VIVA RESTON | HERNDON | CHANTILLY | STERLING | LEESBURG | ASHBURN

AGAZINE

November/December 2016 | vivareston.com | \$3.95

the Holiday Issue

RESTON HOLIDAY PARADE 2016 Event Guide Top Catering Picks



## Building a Strong Foundation for Your Child's Future

- Accelerated Curriculum
- 🍯 K-3 Elementary
- 🐞 Advanced Math
- 🐞 Technology / iPad Labs
- 首 Art / Music
- 한 P.E.
- 🛎 Spanish Rosetta Stone Curriculum
- Guaranteed Reading Program
- 单 Safe, Loving Environment
- 🐞 Summer Camp
- Near Wiehle-Reston Silver Line

- Aftercare
- Afterschool Clubs:
  - Engineering
  - Lego
  - Piano
  - Science
  - **●** Math
  - Chess
  - Odyssey of the Mind
  - Homework Club
- CogAT Preparation Classes

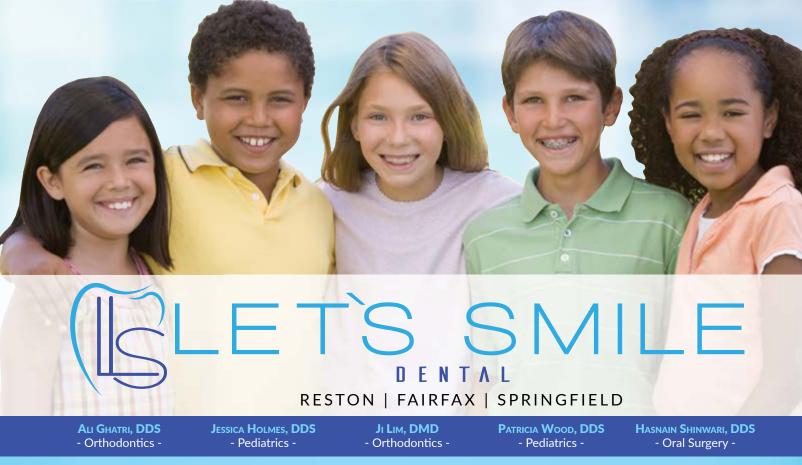
## **Academy of Christian Education**

18 Years of Excellence - All Faiths Welcome

www.ACE-Academy.com • ICanRead2@myschoolace.com 1808-A Michael Faraday Court, Reston, Virginia 20190

## 703.471.2132

## Healthy & Beautiful SMILES FOR LIFE Start Here!



Our doctors, along with our trained support staff, work diligently to make sure that each and every visit to our office is an extraordinary experience. Our entire team is committed to providing state-of-the-art dentistry in a fun, kid-friendly environment, and we treat your kids like our own!



#### PEDIATRICS

- Preventive dentistry
- Sealants
- Restorative treatment
- Special needs dentistry
- Sedation dentistry



- Invisalign<sup>®</sup> clear aligners
- Two-Phase treatments
- Surgical orthodontics
- PROPEL<sup>®</sup> Orthodontics
- AcceleDent<sup>®</sup> Aura accelerated orthodontics
- TruDenta<sup>®</sup> headache relief

Dr. Ghatri is a Super Elite Top 1% Provider of Invisalign<sup>®</sup>



#### **ORAL SURGERY**

- Oral and maxillofacial surgery
- Wisdom teeth extraction
- Exposure of impacted teeth

One of the first things that people notice about you is your smile! Are you ready to smile your biggest and most confident smile yet?

Contact us today to schedule a complimentary consultation! (703) 745-5017 | www.letssmile.com

1984 Isaac Newton Square West, Suite 200 | Reston, VA 20190

# FEATURES



## < RESTON HOLIDAY PARADE

#### by Alexandra Rossi

Reston Town Center presents the 26th annual Reston Holiday Parade on Friday, November 25, stepping off at 11:00 a.m. The one-of-a-kind, one-hour parade along Market Street launches the festive season as a highlight of a day of community cheer and charity filled with fun for the whole family.

## HOLIDAY EVENT GUIDE >

There are plenty of activities and outings this year to get you in the holiday spirit! Be sure to check our event guide each week to find the craft shows, concerts or 5k events that put the "ho-ho-ho" in the holidays..





## RESTON TOP PICKS For Holiday Catering

Need to find a way to handle the guest list you've compiled for this year's holiday gathering? Take a look at these caterers that aim to please any palate.

### SHEN YUN RETURNS > To the kennedy center

Shen Yun, the show that has captured the world's admiration for its beautiful dance, inspiring music, and delightful choreography, is celebrating its tenth anniversary.



## RESTON, USA

Two generations of world-renowned tailoring the finest fabrics, and experiential customer service.

Schedule your private appointment and receive a **COMPLIMENTARY CUSTOM SHIRT**\*

with your next custom purchase. Email davidsr@davelleclothiers.com or call 703.904.0011

PERFECTING THE ART OF CUSTOM CLOTHING SINCE 1991



Reston Town Center // 11921 Freedom Dr. // Reston, VA 20190 // davelleclothiers.com

# DEPARTMENTS

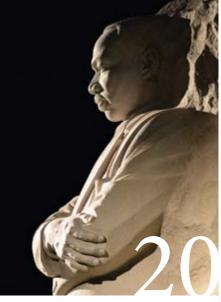


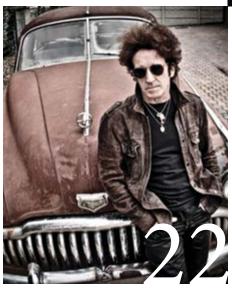
## COMMUNITY

- 14 GIVING CIRCLE OF HOPE Donates \$1 Million to Non-Profit
- 18 RESTON TOWN CENTER LAUNCHES NEW APP
- 20 RESTON'S MARTIN Luther King, Jr. Celebration

## IN EVERY ISSUE

- 12 LETTER FROM THE PUBLISHER
- 22 SELECTED EVENTS Discover who's playing at local music venues along with other hyper-local events.
- 44 FROM OUR LEADERS Reston is the Best! by Delegate Kenneth R. Plum





#### PERSONALITIES

34 MARGARET LOUISE BOYD Celebrating Diversity and Youth Education

## KIDS

- 45 NEW CHILDRENS BOOK Reston A to Z
- 46 DULLES UNVEILS NEW PLAY AREA



## AROUND TOWN

30 RESTON SOCCER Kicks into High Gear

## BUSINESS

- 32 DAVELLE CLOTHIERS 8 Deadly Sins of Style
- 33 GREAT FALLS MERCHANTS Special Advertising Section







connected world of comfort, convenience, friendship and fun awaits at Shenandoah Valley Westminster-Canterbury (SVWC). Surrounded by nature and located within close proximity to either the old town charm of Winchester or the lively energy of Washington D.C., the community is a resort-like haven for relaxation or recreation each and every day. The Lifecare program provides you with a full continuum of care right on campus; independent living, private assisted living and skilled nursing residences with memory care and rehabilitation, all under one roof. At SVWC, we are connected to our residents, connected to our community, connected for life.

Visit SVWC.org to learn about our upcoming Lunch and Learn **Events!** 



Shenandoah Valley Westminster-Canterbury 300 Westminster-Canterbury Drive Winchester, VA 22603 www.svwc.org | 800-492-9463



# DEPARTMENTS



## GOURMET

- 36 STONE'S COVE Makes it Good
- 39 SELECTED AREA RESTAURANTS Dining Guide
- 42 HAIL & HOG Kitchen & Tap

## UPCOMING EVENTS

48 YMCA 17th Annual Gala



## MUSIC SCENE

74 MUSIC SCENE Keith Loria interviews Griffin House.

## HEALTH

- 80 LET'S SMILE Where the Latest Technology Makes Little Smiles Beautiful
- 83 GRANDE DENTAL CARE Chao Pinhole® Technique
- 84 SUNRISE ORTHODONTICS Airway, Face-oriented Orthodontic and Orthopedic Treatment

## PETS

- 91 NEW PETS For a New Year
- 92 FURRY NEIGHBORS Hallo-Woof!

### ENTERTAINMENT

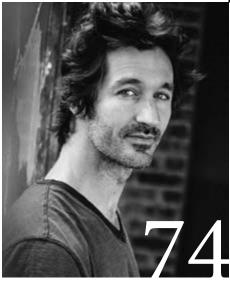
95	Fun & Games	
98	HOROSCOPES	

## AROUND TOWN

64 LOCAL NEWS TIDBITS Clarewood University Opens Davelle Clothiers Ribbon Cutting Terraset Tigers Walk ChalkFest Recap Reston Oktoberfest Recap Multicultural Festival Recap

## REAL ESTATE

- 86 WHEN BUYING Makes more sense Than renting
- 87 RESTON PREMIER See what's on the market near you.





## AND MORE...

- 62 TIS THE SEASON For Charitable Giving
- 72 LAKE HOUSE Opens Its Doors to Community
- 78 ASK COACH AMY Amy Schoen gives advice on staying busy during the holidays.
- 88 RESTON UPDATE Powering the Silver Line

## 神韻晚會 2017 SHENYUN RETURNS TO THE KENNEDY~ CENTER NEXT JANUARY

New 2017 production, audiences say an exceptional value, 6 shows only

## What audiences say about Shen Yun



"Extraordinary. It was exquisitely beautiful."

—Cate Blanchett, Academy Award-winning actress



"An amazing experience!

Exciting to watch and really inspirational."

*—Stewart F. Lane, six-time Tony Award-winning producer* 



"Mesmerizing! Reclaiming the divinely in-

spired cultural heritage of China."

—Donna Karan, fashion designer



"You are watching athletes but you are also

watching actors and performers... it is a beautiful show."

- Craig Nelson, actor

"I watched in awe, in awe, my tears were pouring..." - Dr. Patricia Saldana, pediatrician



## The most authentic presentation of traditional Chinese culture

Sophisticated dance techniques, an orchestra joining instruments from both the East and West, beautiful costumes, and a stunning back drop-this is Shen Yun at first glance. But digging deeper, one will discover a sea of traditional Chinese culture. Mortals and divine beings merge on stage as one. Principles such as truthfulness, benevolence, tolerance, justice, propriety and wisdom, respect for the heavens, and divine retribution, all come to life, washing over the audience. Originating from Confucianism, Buddhism, and Taoism, these ideals are the essence of traditional Chinese culture, and they come alive on stage.

## A show that the Chinese regime does NOT want you to see

YOU CANNOT SEE the authentic Chinese culture Shen Yun presents anywhere else. Not in another show. Not even in China. Traditional Chinese culture is based on harmony between heaven, earth, and humankind, whereas the Communist Party advocates struggle against nature and man. It sees this culture as a threat to its power, and for decades it has tried to destroy it. It nearly succeeded.

But ten years ago, a group of Chinese artists came together in New York and decided to change that. They created Shen Yun and have brought the culture back from the brink of extinction.

## ORDER YOUR TICKETS TODAY

## January 17-22 | Opera House

Online: ShenYun.com/DC kennedy-center.org Phone: (888) 974-3698 (Presenter) (202) 467-4600 (The Kennedy Center) Or visit Kennedy Center Box Office



## Space LARGE or small.

We have it all.



Flexible suite sizes to accommodate your immediate & future needs

- On-site property management for accelerated decision making
- Access to several commuting routes including I-495, I-66, Rt 7, Rt 50, and Dulles Toll Road

Shopping, dining, entertaining — all just minutes away!

Spec Suites Now Under Construction 800 SE - 125,000SF

#### Tysons Corporate Center 8229 & 8245 Boone Boulevard

Westpark Business Campus 1521 & 1517 Westbranch Drive 7915-7927 Jones Branch Drive

Prosperity Business Campus 2700-2751 Prosperity Avenue





THE MAGAZINE FOR RESTON HERNDON • CHANTILLY • STERLING • LEESBURG • ASHBURN NOVEMBER // DECEMBER 2016

PUBLISHERS ART DIRECTOR / PRODUCTION MANAGER EDITOR EDITORIAL DEPARTMENT

> GRAPHIC / WEBSITE DESIGNER MARKETING MANAGER GRAPHIC ARTIST VIDEOGRAPHY ADVERTISING / CLIENT ADVOCATES

DIRECTOR OF HUMAN RESOURCES CONTRIBUTING AUTHORS

SPECIAL CONTRIBUTOR

DINING EDITOR

**FASHION EDITOR** 

Johnny Hanna and Alexandra Rossi Mary Jeanne Cincotta Rick Mundy Peter McCandless Donna Schmidt Ryanne Wright Lindsay Farris Molly Stoopler Sunghee Chon Lisa Shapiro Robin Long Kari Cannistraro Juanita Baptiste Sarah Fleishman Molly Stoopler Christy Jones Dr. Liliana Calkins David Eisele, Sr. Larry Foster Keith Loria Marcia McAllister Lisa Sheffer Amy Schoen Delegate Kenneth Plum Renée Sklarew Lauren Simmons

VIVA RESTON LIFESTYLE MAGAZINE | 703.462.4030 | FAX 703.249.4672 | 1818 Library St #500, Reston, VA 20190 www.restonlifestylemag.com Facebook.com/RestonlifestyleMag

> General inquiries and comments about this publication can be sent to: info@RestonLifestyleMag.com.

Subscriptions for Viva Reston Lifestyle Magazine are available for \$12 per year or \$20 for two years. Please address requests to Calamity Media, 7921 Jones Branch Drive, Ste 311, Tysons, VA 22102, or call us at 703.448.7323, or you can subscribe online at www.RestonLifestyleMagazine.com/Subscribe.html.

Volume 1, issue 4. Copyright © 2016 by Viva Reston Reston Lifestyle is a community magazine distributed bi-monthly in the Reston and the surrounding communities. The acceptance of material, advertising or contributions does not constitute an endorsement of the information or products.

We reserve the right to accept, edit or reject any material submitted. All rights reserved. The content of this publication cannot be reproduced in whole or part in any media without written permission of the editor. For re-prints please contact the Editorial department.



**ON THE COVER:** Discover holiday catering options that make planning a party a breeze. (*See page 60*).

## CLAREWOOD UNIVERSITY: Fostering Talent for the 21<sup>st</sup> Century

As the first University headquartered in Reston, Clarewood University had the support of Reston founder, the late Robert E. Simon.

In his honor, our business school is named the Robert E. Simon School of Business.

Clarewood aims to provide a highquality MBA program that emulates the ideals of Mr. Simon: sustainability, diversity, and community solidarity.

Reasons for you to consider attending Clarewood University to obtain your MBA degree:

- High-quality education with the best professors in this area.
- Affordable, modest rates per course.
- Evening and weekend classes to accommodate working professionals.

Please contact us:

## Your Success is Our Success!

Robert E. Simon, Jr. 11/17/14 To Missens Mehre and Baker, I am barred by your invitation and do accept the Auggestion to him you shool of business in the Roled F. Asia to School (or the Potest Sim School) and to seve as Honour Chan m Ath Brad A Trutters Robertrand



1840 Michael Faraday Dr. | Suite 100 | Reston, VA 20190 *Tel:* 571-526-4777 | *Fax:* 571-526-4693 CUVA@clarewood.org | www.clarewoodva.org



Alexandra Rossi. Photo credit: Rob Litchfield

Another year has gone ... but the many memories of 2016 where our tight-knit community lived, worked and played remain, and make us feel more united than ever. While cranes "decorate" Reston's skyline, high-rise constructions grow tall, the second Reston Metro station is built, public bicycles are installed, and we witness the expansion of a small community into a more urban-like place, we cannot but feel part of history, as protagonists of big changes in our community.

For this holiday edition, we have compiled a thorough list of holiday events, local art exhibits, musical venues and activities for all the family. You can also find great options for catering your holiday party, as well as suggestions for local restaurants where you can celebrate with family or friends.

