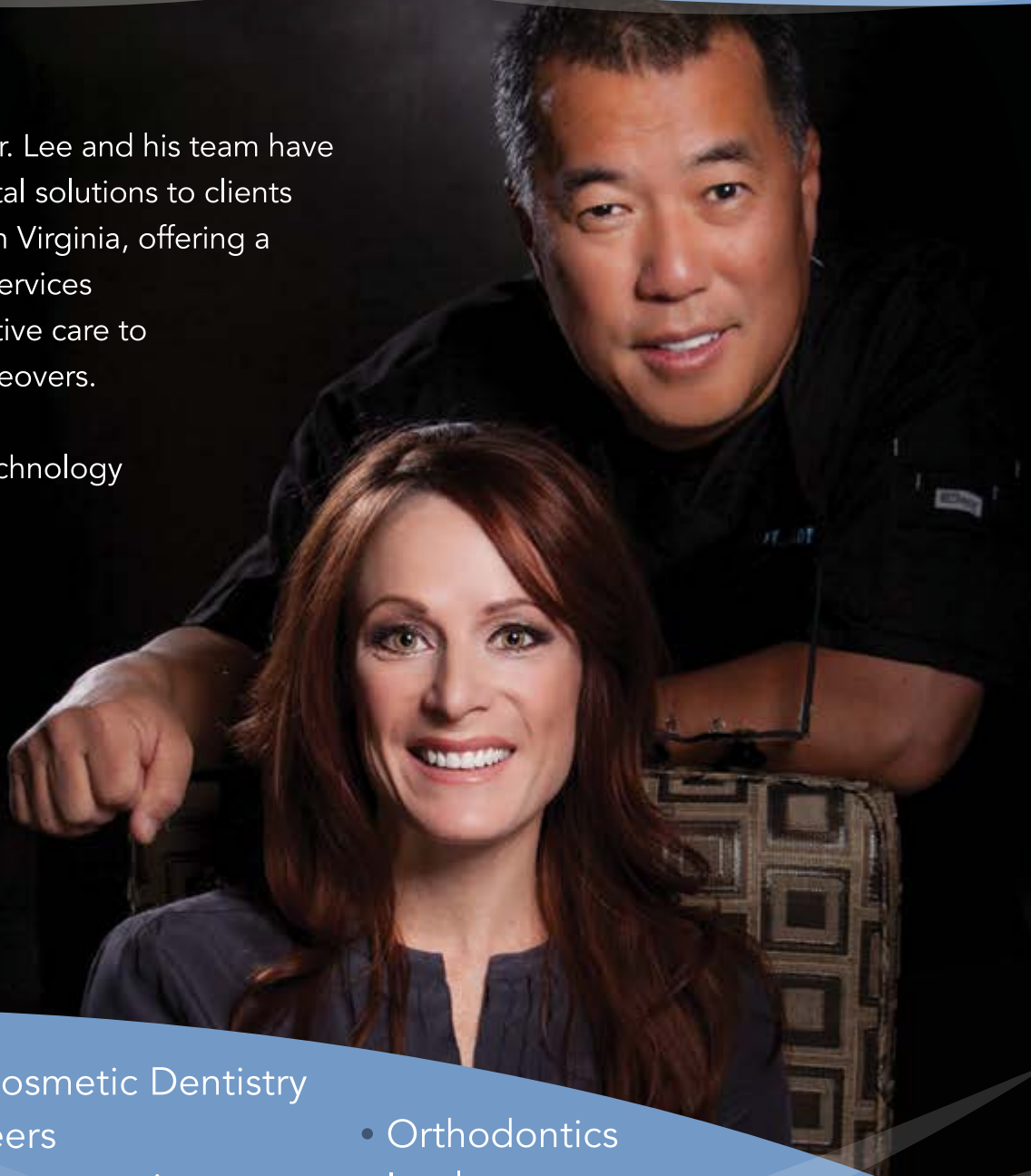


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Courtesy of Jammin' Java



SEPTEMBER 9  
Jammin' Java

most esteemed Cajun group in music. Tickets are \$25-\$25 and can be purchased by contacting 703-390-6167.

## OCTOBER 8 FAIRFAX FALL FESTIVAL

*Historic Fairfax City, 10209 Main Street, Fairfax, VA 22030, 10am-5pm, Admission Free, Rain Date October 9*

The City of Fairfax would like to invite you to join in celebrating the 40th annual Fall Festival. What started out as a small market for artisans to display their wares has grown to a festival with over 400 arts, crafts, information, food & gourmet food vendors, children's activities and three stages of music and entertainment for all ages. Pets are kindly discouraged at the festival.

## OCTOBER 15 EPICURIENCE VIRGINIA

**A Wine & Food Festival 200 Years in the Making**  
*The Barn at One Loudoun, 20405 Savin Hill Dr, Ashburn, VA 20147*  
At Epicurience Virginia meet top tastemakers and master winemakers and sample cuisine prepared by celebrated chefs from around the country. For more information visit: [www.epicvirginia.com](http://www.epicvirginia.com).

## OCTOBER 15-16 NORTHERN VIRGINIA FALL BREWFEST

*Bull Run Regional Park, 7700 Bull Run Drive, Centerville, VA 20121, Sat Noon-7pm, Sun 11am-7pm, \$10-75*

Included in the price of adult admission purchased through the BrewFest website or at the gate you will receive a sampling glass (4.75 oz) and 6 beer sampling tickets. You can use those tickets to purchase beers at the price of 1 ticket per sample and additional tickets can be purchased for \$2 a piece. Sample different beers and



\$29-59

SEPT  
17-18

## 41ST ANNUAL VIRGINIA WINE FESTIVAL

*Bull Run Regional Park, Special Events Center 7700 Bull Run Drive, Centerville, VA 20121, \$29-59*

The Virginia Wine Festival is coming back .. much closer to DC with shuttles from Metro, plenty of free parking, and more! Listen to music, bask in the sun, shop from a wide array of Virginia craft and specialty foods vendors, and enjoy the grand commonwealth tradition that is the Virginia Wine Festival.

## OCTOBER 2 HERNDOG BARK BASH

*Bready Park, 814 Ferndale Ave., Herndon, VA 20170, 12pm-3pm*

HernDOG Bark Bash is a free event for dog lovers with three hours of four-legged fun. The event will feature agility demonstrations, owner and dog team contests, adoptions, an off leash area and wide variety of dog themed vendors. Entry is free but fees may apply to vendor products or services. Friendly, leashed, and vaccinated dogs (and their owners) are welcome. Call 703-787-7300 for more information.

## OCTOBER 8 BEAUSOLEIL AVEC MICHAEL DOUCET

*RCC CenterStage, Hunters Woods Village Center, 2310 Colts Neck Rd, Reston, VA 20191, 8pm*

Since forming in 1975, multiple Grammy Award-winner BeauSoleil has claimed its undisputed role as the



enjoy all of the tasty libations, but be careful because some of these are much stronger than what you're used to drinking! Purchase tickets online at: [www.novabrewfest.com](http://www.novabrewfest.com).

## OCTOBER 15-16 & OCTOBER 22-23

### 2016 TYSONS HARVEST FESTIVAL

*Lerner Town Square at Tysons II  
8025 Galleria Dr, McLean, VA  
22102, Noon - 5pm Daily*  
Bring the kids for the 3rd Annual Tysons Fall Harvest Festival. Enjoy The Fall Harvest as you stroll through the arts and crafts booths and taste some of the fun flavors of fall. It is all here for the reaping... bring your family and friends and carve out some special memories. This festival is held over two weekends (Oct 15-16 and 22-23).

## OCTOBER 19-25 WASHINGTON WEST FILM FESTIVAL

*11900 Market Street, Reston, VA  
20190*  
The Bow Tie Cinema in Reston Town Center will be presenting independent films screened or premiered in 3 separate competition categories: dramatic features, documentary features, and short films. For the full schedule and ticket purchasing, please visit [www.wwfilmfest.com](http://www.wwfilmfest.com).

## OCTOBER 22 HALLOWEEN FAMILY FUN DAY

*RCC Hunters Woods, Hunters Woods Village Center, 2310 Colts Neck Rd, Reston, VA 20191,  
12pm- 2pm*

Come dressed in your favorite costume, and enjoy sensational performances perfect for the whole family! Carnival games and performances will occur throughout, and children from infants to 8 years old are welcome for this free,



drop-in event as long as they are accompanied by an adult guardian for the entire event. For more information please call 703-390-6163.

## OCTOBER 23 CAPITOL STEPS

**A Benefit Performance for the Shepherd's Center of Oakton-Vienna**

*Oakton High School, 2900 Sutton Rd, Vienna, VA 22181, 3pm, \$30-35*

A delightful afternoon of political humor and laugh-out-loud fun! The event will feature the ever hilarious and always topical humor of the Capitol Steps. For Tickets visit [www.scov.org/fundraiser](http://www.scov.org/fundraiser) or call SCOV 703-281-5038. Founded in 1997, the Shepherd's Center of Oakton-Vienna (SCOV) is a volunteer-based nonprofit organization dedicated to providing opportunities for adults (50+) to seek rewarding lives and to live independently in their homes for as long as possible. The unique approach employed by the agency also allows for mature adults to volunteer their time providing vital services to the more vulnerable seniors needing assistance.

## OCTOBER 26 70TH ANNUAL HALLOWEEN PARADE

**Platinum Edition**

**'Jive Back to the 1940s'**

*Maple Avenue in Vienna, 7pm*

Kids are invited to walk in the parade in their Halloween costumes. No registration is required; meet at 6:30 p.m. in the parking lot at United Bank, 374 Maple Avenue E. Children must be accompanied by an adult. Each year, the town recognizes parade winners at a town council meeting in November. This year's meeting will be November 7. Judged categories include youth band, float with music, youth performer, antique/classic vehicle, adult band, float without music, and adult performer. The public is invited to attend and find out who won in each category!

## OCTOBER 29 GHOSTS, GOBLINS AND GHOULS 5K

*The Barn at One Loudoun, 20450 Savin Hill Dr, Ashburn, VA, Scarecrow Sprint 3pm, 5K Start 4pm, \$20-40*

This event will center on the "spooktacular" theme of Halloween and incorporate a

costume contest, Halloween themed entertainment, trick-or-treating, Halloween activities, and more! Runners are encouraged to run in costume and enter the costume contest after the race! All runners registered by October 23 are guaranteed to receive a technical long sleeve race t-shirt and a Halloween trick-or-treat bag full of goodies.

## OCTOBER 29 HALLOWEEN CARNIVAL

*Falls Church Community Center, 223 Little Falls St. Entrance fee is \$2 per child ages 2 and up, and free for adults and children under 2 years old. 6-8:30pm*

Held yearly, the Falls Church Community Center is transformed into a Halloween Carnival to entertain guests of all ages. Attendees can play carnival games that fill the gym, win candy and prizes, jump in the moon bounce, brave the Haunted House, or marvel at the Creepy Creature show. ♦



# Which Private School Clicks with Your Child?

BY LINDA BARRETT AND RICK MUNDY





# Nysmith School for the Gifted

Preschool through Eighth Grade  
13625 EDS Drive, Herndon, VA 20171  
(703)713-3332  
www.nysmith.com

Located in Herndon, VA, Nysmith School for the Gifted was founded in 1983 by Carole Nysmith, a teacher of gifted students in Fairfax County's Gifted and Talented Program, who believed that an enriched educational experience that was tailored to each student's individual needs could increase a student's critical thinking and analytical skills. In an environment that motivates students to become their best selves both academically and socially, students learn through a project-based program.

"Gifted means that your child loves to learn and has the capacity, inquisitiveness and interest to learn," explained Ken Nysmith, Head of School. "Because we care about how the children perceive school, we take great care to make school engaging, stimulating and fun. It's not about pushing more information."

"For example," Nysmith continued, "if we're studying social studies, we will engage in hands-on projects that see where the rivers and mountains are, and look at the political structure and the demographics of a country based on geography to take in the human experience rather than just learn 'here are the valley and the capital.'"

Students enjoy active hands-on learning with teachers who are subject area specialists. Their enthusiasm inspires students to love their particular subject area. Methods are lively and engaging and nurture gifted students' innate joy in discovery and learning. Students learn in window-filled, sunny classrooms that change classes with every subject.

Small class sizes with two teachers per class encourage students and teachers to truly collaborate and explore. Nysmith does not believe in rote memorization, classroom repetition or a lot of homework. The curriculum is designed to be entertaining and interactive as well as educational, encouraging academic skills, analytical problem solving, communication and social skills.

Nysmith also provides a generous offering of academic and leisure special activities that include cooking, art, sports, computers and more. "We have about 55 clubs ranging from sports to philosophy, to cursive and creative writing," Nysmith said. "There is something to interest everyone."

"We're looking for children who love to learn, and we will offer them a great experience," Nysmith said. "Here, children can't wait to come back to school the next day."

Many private schools ask for additional funds above the stated tuition and fees, or engage in fund-raising activities. Nysmith does not. Their programs are supported by tuition only. In addition, Nysmith also offers extended care from 7:00 a.m. to 6:30 p.m. to accommodate working parents' schedules. During extended care, children participate in special activities, play outside and enjoy snacks.

Nysmith School was recognized in 2015 as a "Top 10 School in the World" for Academic Excellence by Johns Hopkins Center for Talented Youth, and Iowa Standardized Test scores from 2000 to 2014 show Nysmith students scoring in the top 1% of students nationally. Between 30% and 40% of students are accepted into the Thomas Jefferson School for Science and Technology after they leave, and many others go into private academies throughout the Eastern seaboard.



**Tuition:** From \$23,000-  
\$33,000 based  
on age

**Boarding:** No

**School Size:** 585 students

**Campus Size:** 13 1/4 acres

**Head of School:** Ken Nysmith

**Motto:** We Make School Fun

# Randolph-Macon Academy

Grades 6–12, co-ed  
200 Academy Drive, Front Royal, VA 22630  
(540) 636-5200  
www.RMA.edu

Located in the rolling hills of the Shenandoah Valley, Randolph-Macon Academy (R-MA) is a college-preparatory day and boarding military school for grades six through twelve.

“At Randolph-Macon Academy, our focus is on leadership, growth and development in a values-based, academically challenging and structured environment,” explained Jonathan Ezell, Upper School Academic Dean. All of the students in grades 9-12 participate in the Air Force JROTC and the student body performs more than 10,000 hours of community service each year. U.S. Air Force uniforms are worn by the upper school students, while middle school students wear a less formal khaki and polo shirt uniform.

“Our students are not required to attend military school, but some do, coming here to earn entrance into the service academies and earn ROTC scholarships. All students, however, get a first-rate education and have the opportunity and experience in leadership positions.”

Equal opportunities are offered to male and female students, who can earn their way through a hierarchy of leadership positions throughout their career at R-MA. “Those who can demonstrate leadership qualities and earn the respect of their peers and community earn their rank up the ladder into significant leadership roles,” Ezell said. “The hardest leadership assignment they will ever have in life is to be able to lead their peers. With this leadership experience we see our students go on to become CEOs or start their own businesses.”

R-MA’s goal is to prepare students for success in life through academic achievement, integrity, leadership and responsible citizenship, and students abide by an honor code that permeates the school. They are also required to attend a mandatory weekly chapel service for worship or reflection.

“We believe every student is curious and capable,” Ezell said. R-MA students receive personalized attention that makes a difference in the classroom and inspires a student’s curiosity and confidence to learn throughout their personal and professional lives. Class sizes average between 13 and 17 students, with 13 advanced placement courses and 54 college credits available, and after-school tutorial time.

Specialty programs include students working towards their solo or private pilot’s certification, the U.S. Service Academy Prep Track, and the Virginia 91st Air Force Junior ROTC Band.

“We are a remarkably diverse international community, with children from around the world who come here to get the best education, develop leadership skills and go on to U.S. colleges. Our college and university acceptance rate is 100% and over the past five years, and with an average senior class size of about 65-70, we have earned between \$5 and \$8 million in scholarships. As much as 75% of the class receives scholarships,” Ezell said.

Randolph-Macon Academy is accredited by the Virginia Association of Independent Schools and the Southern Association of Colleges and Schools, and is affiliated with and listed by The University Senate of the United Methodist Church.

Tuition: From \$30,000  
Boarding: Yes, plus grades 6-8 have a five-day boarding program avail.

School Size: 330 students – 270 at upper school, 60 at middle school

Campus Size: 135 acres

Headmaster: General David C. Wesley

Motto: Knowledge, Leadership, Character





# 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.

SCHOOL  
**Nysmith**  
FOR THE GIFTED

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# Classical Learning, Real Life Experience, Global Impact!



## Capable, Ethical, Articulate Citizens

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

## A COMMUNITY OF POSSIBILITIES.

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

**JUNIOR KINDERGARTEN – 12 COLLEGE PREPARATORY SCHOOL**



# Wakefield School

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

**MAIN – 540.253.7500 ADMISSIONS – 540.253.7600**

**[www.wakefieldschool.org](http://www.wakefieldschool.org)**

4439 Old Tavern Road | The Plains, VA 20198



# Wakefield School

Grades Junior Kindergarten–12, co-ed;  
Lower, Middle and Upper Schools  
4439 Old Tavern Road, The Plains, VA 20198  
540-253-7500  
www.wakefieldschool.org

Wakefield School, located in The Plains, Virginia is an independent college-preparatory school that provides a rigorous liberal arts education through a challenging, content-rich curriculum and extracurricular activities.

Located in the small town of The Plains, Virginia, Wakefield School believes in broad knowledge, the equal importance of character and intellect, the benefits of hard work, and the unique potential of its students. It prepares students by fostering self-discipline, independence, creativity and curiosity, providing them with the fundamental knowledge and critical thinking skills that will develop capable, ethical and articulate citizens who will make a difference and lead extraordinary lives.

“Our mission is to create capable, ethical and articulate citizens,” said Gray Carr Griffin, Director of Admissions. “We stress a liberal arts education, but it is really a classical education that includes the sciences and math.” Standardized testing and SOLs are not performed. However, students receive course work to prepare for their PSAT exams.

At Wakefield School, each child learns through an independent track that enables them to move at their own pace of learning. “We look very deeply into how each individual child learns; some like to learn verbally, others learn through writing, for example,” Griffin explained. It is important that each child understands why they need to learn something rather than just learn how to do it.

Wakefield also includes a global community education program where students enjoy hands-on experiences within various cultures. More than \$1.2 million in financial aid is available for Wakefield students each year.

Graduation requires a real understanding in four tracks: liberal arts, global studies, STEM (science, technology, engineering, and math), and visual and performing arts. To develop this methodology, Headmaster David Colón spoke with a number of top universities and asked “What are you looking for in quality students in order to gain admission to your university or college?” The universal suggestion was these four tracks.

Extracurricular activities, including track and field, golf and an equestrian team, are deemed important, and are offered during school time. This way, students can be picked up or bused out via shuttles at the end of the school day. Uniforms are required, with a formal school plaid worn on Mondays and a more casual khakis and white shirt uniform Tuesdays through Fridays.

“One of the advantages of an intentionally small school is that students receive one-on-one attention with the teachers. In addition, students from the upper classes become peer advisors and role models to the younger children. In turn, those high schoolers champion that role to become model citizens.” Wakefield also encourages a parent-engaged community, providing opportunities for interaction that fits any parent’s work/life schedule.

“One hundred percent of Wakefield graduates go to college and 98% of those at universities matriculate in four years; 22% of last year’s graduates got early admission,” Griffin said. Since writing is encouraged at Wakefield, Griffin is proud to report that one student’s application essay to UVA is now used as an example for all UVA students (*see essay on Wakefield website*).