Meet Margaret Boyd, founding member of the Reston Multicultural Festival, and learn about her admirable accomplishments in the Reston community; learn about the Giving Circle of Hope and their contributions of \$1 million to people in need; see the new Lake House, recently inaugurated at Browns Chapel Park; learn about the new safety app for visitors of the Reston Town Center; and find out more about Reston Soccer and Reston Association's plans to build a brand new turf soccer field. Read also about Davelle Clothiers' new location at the Reston Town Center and its recent open house; the annual YMCA gala; and the upcoming Martin Luther King celebration at the Reston Community Center.

To look your best during the holidays, Davelle's founder and CEO will provide our readers with "8 Deadly Sins of Style," while our Fashion section highlights the new fall and winter trends.

And to do something special during the holidays, learn about the beautiful Shen Yun performing arts that celebrates ancient, 5,000-year-old Chinese dance, now coming back to D.C. Get to know the art exhibits at GRACE; the League of Reston Artists; and Roberta Thole's "Then and Now" and the group show "Holiday Sparkle" at the Reston Art Gallery.

In the Health section, learn all about Let's Smile Dental, where dentists and orthodontists strive to make the whole office experience a fun time for our community's youngest patients. Don't forget to read our usual Dr. Calkins and Dr. Grande columns about dental treatments and the always popular column by Virginia Delegate Ken Plum, "Reston is the Best."

Read about the first day of classes at Reston's first university, Clarewood; check out the kids section and the new children's book, "Reston A to Z"; the new Dulles airport playground; and how students at Terraset Elementary School walked to fight diabetes.

Last but not least, take a look at our Furry Neighbors section, with cute photos of local wagging tails and happy furry faces; and the article about how to introduce a new pet to its new home.

In this holiday season, my best wishes to you, our readers, advertisers, supporters, partners and all who have made *Viva Reston Lifestyle* magazine what it is today.

May 2017 bring happiness, health, success and much love to all of you.

Happy holidays!

Alexandra Rossi, Publisher

STGm M

## RA Youth Programs AFTER SCHOOL A community encouraging a fit mind, fit body and character that counts

## Hours

Monday-Friday **After–School Program:** 2–6:30 p.m. **School day out:** 7:30 a.m.–6:30 p.m. (Prior enrollment required)

## Location

**K-6th:** The Lake House, 11450 Baron Cameron Ave. **7th-8th:** Brown's Chapel, 1575 Brown's Chapel Road

## **Program Overview**

- Homework Club
- Community Outreach
- Family Events
- Teen Events
- Fitness Initiatives
- Field Trips
- Character Counts!

- Enrichment Clubs
- Transportation Fee Included
- Normal hours on Early Release Days w/exception of 11//23/16
- Monthly fee includes (3) Teacher Work Days

## Pickup School Locations Elementary

**ENROLLMENT NOW OPEN** 

- Armstrong
- Buzz Aldrin
- Forest Edge
- Hunters Woods
- Lake Anne
- Sunrise Valley
- Terraset

## Middle School / Jr. High

- Langston Hughes
- Herndon Middle

## After School Rate

	<b>RA Member</b>	Non Member	
PM Program	\$395*monthly	\$420*monthly	
Drop-In Package			
10 Drop-In days	\$245 *	\$270*	
* Activity/Registration fe	ee due at time of enrollment.		

For more information or to register contact: Senior Program Manager Dan Merenick at 703-435-6567, or <u>afterschool@reston.org</u>.





Giving Circle of H Donates \$1 Million to Non-profits

Members of the Giving Circle of HOPE (GCH) have much to celebrate as they have reached a milestone in their 12-year history: \$1 million in grant monies invested in local non-profits, along with thousands of hours of donated volunteer time.

It's really rewarding

that we've been

able to make more

people aware and

more interested in

helping others."

Founded by Diana Katz, Joan Kasprowicz, Mary Narayan, and Linda Strup in 2004, the GCH has provided 125 grants benefiting 52 charitable organizations that serve the needs of the community. From

youth development and education to mental health and aging issues, poverty relief, and employment assistance, GCH has made contributions with farreaching results and impact.

## "Working together, we accomplish a lot"

Before GCH was founded, Diana, Joan, Mary, and Linda used to get together to do fundraisers to help others in need, but it was the unfortunate car accident of the son of one of Joan's friends that made them start a big event to help the injured child.

"The [boy's] dad had also lost his job, so we

would have fundraisers, yard sales, and different events to help the family," said Joan. "We had a great time while we were working to

raise the money, so we figured, why not do something a little more permanent? We got together and decided to form GCH."

Mary explained that thanks to Linda's research, they learned about "giving circles," which Wikipedia defines as "a form of participatory philanthropy where groups of individuals donate their own money or time to a pooled fund, decide together where to give these away to charity or community projects and, in doing so, seek to increase their awareness of and engagement in the issues covered by the charity or community project.[1] Many circles, in addition to donating money, also contribute their time and skills to support local causes."

– JOAN

"We realized that the Reston community was very giving and actively volunteering. It was our aim to provide a framework that was easy and

efficient," said Linda. "Giving circles were becoming a national movement, and we thought it was perfect for Northern Virginia. We

## 66

I loved creating a new model of philanthropy and enabling so many people to be involved in improving our community. Obviously, reaching \$1 million of giving is pretty rewarding, too!"

- LINDA

paired collective giving with hands-on service to empower all of us to create positive change."

In January 2004, the Giving Circle of HOPE was born. HOPE stands for Helping Other People Every day.

"We focus on small organizations with budgets under \$2 million that focus on human services; they have to be helping people," Diana explained. "I think we have given to more than 50 organizations, including Empowered Women International, Connections for Hope, Immigration Forum, Just Neighbors, All Ages Read Together, among others. They're in Herndon and Reston."

"We also wanted to educate people in the community as to what the needs are and who the different non-profits are, and what they are doing," said Joan. "Part of our mission is educating, bringing members in, and getting people interested in helping out. You don't have to have a lot of money—or any money you can just volunteer."

## More than 100 members year-round

Members of the GCH donate money, time, and resources, sharing one thing in common: A love for helping those in need. Membership costs one dollar a day, and members are divided by voting members (which are those who donate money) and service members. "Service members don't give the \$365 [a year] but participate in our programs and in the shelter," said Diana.

GCH hosts events to support the community and raise funds to help other nonprofits. Main events include Empty Bowls, Christmas in April, Kid's Club, and Flashes of HOPE.



## 66

In the end, I think the same thing that we said in our first interview with CBS: We know we cannot change the world, but we can change our corner of the world.

– DIANA

Empty Bowls is the largest fundraising event hosted by the GCH to help fight hunger in the community. Local potters donate handmade, decorated bowls, and local restaurants and bakers provide the food. Each bowl—a beautiful work of art serves as a reminder that there are empty bowls throughout the community. With each ticket purchased, attendees receive a bowl and a meal of soup, bread, and dessert. Funds raised are donated to Food to Others, a nonprofit Northern Virginia organization that provides food to families in need.

"Christmas in April is about rebuilding together, by redoing someone's house, repainting it, doing yard work, and getting it spiffed up," said Mary. "Also, for many years we've been doing the Kids Clubs, where members and volunteers go to shelters and volunteer and do craft projects."

Flashes of Hope brings monthly photo shoots to Inova Fairfax Hospital and Childrens' Hospital outpatient clinic, for families dealing with pediatric cancer. Commercial photographers and professional makeup stylists volunteer their services so that each family receives a portfolio and CD of images free of charge.

GCH also meets once a year with local organizations like the American Association of University Women (AAUW) and the National Council of Negro Women (NCNW) to give educational panels. The founding members also help create other giving circles and even travel to other locations to help them in the process of starting a circle up.

## "To create a network that is a catalyst for positive change"

The idea that started with one goal, to save a boy's life, and the hard work of the founding members have come to fruition with this milestone of reaching \$1 million given away to people in need.

"Joan always had this metaphor for what we were trying to do, which was build the Empowered Women International (EWI) and the Literacy Council CNV) are two of the organizations that have received grants from the Giving Circle of HOPE over the last 12 years.

snowball so that we could have a snowball effect. It's grown bigger than us, and sometimes, we didn't even know how it grew, or how big of an impact it's made. But it's not important that we know that; what is important is that we created the spirit, or gave the opportunity for that spirit to grow," said Mary.

## A one million celebration open to everyone

6 N

On November 17, the GCH will celebrate their one \$1 million milestone with a party, and everybody is invited! The event will be held at Refraction, in the Reston Town Center, where guests can enjoy hors d'oeuvres, wine, and community engagement. People will have the opportunity to donate \$25 at the

Get it. And forget it.<sup>™</sup>

"What I find most rewarding is the idea that you start something that helps people you don't even know."

– MARY

entrance, and at the end of the night, all the money raised will be given to three different non-profits.

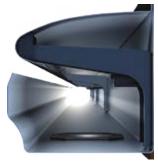
Twelve years and \$1 million later, four friends not only have made a difference in the lives of many people, but have experienced the joy of giving. At the end, that's the most rewarding thing of all.

More information about the Giving Circle of HOPE can be found at www. givingcircleofhope.org.  $\diamond$ 

**REFERENCE:** 1. "The Impact of Giving Together: a snapshot of a study on giving circles' influence on philanthropic & civic behaviors, knowledge & attitudes". Forum of Regional Associations of Grantmakers.

Special Viva Reston Offer!





Made in the USA from a single sheet of heavy gauge aluminum. Not a topper placed on an existing gutter.

Lifetime transferable warranties on the entire system. A permanent, clog-free solution!



VA 2705116122A, DCRA 420214000130, MHIC 121787

77% OFF LABOR!

Ask about **Special Financing**! Receive a **\$100 Visa Gift Card** with LeafGuard purchase! Plus, receive a **\$25 Visa Gift Card** with in-home estimate!

New orders only. Minimum purchase required. Financing available with minimum purchase and approved credit. Other restrictions may apply. Not valid with any other offer, or previous job. **Exp. 11/30/16** 





## Get the **beautiful smile** you've always dreamed of and the **confidence** to show it off!

Dr. Christine Kim is your trusted and experienced Reston, VA orthodontist.



## Christine M. Kim, DDS, MSD, PC

With a focus on personalized care and individualized treatment, Dr. Kim is able to facilitate positive transformations in her patients' smiles and overall health. For her, seeing the transformation of a patient who never smiled before treatment, to smiling after treatment, is an incredible joy.

**ORTHODONTICS FOR ADULTS, TEENS & CHILDREN** Preferred Invisalign<sup>®</sup> Provider • Traditional Metal Braces Clear (Ceramic) Braces • Lingual Braces • AcceleDent<sup>®</sup> Aura



Take the first step toward achieving a beautiful, healthy smile and schedule a complimentary exam and consultation today!





## (703) 939-8000 | www.restonortho.com

1984 Isaac Newton Sq W | Suite 101 | Reston, VA 20190





## **RESTON TOWN CENTER** LAUNCHES NEW SAFETY APP

Reston Town Center has launched a new mobile application to provide an even safer place to live, work and shop, and to add an additional layer of patron safety.

Supported by LiveSafe (www.livesafemobile.com), the technology allows all Reston Town Center guests to send and receive critical real-time safety and security information.

Incorporating this technology will enable guests to engage directly with Reston Town Center safety and security professionals should either an emergent or non-emergent situation arise.

Patrons will benefit by now being able to:

- Receive messages about emergent situations such as severe weather warnings.
- ✓ Receive directions on how to react upon notification of an emergent circumstance.
- ✓ Report quality of life tips to Reston Town Center (parking complaints, light outage, clean- up situation).
- ✓ Report suspicious activity to Reston Town Center safety and security teams in real-time.
- ✓ Seek real-time help in an emergent circumstance (lost child, health emergency).
- Request an escort service to walk to vehicle, in-person or virtually.
- Receive location-specific messages using the software's geofence capabilities.

To download the app visit: www.livesafemobile.com.













## Save the Dates for the 32nd Annual Reston Dr. Martin Luther King Jr. Birthday Celebration January 14 – 16

## Saturday, January 14

**Community Service Projects** 9:00 a.m. • Southgate Community Center • All Ages • Free (Contact habrock@reston.org to volunteer)

Reston Community Orchestra Annual Tribute to Dr. Martin Luther King Jr. 4:00 p.m. • RCC Hunters Woods Community Room • All Ages • Free

## The Pursuit of Harmony

In partnership with the Northern Virginia Hebrew Congregation and All Dulles Area Muslim Society (ADAMS) 8:00 p.m. • RCC Hunters Woods: the CenterStage \$5 Reston/\$10 Non-Reston (Tickets sold through the CenterStage Box Office)

## Sunday, January 15

Voices of Inspiration 4:00 p.m. • Northern Virginia Hebrew Congregation • All Ages • Free

## Monday, January 16

## **Eugene Robinson**

Keynote Address and Community Lunch 12:00 p.m. • RCC Hunters Woods: the CenterStage and Community Room \$5 Reston/\$10 Non-Reston (Tickets sold through the CenterStage Box Office)

## **Especially for Youth**

11:30 a.m. – 2:30 p.m. • RCC Hunters Woods • 6 – 12 Years Old Free (Registration Required: #704750-7A)

## Are We Keeping the Promise?



## RESTON COMMUNITY CENTER

2310 Colts Neck Road, Reston, VA 20191 To request reasonable ADA accommodations, call 703-476-4500, TTY 711

# RESTON'S

BIRTHDAY CELEBRATION

#### BY PETER MCCANDLESS

The 32nd Annual Reston Martin Luther King, Jr. Birthday Celebration weekend, January 14-16, 2017 will once again be presented by Reston Community Center in cooperation with Martin Luther King Jr. Christian Church, the Office of Fairfax County Supervisor Catherine M. Hudgins, Reston Community Orchestra, Al Fatih Academy, Southgate Community Center, Reston Association and Cornerstones, with the support of many other religious and civic organizations, business groups, and schools.

The highlight of this community-wide celebration will be a keynote address by Eugene Robinson. Audience members will enjoy a family-style community lunch after Robinson's presentation exploring race relations in the United States; the topic is likely to be deeply resonant coming four days before Inauguration Day.

> Attendance at the community lunch and keynote address will be limited to registered participants only. Tickets are \$5 for Reston residents and employees, and \$10 for all others. For more information on this event – as well as other events for the weekend celebration – please visit www.restoncommunitycenter.com/ mlk-celebration.shtml.

> > The Reston Dr. Martin Luther King, Jr. Birthday Celebration will include events at RCC Hunters Woods, Lake Anne Plaza, South Lakes High School, Southgate Community Center and Northern Virginia Hebrew Congregation. Please see the calendar of events on the opposite page.



Púlitzer Prize-winning Columnist Will Deliver Keynote Address

Saturday, January 14

Community Service Projects 9:00 a.m. Southgate Community Center

12125 Pinecrest Road, Reston, VA All ages—Free, Registration required through the Reston Association

Join friends and neighbors in honoring Dr. King's legacy by serving your community. As Dr. King said, "Everybody can be great...because anybody can serve." RCC is partnering with Southgate Community Center, Reston Association, Cornerstones and The Closet on community service projects. Indoor projects include making bag lunches for the Embry Rucker Community Shelter, sorting and organizing items from The Closet and several other projects at Southgate Community Center. There will also be several outdoor projects such as cleaning up the natural areas, pathways and hardscape surrounding the area, weather permitting. Volunteer hours conclude around noon, at which point volunteers will gather to share a lunch that will be provided.

#### Annual Tribute to Dr. Martin Luther King Jr.

with a special opportunity to "Meet the Composer" Olly Wilson 4:00 p.m. RCC Hunters Woods Community Room

The public will be invited to join a conversation between African-American composer Mr. Olly Wilson and Maestro Fleary to discuss the challenges of creating music for the contemporary listener. During the concert the orchestra will perform "Elegy"—a movement from the composer's full-length work, Sinfonia, which was commissioned by the Boston Symphony Orchestra, and dedicated to the legendary conductor, Seiji Ozawa. In addition, performers will include popular song stylist Beverly Cosham of Reston, the outstanding baritone Bryan Jackson, a combined choir drawn from area churches, and the RCO with toe-tapping selections by Gershwin and Ellington.

## The Pursuit of Harmony 8:00 p.m.

\$5 Reston/\$10 Non-Reston Tickets sold through the CenterStage Box Office, Reston Community Center Hunters Woods

In partnership with the Northern Virginia Hebrew Congregation and All Dulles Area Muslim Society (ADAMS).

Join world-renowned Jewish-American songwriter Michael Hunter Ochs and award-winning Muslim Palestinian peace activist/songwriter Alaa Alshaham for an intimate evening of music and conversation. You will be inspired as these two improbable friends retrace their steps between Israel and Palestine – eventually finding themselves performing together at the United Nations.

Sunday, January 15

Voices of Inspiration 4:00 p.m. Northern Virginia Hebrew Congregation 1441 Wiehle Avenue, Reston All ages—Free

Voices of Inspiration is the 26th anniversary program honoring Dr. Martin Luther King Jr. This event is sponsored by the Martin Luther King Jr. Christian Church and includes many Reston faith communities.

Monday, January 16

#### Eugene Robinson Keynote Address anc Community Lunch

12:00 p.m. Reston Community Center Hunters Woods: the CenterStage and Community Room \$5 Reston/\$10 Non-Reston (Tickets sold through the CenterStage Box Office)

Widely recognized for his ability to speak truth to power, Robinson is a Pulitzer Prizewinning writer who brings audiences a tested perspective on today's political news. As one of the most prominent African-American intellectuals on the scene and author of *Disintegration: The Splintering of Black America* (2010), Robinson also shares his understanding of race relations in the United States and explains why many popular conceptions are now obsolete.

## Especially for Youth

11:30 a.m. - 2:30 p.m.
Reston Community Center
Hunters Woods
6-12 Years Old—Free,
Registration required

You may register your school age child (1st-6th grade) to participate in activities at RCC. Children should be registered in advance. Limited on-site registration will be available on the day of the event; however, all forms must be completed in their entirety. Children will rotate through a series of activities including a performance, an ageappropriate video, and arts and crafts. All activities will be based on the history of Dr. King and the civil rights movement.

Eugene Harold Robinson (born March 12, 1954) is an American newspaper columnist and the former assistant managing editor of *The Washington Post.* His columns are syndicated by The Washington Post Writers Group, and he is a member of the National Association of Black Journalists.

Robinson was awarded the 2009 Pulitzer Prize for Commentary in recognition of his columns that focused on then-Senator Barack Obama in the context of his first presidential campaign.

He is author of these best-selling books:

- Coal to Cream: A Black Man's Journey Beyond Color to an Affirmation of Race. New York: Free Press. 1999. ISBN 0-684-85722-7.
- Last Dance in Havana: The Final Days of Fidel and the Start of the New Cuban Revolution. New York: Free Press. 2004. ISBN 0-7432-4622-5.

#### Disintegration: The Splintering of Black America. New York: Doubleday. 2010. ISBN 0-385-52654-7.

# SELECTEI EVENIES

## NOVEMBER 3 ENTER THE HAGGIS

The Barns at Wolf Trap 8pm \$28-34 Delighting with memorable Celtic folk-rock performances,

## LOCATIONS

THE BARNS AT WOLF TRAP 1635 Trap Rd., Vienna 703.255.1900 www.wolftrap.org

JAMMIN' JAVA 227 Maple Ave E, Vienna 703.255.566 www.jamminjava.com

THE STATE THEATRE 220 N. Washington St. Falls Church 703.237.0300 www.thestatetheatre.com inspired songwriting, and musical proficiency, "no one can anticipate the level of energy with which ETH throws down" (*The Washington Post*).

#### NOVEMBER 4 BOURBON, BOWTIES, AND BLUES

The Barns at Wolf Trap 7pm \$250-5.000 Wolf Trap Foundation invites you to an unforgettable evening showcasing the beverage that has been hailed as America's national spirit: bourbon.Bourbon, Bowties, and Blues will feature tastings from a variety of fine bourbon and scotch purveyors, plentiful gourmet bourbon-inspired BBQ cuisine, hand-rolled cigars, and music by one of DC's best Blues bands, all in the beautiful setting of The Barns at Wolf Trap. A

CONTINUED ON PAGE 24



NOVEMBER 12 Willie Nile

The Barns at Wolf Trap

## ERIC BURDON & THE ANIMALS

The Barns at Wolf Trap 8pm \$75-85 "The House of the Rising Sun" to "Don't Let Me Be Misunderstood," Eric Burdon & The Animals have been a staple in the rock scene since the British Invasion.

## True artistry, truly transforming ...your smile journey begins now

Dr. Chong W. Lee & his patient Rebecca M.

For over 30 years, Dr. Lee and his team have been providing dental solutions to clients throughout Northern Virginia, offering a complete range of services from routine preventive care to complete smile makeovers.

- State-of-the-art technology
- VIP treatment
- Expert care

- General and Cosmetic Dentistry
- Porcelain Veneers
- Full Mouth Reconstruction
- TMD & Headache Treatments
- Teeth Whitening

- Orthodontics
- Implants
- Sedation Dentistry
- Sleep Apnea Appliances



1600 Tysons Blvd., Suite 120 McLean, VA 22102 703.448.1020 www.leeohdds.com



silent auction includes unique experiences, luxury goods, and of course rare bottles to add to your spirits collection. Break out your dapper bowties and cocktail-chic attire in support of a wonderful cause-Wolf

Trap Foundation's arts and education programs.

NOVEMBER 4 DONNA THE **BUFFALO** The State Theatre 9pm \$17-20

Photo courtesy of Wolf Trap



### 8 P.M.

## AN EVENING OF INDIAN DANCE The Barns at Wolf Trap

8pm \$25-27

Enjoy a rich and innovative program from IDEA (Indian Dance Educators Association) interpreting poems through six different Indian classical dance styles set to American and Indian music.

Distinctive, groove-heavy, and danceable, Donna the Buffalo is a band for the people. One of the most dynamic and determined bands continuously touring America for since 1989, Donna the Buffalo has created a community environment at their shows through their distinctive, groove-heavy, and danceable music. Donna the Buffalo is a band for the people that is accessible, positive, and memorable. With roots in old time fiddle music that evolved into a soulful electric American mix infused with elements of cajun/ zydeco, rock, folk, reggae, and country, Donna's music often contains social and moral responsibility as core beliefs, and they are just simply fun to get out and celebrate life with.

#### NOVEMBER 5 MARKET STREET POP UPS

Noonday Collection, 2-5pm Looking for that beautiful piece of statement jewelry? How about a unique gift for someone who seems to have everything? Amanda Deaton of Noonday Collection will be popping up in the Market Street store in Reston! Noonday Collection uses

fashion to create a growing

marketplace for Artisan Businesses, enabling them to provide dignified jobs in vulnerable communities. They develop Artisan Businesses through fair trade, responsible financing, collaborative design, long term partnerships and capacity building, building a flourishing world where children are cherished, women are empowered, and people have jobs.

### NOVEMBER 6 MON LAFERTE

The State Theatre 8pm \$25-30 Monserrat Bustamente Laferte, better known as Mon Laferte, began her musical career at a very early age. She studied music at the Conservatory of Vina Del Mar (Chile), and began performing early on at Valparaiso, thanks to her participation in a nationally recognized and acclaimed music program.

In 2012, Laferte decided to move to Mexico City, and quickly adopted Mexico as her home. Since then, she's continued writing music, performing, and has been quite successful within the country.

Her melancholic sound, her uniquely heartbreaking voice, and her energetic shows have catapulted her career, making her one of the most popular artists across digital platforms. Her growing popularity led her to play the 2015 edition of Vive Latino, where hundreds of fans from all over the world overflowed the tent where she was playing and showed no sign of moving until the music stopped.

#### NOVEMBER 9–10 SHEILA E.

The Barns at Wolf Trap 8pm \$55-70 Performing to the beat of her own drum, this musical powerhouse and Prince protégée makes her Barns debut.

CONTINUED ON PAGE 26



January 29, 2017 Hyatt Regency Reston



#### **Presenting Sponsor**



Sponsorships support Cornerstones' mission to provide affordable housing, emergency shelter, food, financial assistance, childcare and other essential resources to individuals and families in need.

For details, please visit www.cornerstonesva.org/events.

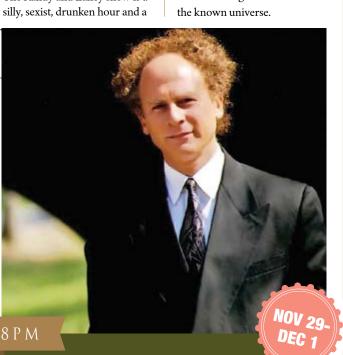




#### NOVEMBER 10 RANDY & MR. LAHEY The State Theatre 8:30pm

\$25-30 The Randy and Lahey show is a half of songs and skits, audience participation, profanity, Shakespeare, and general hilarity. Over the past eight years it has developed into the fastest moving two man show in

Photo courtesy of Wolf Tra



ART GARFUNKEL: **IN CLOSE-UP** 

The Barns at Wolf Trap 8pm \$80-90 The pop icon who "still sings so beautifully he can bring a whole room to its feet" (The Telegraph) returns to The Barns for three rare and intimate performances.

#### NOVEMBER 11 CRISTINA PATO The Barns at Wolf Trap

8pm \$25-30 "A virtuosic burst of energy" (The New York Times) and member of Yo-Yo Ma's Silk Road Ensemble, Pato is the first female gaita (Galacian bagpipe) player to release a solo album and has lit up major stages around the world.

#### NOVEMBER 12 WILLIE NILE

The Barns at Wolf Trap 8pm \$22-25 With legends like Bono, Bruce Springsteen, Pete Townshend, Lou Reed, and Lucinda Williams singing his praises, it's no surprise Willie Nile is often referred to as "one of the most gifted singersongwriters to emerge from the New York scene in years" (The New York Times).

#### NOVEMBER 12 WASHINGTON AREA COALITION OF MEN'S **MINISTRIES** MID-ATLANTIC MEN'S CONFERENCE

Christian Fellowship Church 21673 Beaumeade Circle Ashburn, VA 20147, 8:30am-3pm WACMM's Mid-Atlantic Men's Conference is the region's premiere men's gathering. Over 58,000 men from over 1,200 churches have been encouraged and equipped for ministry and life at WACMM conferences and events since 1999. The November 12, 2016 Conference is for men of all ages and seasons of life and from different backgrounds and churches around the nation. It will be a memorable day of masculine worship, cameradiere, encouragement and lots of straight talk about being Godly men, husbands, fathers and friends.

## NOVEMBER 16 **BRENDAN JAMES**

Jammin Java 7:30pm \$18 Brendan James' new album, Simplify, is also his most elegant and emotionally direct album to date. The album's title track and first single is a melodically driving jam that American Songwriter calls "a pianofueled pop/rocker that feels like a mission statement for the entire record." "The process of evolution, especially technological evolution, is occurring at such blinding speeds these days that we must take collective moments to breathe together, find calm together," Brendan explains of the song, "or we will forever leave behind our real essence as animals in paradise."

#### NOVEMBER 19 ZOSO THE ULTIMATE LED ZEPPELIN

EXPERIENCE

The State Theatre 9pm \$17-20 ZOSO - The Ultimate Led Zeppelin Experience formed in 1995 to perform the most accurate and captivating Led Zeppelin live show since the real thing. For Zoso, it's much more than just being a tribute. It's about touching a golden era in music. Zoso embodies Page, Plant,

Bonham and Jones in their spirit, tightly-wound talent and authenticity.

#### NOVEMBER 25 THE NIGHTHAWKS AND SKIP CASTRO BAND

The State Theatre 8pm \$20 Washington's favorite bad boys, the Nighthawks are masters of electric Chicago Blues and the kings of sh\*t kicking roadhouse rock. They're not called America's Best Bar Band for nothing ... The Nighthawks history is extensive, beginning in the '70s when the band criss-crossed the country playing clubs and colleges then dominated by the sounds of country rock and disco. The band spread their version of roots rock. soul, rockabilly, and blues that was hardly the standard fare. In addition, the Nighthawks were considered touring pioneers, since only a handful of Chicago blues stars were touring nationally, and the west coast blues bands stayed

on their side of the Great Divide.

## NOVEMBER 25 **JOHN EATON** THE FABULOUS '40S

#### The Barns at Wolf Trap 8pm \$25-27

Explore a treasure trove of tunes from the 1940's with one of its principal interpreters as he plays selections on the piano. Album release show!

### NOVEMBER 26

#### LAUREL CANYON: **GOLDEN SONGS** OF LOS ANGELES 1966-1972

The Barns at Wolf Trap 8pm \$25-29 Celebrating the musical brilliance of more than a dozen legendary bands and creators of the Los Angeles sound including The Mamas & The Papas, Crosby, Stills & Nash, Joni Mitchell, and The Doors.



## BOSTON BRASS CHRISTMAS BELLS ARE SWINGIN'!

The Barns at Wolf Trap 7:30pm \$38 "The Boston Brass sublimely capture...the spirit of the

holiday season, providing the listener with an exceptional musical experience" (All About Jazz).

#### ΥВА

## PLAN YOUR HOLIDAYS AROUND THE BEST-TASTING HAM



RESTON • 1480 North Point Village Center • 703-733-3860 • HONEYBAKED.COM

# 

How would you describe the perfect assisted living lifestyle? Tall Oaks offers the freedom you desire and the care you need. Call today to schedule your visit.

## 703.834.9800



## 12052 N. Shore Dr. • Reston, VA 20190 www.TallOaksAL.com

6a

Coordinated Services Management, Inc. Professional Management of Retirement Communities Since 1981

## November 27 Garnet Rogers

Jammin Java 4pm \$18 "A brilliant songwriter. One of the major talents of our time." (Boston Globe) "The greatest interpreter and vocalist performing in the contemporary folk scene." (Sing Out)

## November 27 JAMMIN YOGA

Jammin Java 11am \$10 Down Dog Yoga, South Block Juice, and Jammin Java have joined forces to offer Jammin Yoga—brand new, epically rocking pop-up yoga classes held on the last Sunday of every month, with proceeds benefitting Music Makes Life Better! Flow center stage to deep beats and rhythmic grooves, as DDY yoga instructors lead you through a powerful, invigorating, musical journey that will set your spirit free! BYOM (Bring your own mat)

## NOVEMBER 27 An evening with Richard Shindell

Jammin Java 7:30pm \$22 Shindell's songwriting is truly eclectic, ranging from lighthearted ballads and adulterous love songs, to dirges and diatribes that skillfully skewer politics, prejudice, war and religion. He has a unique ability to morph into the soul of the many and varied personalities he casts as narrators in certain songs--songs that are veritable novellas framed in haunting acoustic melodies, sometimes including cryptic, revelations through the eyes of a woman.

## November 30

## THE BALLROOM THIEVES + Paper bird

Jammin Java 7:30pm \$16 Stylistically, the Thieves find a captivating mélange of acoustic styles on the album, exploring the basic constructions of folk and pop music while almost wholeheartedly rejecting its restrictions at the same time. It mirrors the band's sharp awareness of its surroundings that equates to a rare form of musical intelligence. "Paper Bird is a band that possesses a sound that's more than the sum of its parts," effuses world-renowned musician, singer and songwriter John Oates. "It's the coming together of two perfect trinities. It has three distinctly unique female lead singers whose harmonies blend together as one...united with an inventive, cohesive

rhythm section trio. I loved their sound from the first time I heard them and they just keep getting better. They are a true musical family united by a unique and pure artistic vision...a rare quality in this day and age of so much disposable and less than original music."

#### DECEMBER 2 THE SWINGLES YULE SONGS

The Barns at Wolf Trap 7:30pm \$38 "Whether performing with the National Symphony Orchestra or in a cappella settings, The Swingles were never less than dazzling" (The Washington Post).