**Tuition:** From \$21,000  
**Boarding:** No  
**School Size:** 320 students  
**Campus Size:** 68 acres  
**Headmaster:** David Colón  
**Motto:** Virtus et Sapientia  
(Virtue and Wisdom)



## Bright Horizons

Infants through Kindergarten Prep  
 1919 Gallows Road, Suite P100, Vienna, VA 22182  
**(703)288-3850**  
 8405 Greensboro Drive, Suite P100, McLean, VA 22102  
**(571)633-9777**  
 at Inova Fairfax, 3310 Gallows Road, Falls Church, VA 22042  
**(703)207-2010**  
[www.brighthorizons.com](http://www.brighthorizons.com)

**B**right Horizons creates developmentally appropriate learning opportunities building upon individual strengths and talents that empower children to be confident, successful, lifelong learners.

Early childhood is a time of remarkable growth, when children are experiencing rapid development, learning new skills, and progressing steadily towards physical, intellectual, and social-emotional milestones. Children at Bright Horizons are assured of getting the care that they need, the creative learning experiences they enjoy, and the intellectually challenging opportunities they deserve.

Regional Manager Vallerie Tribble says "Bright Horizons has an extreme commitment to the growth and development of our children who are the center of our efforts. We focus on the whole picture, providing the best learning environment and highly qualified teachers and staff to create the best partnerships with our families. It is this connection among all groups that makes Bright Horizons stand out as a leader in early childhood development."

## Flint Hill School

Transitional Kindergarten through Twelfth Grade  
 3320 Jermantown Road (Upper School)  
 10409 Academic Drive (Lower and Middle School)  
 Oakton, VA 22124  
**(703)584-2300**  
[www.flinthill.org](http://www.flinthill.org)

**A** Flint Hill education focuses on the learner. Within a context of strong relationships, we create developmental experiences that embrace the best practices of traditional and contemporary education.

Different learning styles are recognized and personalized attention given; Learning how to learn, through mastery of critical thinking, problem solving and writing skills, is given as much attention as mastery of subject matter.

The Flint Hill School experience is not merely a stepping stone to college, but one that has lifelong meaning and deep satisfaction. Headmaster John Thomas explains, "Flint Hill's dynamic learning environment prepares students for success in a rapidly-changing world. Our teachers are committed to inspiring, encouraging and supporting every student to think deeply, engage in substantive interactions, and participate in meaningful conversation. Our students are nurtured toward achieving their personal best while remaining mindful of others and building lasting relationships with their instructors and peers."

## BRIGHT HORIZONS: WHERE ACADEMIC EXCELLENCE BEGINS



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**Bright Horizons at Commerce Metro Center**



11400 Commerce Park Drive, Reston, VA 20191  
**(703)774-3211** | [brighthorizons.com/vivareston](http://brighthorizons.com/vivareston)

  
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## Reston Montessori

Ages 3 months to 12 years

1928 Isaac Newton Square W, Reston, VA

(703)481-2922

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

From the moment you arrive at the school, you will feel the warmth and energy of the community. Our classrooms are exciting learning environments where independence, self-esteem, integrity, and personal responsibility are fostered. Faculty and staff are enthusiastic and engaged as they lay the foundation for motivating a child to love learning. Families are supportive and involved as they partner with us in their child's education.

The Montessori Method is based on the child's tendencies to explore, be independent and make decisions, develop self-control, abstract ideas from experience, be creative and imaginative, and perfect and master concepts and ideas.

The environment is arranged by subject area, and children are free to move around the room, and to work on a piece of material as long as needed. It is the role of the teacher to prepare and adapt the environment. The teacher links the child to the environment with well-planned lessons.

Children learn directly from the environment, other children, and from the teacher. The teacher works with children one-on-one, in small groups, and less frequently, in large group settings. ♦

## Reston Montessori School



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and Elementary Programs

School Day—Extended Day

703-481-2922

For ages 3 months - 6<sup>th</sup> Grade

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curriculum

Award-winning  
French program

STEM

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PE / Yoga

Summer Camps



*"Free the child potential, and you  
will transform him into the world"*  
-Maria Montessori

1928 Isaac Newton Sq W. Reston, VA 20190

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

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with Air Force JROTC for Grades 9-12

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Sports Teams for All Grade Levels

## Randolph-Macon Academy

You're invited! Open Houses May 30th and June 12th.  
Or call to schedule a personal tour!

[www.rma.edu](http://www.rma.edu)

540-636-5484



BY ALEXANDRA ROSSI

## NEW STATE-OF-THE-ART LOCATION FOR *Academy of Christian Education*

NEW FACILITY IS APPROXIMATELY 40,000 SQUARE FEET WITH 23 CLASSROOMS

After 20 years awakening the love for learning in children, from pre-K to fourth grade, Academy Of Christian Education (ACE) has moved its facility to a bigger, more spacious and beautiful building located off of Hunter Mill Road and Sunrise Valley Drive.

"ACE's new location offers tremendous advantages not only from our [old] facility [on Michael Faraday Drive], but over other schools in the area," said Mrs. Kemper DeGroot, ACE's communications coordinator.

The new location features approximately 40,000 square feet of space with 23 classrooms and additional rooms, allowing for future potential growth and community activities, including regular Bible studies and a possible Mommy & Me/Mom's Morning out pre-K toddler option, among others.

The large assembly room will host physical education classes and offer space to host in-house performances. The school will also have a designated room for technology class, including enough iPads and iMacs for each student to use; an art room; a music room; and a language room.

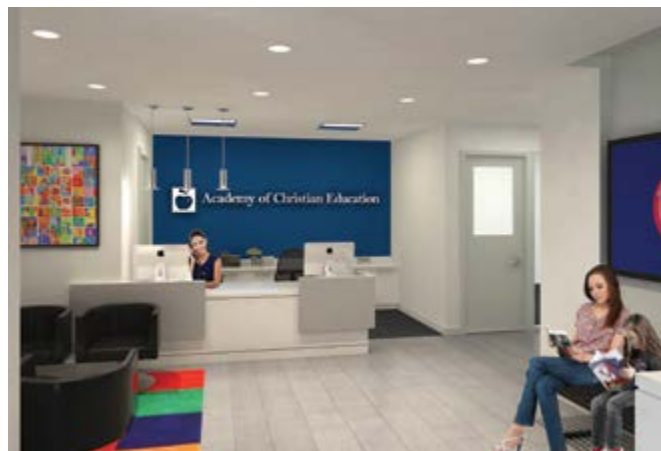
"The classrooms are very large, and while there is slight variation from room to room, each classroom averages about 800 to 850 square feet," said Mrs. DeGroot. "The classrooms are airy with large windows, so that students can benefit from lovely, natural light with views of beautiful trees rather than distracting views of cars coming and going. But, the windows are shaded from the outside, so students are not visible from the outside looking in," she added.

The new building also has a spacious lunch room, a new, expanded, and enclosed playground, and an easy traffic pattern for student drop-off and pickup.

Mrs. DeGroot said the location is conveniently located, as it sits "in a little cusp between several major roads in Reston, less than a mile radius off of Wielhe, Hunter Mill, South Lakes Drive, and Sunrise Valley."

"We would love to honor those with whom we've worked on the project," added Mrs. DeGroot. "DBI Architects, for the work they've done in creating beautiful classrooms and a wonderful space, and K3 Construction Company, who have been wonderful to work with and who have been so on-point working with Fairfax County and doing the work they've been contacted to do, Veatch Commercial Real Estate, who helped us find this incredible facility, and Magellan Group Real Estate Services, who have served as our real estate advocate during the process of design and construction," she added.

The new ACE building is located at 10800 Parkridge Boulevard, Suite 150, Reston, VA 20191. For more information, visit [www.ace-academy.com](http://www.ace-academy.com) or call (703) 471-2132. ♦





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MARKETPLACE | EVENTS



Owner Vicky Hadjikyriakou and Manager Art Castellano



gallo. Another delicacy is the Barramundi: "It's an Asian sea bass, and we top it with olive oil and tomato. You'll find a lot of Mediterranean influences," Vicky added. Other items on the menu include soft shell crabs, Greek salmon salad, and, in September, a "NFL Menu," just in time for football season.

### *The perfect place to watch and enjoy football!*

With 31 TV screens inside and on the patio, Kalypso's is always ready for sports fans. When the NFL season kicks off on September 8 with the Patriots-Broncos game, there will be a special menu for fans to enjoy while watching the game.

"Our NFL menu includes chicken wings, chicken tenders, and finger food that you can eat while watching the game," Art said. "There will be different beer prices, and every two or three weeks, we'll bring in a new draft beer."

Recently, Kalypso's added a new beer to the menu—Fat Tire—an amber ale from New Belgium.

To make the experience even more festive, the restaurant holds a raffle for a TV at the end of every season, with the money collected from the raffle always donated to charity.

If you are not a Redskins fan, no worries; Kalypso's has it all figured out. Fans from non-local teams can reserve a table just for them in front of a TV screen and watch "their" game while eating. A server is assigned to that table, so the customers don't even have to get up to get a beer.

For corporate or private parties that want to take in a game, the lounge can also be divided into smaller rooms.

"For those companies that can't afford the club scene at FedEx field, this is the next best thing for them," said Art. "We

BY ALEXANDRA ROSSI

## *Kalypso's Sports Tavern* GETS READY FOR THE NFL

*Art Castellano, new manager, talks about restaurant's 6th anniversary, new seasonal menu, and upcoming events*

**I**n the cozy and contemporary atmosphere of the Kalypso's Sports Tavern's lounge, new Manager Art Castellano and Owner Vicky Hadjikyriakou talked with *VivaReston Lifestyle* magazine about upcoming events, new additions to the menu, and how the restaurant has enjoyed steady growth since its opening on July 3, 2010.

Kalypso's Sports Tavern offers a Mediterranean and American menu, a wide selection of beers and wines, and three different seating areas with differing ambiances—sports bar, lounge, and waterfront patio seating—much to the delight of its clientele. Weekends are vibrant, as live acoustic music is always performed on the patio.

One new addition to the menu, crab avocado salad, is a hit. Vicky explained that it's like a southwestern salad, with an avocado shell stuffed with crab, corn, tomatoes, and pico de





have stadium seating,” added Vicky. “We turn all our couches towards the TV, with surround sound.”

### ***Corporate parties, Halloween and New Year's Eve events***

Vicky said she likes celebrating the holidays, and at Kalypso's, they have parties all year long.

“At Halloween, we always have a costume party,” Art explained. “There's a cash prize for the best costume, and we let the customers be the judges. Whoever gets the loudest cheer ends up winning the cash prize.”

There is also a big New Year's Eve party every December 31 from 9:00 p.m. to 2:00 a.m., when guests enjoy a full meal, including appetizer, dinner, dessert and champagne, and the TVs are tuned to New York City's Time Square countdown. Music is performed by a live acoustic band and a DJ. At midnight, people count down and cheer for the New Year with other guests as one big party.

“It's packed,” Art said. “This past New Year's Eve, it wasn't too cold out, so we even had people outside. We moved some of the TVs outside for the countdown as well, which we also do for NFL games when the weather is good. Even during the winter, you can often sit outside,” said Art.

Kalypso's lounge and patio are also available for corporate, group or association parties. “We have a wonderful setup for Christmas, and we host Christmas parties for companies,” said Vicky. “We do not charge for the space; as long as they consume food and drinks, we will reserve the space for you,” she added.

Recently, Kalypso's hosted one party in the lounge while another was being held on the patio. Reston's South Lakes High School held their 30-year reunion with 300 people, while another group of 150 people who were born and raised in Reston had a get-together event.

“Although our kitchen is small, we managed to serve both parties at the same time. We have great cooks,” said Art. “We don't have cooks who just walk in off the street and want a job; we have cooks whom we pay well, and they're invested in their jobs. We demand that they do their jobs well, and they do.”

### ***Kids come first too!***

Art stated that the restaurant caters to families, and the outdoor patio is especially well suited for birthday parties, with a nice kids' menu with about 10 items from which to choose.

“If they'll be here at 2:00 p.m., I'll start setting up at 1:00 pm to make sure everything is ready, and depending on how big your party is, I will specifically assign a server just to you. In a busy restaurant, that rarely happens,” Art stated, “but here we make it a priority.”

The patio is also pet friendly, and many folks come with their pups to enjoy the lake view and relaxing atmosphere.

### ***Catering soon to come***

Art stated that catering services will soon be available for corporate parties, weddings, graduations, or any event in the area. He wants to make sure the food arrives fresh and the customers have a good experience, so the delivery area will likely be limited to

a 10- to 15-mile perimeter, including Reston, Herndon, Sterling and some parts of Vienna and Tyson's. They can also provide servers if the client requests that service.

### ***Six years of steady growth***

“Since day one, our sales have grown dramatically every year, and in the restaurant business, that is not the norm nowadays,” said Art. “We want to do whatever we can to inspire people to come back. Our food speaks for itself, but above and beyond that is the quality of servers who have been working for us. We have servers who have been here since the start, not only because they enjoy their job, but also because they make good money, they love working for Kalypso's, and they love Vicky and [her husband] George. When they're talking to their friends, they say ‘my restaurant,’ rather than ‘the place I work.’ That's taking ownership, and that's what we want here. We don't want somebody who is going to come in and count their tips at the end of the night. We want someone who gives everything they've got.”

Employees at Kalypso's are trained to work in any station, including the bar, the kitchen, the patio, and the lounge, so they all can fill in any position, allowing them to learn and grow professionally.

### ***New manager in a family restaurant***

Although Art is new to Kalypso's, he has more than 13 years of experience in the restaurant business. A former police officer in Arlington for 20 years, he has worked for corporate restaurants and is an expert in catering.

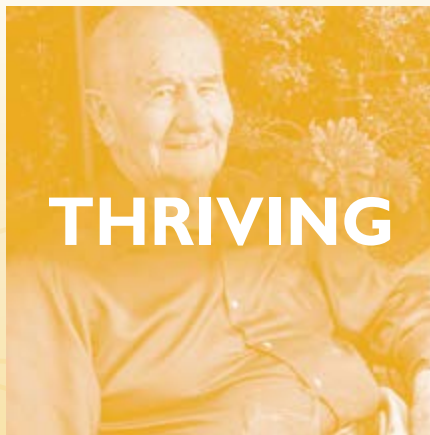
“I bring my experience from corporate restaurants, which taught me different ways to ensure a quality in food, and I bring knowledge of the restaurant business, whether it's fine dining or fast casual,” Art said. “My skills are very applicable to this restaurant.”

For him, working at Kalypso's is like working for family. He and his wife, Moni, have known Vicky and George for years: “Our daughter and their son grew up together through kindergarten, and we both live in the same area, so we've been friends forever. We're friends first. I am working for a friend, and Vicky and George have a friend working for them. That's the way we look at it.”

For more information about Kalypso's Sports Tavern, please visit [www.KalypsosSportsTavern.com](http://www.KalypsosSportsTavern.com). ♦



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# SELECTED AREA RESTAURANTS

## RESTON

### ARIAKE

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

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

### BARCELONA RESTON

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

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

### BARTACO RESTON

**Reston | Mexican | \$**

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

### CAFESANO

**Reston | Mediterranean | \$**

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

### CLYDE'S RESTON

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

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

### IL FORNAIO CUCINA ITALIANA

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

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

### JACKSON'S MIGHTY FINE FOOD

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

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

### KALYPSO'S SPORTS TAVERN

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

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

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

### NOT YOUR AVERAGE JOE'S

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

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



## KALYPSO'S LIVE

**Friday**  
Acoustic (Patio/Dining)  
5:30-8:30pm  
Bands (Sports Bar)  
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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[www.KalypsosSportsTavern.com](http://www.KalypsosSportsTavern.com)

[f](#) [t](#)

## PASSIONFISH

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

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

## 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](http://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](http://www.fordsfishshack.com)

## SENSE OF THAI ST.

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

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

## CLYDE’S WILLOW CREEK FARM

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

Named one of the Top 10 Heart-Healthy Restaurants in America, Clyde’s Willow Creek Farm is just that, yet offers a historic setting that reconstructs an earlier era of landed gentry and rural splendor. Enjoy an

all-American contemporary menu, featuring locally grown produce, hormone-free beef and house-made desserts. Enjoy live entertainment nightly with karaoke on Wednesdays and live music every Friday and Saturday night.  
42920 Broadlands Blvd. Ashburn, VA  
571-209-1200 | [www.clydes.com/willow](http://www.clydes.com/willow)

## HERNDON

## ANGEETHI

**Herndon | Indian | \$**

With two Northern Virginia locations, Angeethi offers some of the best authentic Indian cuisine in the area with fine dining service. Offers a popular lunch buffet and Saturday Sunday brunch.  
645 Elden St. Herndon, VA | 703-796-1527  
[www.angeethiindian.com](http://www.angeethiindian.com)

## GRANADA

**Herndon | Mediterranean | \$**

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

## PIERO’S CORNER RISTORANTE ITALIANO

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

Owner/Chef Gian Piero Mazzi’s parents wanted him to be a doctor or a lawyer, but they made one major mistake—they let Mazzi grow up eating the rich food of the Liguria region in Italy. Now as the executive chef of Piero’s Corner, Chef Mazzi’s palate makes most of the career choices. At his restaurant he welcomes guests to feast on the authentic cuisine of his childhood, from al dente pasta dishes tossed with robust meat sauces to carbonara-style scallops and chicken marsala.  
13340 Franklin Farm Rd. Herndon, VA | 703-707-6400  
[www.pieroscorner.com](http://www.pieroscorner.com)

## MINERVA INDIAN CUISINE

**Herndon | Indian | \$**

With two outposts in the area (Fairfax and Chantilly), Minerva offers authentically spiced regional cuisine and the area’s most expansive lunch buffet. The butter chicken, with its creamy tomato-based sauce, is one of their best dishes and could make an India native homesick, which is why you will find predominantly Indian clientele at every table.  
2443-G1 Centreville Rd. Herndon, VA | 1-877-2MINERVA  
[www.minervacuisine.com](http://www.minervacuisine.com)

## RUSSIA HOUSE

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

The Darugars, the owners, say that the Russia House aims to cultivate “the warm feeling that you are dining at your 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.russianhouserestaurant.com](http://www.russianhouserestaurant.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. Then try the Doner Kebab, their house specialty, prepared fresh daily with a mixture of thinly sliced marinated lamb and beef, grilled in front of a spitfire. They also offer kebabs and pides (Turkish pizzas).  
13029 Worldgate Dr. Herndon, VA | 571-323-3330  
[www.turcuisine.com](http://www.turcuisine.com)

## LEESBURG

## AIYARA THAI LEESBURG

**Leesburg | Thai | \$**

A favorite with the locals, this family owned and operated, full service Thai restaurant offers friendly staff, fantastic food at a great price. Very kid-friendly, so bring the whole family. Enjoy patio seating, a full bar, and of course, authentic Thai cuisine.  
5 Catocin Circle, SE | 703-771-1131  
[www.aiyaraThaiRestaurant.com](http://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](http://www.tuskies.com)

## THE WINE KITCHEN

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

Enriched by the bounty of nearby Virginia and Maryland farms, The Wine Kitchen combines hyper-local agriculture with culinary artistry to offer extraordinary wines paired with seasonally-inspired menus. Enjoy 40 wines by the glass and tasting flights, all in a rustic, intimate setting. The Wine Kitchen has quickly gained a following with its wine bar concept and “Eat, Drink, Simply” motto. Enjoy brunch and live music on Sundays.  
7 South King St., Leesburg, VA | 703-777-9463  
[www.thewinekitchen.com](http://www.thewinekitchen.com)



## GREAT FALLS

### BOLLYWOOD BISTRO

Great Falls | Indian | \$

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

9853 Georgetown Pike, Great Falls, VA | 703.865.0450  
www.bollywoodbistrofairfax.com

### 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.laubergerchezfrancois.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 RENÉE SKLAREW

## *Reston's Exotic Outpost:* BARCELONA RESTAURANT & WINE BAR

Barcelona. This cosmopolitan city in Northern Spain conjures dreams of beaches on the Mediterranean Sea, spectacular architecture, and perhaps, tango dancing late into the night. So naming a restaurant after this iconic global metropolis creates lofty expectations for an exceptional dining experience. Fortunately, Barcelona Restaurant & Wine Bar does not disappoint.