## December 2

BIG O AND DUKES Jammin Java 8:30pm \$15

In the early 2000s the Big O and Dukes show was forged in the fires of 99.1WHFS and continued to grow in popularity as they took on other radio markets from Baltimore, MD to Phoenix, AZ. In 2007, the boys found themselves back at the one station that they both had always dreamt being on, the talk superstation 106.7 WJFK in Washington, DC. A Big O and Dukes live show at Jammin Java is an event not to be missed. Chad and Oscar will bring their unique comedic style to the stage for a recording of their podcast, only with hundreds of your soon to be closest friends in attendance.

#### JANUARY 7 The British Invasion Years

The State Theatre 9pm \$30-35 The Beatles arrived in the U.S. on February 9, 1964. But that was only the beginning...The British Invasion Years goes through the classic songs of iconic sixties groups including The Beatles, The Rolling Stones, The Who, The Kinks, Herman's Hermits, The Zombies & more. Then, the American response with songs from The Beach Boys, The Monkees, The Doors, Steppenwolf & more. Finally, a closing with the songs of The Beatles.

### JANUARY 8 ALESSIO BAX, PIANO LUCILLE CHUNG, PIANO

The Barns at Wolf Trap 3pm \$38

The real life marriage of two great concert pianists, Alessio Bax and Lucille Chung, has led to one of today's leading piano duos.  $\diamondsuit$ 

## LEAGUE OF RESTON ARTISTS EXHIBITS AT PENFED REALTY

Exhibits are free and the office is open to visitors Monday through Friday from 9:00 am to 5:00 pm. The office of PenFed Realty is located at 1886 Metro Center Dr., Reston, VA 20190. Visit the LRA web site at www.leagueofrestonartists.org for more information on this and other events.





## Manganelli Solos

Antonella Manganelli displays her paintings and mixed media art during November.

## Sievers' Paintings

Oil paintings of Ruth Sievers will be displayed during December 2016 and January 2017.

## **Reston Art Gallery & Studios**

## Exhibits in November-December



**Roberta Thole** *"Then and Now" Four decades of paint* **Exhibit:** Nov 3–Nov 30 **Reception:** Sunday, Nov 13 2–4pm, Public Welcome



Group Show "Holiday Sparkle" Exhibit: Dec 4–Jan 7 Reception: Saturday, Dec 10 2pm–4pm, Public Welcome

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



## Reston Soccer Kicks into high gear

Reston Soccer's first annual fundraising Octoberfest, held on October 1 at the beautiful Reston Association's Lake House sponsored by Comstock, went off without a hitch, with tickets sold out and thousands in donations. By all accounts, the exciting event was a clear success – and all in the name of local sports.

Reston Soccer has created much buzz from the community for its mission: enhancing the Lake Newport soccer fields, owned by the Reston Association, to match the enthusiasm of tomorrow's athletes. The event was sponsored by Let's Party, a new Reston-based party organizer company owned by Rebecca Williams and Mara Watt.

"Octoberfest...[was] our first time doing a fundraiser like this for Reston Soccer," Reston Soccer president Roberto Angizola said. "The main reason that we're raising funds is 21% of the children in our program are under youth scholarship, and to qualify for a youth scholarship in our program, you have to be on the Fairfax County school lunch program, which means that these are kids who are impoverished and would not be able to participate in organized sports without scholarships," he said of Reston Soccer's patrons. "The other thing that we're trying to do is have safer, improved, facilities for all the kids in our community to play in, so the funds are also going to be used for that."

What Reston Soccer is ultimately aiming to do is enhance and improve the capabilities of the Lake Newport soccer field, including upgrading its natural outdoor grass surface. Specifically, they would like to see a synthetic turf with a plant-derived infill, not crumb tire, which would be safer and more natural infill. Going synthetic has the added benefit of allowing play longer into the year. "It will allow us to train almost all year around," Angizola added.

MBER 2016

The price tag for the facility, the field and lighting alone could top \$2.4 million.

Cate Fulkerson, Reston Association CEO, said that the Reston Soccer's commitment to the dream is key to this push for a great new place for its players to call home. "They (Reston Soccer) understand the importance of fundraising for that—as opposed to asking Reston Association members to pay for it through the assessment," she said. "So the next step is for the RA board of directors to approve a referendum this spring which will coincide with the board of directors election." she noted, adding that the next step after the referendum is approved is a "full-court press" of fundraising efforts and securing major partnerships from individuals and corporate sponsors alike.

"There's more that we would love to do eventually, but again, what we envisioned, if the community supports it, is to build that over many years, so maybe one field first, then a second field," Angizola said. "We would also love to have a field clubhouse with bathrooms and a concession stands and maybe some storage, but all of those things are very early on in the process."

In a world where tightly-knit towns are rare, Reston still succeeds in its work to engage its residents and get them excited for the future of the area. Engagement of our youth is, of course, a cornerstone of that. "We're eager to engage with the neighbors, with the community as a whole, and work towards an improvement that is going to make everybody happy. We're excited about that process, but we understand that it is a process."

There's no hard timeline for the facility, in large part because much fundraising remains, but he and his staff are hopeful; after all, some 1,500 players are involved in the program during any given season. That's a lot of big dreams, close games, and goal kicks by Reston's youth and their families.

Reston Soccer, founded in 1977, is a volunteer, non-profit group that truly has enriched Reston as we know it today. "I feel like we're a part of the fabric of Reston. One of the many great activities that makes the community great," Angizola said.

Reston Soccer has leagues for young children all the way up to age 18, plus adult leagues. Registration for the Spring 2017 season opens on December 1. For more information on the fundraising efforts or to register for lessons or join a team, visit www. restonsoccer.com.  $\diamondsuit$ 



## Thank you to our First Annual Fundraiser Sponsors!

## Golden Ball Sponsors (\$1,000 - \$4,999)





#### **Forbes Family**

## Golden Boot Sponsors (\$500 - \$999)

Modell's Liz Gavin Pao, Long & Foster Realtors Glory Days Grill The Zone Marriott Whole Foods Sterling Soccer Leidos Anguizola Family Girolamo Family

#### Golden Glove Sponsors (\$250 - \$499)

Jansen Communications Reston Community Center Dutch Soccer School Hidden Creek Country Club Deutschland Downtown Milestone Communications Hunters Woods Exxon

#### All-Star Sponsors (\$50 - \$249)

The Escape Room, Herndon Act Web Services American Tap Room Athleta Bow Tie Cinemas Caboose Brewhouse Chick-Fil-A Chipotle Clyde's Dick's Sporting Goods Fusion 360 North Point Giant Gregorio's Home Depot J Hilburn Jerry's Subs & Pizza Jersey Mike's Subs Kendra Scott Lake Anne Brewhouse Ledo's Pizza Lucia's Miller Architects MOD Pizza Mon Ami Gabi Passion Food Hospitality Paul Ryder

Potomac River Running Rebounderz Red Door Rising Sun Fitness Santini's The Pretzel Bakery The Wine Cabinet Veluxe Very... Washington Spirit Wegman's World of Beers

Sign up for Spring 2017 starting Dec. 1 www.restonsoccer.com



#### BY DAVID EISELE, SR.

An excerpt from the Business of Style, the Secret to Investing in Yourself

- 1. Maybe it looked good on you fifteen years ago. That doesn't mean it still does.
- 2. Jackets that are tight in the shoulders, hug your waist and are difficult to button make you appear ridiculous.
- 3. Always wear socks, unless you're at the beach.
- 4. Unless there's a flood coming, don't have your pants tailored too short. They should have a break.
- **5.** Pants that are too baggy look absurd and pants that are too tight look awkward and uncomfortable.
- 6. Belts are to hold up your pants not to be some sort of modern day tool belt. Put your cell phone in your pocket.
- 7. Don't let your shirt be too tight in the collar.
- **8.** If you have to ask if it matches, then it probably doesn't.



With decades of experience helping men look their very best, David is a recognized authority on designer clothing for men and personal image design. As a clothing designer, entrepreneur, wardrobe consultant, and author, David pursues the highest level of excellence in everything he does.

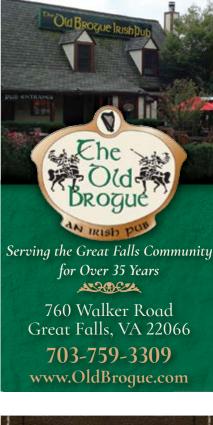
David holds a degree from the Trend School of Design in Oregon and has

been confirmed as a certified master designer by the Custom Tailors and Designers Association (CTDA), the oldest fashion trade organization in America.

For questions or comments regarding this article please email davidsr@davelleclothiers.com \*



## GREAT Food & Great FRIENDS



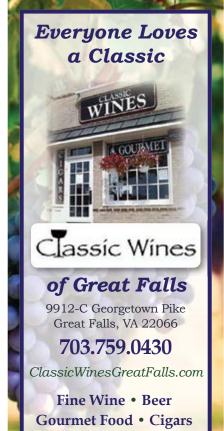




A FULL SERVICE SALON & DAY SPA Open Tuesday through Saturday. 8am - 7pm. Sunday 10am - 5pm.









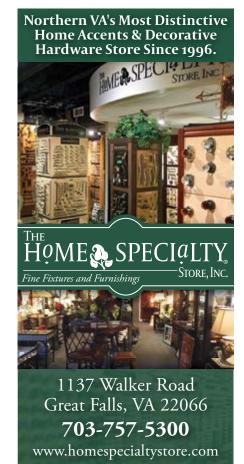
Niege

**Consignment** Boutique

esigner Handbags • Shoes & Accessorie Hermes • Chanel • Jimmy Choo Manolo Blahnik • Brioni Ties & Suits

1137 Walker Road Great Falls, VA 22066 **703-438-7770** 

www.havanavintageboutique.com





largaret Louise Boyd: ELEBRATING DIVERSITY Wargar AND YOUTH EDUCATION



Reston Founder Robert E. Simon, Jr. admired Margaret Boyd, long-time Reston resident, diversity ambassador, youth counselor, indomitable volunteer and decorated, 53-year elementary and middle school teacher. Simon would often visit her classroom because she was a poster child for the importance of education.

She was the personification of everything that Simon devoted his long life to: dignity of the individual, cultural and ethnic diversity, community, youth education and leadership.

Diversity and a multicultural heritage permeated her DNA: her mother was part Cherokee, her father Mexican-American. Born 1936, the second of six children, in Ardmore, Oklahoma, Margaret Louise Smith was raised in a strong family of educators. Education was to become her destiny. Following her 1957 graduation from Langston University, Langston, OK, she opened Smith's Kindergarten.

Two years later, Smith married her childhood sweetheart Donald G. Boyd, a lieutenant colonel in the U.S. Army. Her first real teaching job came the next year at the American dependent school in Heidelberg, Germany. She adored the cultural diversity of life in Europe where she and Donald travelled extensively for the next six years.

When they returned to the U.S. for Donald's Pentagon assignment in 1970, Margaret discovered Reston's openness, welcoming cultural diversity and sense of community. It was a perfect fit. They bought a home in Lake Anne's Regency Square. Margaret wasted little time getting involved in Reston's active educational community.

For the next 37 years, Boyd's I tireless enthusiasm and desire to make her students' lives more productive was showered on K to 6th grade students at Forest Edge, Terraset, Lake Anne Elementary in Reston, Oakhill Elementary, Herndon, West Briar Elementary, Vienna, and Herndon Middle School. Teaching was her whole world. But it didn't stop there.

She joined the Reston Community Association (RCA) Board in 1975. Recognizing her success with troubled youngsters, Supervisor Martha Pennino appointed Boyd to the Juvenile Detention Board in Alexandria. In 1985, she founded the Fairfax County Youth Leadership Program to help teens learn leadership skills. For the next 8 years, she taught classes during the summer at an international leadership conference in Ossipee, NH.

During these years, she also served on the board of the National Association for Teaching Entrepreneurship.

"Martha Pennino was a very special friend of mine," Boyd said in a recent interview. "She was always supportive of my work, and, in 1990 nominated me to be a recipient of the Hunter Mill nominee for Lady Fairfax during the Fairfax Fair."

For the next four years, to celebrate Thanksgiving Boyd staged an international Thanksgiving dinner at the Hidden Creek Country Club, inviting Reston families from many countries to share the story of Thanksgiving.

In 1996, she founded English as a Second Language for Professional Development (ESLPD), a consulting firm to serve area businesses by providing classes to employees who need to improve their English language skills to better perform their jobs. Her first client contract was with the Reston Hyatt Regency Hotel.



## "I always tried to help my students find a good self-image."

Boyd is the Best of Reston, an award she won for her dedication to youth education the very first year 1991 of the Best of Reston Awards Program, launched by today's Greater Reston Chamber of Commerce.

That same year Boyd founded Reston's Multicultural Festival which, in October celebrated its 25th anniversary. Every October for the past 25 years, the Reston community is invited to "Discover the World" at the Reston Multicultural Festival. Created by the Reston Community Center, this signature Reston event honors the cultural diversity that is one of the community's greatest assets, and brings to life the vision that Reston founder Robert E. Simon had for this unique place.



## "Students learn more when they are surrounded by diversity."

"Margaret is a strong believer that cultural and ethnic differences are special and are an opportunity for all of us to broaden our worldwide knowledge to live peacefully with one another," said Catherine "Cathy" Hudgins, Hunter Mill District member of the Fairfax County Board of Supervisors and long-time friend of Boyd. "Margaret has taught us all that students learn more when they are surrounded by diversity."

"One of the best friends Reston youth have ever had is Margaret Boyd," added Ken Plum, a long-time member of the Virginia House of Delegates. "Some met her in the various elementary schools in which she taught. Others met her in the many after-school tutoring and enrichment programs of which she was a part. She loved young people, and she valued education. No one pursued a passion with more gusto than Margaret. A lot of people and our community are better for her work."

"Almost forty years ago, Margaret Boyd entered my life in a significant way: she was my son's second grade teacher," said longtime Virginia Senator Janet Howell. "And what a loving, kind, competent teacher she was! She developed a close bond with every child and engaged the families. Her classroom was welcoming to children of all backgrounds and she held every child to high standards.

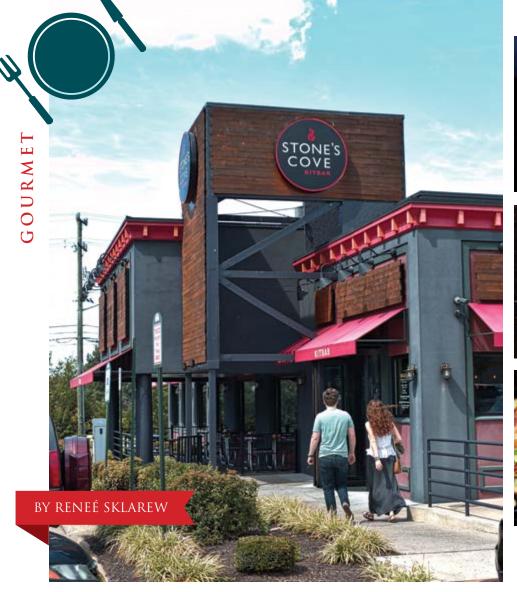
"Her special talent was with children with disabilities, both educational and economic. Her reputation was so stellar that we fought to get our kids in her classroom. Her commitment to kids went way beyond the classroom -for decades she has mentored kids throughout Reston and devoted untold volunteer hours to enhancing their

futures. She never stops loving and guiding our young Restonians. And they love her back," Howell concluded.