Reston Town Center has the energetic vibe of a European piazza—always people coming and going, shopping at luxury stores and dining at upscale eateries. Barcelona fits so nicely here—bringing international character to a typically American landscape. Surprisingly, Barcelona is an American invention by two young restauranteurs living in Connecticut. One partner motivated by his love for the food of his Argentinian homeland, while the other left Harvard (temporarily) to study cooking in France. Together, they built a concept restaurant that has expanded to twelve locations—three in the Washington Area—while maintaining their commitment to serving innovative tapas inspired by European and South American heritage cooking.

Servers at Barcelona are polished and friendly, moving stealthily to the steady beat of modern music. The decor is rustic chic, metal and fabric against weathered wood. A line of top shelf spirits line the wall behind the bar. It's become a popular neighborhood hang out, where workers and residents can catch up with friends, enjoy a romantic date night, or impress their clients.



Barcelona's general manager John Scott describes how the menu works and ways the restaurant delivers a first class experience at a reasonable price. "When you order our dynamic Spanish tapas, you typically order two to three per person. Some of the best deals are found on our 'To Share' menu. For example, the Parrillida comes with a 12-ounce New York strip steak, half a chicken, two sausage links and a pork loin. Everything is Grade A prime quality. Order a Parrillida for two, but four people can enjoy it."

Barcelona maintains an extensive beverage list, one that puts a creative spin on traditional cocktails. But Scott says wine is where the restaurant shines: "Our wines are concentrated in Spain, but we hit all the major wine-growing regions of the world: France, California, New Zealand; we have more than 400 wines to choose from." Barcelona offers Amontillado by the glass, a dry sherry so coveted in the 1800's that an irrational desire for a bottle led to a horrific





**“When you order our dynamic Spanish tapas, you typically order two to three per person. Some of the best deals are found on our ‘To Share’ menu. For example, the Parrillida comes with a 12-ounce New York Strip Steak, half a chicken, two sausage links and a pork loin. Everything is Grade A prime quality. Order a Parrillida for two, but four people can enjoy it.”**

winner Christopher Lee at Forge, a renowned restaurant in Miami. Lalli says he talks to Lee almost every day to discuss recipes with his mentor.

Barcelona’s menu changes often—it’s reprinted three times per week—and chef Lalli debuts new ideas on a regular basis. Most recently, his “Short Rib Train” featured three versions of short ribs—grilled, smoked and glazed with red wine. The next day it was “Legs for Days” showcasing Leg of Lamb Pintxo, Duck Confit Migas and Glazed Drumsticks. Having tried

demise for one of Edgar Allen Poe’s characters in “Cask of Amontillado.” Barcelona’s edgy wine list was developed by wine and spirits director Gretchen Thomas. Certified as a Spanish wine educator from the Wine Academy of Spain, Thomas has created a list of 50 wines by the glass, including cavas and garnachas.

The company hires young trailblazers like Thomas and Reston’s head chef Kevin Lalli. Scott describes Lalli as “in his early thirties, exuberant, who listens really well, and tries to deliver what the guests want rather than just what he wants.” Scott says Lalli has “a zany personality, animated about his food, passionate and directed.”

Indeed, Lalli is a charming character who could talk about food all day. His interest in cooking developed at age four when he started rearranging pots and pans in his mother’s kitchen. “My inspiration is definitely my mom. I cooked with her every night, and when I went to high school, I enrolled in a culinary program. I’ve been cooking ever since,” explains Lalli. “My first job was as a dishwasher. I love food, and I love to cook, although I don’t do it as much anymore. Now, I make up the recipes.” Lalli attended the prestigious Johnson and Wales culinary program in Rhode Island, and eventually trained under Michelin-star

the Duck Confit Migas, I can attest to the creative melange of ingredients here—pickled onion, slices of orange, green and red peppers, shredded duck topped with a local farm egg sunnyside up. Creamy paired with crunch, brightened with sour citrus and smoky meat—a unique and memorable dish.

You might start your meal with the Ensalada Mixta, satiated by the freshness of baby romaine and heirloom tomatoes grown at a Pennsylvania farm. From the charcuterie menu, I sampled the subtle saltiness of the Jamon Serrano paired with an exquisite chunk of 6-month aged Manchego. My favorite dish was the Charred Pulpo from the tapas menu. It featured a gently roasted octopus arm, tentacles intact, served with a crackly caramelized saffron risotto rice, piquillo peppers and green olives.

Another standout on the “To Share” menu is the Instagram-worthy Paella Mariscos. The colorful dish is served in a cast iron paella pan, the creamy saffron rice erupting with head-on prawns, clams, mussels and baby squid. It’s too pretty to eat, but too flavorful not to dive right in. And no matter how full you are, please save room for the Churros. These sugary batons of fried dough can stand alone, but they come with an irresistible bowl of bittersweet chocolate sauce for dunking.

The restaurant is open for lunch and dinner, as well as an abbreviated meal service extending until 2 am. Like its colorful namesake in Southern Spain, Barcelona Restaurant & Wine Bar is a gracious place to celebrate life’s simple pleasures—good food, great wine and the warmth of community. ♦

**AUTHOR:** Renee Sklarew is working on a travel guidebook, *The Unofficial Guide to Washington DC*, coming out this winter. She’s also a regular contributor to Northern Virginia Magazine and The Washingtonian. She and her family love trying new restaurants.





BY DANI J. KEATING



Saturdays & Sundays

**OKTOBERFEST AT  
TYSONS' BIERGARTEN**

Starting on September 17th with an Oktoberfest Kickoff party featuring live music, german beer reps and tastings, kids corner, contests, free giveaways and more, every weekend at Tysons' Biergarten will have a different theme ranging from: Local Craft beer festival, German BeerFestival, #OneWorldFestival (beers from all over the world), Bourbon beer and Barbecue festival and more. Check out [www.Tysonsbiergarten.com](http://www.Tysonsbiergarten.com) for more info

**Tyson's Biergarten**

8346 Leesburg Pike,  
Tysons, VA 22182

Oktoberfest in Munich, Germany is the largest festival on the planet. In 2015, more than six million people from all over the world attended the 16-day annual celebration, consuming more than 7.7 million liters of the world's best beers. Food, festivities, and fun for everyone makes this one-time royal wedding celebration a bucket list to do. But, if hopping a plane to Germany isn't in this year's game plan, don't worry. There are plenty of activities throughout the region to quench your thirst.

German-Americans are one of the largest immigrant populations in the US, so it makes sense the tradition has been carried on with much fervor.

Oktoberfest in the tristate area, which begins in mid-September and runs through October, is a great way to be German for a day. Eat and drink authentic German food, beer, and wine. Polka dance to traditional music by bands clad in Bavarian garb or take an Oktoberfest fun run. Activities for kids, parades, and shoppotunities make these celebrations a full blown family affair.

What's more, many of the local communities and businesses donate some or all of their proceeds to support local charities and other alcohol-free events. Some even offer discounted admission for designated drivers. Here are a few of the area's most popular that put community first. Prost!

**Oktoberfest Activities in Maryland, Virginia, Washington D.C. (Listed by date.)**



## ST. BENEDICT'S OKTOBERFEST

Richmond, Virginia, Admission: Free

**Friday - Sunday 16 - 18 September, 300 N. Sheppard Street**

St. Benedict Parish has a strong German tradition; many of the charter members were German brewers. Steeped in tradition, parish members bring authentic food, music, and beverages, and even their own Christkindlmarkt to the community. The three-day event has lots of activities for kids and parents alike, all for a good cause. Proceeds provide direct and indirect scholarships and financial aid to Saint Benedict Catholic School, Benedictine College Preparatory, and Saint Gertrude High School. For more information, visit [stbenedictoktoberfest.com](http://stbenedictoktoberfest.com).

## SNALLYGASTER

Washington, D.C., Admission: \$35 - \$60

**Saturday, 17 September, 1 - 6pm The Yards, 1300 First Street South East**

Enjoy more than 300 of the globe's best craft beers at DC's largest beer fest including local debuts, autumn seasonals, cask ales, and barrel-aged brews. Local food trucks, live music, and fun and games provide entertainment throughout the day. Proceeds benefit [arcadia.org](http://arcadia.org). For more information, visit [Snallygaster.com](http://Snallygaster.com).

## H STREET FESTIVAL

H Street between 4th and 14th Streets, North East

**Saturday, 17 September, 12 - 7**

Hosted by H Street Main Street, a nonprofit dedicated to an H Street renaissance, the H Street Festival is one of the largest neighborhood festivals in the District. Going on its 11th year, the Festival celebrates H Street restaurants, shops, and local artists and musicians who come together for a day of entertainment and fun. Organized by volunteers, this event benefits small businesses on H Street. Check out [hstreet.org](http://hstreet.org) or H Street Festival on Facebook for more information.

## BIERGARTEN HAUS, WASHINGTON, D.C.

Kickoff, 1355 H Street North East

**Saturday 17 September, 12pm**

Being at the Biergarten Haus during Oktoberfest is almost like being at Theresienwiese in Munich. For a taste of Bavaria on Capital Hill all year round, this is the place to go. Oktoberfest at the Biergarten Haus kicks off in conjunction with the H Street Festival. The ceremonial keg tapping Munich style starts things off, along with samples of Marzen brews to go around. Throughout the Oktoberfest season, Biergarten Haus features beers from Munich's Oktoberfest such as Paulaner Oktoberfest, Spaten Oktoberfest, Warsteiner Oktoberfest, Hofbrau Oktoberfest, and Weihestephan Festbier. Live German music and Oompah bands also make appearances throughout the season. For more information, visit [biergartenhaus.com](http://biergartenhaus.com).

## DAS BEST OKTOBERFEST

Baltimore, Maryland, Admission times and prices vary.  
Designated driver tickets available for a reduced price.

**Saturday, 24 September, 11am - 5pm, 300 Waterfront Street, National Harbor**

Beer, brats, and bands ... but first, run! Das Best kicks off with a 21 and over run—5K or a 1 Mile Beer Run, your choice—and plenty of liquid hops and barley to quench your thirst during and after. Live music, beer games, and competitions will make this a memorable event for years to come. Run registration (\$59) is open until Tuesday, 20 September, or until race capacity is met. A portion of the proceeds go to Spirit of Hope Children's Foundation. For more information, visit [dasbestoktoberfest.com](http://dasbestoktoberfest.com).

## BLUE RIDGE HIGHLANDS OKTOBERFEST & 5K TRAIL RACE

Smith Mountain Lake, Hardy, Virginia Race registration: \$25; \$15 for children 13 and under. Festival admission: \$5; Free for children 13 and under

**Saturday, 1 October, 10:30 a.m., - 5 p.m., 84 Westlake Road**

Kick off your Oktoberfest with a 5K Trail Race at Westlake Towne Center. Afterward, enjoy some special Oktoberfest brews from Sunken City Brewery while eating brats and listening to The Mountain Top Polka Band. All proceeds benefit the Smith Mountain Lake YMCA. For more information, visit [smloktoberfest.com](http://smloktoberfest.com).

Sat., September 24

## HOPPY OKTOBERFEST

Join us as we turn the Market Square into an outdoor Biergarten! Enjoy a selection of the region's top IPA and Oktoberfest beers including the tapping of our Hitzig Frau Oktoberfest Lager, grilled fare, and live music at this family-friendly event! 12pm-6pm

**Mad Fox Brewing Company**  
444 West Broad Street, Suite I,  
Falls Church, VA 22046



## FREDERICK'S OKTOBERFEST, MARYLAND

Frederick Fairgrounds E-ventplex, 797 East Patrick Street Online admission: \$7 adults, \$4 children, 2 and under: free. Same day admission: \$10 adults, \$5 children, 2 and under: free

**Saturday, 1 October, 11am - 10pm Sunday, 2 October, 11am- 6pm**

Partake in bratwurst, festive beers and wines, dancing, music, and events for kids, all in support of Frederick County charities. Spearheaded by the Rotary Club of Carroll Creek and the Rotary Club of Southern Frederick County, this cultural event helps raise thousands of dollars for area non-profits. For more information, visit [frederickoktoberfest.org](http://frederickoktoberfest.org).

## OKTOBERFEST

Vienna, Virginia Admission: Free

**Saturday, 1 October, 11am - 7pm, Historic Church Street between Center and Mill Streets**

Vienna's free, family-friendly Oktoberfest features live entertainment on the town green, a beer and wine garden, plenty of food, a shopper's marketplace, and lots of children's activities. Presented by the Vienna Business Association, proceeds support First Night Vienna, an alcohol-free New Year's eve celebration. For more information, visit [viennaoktoberfest.org](http://viennaoktoberfest.org).

### BARREL & BUSHEL CROWLERS ARE ON TAP

Come taste more than 25 exclusive seasonal craft beers and pumpkin ales at Barrel & Bushel and take home some Crowlers! At B&B we can 'can' your favorite beers on tap! Proudly featuring Virginia brewers, including Hardywood, Evolution, and AleWerks. And for a limited time, we'll be pouring the B&B signature beer!

**Barrel & Bushel**  
7901 Tysons One Place  
Tysons Corner, VA 22102

## ALL YOU CARE TO TASTE

Baltimore, Maryland Admission times and prices vary. Designated driver tickets available for a reduced price.

**Saturday, 8 October, 12 - 6pm, M&T Bank Stadium Lots, 1101 Russell Street**

Baltimore's All You Care to Taste event features more than 150 different international, domestic, and local beers, wines, and Schnapps. Live music, games, and contests are ongoing throughout the day. This event does not cater to children, however a portion of the proceeds go to Spirit of Hope Children's Foundation. For more information, visit [dasbestoktoberfest.com](http://dasbestoktoberfest.com).

## OKTOBERFEST RESTON

Visit [www.oktoberfestreston.com](http://www.oktoberfestreston.com) for ticket information.

**Saturday, 8 October, Noon-11pm, Reston Town Center, 11900 Market Street, Reston**

Mark your calendar for a fabulous day at the 9th annual Oktoberfest Reston presented by the Greater Reston Chamber of Commerce. You'll hear the best Oktoberfest music by day and great rock n' roll at night. There are interactive games for the kids and of course, the Beer Garden for the adults, featuring your favorite brands plus intriguing craft beers. Visit [oktoberfestreston.com](http://oktoberfestreston.com) for more information.

## OKTOBERFEST AT LEWIS GINTER BOTANICAL GARDENS

Richmond, Virginia Admission: \$13; \$11 for seniors 55 and up, \$8 for children 3 - 12; Free for children 2 and under.

**Saturday, 29 October, 11am - 4pm**

What could be better than viewing the glorious fall colors in a botanical garden while eating local food and drinking beer from the Center of the Universe Brewery? Doing it all while supporting a local charity. Bring canned goods donations to help support FeedMore and you'll be doing more than feeding your Oktoberfest buzz. For more information, visit [lewisginter.org](http://lewisginter.org).





All photos credit: Chip McCrea Photography



BY DONNA CAUDILL



## OKTOBERFEST RESTON RETURNS ON OCTOBER 8<sup>TH</sup>

### ONE FULL DAY OF FUN

Autumn just isn't complete without a fun-filled Oktoberfest, and for the 9<sup>th</sup> year the Greater Reston Chamber of Commerce (Reston Chamber) is planning to bring some authentic Oktoberfest experiences to the Reston Town Center on October 8. Be prepared to enjoy live authentic Oktoberfest music during the day with a rock n' roll band at night. Parents are encouraged to bring their children to enjoy interactive games. Adults can also engage in the Oktoberfest spirit by visiting the Beer Garden which has featured in the past: Samuel Adams Oktoberfest, Blue Moon, Miller Lite and Yuengling. There is also an area for craft beer enthusiasts which has featured Flying Dog, Heritage Brewing, Old Ox Brewery, Old Bust Head, and Fairwinds.

Greater Reston Chamber of Commerce President and CEO, Mark Ingrao tells *VivaReston Lifestyle Magazine* that "This year's Oktoberfest Reston will prove to be one of the most authentic German events Reston has ever seen! The Greater Reston Chamber of Commerce is proud to produce this event for the 9th year in a row and showcase our restaurant and hospitality industry as well as businesses throughout the Northern Virginia area. This is why the Reston Chamber is the catalyst for business growth and entrepreneurship in the Dulles Corridor and Western Fairfax, because we are dedicated to offering the business community development and marketing exposure opportunities."

The final schedule for Oktoberfest is still in the works, however the Greater Reston Chamber of Commerce is actively looking for community volunteers to help the event run as smoothly as possible.

With between 30,000 and 45,000 attendees on average, the Reston Chamber needs at least 300 helping hands to make this event possible. Interested individuals can contact Alicia Liddle, membership engagement manager, at [alicial@restonchamber.org](mailto:alicial@restonchamber.org).

"We thank our corporate teams for participating in this fun one-day event by listing their company name on the event website and signage, offering 12 tickets per volunteer, and providing an event t-shirt," Ingrao said. "Individual businessmen and women as well as residents can also volunteer and will receive 12 tickets and an event t-shirt."

The chamber reminds groups and companies that this popular event is a chance for them to market their businesses. The Greater Reston Chamber of Commerce is encouraging potential sponsors to think about implementing Oktoberfest as part of their community engagement marketing strategy. Oktoberfest Reston is a great way for Northern Virginia businesses to increase their exposure and reach new clients from across the D.C. Metro area.

For more information on volunteering or sponsorships visit [www.oktoberfestreston.com](http://www.oktoberfestreston.com). Keep checking the Oktoberfest Reston website for the latest updates on entertainment and vendors. ♦





BY KEITH LORIA

# Don't Panic:

## WIDESPREAD ISN'T PLANNING ITS FINAL TOUR

As one of the most traveled and popular jam bands for the past three decades, Widespread Panic has been all over the country and enjoys heading back to some of its favorite locales. That will be the case when the Athens, Ga.-based sextet heads to the Warner Theater for two shows, Sept. 6 and 7.

And even though reports came out that Widespread Panic was considering retiring from the road after its current tour comes to a close, frontman John "JB" Bell admitted that things got out of hand with such talk.

"Our plan is maybe to just dial it down a bit and maybe not do as many shows, but we'll still be out playing from year to year," he says. "Some of the guys just wanted a little breathing room to enjoy our families and pursue some other non-Panic things that any of us feel drawn to."

Along with Bell, the band consists of Jimmy Herring on guitar, John "JoJo" Hermann on keys, Domingo S. Ortiz on percussion, Dave Schools on bass and Duane Trucks on drums.

Widespread Panic recently released a new album, "Street Dogs," in which the band continues pushing the boundaries.

"We don't follow the rules by trying to create a commercial Top 40 song. We're not concerned about whether a song is radio-worthy or not," Bell says. "We wanted to express ourselves the way we wanted to express ourselves and not the way some record company wanted us to be represented. When you put your signature on the album, that's your album. People listen to it and get a sense of connecting with the band."

The band first connected in college at the University of Georgia, with the simple intent to have fun and play music they loved.

"We weren't thinking of writing a big hit record or having a long career. We just wanted to see how long we could stretch out this 'having fun' idea," Schools says. "There were some things we did in the early days that worked—sort of a nod to REM—we wrote songs together and gave

credit equally. We collaborate a lot, and it's like a team. It seems to really work for us."

Widespread Panic cut its teeth on the southern bar circuit in 1986 and became known for its incredible live shows and jamming songs. By the late 1990s, the band was a regular at the HORDE Tour, Bonnaroo Fest and other major festivals around the country.

The band went through some hardship with the death of guitarist and co-founder Michael Houser in 2002 from pancreatic cancer, but it has continued to pay tribute to his vision and evolve its sound.