Although her childhood sweetheart Donald is gone now, Margaret Boyd today is a vibrant, beaming 80-year-old living high above Reston Town Center in a beautiful condo whose walls are covered with awards – recognition of her lifetime of good works

> helping young people believe in themselves. The father of the automobile Henry Ford is known to have said, "Anyone who stops learning is old, whether at twenty

or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young." To paraphrase Ken Plum, Margaret Louise Boyd will never grow old because no one believed in youth with more gusto than Margaret.  $\diamond$ 





No matter how much you prepare for a party, your guests will always congregate in the kitchen. Some hosts get annoyed, but restaurateur B.J. Stone embraced the custom when he developed Stone's Cove KitBar. Stone's Cove, located in the Village Center at Dulles, has been a popular gathering place in Herndon for five years. Stone and his team have worked tirelessly to perfect the restaurant, and success has allowed them to expand into two new locations in Baltimore.

Understanding that friends naturally gravitate to the hearth of your home, B.J. Stone conceived his new restaurant around the kitchen rather than separating his guests from the cooks and fireplace. He coined the phrase KitBar (kitchen and bar), and the more you consider the concept, the more you realize just how ingenious it is.







Walking into Stone's Cove KitBar, you'll notice that the whole restaurant is built around a giant bar. Encircling the open kitchen and brick oven is a sparkly black granite top with multiple seating clusters. The arrangement allows Cheftenders, as they are called here, to directly cater to both groups and individuals. After finding a stool, customers order, and then watch as their food and drinks are prepared right in front of them. Everything is out in the open.

General Manager Richard Bogusz points to the setup inside the bar, "This is the heart of house. The brick oven is here. We are able to provide a great experience each and every time, because we're right here. There's no food sitting in the back." Bogusz believes that Stone's Cove's seating arrangements have sparked deeper interactions with their customers. "We do a lot of communicating. As soon as the food comes up, it comes right to the table. We do most of our prep right here. This creates an engaging atmosphere. That's one of the things we pride ourselves on—we offer engaged service, engaged hospitality."



Along with this unique setup, the team is extremely fussy about their food. They tastetest the menu items over and over again. Experimentation may take months; like the development of their chicken wing recipe. Stone's Cove insists on serving fresh wings, and they don't have a fryer. So before those charred, zesty wings are served, they've already been through a multi-day preparation process, then right before serving, they're flash broiled in a high-tech convection oven.

"Ninety-five percent of our menu we make from scratch," says Bogusz. "We make our sauces and salad dressings; roast and marinate our meats." An enormous amount of discussion goes into choosing the ingredients for each dish, and Bogusz laughingly declares he'd be skinny if he didn't have to check for freshness so often. "I worked in fine dining and high volume restaurants, and this is some of the best food I've ever had. We do quality tests twice a day, making sure everything is perfectly fresh."

Stone's Cove's menu changes seasonally, although fortunately, they keep their most popular items—the signature shrimp & grits and fish tacos—all year long. They've fine-tuned the shareable flatbreads, dips and appetizers so can easily satisfy a hungry crowd. Bogusz says Stone's Cove recently hosted a delegation of 40 international visitors who asked for 40 individualized bills; "We are serving the customers directly, so separate checks is no problem."

The team takes a lot of pride in their ties to the community. Stone's Cove rotates its list of local craft beers and foods monthly. On Local Mondays, Stone's Cove hosts nearby breweries, distilleries, musicians and artists, and introduces guests to their products. The place is hopping on Wine Wednesdays, when wine bottles are half price. The Cheftenders offer regular cooking classes. In addition to lunch and dinner daily, Stone's Cove features a weekend brunch. Every Sunday, they donate 10% of sales to charity. The Stone's Cove Foundation invites community organizations to submit requests for funding of specific projects. They've contributed to a Herndon girls' soccer team and a local school to purchase a scoreboard. They call it: "Do Good Things" Sundays.

While it's hard to choose a favorite dish on this menu, there's a good reason shrimp & grits and fish tacos are always on it—because they're glorious. The grits are cheesy and creamy with



chunks of roasted red peppers accompanied by seared, blackened shrimp. Peppery fish tacos include a nectarous jicama and apple slaw with velvety chipotle lime cream. The Mackinac Flatbread is layered with toppings, like bacon, guacamole, jalapeno mayo and tomato, then charred in the oven. Ashton Hildreth, culinary director, says he strives to balance flavors, so each bite renders a pleasing combination of sweet, salty and sour. "And you eat with your eyes first," says Bogusz, so the dishes are as attractive as they are distinctive.

The Ahi Tuna Sashimi, an AppeTapas as they are called here, is a showstopper—silky pink fish leaning on delicately dressed seaweed salad. Hot & Cold Dips features warm, gooey spinach dip, and four bright Middle Easternstyle dips served with crisp homemade crackers. The Cheftenders also enjoy mixing drinks, and are known for their Dirty Deed, a cross between a Bloody Mary and a Martini, poured with vodka, vermouth and horseradish, paired with gorgonzola stuffed olives.

Stone's Cove is a family-owned business, and they work to treat customers like family. "We find out what their agenda is, and their agenda becomes our agenda," says Bogusz. "Our graciousness is part of who we are. We're very grateful for all the guests coming into the KitBar, and we try to do good things." �

AUTHOR: Renee Sklarew researches and writes about the DMV's restaurants and attractions. She is co-author of *The Unofficial Guide to Washington DC* and is currently working on *60 Hikes Within 60 Miles* of Washington DC. Contact her at reneesklarew@ gmail.com

## IT'S A PLACE YOU'LL WANT TO INTRODUCE TO FRIENDS. (UNLESS THEY GET HERE FIRST.)





A place to go for unique chef-created dishes, made from scratch in our very own kitchen.

A take-the-client-to-lunch place, dinner-with-friends place, a go-to place for family celebrations.

A place where the surroundings — and the prices — are as comfy as a favorite pair of jeans.

A new place you feel good about introducing to your friends. Good reason to get here before they do.



1845 FOUNTAIN DRIVE RESTON 571.234.8200 WWW.NYAJ.COM

### **SELECTED AREA RESTAURANTS**

#### **RESTON**

#### ARIAKE

#### Reston | Japanese | \$\$

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

#### BARCELONA RESTON

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

#### BARTACO RESTON

Reston | Mexican | \$ Inspired by the beach culture of coastal California, Mexico, Uruguay and Brazil, Bartaco combines healthy upscale street food with a coastal vibe in a relaxed rustic environment. Rooted in Mexican tradition, the menu also pulls bold, spicy flavors from the Mediterranean, Asia and beyond. Whether dining with family, kids, or friends, all will enjoy the friendly service

and atmosphere. 12021 Town Sq. Reston, VA | 703-787-8226 www.bartaco.com

#### CAFESANO

#### Reston | Mediterranean | \$

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

#### CLYDE'S RESTON Reston | American | \$\$

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

#### IL FORNAIO CUCINA ITALIANA Reston | Italian | \$\$\$

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

#### JACKSON'S MIGHTY FINE FOOD Reston | American | \$\$

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

#### KALYPSO'S SPORTS TAVERN Reston | Mediterranean | \$\$

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



#### 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/



#### PASSIONFISH Reston | American | \$\$

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

#### SWEETHEAT BBQ

Reston | American | \$\$

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

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

#### ASHBURN

#### FORD'S FISH SHACK Ashburn | American | \$

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

#### SENSE OF THAI ST. Ashburn | Thai | \$\$

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

#### CLYDE'S WILLOW CREEK FARM Ashburn | American | \$\$

Named one of the Top 10 Heart-Healthy Restaurants in America, Clyde's Willow Creek Farm is just that, yet offers a historic setting that reconstructs an earlier era of landed gentry and rural splendor. Enjoy an all-American contemporary menu, featuring locally grown produce, hormone-free beef and house-made desserts. Enjoy live entertainment nightly with karaoke on Wednesdays and live music every Friday and Saturday night. 42920 Broadlands Blvd. Ashburn, VA

571-209-1200 | www.clydes.com/willow

#### HERNDON

#### ANGEETHI Herndon | Indian | \$

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

Saturday Sunday brunch.

645 Elden St. Herndon, VA | 703-796-1527 www.angeethiindian.com

#### GRANADA

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

#### PIERO'S CORNER RISTORANTE ITALIANO Herndon | Italian | \$\$

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

13340 Franklin Farm Rd. Herndon, VA | 703-707-6400 www.pieroscorner.com

#### MINERVA INDIAN CUISINE Herndon | Indian | \$

With two outposts in the area (Fairfax and Chantilly), Minerva offers authentically spiced regional cuisine and the area's most expansive lunch buffet. The butter chicken, with its creamy tomato-based sauce, is one of their best dishes and could make an India native homesick, which is why you will find predominantly Indian clientele at every table. 2443-61 Centreville Rd. Herndon, VA | 1-877-2MINERVA www.minervacuisine.com

#### RUSSIA HOUSE Herndon | Russian | \$\$\$

The Darugars, the owners, say that the Russia House aims to cultivate "the warm feeling that you are dining at your aristocratic grandmother's table." Since 1992, they have combined fine dining with a homey attention to detail and a commitment to addressing every guest as "Czar." Guests may also witness Russia House's flair for culinary drama; many entrees are prepared tableside. 724 Pine St. Herndon, VA | 703-787-8880 www.russiahouserestaurant.com

#### 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

#### 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 Catoctin Circle, SE | 703-771-1131 www.aiyarathairestaurant.com

#### TUSCARORA MILL Leesburg | American | \$\$

Housed in a 19th century rustic grain mill and known as "Tuskies" to locals, Tuscarora Mill has earned the reputation as one of the best restaurants in the county, with its authentically seasonal and local menu and ambiance. They have an impressive wine list and have been a recipient of the Wine Spectacular Award of Excellence for the past 10 years. Whether it is a romantic dinner, a casual lunch or a corporate function, Tuscarora Mill will surely exceed your expectations. Reservations recommended. 203 E Harrison St., Leesburg, VA | 703-771-9300 www.tuskies.com

#### THE WINE KITCHEN Leesburg | American | \$\$\$

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

7 South King St., Leesburg, VA | 703-777-9463 www.thewinekitchen.com

#### **GREAT FALLS**

#### BOLLYWOOD BISTRO

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

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

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

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

1148 Walker Rd, Great Falls, VA | 703.759.3131 www.danterestaurant.com Italian born

#### L'AUBERGE CHEZ FRANCOIS Great Falls | French | \$\$\$

Internationally-acclaimed, L'Auberge Chez François transports diners to the Alsatian



Contact us to learn more. Call 703.448.7323 or email info@vivareston.com today!

countryside in this rustic French country inn, nestled among lush woods and fragrant gardens. Well-known as the place to celebrate special occasions for more than 60 years, L'Auberge Chez François offers an authentic menu, full of the flavors of Alsace and traditional French cuisine. Expect professional fine dining service, extreme attention to detail in a casual yet elegant atmosphere. Reservations Recommended. 332 Springvale Rd, Great Falls, VA | 703.759.3800 www.laubergechezfrancois.com

#### THE OLD BROGUE Great Falls | Irish | \$\$

In keeping with the family tradition, The Old Brogue has served the community for more than 30 years. Enjoy beverages from all over the world, and enjoy fresh madeto-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

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

#### Gentle care is our art and giving you a comfortable experience is our passion.

Routine Care · Pediatric Dentistry Implants · Sedation Dentistry · Root Canals Same Day Crowns · Same Day Bridges Invisalign<sup>\*\*\*</sup> Orthodontics Periodontics · Digital Radiography Cosmetic Dentistry Insurance/Payment Plans

amily dentistry



The Pal Family Dentistry team, located in Reston, specializes in creating beautiful smiles using the latest technology and cutting-edge techniques. It is our mission to exceed your expectations. Our doctors and support team are dedicated to listening to your concerns, spending the time to discuss your treatment and creating a lasting relationship with you. Our goal



is to make your visit relaxing, comfortable, fun and efficient.

Contact us for an appointment today!

703-437-8337 • www.palfamilydentistry.com Sunset Hills Professional Center • 11365 Sunset Hills Road • Reston, VA 20190 •







## HAIL & HOG Kitchen and Tap

The new Hail and Hog Restaurant, located right in the center of One Loudoun, is providing a whole new venue for local residents to bring in the coming football season. Situated just two miles away from the Redskins training facility, Hail and Hog is the first dedicated Redskins restaurant in the area.

This is not a unique endeavor for the owners, however. Great Grille Group, also known as G3 Restaurants, owns several other football-themed eateries, notably one each dedicated to the Colts and Texans, as well as the group's original venture, Eddie George's Grille 27. The restaurant is more than just a place to hang out and watch the game. Open 365 days a year, Hail and Hog is a place that can stand alone on its quality food and upscale but fun atmosphere.

The most noticeable way that Hail and Hog balances its sports bar and family restaurant vibe is by dividing the facility into two floors. The first floor of the restaurant features a centrally located bar, an open kitchen, and a dining area tastefully decorated in maroon and gold, with Redskins memorabilia scattered throughout. The downstairs layout is intended to provide a more family-friendly, traditional restaurant environment, with TVs for game-watching but a dedication to a more upscale, intimate feel. The upstairs space is a sports fan's dream, featuring wallto-wall TVs, elevated seating, and a bar open to both the inside and the outside, where a patio overlooking One Loudoun plaza provides the perfect al fresco atmosphere to drink a beer and watch the Skins.

The patio is also front row seating for many of the concerts held at the plaza during the warm summer and fall months. Another unique feature of the layout is the



large garage door-style windows that can be lifted to open the restaurant to the plaza on nice days. Hail and Hog's flexible layout creates a space capable of hosting any kind of an event, also boasting free internet and AV equipment. There are even special packages for those interested in holding a fantasy draft, with customizable dining options as well as a variety of banquet menu selections.

The menu at Hail and Hog has something for everyone. Those in search of upscale but traditional bar food will enjoy appetizers like Lobster Poutine—lobster, cheese curds, and creamy Béchamel over handcut fries—and Chesapeake Bay Pretzel fresh baked pretzels, topped with blue crab, four cheeses, Chesapeake Bay spice, and served with a béchamel dipping sauce. The dynamic menu features more typical entrees, however, such as Coffee Cured Filet Mignon or Faroe Island Salmon, for those who want more substantial portions.

One point of pride is the gluten-free menu, which not only provides those in search of gluten-free food an extensive list of potential offerings, but also uses a completely "separate" kitchen. Gluten-free items are cooked on completely separate



pans and in different areas to prevent crosscontamination.

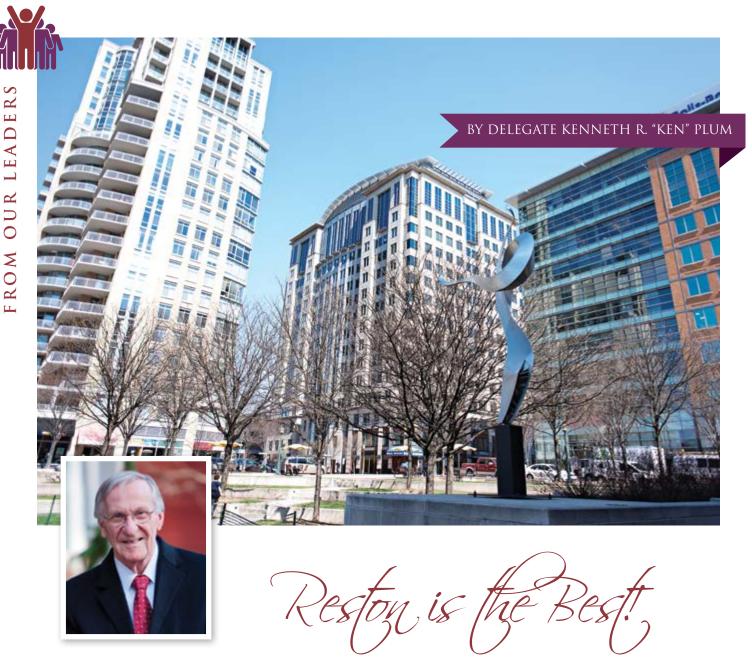
For those looking for a good libation, the bar has an extensive list of specialty drinks, many with charming Redskins-themed names like the "Hail" Mary. Drinks like the signature Caipirinha and Cucumber Jalapeno Margarita demonstrate creative twists on traditional cocktails that are sure to satisfy. The restaurant also intends to have a variety of game day food and drink specials when football season starts to encourage a fun atmosphere for fans.