"In the past dozen years, we have had three different guitar players, and bringing in Jimmy seven years ago has been a massive evolution for us," Schools said. "If you haven't seen the band in 15 years, you might get a glimpse of the old things, but you'll experience the new, and bam, get on your feet again and have fun."

With 30 years behind them in the business, Widespread Panic is still hungry to be the best band they can be, every single night, for their loyal fan base.

Over the band's impressive run, it has released 12 studio albums and 43 live albums, selling more than 3 million copies as one of the most successful touring acts in the world. It's also broken attendance records at major venues throughout the country.

To commemorate Widespread Panic's 25th anniversary in 2011, the State of Georgia's Senate and House of Representatives passed resolutions honoring the group for its music, service, charity and longevity, while they were also inducted into the Georgia Music Hall of Fame.

"We acknowledge this is a milestone few groups get to achieve," Bell says. "It's like Hemingway's 'Old Man and the Sea.' Every time we go out there, we learn more tricks, bring that knowledge with us, and then apply it. We're way more experienced, focused and to the point, but still willing to stretch out without wandering too much." ♦

**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.





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



## *Open House at* CLAREWOOD UNIVERSITY

The first university headquartered in Reston, Clarewood University, hosted an open house on July 16. The university is currently accepting students for their fall MBA programs. For more information visit [www.clarewoodVA.org](http://www.clarewoodVA.org).





BY KEITH LORIA



(Top left) Robin Kent 2016 Antarctica. (Above) Lori Goll, pastel. (Far left) Two Lori Goll pastels. (At left) Work of Laura Nichols, founding artist and our long term former president of Great Falls Studios.

# ARTISTS ON DISPLAY

## *in Great Falls*

One of the favorite events of many in the Northern Virginia art community is the Great Falls Studio Tour, which will be held Oct. 14-16, featuring 59 artists representing a wide variety of artistic genres including oil, acrylic, watercolor, pastel and mixed media.

The artists also have a wide range of artistic styles—from classical realism to contemporary and abstract.

"The emphasis of the Studio Tour is on education and demonstrating our creative process and the inspiration behind what we do," says Linda Jones, president of Great Falls Studios. "It is fun for both artist and visitor, providing valuable feedback

for the artist, and providing an understanding of the artistic mind, techniques and process. Our art is also on sale."

Great Falls Studios was founded in May 2003 by a handful of artists wishing to establish a network of artists in Great Falls with the idea of creating an artistic community working with other community organizations. Since then, its membership has grown to approximately 120.

Unlike conventional brick and mortar galleries, the artists work in their own studios throughout the community, and during the event, they are opened to the public.

"Many visitors plan their own itinerary over the three day weekend, choosing particular artists, genres, or an area of Great Falls to explore," Jones says. "Some combine their tour with a visit to Great Falls Park or River Bend Park with the fall foliage."



Jones, a painter specializing in watercolor, acrylic and mixed media, will be demonstrating the different approaches and techniques between her watercolor and mixed media work.

"I will have paintings representing each at various stages of completion, and visitors can look over my shoulder to see how these paintings develop during the weekend," she says. "I love sharing what I do with everyone, explaining my choice of subject, materials, color palette, brushwork etc."

Since Jones has a large studio, she has invited other artists who are unable to display their work in their own creative spaces to join her. This year that includes jeweler Richard Masaniello, weaver Vad Moskowicz, and photographer Jim Diedrich.

Dorothy Emmer, a board member who will be manning the Great Falls Library Studio Tour headquarters all weekend, will also have her quilt work and photography on display.

"It will be my pleasure to talk about the wide variety of artists people could meet on the tour and to give them suggestions of whom to visit based on their interests and time availability," she says. "The October exhibit at the library features the art of participating Tour artists, providing a quick snapshot of the spectrum of art you can expect to encounter."

Leslie Anthony, a painter who specializes in animal images, will have her menagerie—horses, hounds, roosters, cows and maybe a sheep—surrounding her on the walls of her studio.

"Artists have a tendency to hide away in their studios diligently doing what they love best. It is important to present our work to the public, to be appreciated, and communicate what we do, so art lovers might understand what we are about," she says. "There is so much talent abounding in the area with so many artists involved in the tour. It is great fun and so worth the time to travel to the studios and speak with the artists as they are creating new treasures."

Anthony's favorite part of the tour is talking to everyone who stops by to watch her paint.

"Input is welcome and savored. Some of my best mistakes have been made while painting during the tour and my attention is diverted by great conversation," she says. "I have been painting my whole adult life. Thankfully, after struggling to step



Jeweler Richard Masaniello

through the threshold of realism, I now happily work with a more flamboyant style, very colorful with mostly transparent oils (still animals)."

Photographer Robin Kent will once again be displaying photographic images captured in some of the more remote locations of the world.

"I will be showing images of the landscape and wildlife of the Arctic Circle, including the west coast of Greenland, the Northwest Passage, the Arctic Archipelago and the Northern Canadian Territories," she says. "Very few people have been to these locations, and I hope to provide visitors a glimpse into this wild and fascinating place."

In her mind, the Studio Tour is a unique event that allows the artists to invite the community into their studios and talk about their craft, their techniques, what excites them as artists and why.

"Unlike a museum, gallery exhibit, or online website, visitors can talk directly with the work's creator, examine the artist's tools, and maybe even see actual works in various stages of the artistic process," she says.

Laura Nichols, the Studio's founding artist, a potter, and a long-term former president, will open up her Pig Pen Pottery gallery so visitors can see a working pottery studio.

"They will see the wheel throwing area, the slab building area, three kilns and the glaze room. I will be either throwing on the wheel or demonstrating hand building and assembly techniques, or discussing

some part of the various processes that are involved in transforming clay into functional and decorative stoneware pieces," she says. "The Studio Tour is important to me because I can share my love for and deep knowledge of clay and all the wondrous things one can do with it."

Lori Goll, a pastel artist who works in one of four communal studio spaces in town, will be opening up hers—Art Happens Here, on Walker Road.

"I am a nature painter and work primarily with the magical medium of soft pastels. I will be exhibiting my latest seascapes and beach scenes, a few landscapes, and several bird and animal paintings," she says. "Peacocks are a favorite subject of mine, and I plan to have a grouping of bird paintings."

The Studio Tour is sponsored by Sun Design Remodeling Specialists, Inc., and for the first time is joined by Broadway Gallery, the framing specialists whose store on Seneca Road will be open during the tour.

The event runs each day from 10am to 5pm. For more information and a complete list of artists, visit [www.greatfallsstudios.com](http://www.greatfallsstudios.com).



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



Title: *Synthetic Seduction 2013*  
YBCA Installation View, 2013, USA Photo Courtesy of the Artist

## SHIH CHIEH HUANG: *Synthetic Transformations* SEPTEMBER 16 – NOVEMBER 19, 2016

The Greater Reston Arts Center is proud to present *Synthetic Transformations*, a dynamic gallery experience by multi-media artist and 2014 TED Talk Fellow Shih Chieh Huang, sponsored by Leidos and the Arts Council of Fairfax County. From September 16 through November 16, 2016, Huang will present an installation featuring interactive elements created from a variety of media including LED lights, motion sensors, computer parts, screens, and mundane materials such as plastic bags and Tupperware. With these humble components, Huang creates magical, immersive environments, featuring sculptures that respond to the viewer's presence with movement, sound, and illumination. Inspired in part by phosphorescent deep-sea creatures, Huang's work is a fascinating blend of art, science, and technology.

Taiwan-born artist Shih Chieh Huang is well known for his innovative sculptural installations, which blend adaptive technologies with aesthetic and scientific concerns to create work that is multi-sensory and interactive. The artist's work has been featured in solo and group exhibitions both nationally, including the Smithsonian's National Museum of Natural History, Rhode Island School of Design Museum of Art, and Yerba Buena Center for the Arts, and internationally, in Australia, Asia and Europe. Huang is also a former Smithsonian research fellow. Huang's work will be installed at the Greater Reston Arts Center at the Reston Town Center, which will be transformed into a "black box" setting to accommodate his site-specific installation.

Exhibition curator, Holly Koons McCullough, observes, "Shih Chieh's work is an excellent fit for the Greater Reston Arts Center, which is situated within a recognized technology corridor.

This exhibition establishes relevant and enlightening connections between art and technology. Perhaps more importantly, it inspires wonder and sparks the imagination, delighting the viewer with the artist's ability to transform the mundane and utilitarian into the magical."

GRACE Board Chair Robert Goudie adds, "We are thrilled to have generous support for this project from the Arts Council of Fairfax County and Leidos, who have recognized the power of Shih Chieh's work. Following on the success of our Patrick Dougherty installation, which has been visited by tens of thousands of people, this is another example of our determination to invest in artists with international reputations to further build out the cultural proposition that will make our center and Reston an even more powerful destination experience."

The President and CEO of the Arts Council of Fairfax County, Linda Sullivan, added "The Arts Council of Fairfax County is pleased to support this outstanding exhibition, in furtherance of the Destination GRACE vision. The artist's work was found to be exceptional by our professional panel review process, and in keeping with GRACE's very high standards of exhibition programming." Melissa Koskovich, senior vice president of Communications and Marketing at Leidos, said: "Obviously the convergence of technology and art and Shih Chieh's international recognition attracted us to this special project. Investing in the communities where we work is part of our ethos, and we are proud and pleased to be joining with GRACE and the Arts Council of Fairfax County to bring this uniquely talented artist to the region."

The Greater Reston Arts Center is dedicated to enriching community life by promoting involvement and excellence in the contemporary visual arts. Its gallery showcases exceptional emerging and established artists from the mid-Atlantic region and beyond; its GRACE Art program delivers art enrichment experiences in over 40 schools regionally, impacting over 20,000 students; and its annual Northern Virginia Fine Arts Festival is among the top such events in the country. The Greater Reston Arts Center is always free and open to the public.

For more information please contact [info@restonarts.org](mailto:info@restonarts.org) or (703) 471-9242. ❖



## LEAGUE OF RESTON ARTISTS

## Events

HUTCHISON SOLOS  
AT PENFED REALTY

Karen Hutchison displays abstract expressions of her thoughts and emotions using color and texture. Her acrylic and mixed media paintings are on display from August through September 2016 at the office of PenFed Realty, 1886 Metro Center Dr., Reston, VA 20190. The exhibit is free and the office is open to visitors Monday through Friday from 9:00 am – 5:00 pm. Visit the LRA web site at [www.leagueofrestonartists.org](http://www.leagueofrestonartists.org) for more information on this and other events.

ARTISTS DISPLAY “ECLECTIC  
VISIONS” AT ERNST CENTER

The League of Reston Artists displays paintings, drawings, mixed media, photographs and two-dimensional works suitable for wall hanging through October 7 at the Richard J. Ernst Community Cultural Center on the Northern Virginia Community College Annandale Campus,

Rudy Guernica's watercolor, "Broken Back Run in Winter," shows in the League of Reston Artists' exhibit, "Eclectic Visions," at the Ernst Center.

Building CE, 8333 Little River Turnpike, Annandale, VA 22003. The public is invited to meet the artists and view the exhibit at the reception on Saturday, September 17 from 11:00 am – 1:00 pm. at the Ernst Community Cultural Center. The exhibit is free and the gallery is open Monday through Friday from 10:00 am – 5:00 pm.

RESTON PHOTOGRAPHIC  
SOCIETY MEETINGS

The Reston Photographic Society invites photography enthusiasts to attend the new season of presentations. RPS is a special interest group of the League of Reston Artists and holds meetings on the third Monday of the month, from September–November and January–May. Join fellow photographers from 7:30–9:30 pm in Room 6 at the Reston Community Center Hunters Woods, 2310 Colts Neck Rd., Reston, VA 20191. Photographers of all skill levels are invited to share information and enjoy guest speakers, workshops and group critiques. Nonmembers are welcome.

Visit the LRA web site at [www.leagueofrestonartists.org](http://www.leagueofrestonartists.org) to find more information on this and other events. ♦



## Reston Art Gallery &amp; Studios

## Exhibits in September–October

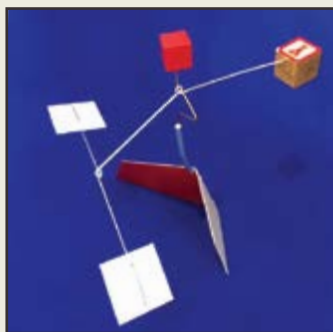


**Dorothy Donahey**

*"Sunrise-Sunset"*

**Exhibit:** Sept 1–Oct 6

**Reception:** Sunday, Sept 18, 2–4pm  
Public Welcome



**Wayne Schifflbein**

*"Art in Motion"*

with mobiles and more

**Exhibit:** Oct 6–Oct 31

**Reception:** Sunday, Oct 9, 2pm–4pm  
Public Welcome

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



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 **SEPTEMBER 17**  
Kathy Mattea

RCC ANNOUNCES 2016-2017

# Professional Touring ARTIST SERIES

Photo courtesy of the Artist

Reston Community Center (RCC) proudly announces the 2016–2017 Professional Touring Artist Series at the CenterStage. The season includes an exciting mix of new artists and those that Reston has come to know and love. Tickets are available now at the box office.

"I am excited to bring you the very best in performing arts with the Professional Touring Artist Series," says RCC Director of Arts and Events Paul Douglas Michnewicz. "From the country melodies of Kathy Mattea to the other-worldly harmonies of Le Mystère des Voix Bulgares; from the hilarity of *William Shakespeare's Long Lost First Play (abridged)* to the poignant *Beyond Sacred: Voices of Muslim America*, you will be enthralled, enchanted and inspired with this CenterStage season."

Each year RCC offers more than 2,000 positive, self-development experiences that enhance the quality of life for all people living and working in Reston.

## The Professional Touring Artist Series 2016–2017 season includes:

### The Acoustic Living Room:

#### Songs and Stories with Kathy Mattea, featuring Bill Cooley

Saturday, September 17 at 8:00 p.m. (\$25 Reston/\$35 Non-Reston)

Grammy Award-winning country singer Kathy Mattea brings her unmistakable voice to Reston with an intimate evening of stories and acoustic songs. Guitarist Bill Cooley joins her

on beloved classics such as *18 Wheels and a Dozen Roses* and *Where've You Been?*

### 2016 National Heritage Award Fellows at the Reston Multicultural Festival

Saturday, September 24, 11:00 a.m. – 6:00 p.m.  
at Lake Anne Plaza (Free and open to the public)

The National Endowment for the Arts (NEA) National Heritage Fellowships are the nation's highest honor in folk and traditional arts. RCC is proud to welcome two fellows to the annual Reston Multicultural Festival: Irish accordionist Billy McComiskey and soul/blues/gospel musician Sherman H. Holmes.

### Billy Collins: United States Poet Laureate 2001–2003

Wednesday, September 28 at 8:00 p.m. (\$15 Reston/\$20 Non-Reston)

Dubbed the most-popular poet in America by *The New York Times*, Billy Collins presents his conversational poems that can welcome readers with humor but often slip into quirky, tender or profound observations about the everyday, reading and writing, and poetry itself. Presented in conjunction with the Fairfax Fall for the Book Festival.

### Turtle Island Quartet presents *A Love Supreme: The Legacy of John Coltrane*

Saturday, October 1 at 8:00 p.m. (\$25 Reston/\$35 Non-Reston)

Turtle Island Quartet returns to explore John Coltrane's jazz epiphany, *A Love Supreme*. The quartet explores how art can transcend time with their rendition of a piece that was recorded in the 1960s when the country was deeply troubled by the searing issues of race and war.

### BeauSoleil avec Michael Doucet

Saturday, October 8 at 8:00 p.m. (\$25 Reston/\$50 Non-Reston)

Since forming in 1975, BeauSoleil's musicians have become well-known for taking the rich Cajun traditions of Louisiana and artfully blending them with elements of zydeco, New Orleans jazz, Tex-Mex, country, blues and more in a satisfying musical recipe.

### Beyond Sacred: Voices of Muslim Identity, presented by Ping Chong & Company

Wednesday, November 2 at 8:00 p.m. (\$15 Reston/\$20 Non-Reston)

This interview-based theatre production explores the diverse experiences of young Muslim New Yorkers. The five participants vary in many ways, but share the common experience of coming of age in a post-9/11



New York City during a time of increasing Islamophobia.

### Sherri L. Edelen in *The Men I Love*

Thursday, November 10 at 8:00 p.m. (\$15 Reston/\$20 Non-Reston)

This Helen Hayes and Barrymore Award-winning actress brings her powerhouse voice to a cabaret performance where she weaves standards, Broadway and pop tunes into a personal and hilarious evening about the men in her life.

### Theater Alliance Presents: *Black Nativity* by Langston Hughes

Wednesday, November 30 at 8:00 p.m. (\$25 Reston/\$35 Non-Reston)

Back by popular demand, Theater Alliance performs this retelling of the Christmas story from an Afro-centric perspective, infused with rich gospel, blues, funk, jazz and dance. Don't miss this acclaimed troupe's spirited Langston Hughes holiday classic.

### Mr. Vaudeville and Friends Presents: *Happy Vaudeville Holidays!*

Sunday, December 18 at 3:00 p.m. (\$5 Reston/\$10 Non-Reston)

RCC's resident funnyman Mark Brutsché returns as Mr. Vaudeville for an adventure-filled afternoon of music, mayhem and laughter in this hilarious holiday performance.

### The Pursuit of Harmony, in partnership with the Northern Virginia Hebrew Congregation and All Dulles Area Muslim Society (ADAMS)

Saturday, January 14 at 8:00 p.m. (\$5 Reston/\$10 Non-Reston)

Renowned Jewish-American songwriter Michael Hunter Ochs and award-winning Muslim Palestinian peace activist/songwriter Alaa Alshaham present an inspiring evening of music and conversation as these unlikely friends retrace their steps between Israel and Palestine.

### Eugene Robinson, Pulitzer Prize-winning columnist presents the Reston Dr. Martin Luther King Jr. Birthday Celebration Keynote Address

Monday, January 16 at 12:00 p.m. (\$5 Reston/\$10 Non-Reston)

*Washington Post* columnist Eugene Robinson is a Pulitzer Prize-winning writer who has witnessed first-hand how the media influences American culture. He joins us for a keynote address in the CenterStage to share his perspective and understanding of race relations which will be followed by Reston's annual community lunch.



### TAARKA

Sunday, January 22 at 3:00 p.m. (\$15 Reston/\$20 Non-Reston)

TAARKA is an acoustic ensemble of violin, mandolin, guitars, bass and vocals that combines high-energy performance, rock energy and master musicianship in a repertoire of Celtic, bluegrass, jazz and classical music.

### New York Festival of Song: *The Picnic Cantata/Dinner at Eight*

Saturday, February 18 at 8:00 p.m. (\$15 Reston/\$20 Non-Reston)

NYFOS returns to Reston for with an evening of music that revisits a quiet masterpiece, *The Picnic Cantata*, and presents two world premieres from Pulitzer Prize-winning opera composer William Bolcom and singer-songwriter Gabriel Kahane.

### What's Going On: The Marvin Gaye Project, in partnership with Dance Place

Wednesday, February 22 at 8:00 p.m. (\$15 Reston/\$20 Non-Reston)

Taking inspiration from 1971's iconic Marvin Gaye album, choreographers Vincent E. Thomas, Ralph Glenmore and Sylvia Soumah provide fresh perspective on life, love and social justice. Gin Dance Company joins in this special collaboration.

### Lúnasa

Friday, February 24 at 8:00 p.m. (\$25 Reston/\$50 Non-Reston)

An RCC tradition returns to the CenterStage with inventive arrangements and bass-driven grooves that have steered Irish acoustic music into surprising new territory.

### Raul Midón

Wednesday, March 29 at 8:00 p.m. (\$15 Reston/\$20 Non-Reston)

Midón returns to the CenterStage following the upcoming release of his latest album. Blind since infancy, he uses his songwriting and other musical talents to shatter stereotypes while establishing himself as one of music's most distinctive and searching voices.

### Rebollar Dance presents *Sacred Profane*, in partnership with Dance Place

Wednesday, April 5 at 8:00 p.m. (\$15 Reston/\$20 Non-Reston)

Set to original music, pop songs and classical music, this evening of dance engages women of diverse ages, cultures and ethnicities to create an all-encompassing feminist work. At times delving into human rights issues and at times celebrating the irreverent joy of sisterhood, the women of Rebollar are always moving.

### Trout Fishing in America

Sunday, April 9 at 3:00 p.m. (\$5 Reston/\$10 Non-Reston)

This infectious mix of folk/pop and family music is enriched by the diverse influences of reggae, Latin, blues, jazz and classical music. TFIA is a CenterStage favorite of fans of all ages. Since forming in 1979, Keith and Ezra have produced 15 albums and received four Grammy Award nominations.

### Dana and the Glorious Birds

Sunday, April 9 at 7:00 p.m. (\$15 Reston/\$20 Non-Reston)

Dana Louise astonishes audiences with her vibrant, melodic vocals, adept finger-picking

CONTINUED ON PAGE 58

and cool sound. She is joined by the Glorious Birds, which includes Keith and Ezra (her father) of Trout Fishing in America.

### Le Mystère des Voix Bulgares

Saturday, April 15 at 8:00 p.m. (\$25 Reston/\$35 Non-Reston)

With bell-like voices that seem to float lightly through space, this group of Bulgarian women have enchanted audiences for 50 years with their hypnotic chants and folk song harmonies and arrangements that have been heard around the globe.

### The Reduced Shakespeare Company® presents William Shakespeare's Long Lost First Play (abridged): A Reston Premiere

Friday, April 21 at 8:00 p.m. (\$25 Reston/\$50 Non-Reston)

Saturday, April 22 at 8:00 p.m. (\$25 Reston/\$50 Non-Reston)

The "bad boys of abridgment" are back to take on an ancient manuscript that proves to be the long lost first play written by none other than 17-year-old William Shakespeare from Stratford. We are totally not completely making this up.

### Happenstance Theater Company presents BrouHaHa

Wednesday, May 17 at 8:00 p.m. (\$15 Reston/\$20 Non-Reston)

This troupe of clown-esque eccentrics is on the precipice at the end of the world. Their curiosity lights up the darkness with a funny and poetic escapade inspired by images of refugees fleeing on foot, Edwardian workers, cinematic treasures and existential comedy.

Unless otherwise noted, all performances take place at the CenterStage, located at Reston Community Center Hunters Woods.

### Box Office Business Hours:

Tuesday, Wednesday, Thursday:  
4:00 – 9:00 p.m.

Saturday:  
1:00 – 5:00 p.m.

Two hours prior to curtain time for each performance

Additional information about each of the performances is available online at [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com) or 703-476-4500. ♦



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# Make Halloween a Safe Event

BY RYANNE WRIGHT

Halloween can be a scary day for both children and adults. As much fun as trick-or-treating can be, it can be equally dangerous. Here are some helpful tips to help keep your children safe this Halloween.

- Steer your child towards a bright costume as opposed to a black one. In addition to having them carry flashlights, add reflective tape to their candy bags, costumes and shoes so they are more visible to drivers.
- Plan a set trick-or-treating route throughout your neighborhood or surrounding neighborhoods with at least one adult chaperone for every five children in the group.
- Children under the age of 12 should be accompanied by an adult. When older children wish to go trick or treating with friends, please ensure it is with a large group of responsible peers.
- Should your child get separated from their group or lost, make sure they have a cell phone (it can be a prepaid cellular device) and an identification card known as an ICE (In Case of Emergency). Your child's ICE card can be in the form of a dog tag or a laminated note card on a lanyard beneath their costume. It should include their name, telephone number, date of birth and blood type or any other medical conditions in the event of a health emergency.

- Most importantly, don't let children eat candy before you have the chance to examine it. Although tampering with candy is rare, it is still a possibility. All candy with loose wrappers, torn wrappers, partially unwrapped items or any spoiled goods should be immediately thrown away.

Halloween is supposed to be a fun adventure, so make these safety tips fun for your children instead of tedious. After all, a temperamental child is more dangerous when venturing out to trick-or-treat. Be safe, don't eat too much candy at once, and have a boo-tiful night of memories this Halloween! ♦



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BY JOSEPH CRAWFORD

## INVESTING IN *Our Community*

At the Y we are working very hard to be a part of our community with a strong and true focus on service, but also to tie service to our mission every day. If our cause is “strengthening community” and we do that one person at a time, then service is the vehicle that helps us do more. Hence, the Y always feels that service is inseparably tied to our cause.

As a leading nonprofit partner throughout the country, the Y has the track record and on-the-ground presence to move communities forward, just as we do here in Reston and Fairfax County. As a charity, we work every day to address community needs and ensure that all are welcome and that no one is turned away for an inability to pay.

### 250,000

Collectively in Metropolitan Area the Y serves 250,000 kids and teens, providing a wide range of activities to nurture potential, including camps, sports leagues, family nights and community service projects.

### 41,290

Children got active in our nationally renowned childhood obesity prevention program, (PHD Physical Healthy Driven).

Children received inclusive and sustainable STEM education at our 20th Annual Thingamajig Invention Convention

### 4,029

Is the number of international countries the YMCA is recognized in worldwide as a charity. We provide membership for all and activities open to everyone in our community including free branch celebrations/screenings, physical activity

programs, and healthy living advice and more –

### 2,885 VOLUNTEERS

Our YMCAs throughout the Metropolitan area are locally driven by an ongoing assessment of community needs and supported by a local board of community volunteers and leaders. This last year we were able to offer more than 3,500 scholarships because of the 64,243 hours of volunteer support.

At the Y, strengthening community is our cause. Strong communities don't just happen, they're the result of steady leadership and stewardship of strong values. That's the Y. We make a difference by focusing on three key areas: youth development, healthy living and social responsibility. By investing in our kids, our health and our neighbors, the YMCA ensures that everyone, regardless of age, income or background, has the opportunity to thrive. ♦





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**Phillip Chang, MD**



BY PETER MCCANDLESS

## MIDTOWN JEWELERS

*In less than 10 years, recognized as one of the few Elite Wedding Jewelers in the U.S.*

Bobby Singh remembers his mom driving him to work in his dad's jewelry store—A.G. Singson Jewelers—in Fair Oaks Mall, because he was too young to drive. And he worked there most summers and winter breaks while he was majoring in accounting and finance at Virginia Tech.

"The business of jewelry was in the Singh DNA long before I was born," Singh explains. After graduating, he tried to put his college major to work, and he was good at it, ending up in a very few years as comptroller of Comstock Homes' multifamily division. Comstock is the developer of the trendy high-tech 21-story high rise condo named BLVD at Reston Station.

"With members of our Comstock team, I used to drive over to Town Center for lunch," Singh says. "When the Midtown condo high rise was nearing completion, I walked onto the dirt floor of the

ground floor retail space under construction. That's when the dream of opening my own jewelry store began to form."

By 2007, he had met, fallen in love and married another accountant named Julie from Leesburg. Julie liked the idea of having their very own business and she also loved the sophisticated Town Center location. Soon thereafter, Midtown Jewelers became a reality.

Julie Singh recalls that the first 3 years were a struggle because of the worst recession since the Great Depression. Luxury items were just that – a luxury: business at Midtown was slow. Julie was forced to stay at her job as a corporate accountant in order to meet the needs of her growing family.

"We started our business as high-end fashion jewelers," Julie recalls. "You know, products like diamond bracelets, earrings, necklaces and rings." At the end of the three years, Bobby and Julie saw the nation profoundly change. The business of weddings transformed dramatically. The centuries-old custom of the husband surprising his





wife with an engagement ring, morphed into couples altering this tradition into a joyful, shared experience.

It didn't take long for the Singhs to hitch their wagon to this bright new bridal star called the wedding experience—today an enormous \$70 billion industry: yes, with a “b.” Bobby and Julie boldly went searching for the best and brightest bridal design and manufacturing talents in the nation.

“We had intentionally chosen Reston Town Center because of its upscale new urbanism, and, because of the sophistication of the clientele we met walking through our front door,” Bobby said.

Having worked beside his father for so many years in a suburban shopping mall environment, Bobby Singh instinctively knew shopping center jewelry was not going to be the fare of his sparkling, new Midtown Jewelers. “Casinos. That’s what I call the typical shopping mall,” Bobby says. “They are filled with folks who don’t have a lot to do, or are escaping the rain or freezing temperatures outside: kind of an escape. There are few serious motives for luxury shopping.”

The Singhs had a vision of a singular bridal shopping experience: one filled with personalized service and a wide diversity of best-in-class wedding products that would set Midtown apart from their competitors. Market Street, Reston Town Center, with its world class reputation as a destination shopping street was the perfect place for their dream to come true.

The Singhs’ vision paid big dividends!!

Wedding planners and new couples flocked to their store from Pennsylvania, West Virginia, Baltimore, North Carolina, as well as from all over the Washington region. They soon branded their new venture, “Where Washington, D.C. Gets Engaged.” Their own brand of personalized service brought a torrent of glowing testimonials.

As this article is being written in July 2016, *WeddingWire*, the nation’s leading online wedding marketplace, just announced

that Midtown Jewelers had reached the prestigious **WeddingWire Rated Black Level** by earning more than 100 wedding reviews for Wedding Jewelry in Reston, Virginia.

The July 26 press release headline proclaimed in 24-point type **MIDTOWN JEWELERS RECEIVES THE ELITE WEDDINGWIRE RATED™ BLACK BADGE FOR COMMITMENT TO PROVIDING QUALITY SERVICE.**

The same press release started by saying...

The esteemed **WeddingWire Rated™** program recognizes wedding professionals who have received positive newlywed reviews about their business on *WeddingWire*. Since receiving over 100 wedding reviews, Midtown Jewelers is now placed at the elite **Rated Black Level**. The program recognizes businesses across more than 20 service categories, from wedding venues to wedding photographers, and requires a minimum of three wedding reviews and an average score of 3.5 stars or higher.

It goes on to say...

“To have exceeded 100 client reviews is a tremendous accomplishment that only a select group of wedding professionals have reached,” said Sonny Ganguly, CMO, *WeddingWire*. “We are honored to recognize Midtown Jewelers for their impressive work within the wedding industry as indicated by their past clients. This great achievement showcases their strong track record of success and a steadfast commitment to earning positive reviews, each and every year.”

Accepting this award, Bobby Singh said, “Midtown Jewelers is thrilled to receive the **Rated™ Black badge** for *Wedding Jewelry* in Reston, VA. Providing positive experiences for our clients is our number one priority, and we would like to thank them for taking the time to review our business on *WeddingWire*.”

Adding to this celebrity, *Washingtonian* magazine voted Midtown Jewelers the **Best 2015 Jewelry Store**, declaring that it has become a premier jewelry destination.

Then, there are additional Midtown kudos from **The Knot.com**, the nation’s #1 wedding website, network and marketplace. *The Knot.com* has recognized Midtown Jewelers for the past two years as winner of the **Best of Weddings**. Only 21 of the 250,000 local wedding professionals listed in *The Knot.com* have received this distinguished accolade.

A product of the **XO Group, Inc.** [NYSE: XOXO], *The Knot.com* is part of a sophisticated media network that reaches an audience of over 7 million, connecting wedding planners and vendors with couples planning their nuptials. *The Knot.com* estimates the overall wedding industry including receptions at \$70B annually: the jewelry portion at \$13.5B. This means 2.5 million weddings a year at a median expense at \$30,000.00.

How the media views *The Knot*: *Newsweek* “Other ‘wed’ sites aspire to be *The Knot*.” *Vogue* “The chicest wed site in cyberspace.” *Businessweek* “Don’t get hitched without *The Knot*.” Bloomberg TV, Market Makers “[*The Knot* is] an extraordinary wedding resource... I do not think you will find a bride or groom that will disagree.” *The Wall Street Journal* “It’s nearly impossible to get engaged without quickly growing addicted to *The Knot.com*” reaching 300 million viewers and readers through national television, print and online media.

Singh says their success is due to their personal sense of service, location in Reston Town Center, diversity of products and high-end designers whose products one can’t find in the big box stores or local independent jewelers.

But don’t take his word for it. Go to the Midtown Jewelers website and there you will find hundreds of reviews like this one...

“If you are looking for phenomenal service, quality inventory, and creative designers for your jewelry needs, look no further than Midtown Jewelers! I’m very impressed by how informed Bobby Singh and his staff are about product lines, and the jewelry industry in general...and what’s even better is that Midtown Jewelers is passionate about taking care of their clients!”

Singh is very proud of the fact that in only nine years, his mom and pop shop has earned a total of 106 **Black Badge** reviews from *WeddingWire*.

Julie and Bobby Singh urge all *VivaReston* readers to circle Friday and Saturday, October 21 & 22 for their big Fall Bridal Showcase. And Julie wants to make clear to all the male readers of this article the importance that the woman in their life places on **THE RING**. “When a gal breaks **THE NEWS** to her circle of friends,” Julie says, the very first response always is **LET US SEE YOUR RING!** ♦

OCT  
15

UPCOMING EVENTS

Beacon Heights

BY PETER MCCANDLESS



## THE 15<sup>TH</sup> ANNUAL RESTON HOME TOUR

SATURDAY, OCTOBER 15 FROM 10AM- 5PM

*“Embracing Change”*

*This watercolor by Reston artist Dana Scheurer (at left) was first introduced as the Official Tour Logo by Chairman Bonnie Haukness in the 2007 Tour. It has remained as the signature logo for the Annual Home Tour for the past nine years.*



Taliesin Place

The idea for a Reston home tour was born in 2000 as an imaginative, educational and entertaining way to raise revenue for the Reston Historic Trust (RHT) – a non-profit organization founded in 1996 to sustain the Reston Museum and Shop in Lake Anne Village. The first home tour launched in October 2002 and was such an overnight success that it has become an annual October “Must Do” Reston happening.

Bonnie Haukness, a long-time Reston Realtor with Long and Foster, a board member of RHT and a devotee of home tours, is in her 10th year as chair of the tour.

“The Reston Home Tour concept showcases Reston’s unique and interesting residences,” Haukness explains. “Each year we celebrate exciting design in Reston’s varied neighborhoods, trying always to include homes in each village, as well as all sizes and styles.” The tour was created to offer visitors the opportunity to explore our neighborhoods with an eye to Reston’s signature diversity in architecture and





Beacon Heights



Night Star

interior design. "We want residents and newcomers alike to be inspired by the exceptional range of Reston lifestyles," Haukness says.

The six private residences selected for the 2016 Tour brings the total of featured homes over the years to 105. "All of these residences were selected for their WOW factor, and offer amazing renovations and alterations that will inspire and excite you," says Haukness. This year's tour also has a stop at BLVD, Reston's newest luxury apartment building at Reston Station where we will offer a "Taste of Autumn." BLVD is a 21-story building with a rooftop pool and views from Sugarloaf Mountain to DC to the Blue Ridge!

Haukness has a few ideas to make your tour experience more enjoyable:

You can access background and information about the 2016 Tour by logging on to [restonmuseum.org](http://restonmuseum.org) or calling the Reston Museum at (703) 709-7700. You are also encouraged to stop by the museum located at 1639 Washington Plaza, Reston, VA 20190.

Tickets are \$25 each before October 8th, and \$30 each from October 8th to October 15th and anytime online. They may be purchased at The Wine Cabinet in North Point, Appalachian Spring and Greater Reston Arts Center in Reston Town Center and at the museum.

The tour is self-guided. A map is provided on the ticket. On tour day ticket-holders receive a full program booklet with details about each property, as well as resource information.



Old Brookville Court



Night Star



Night Star

Wear comfortable shoes. Attendees may be asked to remove their shoes at some of the homes. Bags will be provided for shoes to be carried until exiting the home. Children under the age of 10 cannot be admitted into the tour homes.

Producers of the Reston Home Tour are all volunteers, working on behalf of the Reston Historic Trust, with a purpose of raising funds for Reston Museum and to present an opportunity to fully appreciate the architecture and beauty that makes this community home.

Take the tour and get those creative juices flowing! You are sure to end your day with a feeling of excitement and awe at these amazing homes and their owners' incredible stories. Haukness said the ultimate compliment came

from an attendee after the tour in 2007, "This is the best event we have in Reston!" ♦



Old Brookville Court



BY ALEXANDRA ROSSI

## Angels Exist in Reston

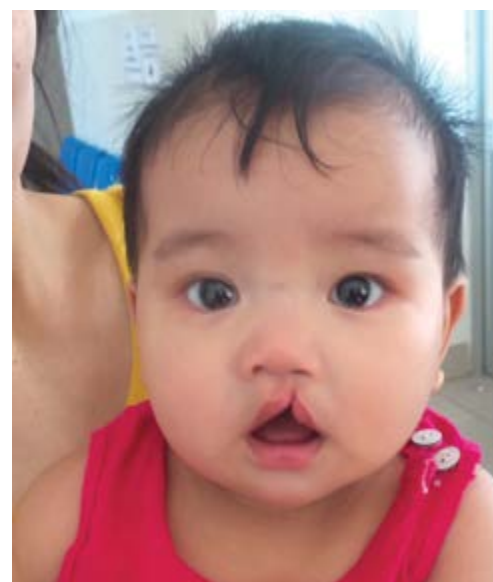
### DR. NEDA KALANTAR HELPS CHILDREN WITH CLEFT PALATE FINDING A NEW LIFE

I have visited the office of Dr. Neda Kalantar at the Isaac Newton Square in Reston many times, and I have always been touched by the before and after photos of children for whom she has repaired cleft lips and cleft palates. Dr. Neda is in most of the photos, smiling, holding the children, and giving them not only a free medical service, but renewed hope for their lives.

Born in Chicago but raised in Virginia Beach, Dr. Neda, whose parents are originally from Iran, has been a pediatric dentist for 13 years. She first learned about Operation Smile, an organization that helps children with facial deformities, especially the cleft lip and cleft palate, when she was in high school.

Each year 220,000 children are born with cleft palate and/or cleft lip that prevent them from eating properly, speaking clearly, or even smiling.

In many countries, kids with cleft lip and cleft palate are shunned in their societies, as they're considered a curse and parents are embarrassed about their children.



"It's a stigma—a really bad stigma," she has told me.

"I met someone when I was a senior in high school who came to my school and had this surgery done as a young adult, and he mentioned how in the Philippines, his childhood was very difficult because of it, and it really touched me," she said. "I was one of those kids who got very inspired. So when I went to college, I went to the University of Virginia, and I got really involved in Operation Smile. I went with them to Nicaragua and Gaza to volunteer, and while I obviously wasn't a dentist then or a doctor, but I was really able to help. I always tell people that they can always help, at any level. You don't have to be a doctor to volunteer."

During her college years, Dr. Neda and her friends decided not only to help children with cleft palates, but they also decided to promote dental health and care in underprivileged communities, where access to these services is often unavailable.

"Between about 1999 and 2001, Vietnam was looking for more dentists to start a program there in which we could help lots of kids who don't have access to dental care," she recalled. "I was very lucky to be able to help organize something for those early missions, and that's how I've been able to continue now."

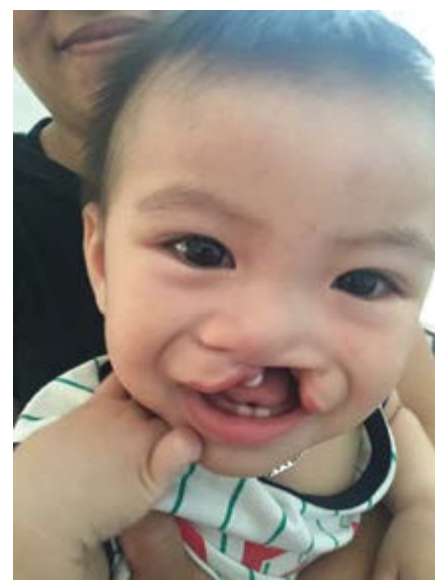
Since then, Dr. Neda has been traveling to unprivileged communities in Asia and Latin America, bringing her talent, expertise, time, and passion to help Operation Smile and giving free dental services.