Hail and Hog enjoys a unique and direct partnership with the Redskins, which allows access to guest appearances from the players and cheerleaders. There is even a studio onsite designed specifically for Redskins staff to be able to broadcast television and radio programs. Members of the Redskins front office, as well as Coach Gruden, have been known to patronize the restaurant, facilitated by the proximity of the practice facilities. There will be a pep rally held at One Loudoun to kick off the beginning of the football season and get the whole family excited for the new Redskins team.

Anyone looking for a unique new place to add to their dining repertoire should consider Hail and Hog. The high quality, locally sourced food sets it apart from a typical sports bar, while still giving any football fan a place to feel at home – all in a modern yet comfortable-feeling restaurant atmosphere.  $\diamondsuit$ 

#### HAIL & HOG KITCHEN AND TAP

20376 Exchange Street Ashburn, VA 20147 (571) 446-4245 hailandhog.g3restaurants.com



My neighbors in Reston probably joined me in not realizing that we live in Hunter Mill, Virginia which according to *Money Magazine* is 28th in the "Top 50 Best Places to Live in the United States." Yes, Reston is in Hunter Mill Magisterial District, an unincorporated unit of Fairfax County government. But Hunter Mill District does not have a post office and does not coincide with the Hunter Mill which *Money* considered and which the magazine termed "not a traditional town."

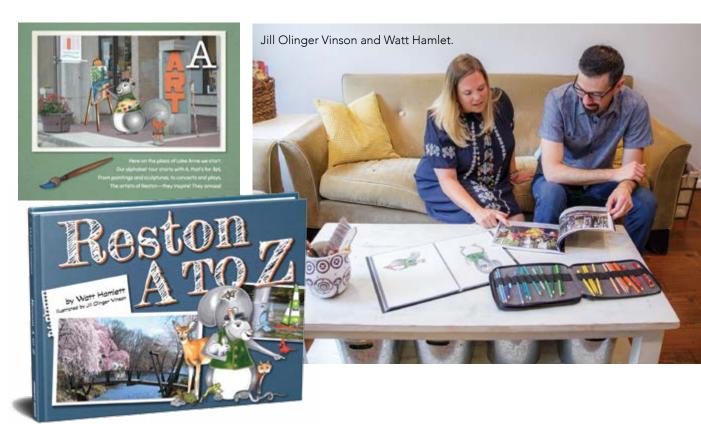
Money puts out its list each year based on a study of 60 data point, such as jobs and projected job growth, purchasing power, housing affordability, taxes, education, crime, arts and others. Its list is whittled down from 823 communities with populations of 50,000 to 300,000. No surprise that Reston and its neighboring communities score high on any of these measures.

The knock on our communities is that "Hunter Mill suffers from two common Northern Virginia problems: bad traffic (one study found that three of the nation's worst bottlenecks are in Northern Virginia), and expensive housing (the typical home sold for \$502,000 through July of 2016)."

No offense to our neighbors in Herndon, Vienna and Tysons Corner who were included with Reston in this created village of Hunter Mill, but Reston considered on its own should rate even higher than 28th. We have traffic that comes with any growing community, but inclusion of Northern Virginia traffic that includes I-95 and I-66 is not an appropriate comparison for our part of Northern Virginia. Likewise, including housing for the region overshadows the wide choice of housing that has always been a hallmark of Reston.

*Money* does highlight the two-day Northern Virginia Fine Arts Festival, ukulele and jazz festivals, and Taste of Reston Food Festival. Our neighbors would also make the list when independently considered, but clearly Reston considered on its own is one of the best places to live in the United States.. **\*** 





New Children's Book

#### TAKES READERS ON A TOUR OF "RESTON A TO Z"

Reston A to Z is a new children's book about Reston, Virginia, written by local author Watt Hamlett and illustrated by Reston native Jill Olinger Vinson.

*Reston A to Z* takes young readers on a tour of America's first modern planned community. The tour guide in the story is Robert E. "Bob" Squirrel, a delightful character who perhaps bears more than a passing resemblance to Reston's beloved founder Robert E. Simon. Told in whimsical rhyming verse, each stop on this alphabetical journey features Bob Squirrel interacting with photos of the places, activities, and nature that make Reston a treasure to kids of all ages.

Stops along the tour include Lake Anne Plaza, Reston Town Center, Reston Regional Library, Wiehle-Reston East Metro Station, Walker Nature Center, Reston Farmer's Market, and the W&OD Trail. The book also highlights features of Reston such as its lakes, pedestrian paths, swimming pools, community garden plots, and parks.

In addition to its use of an illustrated character interacting with real photographs (think Pokémon Go), the book features other creative touches like a hidden acorn on each page, a coloring page, and a travel log where kids can check off the places or things in the book they have experienced.

Watt Hamlett, the book's author and photographer, has lived in Reston since 2000. He was inspired to write this book out of his love for Reston that grew from exploring it over many years with his wife and two sons. He hopes the book serves as a tribute to Reston's beauty, community spirit, and the vision of Reston's founder Robert E. Simon.

Jill Olinger Vinson, the book's illustrator, grew up in Reston and is a graduate of South Lakes High School. She returned as an adult to live in Reston with her husband, and her two sons were born in Reston. She now lives in neighboring Herndon, Virginia.

The author has partnered with the Reston Historic Trust to bring the book to market. The book is available for sale locally at the Reston Museum and for all copies purchased at the Museum, one hundred percent of the profits will go directly to Reston Historic Trust.

The book is also available for purchase online from Mascot Books, wwww.mascotbooks.com, and will be available at other local retailers and online at Amazon.com, Barnes & Noble, and Books-A-Million.

Reston A to Z is published by Mascot Books in Herndon, Virginia. The book is hardcover with 36 full-color pages, and retails for \$15.95. More information is available at www.restonatoz.com. \*



#### DULLES UNVEILS NEW CHILDREN'S PLAY AREA Aviation-Themed 'FunWay' to Entertain Children Ages 12 and Under



Washington Dulles International Airport, in partnership with NASA, is making travel even more enjoyable for its youngest customers. Children traveling through Dulles International can take off on their very own "FunWay" adventure in a new children's play area, now open in Concourse B, near gate B70. The Kids' FunWay is engaging and interactive and offers climbing attractions inspired by aviation-themed structures. The centerpiece of the play area is "Tommy Tower," which is modeled after Dulles International's historic air traffic control tower. A kid-sized statue of Orville the Squirrel, named after Orville Wright of the Wright Brothers, welcomes children as they enter. Additional play area elements include two futuristic jets, climbing luggage and tires. The Kids' FunWay offers a safe play area for children, and also includes seating for parents, shoe cubbies and USB/plugin charging stations just outside the area. The interior walls are decorated with kidfriendly educational facts about airplanes and aviation. Additionally, youngsters will find delight from the interactive "Play Me" video game console, loaded with over 100 games in six languages. It is open to children no more than 42 inches in height and younger than 12 years old. Adult supervision is required at all times.

The Kids' FunWay, including the Orville character and two aircraft elements, is on loan from the aeronautics research public engagement group at NASA. It was officially dedicated on Friday, August 19, with the assistance of special guests from NASA, including a real-life Orville mascot, and students from the Winwood Children's Center in Gainesville, Virginia. �



# All photo credit: Dulles International / J. David Buerk

#### **BRIGHT HORIZONS: WHERE ACADEMIC EXCELLENCE BEGINS**



Bright Horizons at Commerce Metro Center is a new early education and preschool center. Our comprehensive curriculum, enriched with fitness, art, music, and STEM (science, technology, engineering, and math) programs, prepares children for success in school and beyond.

- Nurturing children 6 weeks to 5 years old with infant, toddler, preschool, and kindergarten prep programs
- Exceptional READY for SCHOOL program
- New state-of-the-art facility with a Movement Matters Zone and STEM Lab

#### Contact Us to Learn About Enrollment Bright Horizons at Commerce Metro Center



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





#### YMCA RESTON HOLDS ITS 17th Annual Gala



#### "When community works together, dreams for those in need come true."

YMCA Fairfax County Reston is hosting their 17th Annual Y Gala on Nov. 12, 2016, with the theme "Make Dreams Come True." Through events such as the gala, the YMCA is furthering its goal to make the Y accessible and available to the entire community by raising much-needed funding.

Through opportunities in wellness, aquatics, youth sports, summer camps, child care and more, the Y engages more 250,000 individuals and families.

The gala is also a way of honoring a local high school senior who exemplifies the YMCA's core values—caring, honesty, respect, and responsibility. The awardee of the Triangle Award will receive a \$1,000 scholarship, which will be presented at the gala.

Guests attending the black-tie affair will enjoy an elegant evening of music and dancing, food and drink, and a silent auction.

Thanks to the help of donors last year, the YMCA of Fairfax County Reston was able to provide over \$500,000 in financial assistance to 12,400 economicallydisadvantaged families. These scholarships provided opportunities for families and individuals to use the facilities, send a child to camp, or have a preschooler enrolled in one of the branch's school programs. Proceeds from the gala will ensure these basic needs are not just a dream for local families, but become a reality through the Y's Caring for Community Campaign.

YMCA Fairfax County Reston counts on the support of other organizations and agencies, such as Northrop Grumman, Transaction Network Services, Griffin-Owens Insurance Specialists, and Flynn Realty Associates.

The Gala will be held at the YMCA's facility, located at 12196 Sunset Hills Rd, Reston, VA 20190. For more information, please visit: www.ymcadc.org. \*

Photos provided by YMCA Fairfax County Reston

VIVARESTON.COM

#### 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



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

4439 Old Tavern Road | The Plains, VA 20198







Reston Town Center presents the 26th annual Reston Holiday Parade on Friday, November 25, stepping off at 11:00 a.m. The oneof-a-kind, one-hour parade along Market Street launches the festive season as a highlight of a day of community cheer and charity filled with fun for the whole family.

The Reston Holiday Parade welcomes the holidays with Macy's-style balloons, marching bands, dancers, antique cars, characters, community groups, dignitaries, Washington Nationals Racing presidents, and much more, as well as the arrival of Santa and Mrs. Claus in a horsedrawn carriage.

Before the 11:00 a.m. parade begins, thousands of jingle bells will be handed out to the crowd lining the route. The Reston Holiday Parade attracts approximately 10,000 spectators from near and far to see at least sixty groups, amounting to more than 500 participants in the procession announced by special guest emcees at two VIP grandstand locations on Market Street.

After the parade, Santa and Mrs. Claus will stay for visits and photos until 4:30 p.m. and a mini-train will be offering rides on Market Street. The Clauses will return at 6:00 p.m. for the tree lighting in Fountain Square which is followed by a half-hour sing along of traditional Christmas songs.

Horse-drawn carriage rides begin at 6:30 p.m. Public ice skating continues until 11:00 p.m. at the acclaimed Ice Skating Pavilion, open every day from November until March.

Reston Community Center provides major support for the Reston Holiday Parade as a community partner. Additional support is provided with balloon sponsorship from Reston Town Center Association.

Hundreds of volunteers assist in making this community event a success. Tasks include balloon-wranglers, line marshals, character assistance, and more. For information about online volunteer registration, and other parade inquiries, email rtc@myerspr.com.

#### HOLIDAYS ARE HERE! Schedule

#### Schedule — Friday, November 25

On the day after Thanksgiving, the holiday season begins at Reston Town Center, 11900 Market St, Reston, VA with a day of cheer and charity from 8:00 a.m. through 11:00 p.m., including:

#### 8:00 am

#### GINGERBREAD MAN MILE

Fun-run and races for kids to benefit charity. Registration and information: HYPERLINK "http://www.prraces.com" www.prraces.com

#### RESTON TOWN CENTER ICE SKATING PAVILION

Opens early on Friday, November 25, through 11:00 p.m.; open every day from November until March.

#### 11:00 am

#### 26TH ANNUAL Reston Holiday Parade

A festive, 1-hour procession of Macy'sstyle balloons, musicians, characters, community groups, VIPs, and more on Market Street.

#### 12:30 - 4:30 p.m.

#### SANTA CLAUS IS COMIN' TO TOWN!

The merriment begins as Santa and Mrs. Claus head to the information center for afternoon visits and photo ops. Donate to South Lakes High School Choir, and take home your own souvenir portrait with Santa.

#### 5:00 pm

#### FROSTY FOLLIES PERFORMANCE

A spirited holiday performance of music and dance in front of the holiday tree in Fountain Square, performed by Metropolitan School of the Arts.

#### 6:00 pm

TREE LIGHTING AND SING ALONG—ARRIVE EARLY Crowd together in a moment where everyone closes their eyes and says 1...2...3...WISHI to help Santa magically light up the tree and Reston Town Center for the first time of the holiday season. With the lights twinkling, Santa & Mrs. Claus begin the merriment and song, led by the Reston Chorale and a brass quintet and the hum of the holidays within the crowd continues. Song books are provided at the holiday tree in Fountain Square prior to the tree lighting.

#### 6:30 – 10:00 pm

#### Horse-drawn Carriage Rides

All proceeds benefit the local charity, Volunteer Fairfax. \$5 per person; children 5 and under ride free with adult. Departure point is 11900 Market Street, in front of Talbots.



#### MINIATURE TRAIN RIDES

Enjoy a train ride with the little ones through Reston Town Center. Pickup is in front of Talbots on Market Street, first come, first served. Donation requested per person – all proceeds benefit local charities. Friday, November 25, 12:30 - 4:30 pm, following the parade. Available every Sunday from Thanksgiving until Christmas 12 – 4 pm. November 27 through December 18.

HORSE- DRAWN CARRIAGE RIDES Enjoy a ride with friends, family, or community members through the lights of Reston Town in Center in a horse-drawn carriage. Pickup c is in front of Talbots on Market Street, first come, first served. \$5 donation per person – all proceeds benefit local charities (children 5 and under ride free).

HOLIDAY CHEER

Festivities continue through the season

#### TOYS FOR TOTS!

Toy Drive: Give back to a child in need this holiday season by donating through Reston Town Center's charity toy drive. Benefitting Toys for Tots, this program has collected thousands of toys in Reston and is held in partnership with the U.S. Marine Corps Reserve. Toys will be collected in building lobbies.

**Collection Event:** In addition to the toy drive, Reston Town Center will also host a collection event in December. U.S. Marines will gather in the Pavilion to accept unwrapped toys and cash donations.

#### A HOP, SKATE, & A JUMP!

From early November until March, the Pavilion floor is transformed into a gleaming ice skating rink. Ice skates and other supplies are available inside the information center at the skate shop, directly beside the Pavilion.

Main Address: 11900 Market Street, Reston, VA 20190 T: 703-579-6720 (property management office)

**Directions:** From I-495 or I-66, take Dulles Toll Road/Route 267 exit west to Reston Parkway (Exit 12). Turn right (north) on Reston Parkway then left on New Dominion Parkway (4th light) to access six parking garages. Parking is free. ◆

## 2016 OPPONIOUUUU EVENT GUIDE

There are plenty of activities and outings this year to get you in the holiday spirit! Be sure to check this event guide each week to find the craft shows, concerts or 5k events that put the "ho-ho-ho" in the holidays.

#### *Movember* 11 Veterans Day Wreath Laying Ceremony

Memorial Amphitheater, Arlington National Cemetery, 10:30am, Free About 5,000 visitors attend each of the two major annual remembrance ceremonies in the Memorial Amphitheater. They take place on Memorial Day and Veterans Day and are sponsored by the U.S. Army Military District of Washington. Many military organizations also conduct annual memorial services in the amphitheater. In addition, organizations also host memorial observances and events at Arlington. All ceremonies and special events are free and open to the public. Call (877) 907-8585 for details.

#### *Movember 12* Concert to Honor Veterans

St. Francis Episcopal Church, 9220 Georgetown Pike, 4pm, Donations accepted A concert to honor veterans featuring music for choir and brass will be

presented at St. Francis Episcopal

Church. Ensembles performing under the direction of Larry Vote will include the St. Francis Choir, The St. Mary's College of Maryland Chamber Singers, the vocal ensemble PING and a brass choir which includes students, faculty and current or retired military bandsmen. The program will feature John Williams' Hymn to the Fallen, and John Rutter's Gloria among other pieces. The concert is free and open to the public. A freewill offering will be taken to support veterans afflicted with Post Traumatic Stress Syndrome.

#### *Movember 11-13* Northern Virginia Christmas Market

Dulles Expo Center, South Hall, 4368 Chantilly Shopping Center, Chantilly, VA 20153 Friday & Saturday 10am -6pm, Sunday 10am-5pm, \$8 for adults (children under 12 free) Receive \$1 off admission by bringing a canned food donation for the Capital Area Food Bank More than 300 juried artisans from across the country offer fine art, functional & decorative pottery, handcrafted jewelry, glass, photography, woven baskets, furniture, decorative arts, collectible dolls, wearable art, and much more. Specialty food vendors offer gift-packaged gourmet fare such as steamed puddings, almond pound cakes, party dips, sparkling cider, and fruit cakes. Events Management Group, Inc. works with the Capital Area Food Bank helping needy families during the holiday season by collecting donations of canned goods. Receive \$1.00 off admission by bringing a canned food donation for the Capital Area Food Bank. Call (757) 417-7771 for details.

#### Movember 16-19 Oakton Church

OF THE BRETHREN CHRISTMAS CRAFT SHOW Oakton Church, 10025 Courthouse Rd,

Vienna, Thurs-Fri 10am-7pm, Sat 10am-4pm, FREE

Come browse and find unique presents and stocking stuffers, cards and gift bags, seasonal decor, kitchen accessories, baby and children's items, scarves, hats, and other attire; jewelry, pillows and linens, ceramics, fresh baked pies and cakes, and much more at this three-day event featuring a wide variety of handmade items and craft supplies for purchase, plus a soup and sandwich lunch and bake sale. The church is located where Courthouse Rd. intersects Rt. 123 near Oakton. For more information, see www.oaktonbrethren. org, or call 703-281-4411. The event is a fundraiser for church projects.

#### *Movember 13– January 3* Meadowlark's Winter Walk of Lights

Meadowlark Botanical Gardens 9750 Meadowlark Gardens Court, Vienna, VA, 5:30pm-10pm, timed tickets required \$14 adults, \$8 children ages 3-12, Children under 2 are freeVisit Meadowlark's Winter Walk of Lights from November 20 – January 3rd to experience over 500,000 LED lights and displays that bring Meadowlark Botanical Gardens to life! Imagine the beauty of Meadowlark's renowned gardens transformed into a winter wonderland, including a flowing stream of softly glowing lights. Marvel at the two-story animated fountain, stroll past the Gingerbread Village, and explore the beauty of nature like you've never seen it. This event is sure to be the highlight of your holiday season! Call (703) 255-3631 for details.

#### *Movember 18* Tree Lighting Ceremony

Tysons Corner Center, Tysons On The Plaza featuring Kris Allen (American Idol) kicking off Winterfest. Approximate time will be 6:30pm/7pm but check tysonscornercenter.com/ events for more information and details.

#### *Movember 19-20* Fairfax Holiday Craft Show

Fairfax High School, 3500 Old Lee Highway, Fairfax, Saturday 10am-5pm and Sunday 10am-3pm, \$5, \$8 for 2-day pass, children under 18 are free Enjoy handmade crafts including baskets, dolls, floral items, jewelry, paintings, photographs, pottery, clay, wood items and more from artisans from all over the United States, including many local artists.

#### November 22 Viennia Turkey Tro

VIENNA TURKEY TROT Vienna Volunteer Fire Department 400 Center Street South, Vienna, VA 7am Registration, 8am Kids Fun Run, 8:30am 5K/10K

The James Madison High School Band will be hosting the 13th annual Vienna Turkey Trot 5K/10K and Fun Run Proceeds will benefit the JMHS "Pride of Vienna" Band and the Vienna Volunteer Fire Department. Join us for a great run, super music, fun prizes, refreshments after the race and the Finish Line Festival! Visit www.viennaturkeytrot.org for more information.

#### *Movember 24* Arlington Turkey Trot

Christ Church of Arlington, 3020 N. Pershing Drive, Arlington, VA 22201, 8am Adult \$40, child (6-17) \$25, child (under 6) FREE, All Runners Registered by November 1st, will be guaranteed an Arlington Turkey Trot cotton Tee. The 11th annual Arlington Turkey Trot takes place on Thanksgiving Day 2016 and was founded by the Christ Church of Arlington. With 5,000 registrants in 2015, net proceeds generated \$100,000 to help Arlington residents who need a "hand up."

November 25-27 THANKSGIVING ART AND CRAFT SHOW (FORMERLY VIENNA ART AND CRAFT SHOW) Spring Hill RECenter 1239 Spring Hill Road, McLean, Virginia 22012 Fri 10am-5pm, Sat 10am-5pm, Sun 11am-4pm \$5, Return Free, Parking Free This terrific show-- running for more than 30 years-- is moving to the newly renovated Spring Hill RECenter in McLean, VA! The show features some 80 juried artisans offering original, handmade arts and crafts, including decorative painting, fused, etched, painted and stained glass, ceramics and pottery, hand-painted silk, woodworking

#### 2016 Holiday Event GUIDE

handweaving, photography, paintings and drawings, clothing and functional textiles, jewelry and much more. All of the artists and artisans will be on hand to answer questions and talk about their work.

#### *Movember 25-26* Horton Vineyards Thanksgiving Open House

6399 Spotswood Trail, Gordonsville, VA 22942 10am-5pm \$10/person includes glass, tastings and cellar tours

Join Horton Vineyards for hot soup and and Horton Norton Chili. Browse for gifts for the wine lover. Take a stroll through the vineyard and walk off some of that Thanksgiving feast. Stock up on wine for the loliday season with special discounts on their award winning wines. Call 540-832-7440 for more information.

#### *Movember 26* Sons of Serendip: Christmas: Beyond the Lights

George Mason University Center for the Arts Concert Hall, 8pm, \$33-55 Begin celebrating the holiday season with the inspiring sounds of this original new ensemble. Gorgeous vocals accompanied by harp, cello, and piano sing in the season as the Sons of Serendip perform their lovely interpretations of popular holiday favorites. Through serendipity, these four friends from graduate school found themselves on America's Got Talent for the 2014 competition where they wowed audiences and judges alike. They quickly earned recognition for their signature sound with unique interpretations of popular works, and their stunning vocals and brilliant instrumentation. This concert includes songs from their album Christmas: Beyond the Lights, featuring the most

beloved Christmas songs and carols performed with their singular style that invokes peace and serenity. In their first performance at the Center, the Sons of Serendip are sure to be an inspirational start to your holiday season.

#### *Movember 28* Church Street Holiday Stroll

Historic Freeman Store and Museum 131 Church Street Northeast, Vienna 6pm-9pm Free

Santa will arrive and greet children at the historic Freeman Store and Museum and then help the mayor light the holiday tree at 6:20 pm. All merchants along Church Street will remain open for holiday shoppers. Enjoy fun family friendly activities including a petting zoo, free hot chocolate and roasting marshmallows at supervised bonfires. Holiday entertainment will be provided throughout the evening.

## Love Handles? Handled.

LIMITED TIME INTRODUCTORY PRICING **\$200 OFF** SculpSure per area or per treatment







19500 Sandridge Way Suite 350, Leesburg, VA 20176



#### 2016 Moliday Event Guide

#### December 2-4 MCLEAN HOLIDAY CRAFTS SHOW

McLean Community Center, 1234 Ingleside Ave, McLean Friday, 11am-7pm, Saturday, 10am-6pm, Sunday, 11am-4pm | \$5 for adults and free for children under the age of 12 Enjoy a wide variety of arts & crafts and holiday music by local school groups.

#### December 3

WOLF TRAP HOLIDAY SING-A-LONG Wolftrap Filene Center, 4pm, FREE Kick off the holiday season with family and friends at Wolf Trap's 2016 Holiday Sing-A-Long! This annual musical celebration hosts a performance by the United States Marine Band and a Sing-A-Long of Christmas carols and Hanukkah songs with choir and vocal groups from the metropolitan Washington area. Wolf Trap will be participating in Toys for Tots by collecting new, unwrapped toys at the entrance to the Filene Center before the Sing-A-Long. Donations are strictly voluntary and not a requirement. Admission is free, and no tickets are required. Parking is free, but limited, so please plan on arriving early. Bring a candle and join the tradition of exiting the Filene Center with a candlelight processional during the last verse of "Silent Night." There will also be a "Jing-A-Long" during the singing of "Jingle Bells," so remember to bring a candle, a bell, and a new, unwrapped toy! Go to www. wolftrap.org for more information.

**December 3-4** City of Falls Church Holiday Gift and Craft Show Falls Church Community Center, 223 Little Falls St. Sat 9am-4pm, Sun 11am-4pm \$1 All-Weekend Shopping Pass. Children under 12 receive free admission. Deck the halls during the holiday season with special gifts from the annual Holiday Gift and Craft Show. More than 50 crafters and merchants show their wares selling unique handmade items, baked goods, and more.

#### December 4

CELEBRATION OF LIGHTS Great Falls Village Centre Hill, 4:30 pm to 6:30 pm

Celebrate the beginning of the season with our 26th annual Christmas Tree Lighting. Drink hot cider or cocoa next to the fire as you listen to our local children as choral groups sing seasonal music. The petting zoo and pony rides will keep your kids busy until Mr. and Mrs. Claus arrive by antique fire truck. Event held rain or shine.

#### Students soar here.



College-Prep School for Grades 6-12 with Air Force JROTC for Grades 9-12

Co-ed | Located in Front Royal, VA Day & Boarding Programs for All Grade Levels 5-Day Boarding Available for Grades 6-8

Honors, AP & College Courses | Flight Program 100% College Acceptance Rate | Chorus Drama | Speech & Debate | Band | Art 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

540-636-5484

#### 2016 Holiday Event GUIDE

#### December 4 HERNDON HOLIDAY ARTS AND CRAFTS SHOW Herndon Community Center

814 Ferndale Avenue, Herndon, VA 10am-4pm, Free

Over 80 artisans and craftspeople will exhibit and sell their work at this annual arts and crafts show sponsored by the Town of Herndon Department of Parks and Recreation. A variety of handcrafted items and fine art will be on sale including wreaths, quilts, jewelry, Christmas ornaments, decorations, original artwork, photography, stained glass, and more. Free admission and parking. Additional parking at the Herndon Centennial Golf Course.

#### *December 3* Annual Tree Lighting AND Sing-Along

Herndon Town Hall Square, 5-6pm Get into the holiday spirit with the Towne Square Singers as they usher in the season with holiday music both old and new! The Herndon Towne Square Singers, sponsored by the Town of Herndon Parks and Recreation Department, numbers 25 strong for the upcoming concert. Many members hail from the Town of Herndon and others come from surrounding communities in Fairfax and Loudoun counties. Call 571-323-5304.

#### *December 9* Fairfax Symphony Orchestra: The Nutcracker

Christopher Zimmerman, conductor Tchaikovsky: The Nutcracker Featuring the Fairfax Ballet Margaret Virkus, Artistic Director George Mason University Center for the Arts Concert Hall, 8pm, \$39-65



consignments

upscale clothes, baby gear, hand-crafted gifts and new toys since 1981

#### visit our store at lake anne

tuesday - saturday 10:00 am - 5:00 pm



#### great selection of winter & holiday clothes, Melissa & Doug toys, and handmade gifts!



Experience this timeless holiday classic with the FSO and the Fairfax Ballet – a holiday tradition your family will always cherish. Enjoy a winter wonderland of dancing snowflakes, sugar plum fairies and epic battles between heroic toy soldiers and mischievous mice. It's the perfect holiday treat for the entire family!

#### December 10 American Festival

AMERICAN FESTIVAL POPS ORCHESTRA: HOLIDAY POPS: SONGS OF THE SEASON George Mason University Center for the Arts Concert Hall, 8pm, \$33-55 Just hear those sleigh bells jingling ring-ting-tingling, too. It's time for the holidays at the Center as the American Festival Pops Orchestra comes home for Christmas with their annual decking

of the concert hall. The orchestra's glorious music fills the air, spreading holiday cheer to audiences of all ages. Join us for this popular family tradition, complete with holiday favorites and a lively carol sing-along-- always a concert highlight. Conducted by founder and Artistic Director Anthony Maiello, this pops orchestra brings together the most talented musicians from the metro area to perform the best of the season, including Leroy Anderson's "Sleigh Ride," "Christmas Festival," and other treasured classics. It's our way of wishing you and yours a happy holiday.

#### December 11

MASON SYMPHONY ORCHESTRA HOLIDAY CONCERT Featuring the University

#### Singers and Chorale George Mason University Center for

the Arts Concert Hall, 7pm, \$5-20 Rapsodia Sinfonica, featuring Dr. Linda Apple Monson (piano) – by Joaquin Turina The Three Cornered Hat, Suite No. 1 – by Manuel de Falla

....plus other Spanish-influenced and holiday pieces! Followed by a reception in the lobby.

#### 2016 *Holiday* Event Guide

#### **December 17** CHRISTMAS, CANDLES, AND A CHORUS

The City of Fairfax Band The Fairfax Choral Society Conductor: Robert Pouliot Guest Host: John Lyon Guest: Santa Claus Sponsor: Gingrich Foundation Fairfax High School, 3501 Rebel Run, 7:00pm

Tickets are free, but reserve yours early for this annual capacity-crowd event The Fairfax Choral Society once again joins the CFB for this local celebration of the Christmas season, presented as our annual gift to the community. Featured on this program is the world premiere of Randol Alan Bass's setting of "Hodie Christus Natus Est", commissioned by the City of Fairfax Band Association for this performance with the Fairfax Choral Society. The program also features music from Giancarlo Menotti's "Amahl and the Night Visitors", and selections from "The Nutcracker", along with some familiar holiday classics. Visit from Santa!

#### December 17 A Canadian Brass Christmas

George Mason University Center for the Arts Concert Hall, 8pm, \$36-60 The world's best-known brass ensemble returns to the Center with their lively Christmas concert to ring in the season with holiday classics and brass standards. Canadian Brass is renowned for their unique combination of virtuosic playing and heartwarming humor, and their Christmas concert is a particular favorite of audiences worldwide. Their engaging stage presence, rapport with audiences, and incongruous white running shoes have helped make this iconic quintet a household name; but it is their music -- performed with utmost dedication, skill and excellence-- that rightly earns the most superlative accolades. They were the first chamber ensemble to solo on the main stage at Carnegie Hall,

and today they have gained worldwide recognition through their extensive touring, regular television appearances, and a discography that includes more than 130 albums. This is a Christmas treat that you and your family will remember for years to come.

#### *December 18* Vienna Boys Choir: Christmas in Vienna

George Mason University Center for the Arts Concert Hall, 4pm, \$33-55 Celebrate the holidays with these extraordinarily talented young Austrian choristers in concert as they perform sacred hymns, holiday pop favorites, and Christmas carols. These gifted boys are known the world over for their glorious harmonies, pristine tone, and extensive repertoire. Without question, the Vienna Boys Choir has stood the test of time, performing continually since 1498 for the Sunday Mass in Vienna's Imperial Chapel. The choir has been associated with the world's greatest composers from Mozart to Bruckner, and Franz Schubert was even a chorister. They have been recorded extensively, and regularly tour throughout Europe, the Americas, and beyond. "The angelic voices of this most famous vocal group are ageless" (*Salt Lake Tribune*). Bring the whole family for an enchanting afternoon right at the height of the Christmas season.