"So many of these kids have no access to medical or dental care. We go into the





Dr. Neda Kalantar, Dr. Carlos Ortiz, from Peru; Dr. Marius Van Der Walt, from South Africa; Dr. Ngoc Chu, from Maryland; Lauren Edwards, operation smile mission coordinator, Virginia Beach; and Pebbles Govender, dental/medical assistant, South Africa.



provinces and set up in a school," she explained. "We bring all our dental equipment, a portable drill, we sit them in [regular] chairs, and we screen them. We generally try to work on permanent teeth to save them, and we do the fillings. Most of these kids will sit in the chairs with their mouths open, and they hold a tray to spit into because we don't have suction, and it is, first of all, very difficult."

This past mission to Vietnam, Dr. Neda and her team screened about 2,000 kids, and they were able to do some level of procedure on at least 1,500 of them. They gave them oral hygiene education, toothbrushes, and toothpaste. At the same time, a surgical mission was there where Dr. Neda was involved.

"A cleft palate or cleft lip surgery is a 45-minute procedure but is life-changing," she explained. "In this country (USA), the surgery is done within the first 10 weeks of life, and you have to be ten pounds to qualify for cleft lip surgery, but in many of these other countries, it's not available. In Vietnam right now, there are 10,000 kids on the waiting list to get cleft lip surgery," she said.

Dr. Neda works alongside a plastic surgeon fixing the dental problems that children with cleft palate usually exhibit.

"Surgeons need to have a dentist because sometimes, some of the teeth are in the way and need to be extracted, which would be my role or the dentist's role, so they would remove the tooth," she explained. In older kids who are not suitable for surgery, she makes an obturator. An obturator is a non-invasive device that sits at the top of the mouth and closes the aperture in the cleft palate.

In the U.S., one in nine children are born with cleft palate. In Asia, it's one in seven. Several factors like nutrition, environment, prenatal care, and parents with cleft palate are determinant in the percentage of children with cleft palate.

A single surgery for one child with cleft palate costs around \$450. Operation Smiles hosts fundraisers all year long.

Dr. Neda is also involved with other organizations to bring oral health to remote communities.



She also does a fundraiser every year collecting gently used stuffed animals during February and March, as the missions are usually in April. In October, she holds a Halloween buy-back of candy.

"I hold little fundraisers all year so that my practice and I can support Operation Smile," she said.

"Recently, there's a lot of concern with some of the displaced children in Syria, the refugee kids who don't have anything, and they're living in refugee camps. It's just not a very safe time to go," she said. "As you probably know, it's not safe, but it is the focus of many organizations now. Part of me feels like these kids really need it—dental, medical—they don't have anything. It would be great to prepare kits of toothbrushes and toothpaste that we can send them as a way of supporting them while they're in refugee camps. Is anybody doing that? I don't know, but at the end of the day, there is so much that needs to be done for this and other issues. There are a lot of wonderful organizations out there, and it's just nice to have some way to help. I love working, I love working here, I just love feeling like I'm a part of something. Hopefully all other doctors and dentists do too."

Dr. Neda is aware of the oral health needs of our own community, especially in low-income families. She volunteers at a lot of events to bring free dentistry, free toothbrushes, and oral hygiene education to the community. She visits schools as well, and was recently at the YMCA in Reston.

"We have some schools that visit our office, like a field trip," she said. "They come here, and it's really cute. We show them the decoration with animals, and we brush with them to show proper technique. That's a great way to be a part of the community. I wanted to do this because I think Reston is a great community and is very kind to my practice. I love Reston."

"I know it sounds cliché, but Operation Smile really changed my life," she added.

To find more information about Operation Smile, visit [www.operationssmile.org](http://www.operationssmile.org). For more information about Dr. Neda Kalantar, visit [www.kidsdentalsafari.com](http://www.kidsdentalsafari.com). ♦





# A CHANGE *of* DIRECTION

*Area residents launch new careers*

Sean Hunt at Mustang Sally Brewing Company. Photo credit: Sunghee Chon



By Analiese Kreutzer

Whether they're chasing a dream, re-entering the workforce after time off, rebounding from a job loss or seizing an opportunity, people all over our area have launched businesses that have taken their careers—and their lives—in new directions. Following are three such stories and the advice these entrepreneurs offer to others looking to make a change.

## *Building a Dream on a Solid Foundation*

SEAN HUNT

Some people change careers to follow a dream, like Reston resident Sean Hunt. Ever since the late 1980s, Sean has dreamed of opening a brewery. In the spring of 2016, his dream became a reality when the former corporate attorney opened Mustang Sally Brewing (MSB) Company in Chantilly.

Mustang Sally operates in a 14,000-square-foot warehouse space that includes the brewery and a tasting room. Sean believes the exceptional quality of MSB's beer sets the brewery apart. "In the craft world, there is a lot of experimentation on the outer edges. It's fun, but we found the middle is kind of open. The equipment and the expertise we've got allows us to go more toward that middle and produce a really high-quality, balanced, easy drinking beer," he said.

Originally an engineer, Sean worked for Booz Allen Hamilton before going to law school. He worked for K&L Gates for several years then became general counsel for a series of tech startups. He thought working for a smaller company would mean fewer hours and more time to spend with his growing family, but it didn't quite work out that way. That same theory contributed to his wife starting her own engineering company called iPower.

Sean never gave up on his brewery dream, but he and his wife agreed that one startup in the family at a time was enough. Once iPower became stable, Sean decided the time was right. "A couple years ago, I started doing the business plan, and it looked viable. I got financing for it, and it was two years from the time I started the business plan to the time we opened the doors." It was a long two years, with most of the time devoted to getting the facility, doing the build-out and going through the regulatory clearance process.

A resident of Fairfax County since he was 4 years old, it meant a lot to Sean to locate the brewery in the county. "There are a really small number of larger craft brewers in Fairfax County," he said. "It's a challenge to find the type of facility you need to run an operation like this here."

With his background in corporate law, Sean put a great deal of emphasis on establishing a solid corporate foundation for his business, which frees him to focus on operational excellence. He has

high praise for his head brewer Kenny Allen and General Manager Dave Hennessey, who both served as head brewers at Old Dominion Brewing Company. "We keep focused on what we do, and we do it really well," said Sean. "We just keep it simple. We started out with a core, and we want to focus on getting that core really strong and then gradually broaden from there." The three men bring considerable knowledge from the operations, industry and corporate operations standpoints, which gives Sean confidence in their foundation and their ability to grow the business.

Mustang Sally beers are available in the company's tasting room and in bars and restaurants in Fairfax County, Arlington, Alexandria and parts of Prince William County. The third phase of the business will be small packages, either bottles or cans, a step Sean explains needs to wait until they have enough traction in the marketplace and enough quality assurance to maintain the beer's integrity in the package.

In the more immediate future, Mustang Sally will host the first Fairfax County Brewfest on October 1, 2016, in conjunction with the Dulles Regional Chamber of Commerce. The event will be held at MSB but feature other brewers from the county as well.

Sean's advice to those looking to switch careers is simple. "Do it," he said. "If you want to do it, do it. Just don't do it recklessly. Do your homework. A lot of people say they want to do it, but they give up too early. At least give it a shot. Vet the issue. Walking away from a profession you've invested in is not an easy thing to do, but I'm certainly glad I did it."

### Mustang Sally Brewing Company

www.msbrewing.com  
14140 Parke Long Court A-C, Chantilly  
(703) 378-7450

## *Bridging a Gap*

ELLEN GREALISH

Like a lot of women, Herndon resident Ellen Grealish took time off from her career to stay home with her children. When she wanted to re-enter the workforce several years later, she looked forward to putting to use the experience and skills she garnered from her eight years as a sales development and marketing professional with Hewlett Packard, but she wanted a part-time position that would allow her to pick up her youngest child at school.

"I remember thinking that if a company only knew that I would be willing to negotiate my pay rate and forgo benefits in exchange for a role where I could be home at three, it would be such a great deal for the business and myself," Ellen said. She went online to look for part-time or part-virtual work in her field and found only cold calling or retail jobs.



Ellen Grealish, Gwen Rosener and Sheila Murphy, partners, FlexProfessionals, LLC

A conversation with her friend Sheila Murphy revealed that Sheila wanted to find a flexible job as well. They learned about a staffing company in Colorado called 10 til 2 that focuses on part-time jobs for experienced professionals. They looked into opening a franchise, ultimately deciding against it, but they felt they had identified a real need in this area. They began talking to business owners and realized that one of the biggest challenges for a small business is trying to find really good talent when they don't always have the budget to bring in someone with 10 years of experience at a big company.

Ellen and Sheila, along with Gwenn Rosener, co-founded FlexProfessionals, LLC, to build a bridge between businesses and an experienced, talented employment pool who are willing to work at competitive rates with no benefits in exchange for a part-time or flexible role. Originally geared toward mothers looking to re-enter the workforce, FlexProfessionals now includes retirees and people looking to scale back on their hours.

"I didn't intend to switch careers," said Ellen, "but no one was going to hire me. I didn't intend to start a business. It just sort of fell into place, and here we are 6 1/2 years later, and we have built a pretty thriving business." FlexProfessionals has opened a Boston office, has more than 9,000 job candidates in the DC metro area and made \$3.2 million in revenue last year.

"It's a great feeling to look back and see you built something from nothing," she said.

Part of Ellen's mission, and one of her biggest challenges, is getting companies to understand that there is a different way to do things. She and her partners work hard to get in front of business owners to change their mindset, and they practice what they preach.

FlexProfessionals' 13 employees all work part time and part virtually. "We promote these jobs, but at the same time, we're also building and running this company in a part-time, flexible way," said Ellen. "Everybody in our company is empowered to create their own schedule as long as our clients' needs are being met. People can take as much vacation as they want, and nobody has come close to abusing it. As a small company, we couldn't initially pay people what we thought they were worth. If I can't pay you money for your worth, I'm going to give you something of value to you."

As a business owner, Ellen admits it's hard to turn off the work. She tries to keep work and family separate and be 100 percent focused on what she's doing. She advises those who want to change careers to think about where they want their career to go and to focus on which of their skill sets are transferrable.

"If you're a lawyer who wants to get into fundraising, don't highlight all the legal things you don't want to do anymore. Put a summary at the top of your resume to sell yourself and why a company should be looking at you. Think about what skills you gained as a lawyer that can transfer to fundraising, like negotiating."

She also recommends focusing on small businesses when looking to make a change. It's harder for a big company to take a chance on an employee trying something different. "You may have to adjust your pay expectations to get in the door, but you can renegotiate later," she said. "Promote what you can bring to the company that they may be overlooking."

### FlexProfessionals, LLC

www.FlexProfessionalsLLC.com  
info@flexprofessionalsllc.com  
703-854-1820

## Serving the Community One Bottle at a Time

RANDE JENUS AND MIKE MACKIE

Mike Mackie and Rande Jenus both spent their first careers with Marriott. Mike started with the company as a lifeguard in high school and continued with them through college and his career with corporate for a total of almost 40 years before he retired in 2001. While Mike came up through the food and beverage side of the business, Rande started out on the graveyard shift as a desk clerk and worked his way up to corporate through room operations, spending 24 years with Marriott. After they closed that chapter of their lives, they opened The Wine Cabinet in Reston.

"The joke was if we failed terribly, we'd have a heck of a wine cellar when we were done," said Rande. What they have, nearly 13 years after they opened, is a successful shop



with a loyal customer base and a livelihood they clearly enjoy.

The bright, airy shop includes two inviting-looking leather arm chairs right in the center. Rande thought he'd get to sit in those chairs and read three newspapers a day. "I haven't sat down a moment since," he said. The open and inviting feel of the store is no accident. The design is meant to make women feel more comfortable, since they usually represent a smaller percentage of customers in liquor, wine and beer stores, which are often poorly lit with narrow aisles. Today women make up more than half of The Wine Cabinet's customer list.

"We try to create a community feel here so people are more invested in doing business with us, not just because we have wine but because we're part of the community," said Mike. They build on that sense of community with wine tastings every Friday night and Saturday afternoon that might also feature beer, soups, cheeses or chocolates that they sell in the shop.

"The whole idea is to make it a one-stop shop. If you're going to be entertaining over the weekend, stop in and get some wine, get some beer, serving pieces if you need them, soups. We have some of the best soups you've ever had, made on the Eastern Shore," said Mike. They try to stock as much local product as possible. The chocolates come from a shop in Arlington that is owned by people in Reston. The peanut brittle is made by someone in Reston, and the artwork for sale on the walls rotates between two Reston artists.

Mike's wife Kate handles all the merchandising for the eye-catching gift items and serving pieces displayed in the front of the store, and his son David is responsible for the growing number of beers they carry.

Although located in Reston, people come from all over Fairfax County, Arlington, even Bethesda and DC to shop here. Both men have high praise for Reston and their shop's location. "I don't know if I'd be in this business if I didn't have this location," said Rande. "It took me leaving corporate America to learn how great Reston really is in terms of community, people and a very supportive, loyal customer base."

One of the things they took from working for Marriott is the importance of knowing your customer. They develop a profile for everyone who buys wine there. Now, if someone comes in and tells them they are going to the Smith's house for dinner and asks what they should bring, Mike and Rande can look up what the Smiths buy and help that guest choose a gift that is well-suited to their host's tastes.

Mike's advice to others looking to make a career change is simple. "If you're going to change, change to do something you love," he said. "People have heard the old expression if you enjoy what you're doing, it's not work, but if you're not enjoying what you're doing, why are you doing it?" ♦

## The Wine Cabinet

1416 Northpoint Village Center, Reston  
(703) 668-9463  
[www.TheWineCabinet.com](http://www.TheWineCabinet.com)



Mike and Kate Mackie



Rande Jenus

**AUTHOR:** Analiese Kreutzer is a contributing writer 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](mailto:Ana@VivaTysons.com).



BY DELEGATE KENNETH R. "KEN" PLUM

## Virginia Wine Country

Thomas Jefferson, favorite son of Virginia, author of the Declaration of Independence and the Virginia Statute for Religious Freedom and founder of the University of Virginia to list only those accomplishments for which he most wanted to be remembered, had another idea for which he is less well known. He thought Virginia would be a good place to raise grapes and thus to make wine. Just as it took nearly two-and-a-half centuries for his proclamation that "all men (persons) are created equal" to be realized, it took almost that long for Virginians to be successful in raising grapes and making wine.

Virginia's growth as a major wine-producing state has been phenomenal. A few decades ago Virginia would not have made the list of wine-producing states. Now, there are over 250 wineries in the Commonwealth. According to Wine America, the National Association of American Wineries, in their listing of the top 10 wineries by state, Virginia ranks number 5.

Virginia wine offers special opportunities for local residents. Certainly try the Virginia brands as they become available in local shops, but also consider checking them out at their sources: the wineries themselves. The Wine Council's website links to a list (<https://www.virginiawine.org/wineries>) that could fill your weekends for years or you can pick and choose for proximity or reputation. Combine your visit with a tour of historic homes, natural beauty or recreation and relaxation. You can even visit Mr. Jefferson's Monticello or James Madison's Montpelier as part of your vineyard hopping. Or the Skyline Drive and the Shenandoah National Park, the Luray Caverns and the Shenandoah Valley—all have wineries nearby.

In planning your wine exploration, a map that I can make available to you for free (request at [kenplum@aol.com](mailto:kenplum@aol.com)) may be helpful in laying out your adventure as would a map of Virginia's scenic highways that I can also provide to you upon request. The Virginia Tourism Corporation website at <http://www.virginia.org/> is filled with ideas. Travel services can be helpful, and some bus and limousine companies have wine tours.

I am not enough of a wine aficionado to make recommendations on the quality of one wine over another. They each appeal to someone's taste. I am most into the adventure of finding the vineyards on back country roads in beautiful regions of the state than in the discovery of new and different wines.

Happy touring and happy learning. Mr. Jefferson was right again—Virginia is a great place for wine. ♦



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BY AMY SCHOEN, MBA, CPCC

# ASK COACH *Amy*



DEAR COACH AMY,

I am a professional divorced woman in my mid 50's who is very active and in good shape. I don't have any kids living with me. I met a really nice guy on the internet and we have had 3 wonderful dates. We have a lot in common and appreciate what we both bring to the table. Our relationship goals seem to be aligned on wanting a committed and monogamous relationship. Overall he has everything I am looking for and he has said the same of me. We text and email during the day, however, we can only meet and spend time with each other on the weekends because of his busy work schedule and mine. He gets off work late in the evening and we live one hour from each other. Up until now there has been no red flags or deal breakers. The recent problem is that at the

last minute he broke our fourth date. I was very disappointed.

How do I handle this disappointment when you plan a date with someone and they cancel at the last minute? How do you not feel rejected? Also, do you hold the person accountable because you rearranged your schedule to make time for the date? Is it appropriate to feel upset or feel like your feelings were not considered or your time is not important? And, should you move on because this may become a trend? By the way, I did call him to express my disappointment and he said he would like to see me again this coming weekend to make it up to me. I am not sure I handled this correctly or my feelings are valid. I'd love your insights.

*Baffled in Ballston*



DEAR BAFFLED,

The good news is that he seems to be very interested in you and you have had a couple of good dates. However, something very important came up that caused him to change his plans in the last minute. Unfortunately, you didn't share why he had to cancel his plan. Perhaps he never told you. Honestly, I wouldn't bail on this relationship just yet, since it's important to check out your assumptions before you walk away.

If you can, seek first to understand. It seems that he has stepped on a core value for you — reliability! It seems that sticking to your plans and being reliable are very important to you. And yet he was for your first three dates. Perhaps he is a single dad and an issue came up with his kids. Or he had a work emergency. There seems to be a communication breakdown when he canceled his date. It would have been best if he shared the reason he had to cancel so you could feel it wasn't about you!

Most importantly, how one communicates with a potential partner can determine if a relationship moves



forward or gets derailed. Much can be misunderstood. Did he cancel in a text? Did he call you and leave a message? I see that you called him and you talked about your disappointment. (Note: I would be careful about how you do so. Men want to feel successful so make sure you do so from a positive place: "I was so looking forward to seeing you again. Now I have to wait 5 whole days to be with you!" And you want to come from an understanding place the first time this happens). I do believe in giving someone the benefit of the doubt.

I am also a big believer in seeing that his behavior is consistent. If he cancels again, then this may be a valid problem. Of course, you don't want to put up with men canceling dates with you. And no one wants to feel taken advantage of. Some people are just not good time managers or they get overwhelmed. We don't know why he canceled—yet.

There is some self management of feelings when this happens. Do make it about him and not a reflection of anything you did wrong. The other thing you can do is get steeped in who you are and what you have to offer to a relationship—for you to have a strong belief in WHY someone would want to be in a relationship with you. This will keep the rejection gremlins away and is very effective exercise I do with my clients.

From my vantage point, it looks like this is a one time aberration. However, if his work is demanding, (or there are children in the picture) this may happen again. As a couple you need to work out a strategy that demonstrates he values your relationship and allows you to be okay when plans change on a dime on occasion.

Or if this is something you can't live with, you may just have to move on. It does seem that he is a keeper so I would work on finding the solution that works for both of you.

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](http://www.MotivatedtoMarry.com).

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8

**SURPRISING  
REASONS**

*why you may be*

**GAINING WEIGHT**



While we know that eating a lot of processed and convenience food and not exercising can cause weight gain, there are other less obvious reasons.

**LACK OF SLEEP:** When you don't get enough sleep, it can affect your metabolism and lead to weight gain and obesity. People who sleep a short time were found in studies to have excess body weight and changed appetite hormones leptin and ghrelin. Leptin, which controls hunger, decreased and ghrelin, which promotes hunger, increased.

**STRESS:** We all live stressful fast-paced lives but sometimes the intensity gets to the point when we are in a "flight or fight" mode. Cortisol, the "stress hormone," is secreted, which causes an increase in appetite. Also during times of stress, we tend to reach for "comfort food" which usually is high-calorie. This is the perfect storm for weight gain.

**MEDICATIONS:** Some medications have the unfortunate side-effect of weight gain. These include antidepressants such as Prozac, antipsychotics that treat schizophrenia and bipolar, and medications to treat migraines, seizures, high blood pressure and diabetes. Beware that some people gain weight because their appetite increases due to feeling better on medication and that depression also can cause weight changes. Anti-inflammatory steroid medications like prednisone typically cause weight gain through fluid retention and increased appetite. Some people on steroids experience shifts in body fat to places like the face, the belly, or the back of the neck. If you've taken steroids for more than a week, don't stop them abruptly, which can cause serious problems. If you need to be on medication, work with your doctor to find one that treats your symptoms with fewer side effects.

**HYPOTHYROIDISM:** When your thyroid (the butterfly-shaped gland in the front of your neck) is making insufficient amounts of hormones, your metabolism slows and you're more likely to gain weight and feel tired, weak, and cold. Even a thyroid functioning at the low end of the normal range might cause weight gain.

**CUSHINGS SYNDROME:** This is a condition in which people experience too much of the stress hormone cortisol, which in turn causes weight gain and other abnormalities. The weight gain may be most prominent around the face, neck, upper back, or waist. Causes are taking steroids for asthma, arthritis, or lupus, adrenal glands making too much cortisol or a tumor.

**AGE AND MENOPAUSE:** Your metabolism slows as you age so you burn fewer calories. Lifestyle changes such as less exercise also play a role. Most women undergoing menopause gain some weight, typically around the waist.

**POLYCYSTIC OVARIAN SYNDROME:** PCOS is a common hormonal problem in women of childbearing age. Most women with PCOS grow many small cysts on their ovaries and experience hormonal imbalances that cause irregular menstrual cycles. Women with PCOS are resistant to insulin (the hormone that controls blood sugar), which can cause weight gain. The weight tends to collect around the belly as in metabolic syndrome, putting these women at greater risk for heart disease.


**BINGE EATING AND EMOTIONAL EATING:** Women with eating disorders tend to binge on food and gain weight and then restrict their eating or purge to regain control and lose weight. It's important to address the underlying issues. Engaging in emotional eating often leads to over-eating and unhealthy choices resulting in weight gain.

Do you need more guidance about healthy eating? Make sure you get access to my free Quick Start Guide to a Paleo Diet. [www.22s.com/strong/quickguide](http://www.22s.com/strong/quickguide) ❖



**AUTHOR:** Christine Lehmann, MA, NTP holds a master's degree in public health and journalism and is a certified Nutritional Therapy Practitioner (NTP) by the Nutritional Therapy Association. She has a private nutrition practice specializing in reversing diabetes naturally. She sees clients in her Alexandria office and by Skype. Christine is also a faculty member of the Wellness Council of America and provides corporate wellness services to companies in Northern Virginia. Christine is an award winning health writer and wellness blogger, and host of the popular Real World Paleo podcast. You can reach her at [christine@reversediabetescoach.com](mailto:christine@reversediabetescoach.com) and her Website is [www.reversediabetescoach.com](http://www.reversediabetescoach.com)


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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 (TMJ) pain, headaches and undeveloped maxilla (jaw growth) in children and adolescents.

At Sunrise Orthodontics, Dr. Calkins evaluates and offer treatment alternatives for children with OSA; this is accomplished by making changes in the growth of the patient's mid-face area. A narrow upper airway has been tied to OSA at a rate of 4%-11%. Also, cases of sleep-breathing disorders and chronic facial pain is increasing, with one in six children and adolescents showing clinical signs of TMJ disorders.

Headaches and migraines are another issued 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," says Dr. Calkins. Dentofacial orthopedics has proven to be a clinically acceptable approach, with positive results in the management of OSA in children. Dr. Calkins will target maxillary and

mandibular development, which can leave patients with less snoring, headaches and favorable sleep studies to monitor the effectiveness of the orthopedic approach.

Calkins says that dynamic skeletal development in children as young as 4 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," she says. Also, having a diagnosis and treatment plan at an early age brings worthwhile benefits for the integral health of both children and adolescents.

If your child is experiencing conditions known as airway-related craniofacial dysfunctions, or 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. Just imagine opportunity to improve the quality of life of your family. ❖





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The hole heals quickly and is almost undetectable in a day or so. Dr. Grande says this method replaces the old technique where “Dentists would have to remove tissue from the roof of the mouth and then graft it into the area where the gum had moved away from the tooth. “This can be a very painful and tedious procedure that requires a lot of downtime afterward.” The American Dental Association says half of Americans between the ages of 18 and 65 already have receding gums. But the number of patients who have tried gum graft surgery is relatively low “because people perceive it to be an invasive procedure,” Dr. Grande says. ♦

*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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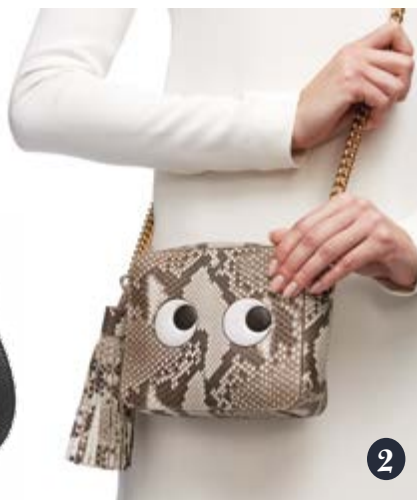
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# 2016 SEPTEMBER/OCTOBER STYLE IT'S ALL IN THE BAG...

BY LAUREN SIMMONS



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

2) Anya Hindmarch—Eyes python shoulder bag  
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3) Fendi Double Micro Baguette  
[www.Fendi.com](http://www.Fendi.com)

4) Embroidered Crossbody Bag  
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5) Charlotte Olympia Decorative Pandora Perspex clutch  
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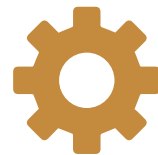
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# GADGETS, GOODIES, AND GIZMOS



GADGETS

BY LAUREN SIMMONS



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to spills, drips and smudges.





BY EVE THOMPSON

## SHOULD YOU BUY *a fixer upper?*



**R**eston is one of those places where people buy a home and then live in it for 50 years. While many houses on the market in Reston have been renovated, at least in the last 15 years, chances are you'll fall in love with a home that needs some work. Since fixer uppers tend to sell for less than a renovated home, the thought of buying one is attractive. I help clients work through the pros and cons of buying a fixer upper every day. And here's what I tell them.

### Buying a fixer upper

First, you need to be honest about how much of a project you can take on. If you really don't have the time or desire to do the work yourself, don't buy a house based on doing the work yourself. That's a good way to end up living another 15 years with a kitchen from 1970.

Before you buy, try to get an estimate of how much the renovations will cost you. Talk to friends who have done similar renovations. Or [HYPERLINK "http://buyingafixerupper.com/calc.html"](http://buyingafixerupper.com/calc.html) try this free estimator (it's basic, but it's a place to start) You may find that they add up to the difference between the fixer upper and a renovated home. Of course, for someone who'd like to have work done exactly how they'd like it, that might not matter.

### When to consider a fixer upper

You've always wanted a specific type of kitchen, bathroom, deck, etc (maybe you dream of Viking appliances and granite counters). This is a great opportunity to spend a little less on the purchase of your home and funnel that extra money into getting what you really want.

When the repairs are actually very superficial. It can be hard to imagine how wonderful your living room is if it's painted a color you hate or has unappealing wall paper. But paint is a simple fix and it will change the look of your whole house.

When the structure is good, and things just need an overhaul. If the kitchen layout works for you and the cabinets are in good condition, getting new appliances, counters, and painting is easy...and well worth the effort to freshen the house.

If this is your dream house in your dream neighborhood, if you really love this house, then you should live in it!

### Know when to walk away (or at least consider it)

There are some fixer upper scenarios that you really shouldn't take on.

A bad roof or ancient heating/air conditioning systems: Both of these are very expensive repairs. If the house you want needs a new one, negotiate that in your price.

Foundation issues: If you've got a bad foundation, it is very time-consuming to fix it. Your home inspection will turn up any problems and if it does, consider very carefully if you love the house enough to deal with the headache.

Old electrical systems: Older homes can have faulty wiring and electrical panels that could pose a risk of electrical fire. Your home inspection will reveal whether this is an issue to consider.

My advice: avoid structural issues that will cause you headaches for years—and may make it difficult to sell your house later. But other than that, if you really are handy or you have a great contractor, fixer uppers are a great investment.

See more at: <http://allrestonrealestate.com/blog/#sthash.7Gi37GGz.dpuf> ❖



# Falling Head over Heels *for Beauty*

Autumn has arrived, and with the changing of the leaves comes the changing of your beauty routine. Darker colors are in, bright colors will be stepping back as newly arriving neutrals emerge, your tan will fade and your blonde will dull. Here are some of my favorite products and tips to ring in the fall season with a striking new beauty look. Show off your fall makeup looks and tag us in your Instagram at @vivarestonlifestylemagazine with the hashtags #FallingForFallBeauty and #VivaReston!

BY RYANNE WRIGHT



Kat Von D's Matte  
*"Everlasting Liquid Lipstick"*

This lipstick defines long-lasting, isn't drying, and comes in 28 different shades perfect for all skin tones. The colors are on the darker side, making them perfect for fall tones.



Too Faced "Sweet Peach"  
*Eyeshadow Palette*

This palette has a wide variety of shimmery nudes that edge on the darker side with hints of rose, gold and mauves to add a hint of color to your daily look. The highly-pigmented shadows are easily blended and long-lasting – perfect for makeup beginners and experts alike!



Anastasia Beverly Hills'  
*"Brow Wiz"*

Bold brows are in, especially for the fall. Autumn trends tend to darken features like the lips and eyes, and your brows need to stand up to that look! Brow Wiz comes in a multitude of different colors suited for most brow colors.

## BEAUTY TIPS

Transition! Don't go from sweet and summery to dark and warm autumn shades in a day! Start with a more neutral lip and matte face, then add your brows and darker shadow as the days get shorter and cooler. Makeup is like your wardrobe; you must transition slowly.

## BEAUTY TIPS

Moisturize! Skin is more prone to the damaging effects of changing weather. Colder, windier months are ahead, and now is the time to invest in a quality moisturizer to keep your skin hydrated and happy.



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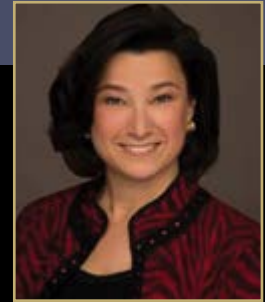
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Close to everything! Escape from the hustle and bustle of everyday life in this beautiful light and bright 5 bedroom, 4.5 bath colonial with over 5,400 square feet of living space situated on a private oasis. This home is filled with character and charm. It's traditional floor plan offers open and airy spaces ideal for both everyday living and entertaining and includes an Aupair/In-Law Suite. Hardwood flooring, light filled sunroom overlooking custom decks, large updated kitchen, two-story foyer, stone fireplace, crown molding and skylights are just some of the features that illustrate the rich detailing found in this elegant home. The lower level walks out to a private lot that backs to woods. Located close to Silver Line Metro, down town Vienna and offers access to major commuter routes. Woftrap/Kilmer/Marshall Pyramid.



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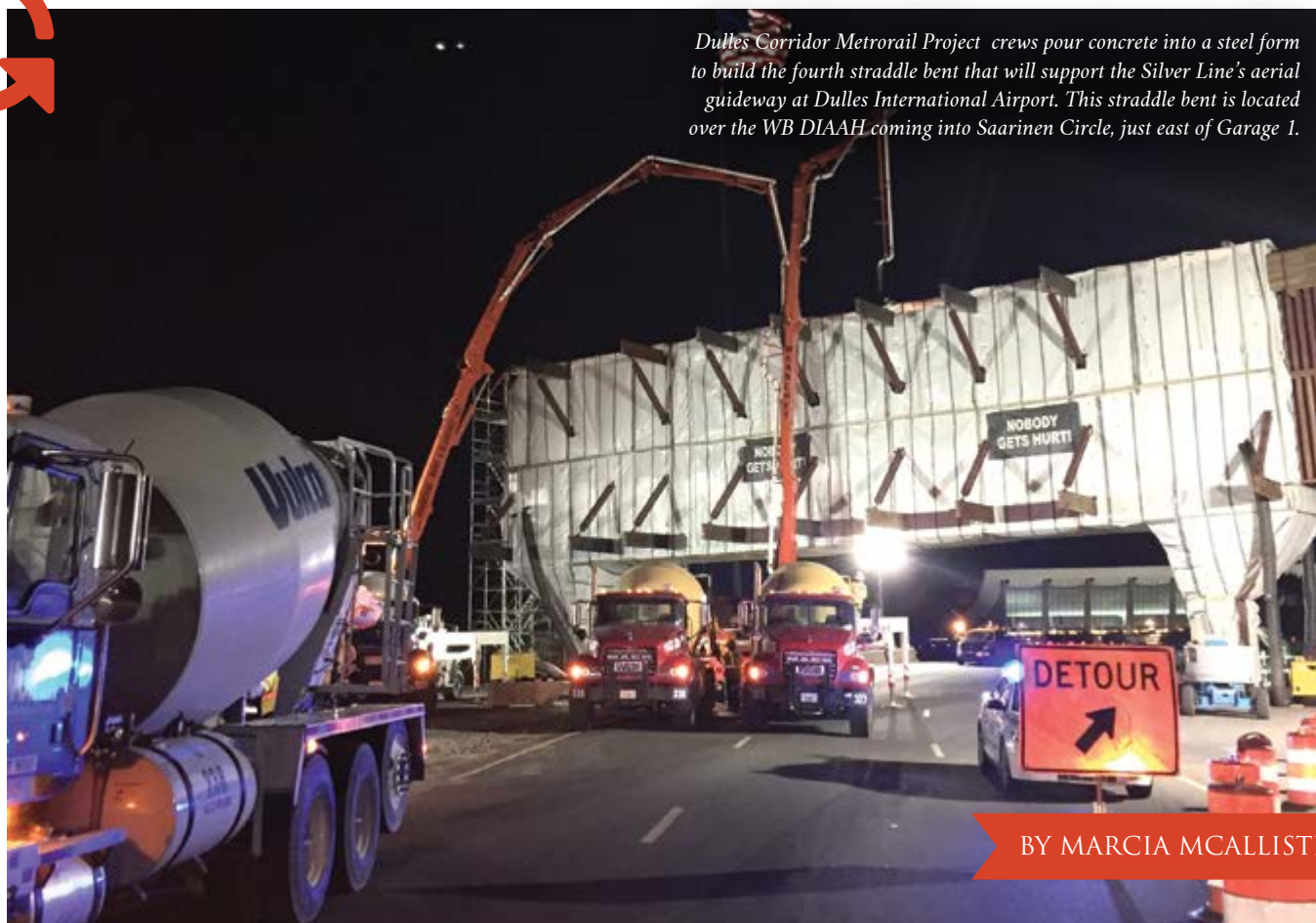
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### MCLEAN, VA

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This elegantly appointed cul-de-sac home in The Reserve has extensive landscaping, an in-ground pool, waterfall and spa on a private, gated rear yard. Main level has hardwood flooring, gourmet kitchen with granite and high-end appliances, family room with vaulted ceiling. Upper level hosts a spacious owner's suite and luxurious bathroom, with 4 additional bedrooms. Lower level offers a walk-out with finished rec room, media, fitness, and 5th bedroom with full bathroom.



Dulles Corridor Metrorail Project crews pour concrete into a steel form to build the fourth straddle bent that will support the Silver Line's aerial guideway at Dulles International Airport. This straddle bent is located over the WB DIAAH coming into Saarinen Circle, just east of Garage 1.

Photo by: Korey Young, Capital Rail Constructors

BY MARCIA MCALLISTER

## SILVER LINE'S AERIAL GUIDEWAY: SILVER PHASE 2 CONSTRUCTION CONTINUES

Construction of entrance pavilions, wayside facilities, paving, girder installations, aerial road crossings start as Dulles Airport, Reston, Herndon, and Loudoun Gateway work intensifies.

Construction of Phase 2 of the Silver Line has hit the 24 percent mark and design is virtually complete, according to information supplied by the Dulles Rail Project team to the Federal Transit Administration in mid- July.

Work continues at station sites and at 10 of the wayside support facilities such as traction power substations and train control rooms and mass excavation is ongoing at the Loudoun Gateway Station site.

Here's a list of other work expected to be done in the next six to eight weeks:

- Track wall, storm pipe, and 34.5kV duct bank (which will feed power directly to the trains) work will be ongoing.
- Work at six of the nine pavilion sites will include drilled shafts,

footings, duct bank, utilities and clearing.

- Lane shifts, paving and striping continue along the Dulles Toll Road/ Airport Access Highway and Dulles Greenway.
- Concrete foundation pours and concrete barrier wall construction continue at the Reston Town Center Station.
- On-going steel erection at the Innovation Center Station continues.
- Assembly of the Innovation Center Station pedestrian bridges starts.
- Pre-cast erection at the Herndon Station is ongoing.
- The final pier shafts for the aerial guideway at Dulles will be drilled in early August.

■ 34.5kV duct bank work continues along Rudder Road and moves to Autopilot Drive and the cargo area.

■ Work on the four straddle bents over the Dulles Greenway will begin.





- Storm pipe and 34.5kV duct bank work continues in the median of the Dulles Greenway.

Here's what happening at and near the Dulles Airport Station:

- Station column construction continues.
- Cross girder installation will be ongoing.
- Precast erection will begin.
- Fiber support steel will be installed.
- Removal of the pedestrian tunnel roof will start.

- Girder installation and deck construction is scheduled to return to Autopilot Drive at the airport and continue south through the cargo area.

- 34.5kV duct bank work continues along Rudder Road and moves to Autopilot Drive and the cargo area.



Aerial photo by: Capital Rail Constructors' Mega Murphy



*Dulles Corridor Metrorail Project crews pour 330 cubic yards of concrete to form the fourth aerial guideway straddle bent for the Silver Line at Dulles Airport. Photo by: Jennifer Alcott*

BY STACEY DABALDO

## GREEN LIGHT FOR SILVER LINE CROSSING THE DULLES GREENWAY

During recent months, four giant straddle bents have been constructed to support the aerial guideway for the future Silver Line trains leading into Dulles Airport from Innovation Station.

As the remaining forms are being stripped and final inspections take place, Capital Rail Constructors (CRC) crews are preparing to embark on the final four straddle bents; but this time, it's over the Dulles Greenway. Because putting a pier in the middle of a highway is out of the question, straddle bents work as the unsung hero supporting unusually heavy loads when a traditional support is not possible.

"The eight large straddle bents are a critical component of the Silver Line's aerial guideway," said Brad Williamson, CRC's Structures Project Manager. "With an average of 410 cubic yards of concrete and 27 tons of rebar in each one and a very technical post-tensioning process, a single straddle bent takes approximately eight weeks to build from start to finish."

Inside the "belly" of the straddle bent, multiple tension cords allow for ever so subtle pressure and weight fluctuations due to weather and travel, such as that of a rail car.

John Kearney, Construction Manager of the Dulles Corridor Metrorail Project, says that in order for the Silver Line to reach Loudoun Gateway Station, crossing the Dulles Greenway is a necessity not only because of topography and right of way, but also so that the guideway can 'spiral'.

At high speeds, the track must 'spiral', or avoid sharp turns, in order to ensure rider safety and provide an optimal ride quality for passengers onboard, Kearney said.

Since each straddle bent is unique, it must be poured in place rather than being precast. Lane and road closures will be necessary to ensure drivers' safety and traffic will be temporarily diverted when construction over the Greenway begins.

Specific dates have not been set yet.

"Our crew is working in close coordination with the airport and Dulles Greenway staff to build these labor-intensive elements with as little disruption as possible," Williamson said.

Project officials report that any major closures will be done during the night and should not have any effect on rush hour commutes.

To stay informed on upcoming closures, sign up for project-specific traffic alerts at [www.dullesmetro.com](http://www.dullesmetro.com).

For concerns and emergencies regarding construction, call the project hotline toll free at 1-844-385-RAIL (7245).

CRC is the project's design-build contractor. The project is being built by the Metropolitan Washington Airports Authority and will be turned over to the Metropolitan Washington Area Transit Authority (WMATA) when it is completed in 2019. WMATA will set the opening date, now expected in 2020. ♦



# RESTON TOWN CENTER STATION WORK



## TWO TOWERS FOR RESTON STATION

A second tower crane at the site of the Silver Line's future Reston Town Center Station will provide support for the construction of the station in the median of the Dulles International Airport Access Highway. The tower crane's reduced footprint in relation to mobile cranes and its ability to move materials across a large, narrow construction site makes it ideal for heavy construction in the median. (Photo by Capital Rail Constructors).



Another day on the Project at Innovation Station. This large machinery is known as an excavator and helped lift the concrete pictured on site.



Construction continues underway with the Phase 2 Silver line extension at Innovation Station located in the median across from Exits 10-11 for Herndon/Chantilly and Fairfax County Parkway. In the background, the Center for Innovative Technology can be spotted as the determining landmark for the placement of Innovation Station.



Excavation is happening! Construction work continues on the TPSS 13 Station located west of the Herndon Monroe Park & Ride for the Phase 2 Silver line extension.

Photo by: Lisa Sheffer, Dulles Corridor Metrorail Project on June 30, 2016



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# SHOULD I BE WORRIED ABOUT TOXOPLASMA?

*Dear Doctor Christmas:*

*I've read a lot about Toxoplasma in the news lately. Should I be worried?*

*—Bobbie Mass, Oakton, VA*

I've also seen some news articles zipping around the web concerning Toxoplasmosis. A recent study appears to show that Toxoplasma may cause neurologic changes in people, causing thoughts of suicide or even schizophrenia. Unfortunately, every article I saw made it appear that people are infected directly by cats. Thankfully that's not quite true. Read on to learn more.

Toxoplasma gondii is a microscopic parasite with a very interesting life cycle. Cats are the definitive host, which means Toxo needs them to be able to reproduce and spread. The oocyst (fertilized egg) of the organism is excreted in cat feces. This egg shedding occurs a few days to a few weeks after infection, and it lasts for one to three weeks. The cat has already recovered from the infection by the time

it sheds oocysts. Most importantly, it takes at least 24 hours for the oocyst to become infective outside the cat. Any warm-blooded animal can be infected by Toxoplasma, but the organism can be directly spread only by cats.

Infection typically causes a mild, barely noticeable infection. In people it can cause flu-like symptoms, but in animals, most wouldn't be perceived as being ill at all. Unfortunately in very young or immunocompromised animals, it can be fatal, because of the cellular damage it causes in multiple tissues. In the vast majority of cases, though, the immune system stops the infection and the organism hides by forming microscopic cysts. These cysts last for years in the tissues and can possibly even last a lifetime.

It is these cysts that have generated some press lately.

If the cysts are in muscle tissue, they cause no problems for the animal. Unfortunately, the cysts prefer to be in neuronal tissue, such as the brain and spinal cord, where they can cause behavioral changes and other problems. It's been shown that rodents infected with Toxoplasma lose their fear of cats and thus are caught and eaten more readily, thus spreading the organism. Once an animal has been exposed to Toxo and survived, it is immune for life. This fact is very important to remember when I talk about your risk later in the article.

The most common way animals, including humans, are infected by Toxoplasma is by ingesting tissue cysts of infected animals. People are most commonly infected by eating undercooked beef and pork.

This is a typical cycle: a cat lives on a farm helping control the rodents; the cat is infected by ingesting Toxo from the environment or by eating infected vermin;



the cat spreads Toxo in his stool; the cow or pig ingests Toxo while eating off the ground; cysts form in the animal's tissue; and people eat the cysts in undercooked meat. The organism is killed if exposed to temperatures over 152°F or below 9°F, so if you eat any fresh beef cooked less than medium-well, you are at risk for Toxoplasmosis. If the meat has been frozen or is cooked to a temperature above 152°F, then Toxo is not a concern.

As disturbing as it is to consider, the other way animals are infected is by ingesting items contaminated with cat feces. Humans can ingest it from eating fresh vegetables grown in a garden where an infected cat has eliminated. It can occur when we're less than hygienic and don't wash our hands after touching cat stool. It can happen when the dog eats cat stool and then licks our face or hands. We can be infected when we garden without gloves and don't wash up thoroughly afterwards. Thankfully Toxoplasma oocysts are killed rapidly by soap, so washing your hands before eating and after gardening and washing fresh veggies with soap and water will eliminate the risk. If using soap on your vegetables sounds offensive to you, try an all-natural fruit and vegetable wash, such as Fit, which is available in most supermarkets in the produce department. I haven't been able to confirm that Fit kills Toxo, but it does include sodium laureth sulfate (among other ingredients), which is the main surfactant in soap.

The concern most people think about when they hear about Toxoplasmosis is the risk of fetal birth defects, when a pregnant woman is infected. It is a serious concern, but it's a problem only for pregnant women who aren't immune and who become infected during their pregnancy. If the woman is already immune, there's no concern with Toxo.

The common thought is that living with cats increases a person's risk of infection. This assumption is just not true.

- If your cat hunts outdoors, it's very possible that the cat has already been infected and is immune now, thus no longer shedding oocysts. Once he's been infected, it's rare that a cat ever sheds any oocysts again.
- If your cat stays indoors and doesn't eat raw or undercooked meat, raw eggs or raw milk, then the likelihood

is almost zero that he will be infected. He'll have to eat an infected rodent that enters the house.

- If you're living with a cat that has been infected with Toxoplasma, it's possible that the people in the house are already infected and immune. In this case, there's no risk to the fetus, because Mom can't get re-infected—she's immune.
- Because it takes at least 24 hours for oocysts in feces to become infective, cleaning the litter box once daily almost eliminates the risk of infection to the person doing the cleaning, whether or not the person wears protective gloves.

Here are my recommendations for minimizing risks of Toxoplasmosis infection in cats and people:

1. Cook all meat, especially beef, pork and venison, to a minimum temperature of 160°F.
2. Don't eat uncooked eggs or raw milk or feed any of these items to your cats.

3. Wash hands, utensils, countertops and cutting boards with soapy water after touching raw meat.
4. Wash fruits and vegetables with soapy water or a commercial fruit and vegetable wash.
5. If you are pregnant, avoid contact with garden soil, sandboxes and raw meat.
6. If you are pregnant, do not clean litter boxes (although if they are cleaned daily, the risk is tiny).
7. Clean the litter box daily and don't put the waste in compost piles or in the garden.
8. Keep cats indoors to prevent them from hunting outside.
9. If you are planning to get pregnant, get tested for immunity to Toxoplasma. If you are immune, there's no risk to the fetus. If you are not, then focus on minimizing the risks by following the guidelines listed above. ♦

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

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# Hallo-Woof!

By Ryanne Wright and Alexandra Rossi

FURRY NEIGHBORS

## Andi The Shark

Andi may be a pretty lady, but she loves chasing squirrels and birds and has a huge appetite. She loves to eat everything, so she dressed up like a shark to show her cute, but hungry, cockapoo personality! Here's Andi with her parents Alyssa Kessler and Johnny Rafique.



## Harry "Brody" Potter

Brody gets more attention from strangers than Channing Tatum would wearing a Speedo. He's Mr. GQ in the dog world! His favorite movie is *Harry Potter*, so of course he had to dress up like him for Halloween!



## Gnocci The Adventurer

Gnocci loves to hike, and has hiked several mountains in the Seattle area including Paradise Point and Mt. Rainier. His latest feat included a 10 miler in less than 90 minutes! Since Gnocci loves to hike, he's dressed up as a dapper adventurer in his scarf. Here he is with his mom, Rama Raj.



## Joey the Gentleman

Joey is a rescue Bichon-Poodle mix. When Giannina adopted him he was unable to walk properly, but after surgery Joey's knees were fixed and now he's a happy pup! He breaks hearts with his adorable fluffy face! He's a dapper gentleman so, of course, he had to bring out his bowtie for Halloween.





## Lucy the Redskins Fan

Lucy is a four-year old mix from Lost Dog Rescue. She loves walks and is a super-active pup. She loves playing games, and she's a Redskins fan! Check her out in her jersey.



## Maddy the Flower Girl

Maddy was rescued last fall from a high-kill shelter in South Carolina. She earned her AKC Canine Good Citizen award and is qualified to serve as a therapy dog! Maddy and her dog mom, Marti Fucile, volunteer at Sunrise Assisted Living in Reston, where she visits residents and lets them pet her and talk to her. When she's not busy helping others, she's swimming in Lake Audubon and enjoying live music at wineries, which is why she's dressed up as a flower child!



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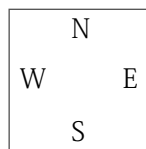
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# BRIDGE CLUB

## SWEPT AWAY

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



♠ 8 2  
♥ K 3  
♦ K J 6 4  
♣ 9 7 6 4 3

West	North	East	South
pass	pass	pass	1 ♥
pass	3 ♥	pass	6 ♥
all pass			

West leads the deuce of diamonds. Plan the defense. Answer on page 96.

Excerpt taken from: *Frank Stewart's Bridge Club*. Page 21.

## BIDDING QUIZ

### YOU HOLD:

♠ A K 10 ♥ J 10 9 8 5 ♦ A Q 3 ♣ K Q

You open one heart, your partner responds one spade, you jump to 2NT and he next bids three clubs. The opponents pass. What do you say?

**ANSWER:** Bid four spades, promising strong three-card support. Partner almost surely has five cards in spades. If he's interested in slam, your jump will reassure him about the quality of your trumps. A bid of three spades would suggest a hand such as

♠ J 9 5 ♥ A K J 7 3 ♦ K 10 ♣ A Q 3

Excerpt taken from: *Frank Stewart's Bridge Club*. Page 24.

WHEN IT IS OBVIOUS  
THAT THE GOALS  
CANNOT BE REACHED,  
DON'T ADJUST THE  
GOALS, ADJUST THE  
ACTION STEPS.

Confucius: Chinese philosopher

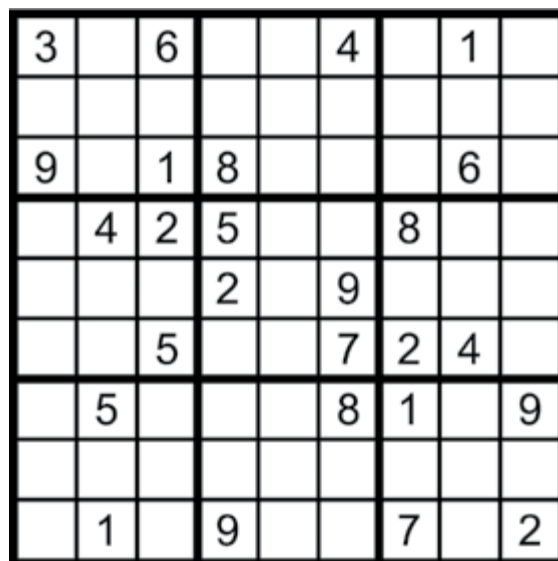
## HOW TO SOLVE SUDOKU PUZZLES

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 medium.



BEING DIFFERENT AND THINKING DIFFERENTLY  
MAKE A PERSON UNFORGETTABLE. HISTORY DOES NOT  
REMEMBER THE FORGETTABLE. IT HONORS THE UNIQUE  
MINORITY THE MAJORITY CANNOT FORGET.

Suzy Kassem, author of *Rise Up and Salute the Sun*

## TEACHERS KNACK

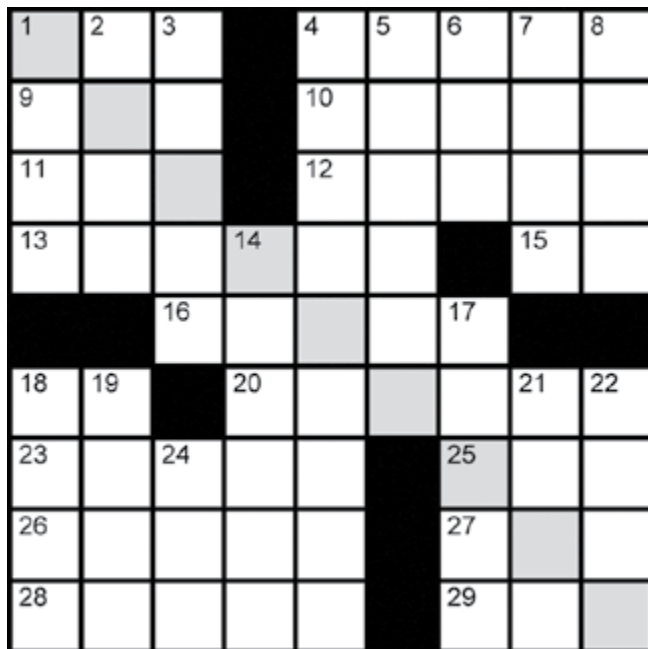
### CROSSWORD CLUES

#### ACROSS

1. Grade A item
4. Bitter
9. Rx watchdog
10. Inclined
11. Ancient cross
12. Pound pieces
13. Matched up
15. Commercial
16. Blue eyes or baldness, e.g.
18. Exist
20. Stellar
23. Cousin of a raccoon
25. U.N. workers' grp.
26. Big hybrid cat
27. Bill's partner
28. Argot
29. Barbie's beau

#### DOWN

- |                      |                           |                              |                     |
|----------------------|---------------------------|------------------------------|---------------------|
| 1. New newts         | 6. Howard of "Happy Days" | 14. Stable continental crust | 19. Churn           |
| 2. Aussie greeting   | 7. Ancient Peruvian       | 17. Ruse                     | 21. Balm ingredient |
| 3. Scrawny           | 8. Act                    | 18. Book before Romans       | 22. "Crazy" bird    |
| 4. Assuaging         |                           |                              | 24. ___ Khan        |
| 5. Item in the black |                           |                              |                     |





# BRIDGE CLUB SOLUTION

## SWEPT AWAY

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

West	North	East	South
pass	pass	pass	1 ♥
pass	3 ♥	pass	6 ♥
all pass			

Opening Lead: ♦ 2

Something had to give when our new member Wendy the Feminist cut Cy the Cynic at rubber bridge. Wendy can enjoy a man's company only if he owns it, while Cy swears some women think their work is done after they sweep down the aisle.

Cy, West, led the deuce of diamonds against South's slam, and Wendy's king lost to the ace. South then let the jack of trumps ride, and Wendy pounced with the king and almost split a fingernail returning a diamond. South produced the queen and claimed.

Wendy gave Cy a look that could have stuck four inches out of his back. 'Even a man should know to cash an ace against a slam—or to lead a higher diamond; the deuce promised an honor.'

'I had one,' Cy said shortly.

'Why didn't you tell Wendy it was all her fault?' I asked Cy later.

'You can't tell her anything,' Cy shrugged. 'She has a soundproof head.'

Wendy must play the jack on the first diamond. South is marked with the ace, but Wendy can find out who has the queen.

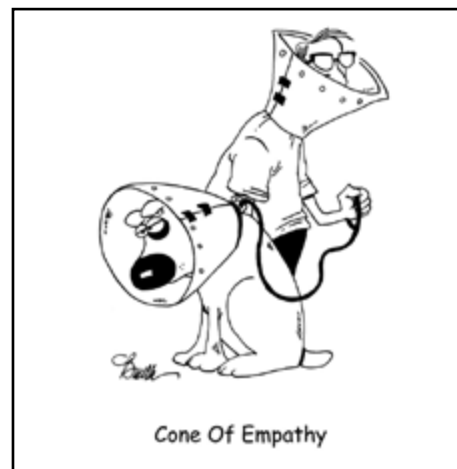
Excerpts taken from: *Frank Stewart's Bridge Club*. Pages 24.

## SUDOKU Answers

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

## CROSSWORD Answers

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



Cone Of Empathy

MAN CAN LIVE ABOUT FORTY DAYS WITHOUT FOOD,  
ABOUT THREE DAYS WITHOUT WATER, ABOUT EIGHT MINUTES  
WITHOUT AIR, BUT ONLY FOR ONE SECOND WITHOUT HOPE.

Author unknown



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## SEPTEMBER OCTOBER



**VIRGO:** At the Harvest full moon Sept. 16 heralds a change of season for the Earth and you. You find yourself doubting people you respect. No good can come from confrontation. Examine your doubts to find a new insight later in the month.



**LIBRA:** The last thing you want is confrontation, but the harmony you seek seems out of reach in September. This is temporary. By the New Moon September 30, you'll regain your sense of balance.



**SCORPIO:** Two people make your acquaintance: One chatty, one silent. While you may be inclined to prefer the silent one, listen closely to the other. The chatty person has something to tell you.



**SAGITTARIUS:** Relax this month. You'll see through someone's game strategy, but, in the end, it will make no difference to your plans.



**CAPRICORN:** Go ahead and make your plan for your project. A detail might put you off, but ignore it and move forward. Later you will see how to sew it up.



**AQUARIUS:** Your world-view is challenged by the most trivial matter. You may need to adapt and, if you do, there is mission that awaits.



**PISCES:** You are of two minds on an issue that affects your life. By the end of the month, you get clarity. Watch for stop signs.



**ARIES:** At the last quarter of the moon on Sept. 23, you take a new direction. Your natural leadership style will bring along the people you care about.



**TAURUS:** At mid-month, look for the results of your recent efforts. A little elbow-grease pays off in ways you didn't expect.



**GEMINI:** Just when you think you have your ducks in a row, new information comes your way at the beginning of the month that changes everything.



**CANCER:** A loved one gives some worry this month, but remember worries come and go. Your love and warmth are the only superpowers you need.



**LEO:** This month, look for an unexpected solution to a longstanding problem. What doesn't seem obvious at first, can turn out to be just the ticket.



**LIBRA:** You can stew in your faults or you can leave them behind. You make new, fond memories this month.



**SCORPIO:** Enjoy the first signs of Fall when you take a drive this month. You find energy and peace in the beauty of the Earth.



**SAGITTARIUS:** The Sagittarius archer sends you cupid arrows this month and your mind turns romantic. Take your partner to dinner and enjoy.



**CAPRICORN:** You worry about the news this month. Before you get too serious, focus on your work and family, two areas where you actually can make a difference.



**AQUARIUS:** Time to pivot to your personal life. Some delights await you if you put some energy into a relationship.



**PISCES:** An unexpected expense changes your short-term plans. Maintain your natural calm; it all turns out well by the end of the month.



**ARIES:** Reconsider a charitable act for now. By the full moon, Oct. 9, your generosity will be understood and welcome.



**TAURUS:** Build your quiver of arrows with facts and data. By mid-month, be ready to move.



**GEMINI:** You take a certain luxury for granted, but at the New Moon, Oct. 1, you have to decide how much you care about it.



**CANCER:** Worry won't change your loved one. Neither will acceptance. Stick to your standards and wait.



**LEO:** Old friends come into your life. The stars are with you this month as you reestablish friendships.



**VIRGO:** Music is in the air. You'll feel it before you hear it. All things go your way after the last quarter moon phase, October 22.





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