#### December 18

WORDS & MUSIC DECEMBER CONCERT St. Francis Episcopal Church, 9220 Georgetown Pike, Great Falls, 5pm, \$15-25

"Star of the Morning" Words & Music's annual candlelight program celebrating Advent, the Solstice, Christmas, and the coming of the New Year features music





#### Live Healthier. Be Happier.



#### GENERAL PHARMACY

- A wide selection of both brand-name & generic medications
- Over-the-counter cost-effective alternatives
- Medication therapy management
- Preservative- & dye-free formulations
- Veterinary medications

 One-on-one consultations with our knowledgeable staff Local delivery

#### SPECIALTY COMPOUNDING

- Customized medicine prepared for your specific needs fewer side effects, less overall medication!
- Unique flavor combinations make swallowing medicine less of a chore
- Pain management for all life stages from early childhood through hospice care
- Individualized formulations for men & women's health, which include hormone replacement therapy & cosmeceutical care
- Compounding available for the complete spectrum of dental health, whether you're treating gum disease or whitening your smile
- Specialized medication for your pets
- Specialized nutrition supplements for athletes

www.goldenhealthpharmacy.com 46950 Community Plaza, Suite 112 | Sterling, VA 20164 p 703-430-8883 | f 703-430-8882

## **Reston Montessori School**



Infant, Toddler, Primary and Elementary Programs

School Day-Extended Day

703-481-2922

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



Award-winnina French program STEM Music, Art 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

#### 2016 Holiday **EVENT GUIDE**

and readings reflective of the season. This quiet hour is an opportunity to pause, reflect, and enjoy a moment of peace during this holiday season. For information and tickets visit www.words-music.org or email info@words-music.org.

#### December 19-20 MOSCOW BALLET'S Great Russian NUTCRACKER

George Mason University Center for the Arts Concert Hall, 7pm, \$28-175 The biggest Christmas experience of the year! The original, direct from Russia, Moscow Ballet's Great Russian Nutcracker! "Knock Out!" raves the The New York Times. Enchant the whole family with larger than life magical props, a 60 foot growing Christmas tree and spectacular Russian-made costumes and sets. A must-see event, witness the world's best dancers on stage in Fairfax!

#### December 22-23

JAMMIN JAVA PRESENTS **TODD WRIGHT'S 14TH ANNUAL SANTA** CLAUSTER-F@%! **CHRISTMAS SPECTACULAR** Jammin Java Thursday 7:30pm (seated), Friday 8pm (standing) \$15 Tis the third and the second nights before Christmas When Santa Claus gathers some sixty musicians To play holiday songs without ever rehearsing Making music and magic with minimal cursing And before all this holiday dust starts to settle There'll be polka, folk, rock and the heaviest metal So get tickets now or you'll be out of luck And you won't get to say that you got "Clauster...."

#### December 30-31 MELODIME ANNUAL NEW YEAR'S EVE PARTY! Welshly Arms + The Gallery (Night ONE) FIREKID + STEVE EVERETT (NIGHT TWO)

#### Jammin Java 8pm \$35-45

Melodime's Americana-flavored songs merge a slight country twang with rock and roll, successfully blending stunning piano melodies with catchy guitar riffs and sing-along choruses. Melodime's latest single, "Little Thing Called Love," has received a great response from both fans and critics alike. *The Boot* describe the track as "catchy, lyrically strong- and perfect to listen to with the windows down during the summertime months," while *Tune Collective* describes the track as a "fun song bursting with vibrant uplifting energy." �

#### Exploring Lifestyle and Living Options in Reston?

Call me for a no obligation conversation on today's values in real estate in America's next great city.

#### 703-966-4609

RIA DOUGHERTY Real Estate Consultant 6820 Elm Street McLean, VA 2210]

www.RiaRealtyGroup.com

#### RESTON TOWN CENTER HOLIDAYS ARE HERE!

#### **FRIDAY, NOVEMBER 25**

#### 8 AM

Gingerbread Man Mile for Kids Shops, restaurants, and ice skating open early

#### 11 AM

26th Annual RESTON HOLIDAY PARADE

#### 12:30 - 4:30 PM

- Visits and Photos with Santa & Mrs. Claus Mini-Train Rides
- 5 PM Conservatory Ballet Performance

#### 6 PM

Tree Lighting and Sing Along

6:30 – 10:00 PM Horse-Drawn Carriage Rides

#### WEEKENDS

SUNDAYS Nove 12 - 4 PM Mini-

November 27, December 4, 11, 18 Mini-Train Rides

SATURDAYS December 3, 10, and 17 4 - 9 PM Horse-Drawn Carriage Rides

#### THROUGHOUT DECEMBER

Holiday Performances and Strolling Carolers

#### NOVEMBER UNTIL MARCH

Ice Skating Pavilion - Open Daily



#### 11900 MARKET STREET, RESTON, VA 20190 RESTONTOWNCENTER.COM 000

#### SHOP!

Ann Taylor ArtInsights Animation & Film Art Gallery at&t Wireless Cigar Town Eyewear Gallery Greater Reston Arts Center Jos. A. Banks Clothiers Living Threads Co. Mayflowers PNC Bank Potomac River Running PR Barbers Prime Cleaner Talbots White House Black Market The Wise Investor Group DINE! American Tap Room **Big Bowl** 

ON

## Make Planning a Party a Breeze RESTORN DEBLICALLY CALERING

## SAINT GERMAIN CATERING

St. Germain Catering loves to work for you during the holiday season. Whether your event calls for a formal sit-down dinner or a casual buffet, they promise that you can relax and enjoy your guests. Saint Germain Catering is distinguished from others in the catering business because of the homemade quality of the cuisine, the exceptional food presentation and the professional staff which makes up the Saint Germain Catering team. They are especially proud of their multi-ethnic chefs who offer their guests authentic international menus and extensive knowledge of many different cuisines including Latin, Italian, Mexican, Mediterranean, Caribbean, Asian, Southern and BBQ cooking. 703-506-9396

8455 K Tyco Road, Vienna, 22182 www.saintgermaincatering.com

000

#### HELGA'S CATERING

Helga's Caterers is the highly acclaimed caterer voted one of Washington's Top 5 Caterers by Channel-9 USA-TV that helps their customers create sensational celebrations that match their unique style and tastes. Whether you're thinking of a cozy gathering at home or a week-long celebration with hundreds of friends and family members, Helga's experienced party planners will help you make everything absolutely perfect. Their more than three decades of catering experience enables them to show you many ideas and options for creating unforgettable dinners and receptions.

> 703-556-0780 6710 Old Dominion Dr, McLean, VA 22101 www.helgascatering.com

#### BAZIN'S ON CHURCH

Celebrated Chef Patrick Bazin has been offering contemporary American fare featuring organic and seasonal ingredients in the historic section of Vienna, VA since 2006. Responding to the many requests for catering and private parties, Patrick and Julie opened "Bazin's Next Door" to handle the demand. Today choices for your holiday celebrations are greater than ever and the party planning is a snap. With a team of planners under the guidance of Julie Bazin, you and your guests are assured of a memorable event. Exceptional selections and impeccable service set the stage for a celebration that will keep the town talking for years. Call Julie Bazin to start the conversation and the planning. Testimonials suggest you'll love your party!

703-255-7212 Bazin's Next Door 111 Church St NW, Vienna, VA 22180 www.bazinsonchurch.com

LOPE

#### AMPHORA CATERING

Amphora Catering can bring international flair to your holiday party, through a world of boundary crossing flavors. They pride themselves on satisfying some of the most diverse palates around and are well known for their creative twists on traditional and world cuisines, as their Chefs constantly keep up with the latest culinary trends. Amphora has achieved national recognition and is passionately dedicated to every detail, from edible works of art to awe-inspiring design.

703.938.3800 EX 1 1141 Elden Street, Suite 224, Herndon, VA www.amphoracatering.com

## Tis the Season of Giving BURICK MUNDY

As we revel in the joy and wonder of the holiday season that is upon us, many of us often look outside our immediate world to consider the challenges that our neighbors throughout Northern Virginia may face. There are so many worthwhile groups doing super work to help the marginalized around us.

The needs are numerous and great and people already have favorite causes or projects to support, especially at their church, Toys for Tots, or the children's school efforts. However if you are looking to do more, here are some organizations that have a significant and far-reaching mission to accomplish in this area that can really use your help.

You will note that every organization listed has opportunities to donate AND to volunteer and more. It's not only funds that are needed but your time that can make a huge difference.



#### Donate food, donate funds, volunteer

Hunger exists in every single area in the region. The Capital Area Food Bank partners with 444 community organizations in Virginia, DC, and Maryland and helps over a half-million people each year get good and healthy food. That's 12% of our region's mothers, fathers, sisters, and brothers. More than 90,000 people in Northern Virginia are living in poverty and 30% are children.

CAFB provides incredible programs through those food assistance partners such as weekend bags of groceries for children, senior brown bags – monthly groceries for income-qualified seniors, nutrition education, mobile markets, summer lunches for children, kids after-school meals programs, farmers market-style distribution of produce and bread, and so much more. You can help by donating with a one-time contribution, becoming a sustaining donor, running a food drive, and donating through United Way or the Combined Federal Campaign (CFC). You can also volunteer as an individual or group at either the DC or Lorton warehouse to help sort and pack thousands of pounds of food distributed to partners and neighbors.



Friends of the Fairfax County Animal Shelter

#### Donate funds, donate supplies, Adopt a pet, Purchase animal-friendly license plates

Each year more than 5000 domestic animals arrive at the Fairfax County Animal Shelter and costs exceed what the shelter can afford. The Friends group, an all-volunteer organization, raises money to help these animals. Donors make possible emergency medical treatment, equipment and supplies, food, additional staff training, special adoption events, and much, much more.

The FFCAS mission is to provide additional resources and aid to the shelter, to promote adoption of homeless domestic animals, and to educate the community on the importance of spaying and neutering pets.

Opportunities to help include donating money on a one-time or recurring basis, including CFC. You can also attend special FFCAS fund-raising events. The shelter maintains a donation wish list at fairfaxcounty. gov/animalshelter/donations.htm. Many may choose to help by adopting an animal. Other support options include purchasing animal friendly license plates, shopping for FFCAS logo gear, and designating FFCAS as your AmazonSmile charity.



More than 181,000 (16%) of Fairfax County residents live in or just above poverty. More than 52,000 children (more than 25%) who attend Fairfax County Public Schools qualify to receive free or reducedprice meals.

The families served by Britepaths (formerly Our Daily Bread) are working several jobs to make ends meet, but an illness, car repair or other crisis, coupled with the high cost of living in our area, can quickly put them on the brink of hunger and homelessness. Through their programs such as Stabilize Families, Food Bridge, financial assistance, financial literacy, the Naomi Project, and much more, Britepaths helps families with critical short-term needs while guiding toward long-term self-sufficiency.

There are numerous ways you can help including monetary donations, by volunteering for events or food raisers or offering your talents as attorney, financial planner, or mentor. You can even organize a drive or host your own benefit event.



#### Donate blood, Donate funds or in-kind products and services, Volunteer, Host a blood drive

Inova Blood Donor Services supplies lifesaving blood and blood products to different hospitals in Northern Virginia and the Washington, DC, metro area. For a different but important way to give, consider being a blood donor. It's free and you will help save lives, whether donating whole blood or blood components through apheresis. Other giving opportunities include monetary donations and in-kind donations from businesses. Again there are opportunities to volunteer including donor registration, monitoring, and recruiting, and administrative support.

Inova Blood Donor Services (IBDS) collects approximately 60 to 70 percent of its blood from local blood drives. If you would like to sponsor a blood drive at your business, church, or community, you could make a big difference in helping IBDS reach its donation goals. Contact the center for more information.



#### Donate funds, Volunteer, Donate to Wish Lists, and Much More

When we think holidays, we think children. Beyond the toy drives like local giving trees, another organization serves children every day by providing a place for families to be together when a child is sick in the hospital – Ronald McDonald House. A non-profit organization that relies on the generosity of donors and volunteers, the Ronald McDonald House Charities of Washington, DC also operates a mobile clinic for underserved children in Washington, as well as the RMH Family Rooms at Inova Fairfax and Children's National Medical Center.

Your monetary donation supports all three programs and helps ease the suffering of very sick children. You can also raise money or collect items for the Wish List at your own events. And don't forget to drop your change in the RMHC donation boxes at the local McDonald's restaurants. Go to their website for more details.  $\clubsuit$ 

#### CAFB

www.

capitalareafoodbank.org 4900 Puerto Rico Avenue NE Washington, DC 20017 202.644.9800

6833 Hill Park Drive Lorton, VA 22079 571.482.4770

#### Britepaths

www.britepaths.org 4080 Chain Bridge Road Massey Annex Fairfax, VA 22030-4080 703.273.8829 FFCAS www.ffcas.org PO Box 2321 Centreville, VA 20122 571.212.9858 Inova Blood Donor Services

www.inova.org/getinvolved/blood-donorservices Locations in Annandale, Centreville, Sterling, Alexandria See website for addresses and hours 866-256-6372

#### RMHCDC

www.rmhcdc.org 3312 Gallows Road Falls Church, VA 22042 703.698.7080

ONTACT INFO



#### LOCAL EVENTS , FUNDRAISERS , CHARITIES , AND MORE ACROSS THE AREA

Clarewood is committed to have students from all backgrounds

#### BY ALEXANDRA ROSSI

#### CLAREWOOD UNIVERSITY OPENS ITS DOORS MBA classes start with great attendance

n October 1, Clarewood, the first university headquartered in Reston, kicked off classes with its first group of Master of Business Administration (MBA) students. Professionals with the goal of enriching their careers were welcomed by Mark Zhong, Clarewood's administrative dean, and light refreshments were served with their first course of "Advanced Managements Principles," taught by Professor Richard Linowes, PhD.

Professor Linowes holds a Bachelor of Arts from Princeton University, a Master of Science from the University of Michigan, and a Doctor of Business Administration from Harvard University. He is an educational innovator with many years of experience, who has pioneered new teaching methods that strive to help people learn by doing.

Clarewood University offers MBA degrees with four concentrations, including international business and finance, information system and e-commerce, management, and entrepreneurship.

More information can be found at www.ClarewoodVA.org. **\*** 





## Wake up refreshed!

#### "Urban Mattress in Leesburg is a fresh new take on the stale old mattress store."

Experience the support and quality of a mattress offering the perfect combination of beauty and comfort you'll find at Urban Mattress. Offering our area's most complete line up of quality organic mattresses, you'll enjoy the comfort and peace of mind knowing that you're sleeping on all-natural materials!

Locally owned and operated, we've grown our business by consistently doing the right things for customers creating a reputation other mattress companies can only dream of.

Visit an Urban Mattress Bedroom Showroom and experience sleep and comfort like never before!

urban mattress 545 E Market St Leesburg, VA 20176 571.529.5458 229 Maple Ave E Vienna, VA 22180 703.261.4585

www.urbanmattress.com

BY ALEXANDRA ROSSI

#### Left to right: Hussein Rassaul, Virginia Del. Ken Plum; Hunter Mills Sup. Cathy Hudgins; Davelle's founder and CEO David Eisele Sr.; Pres. Greater Reston Chamber of Commerce Mark Ingrao; Casey Veatch and David Eisele. Jr.

#### LUXURY MEN'S CLOTHING STORE DAVELLE CLOTHIERS Moves to New Location

On September 22, Davelle Clothiers held a ribbon-cutting ceremony at its brand new location—at 11921 Freedom Drive, Suite 100, in the Reston Town Center—to better serve its elite clientele. The move includes increased personalization within a sophisticated backdrop, white marble floors, and an upscale refreshment bar

Key personalities and local leaders attended the event, hosted by certified master designer and Davelle Clothier's founder and CEO David A Eisele, Sr., and included clients,



Hunter Mill District Supervisor Cathy Hudgins, Blogger and Stylist Grant Harris, of Image Granted, members of the Greater Reston Chamber of Commerce, Casey Veatch, of Veatch Commercial Real Estate, and Boston Properties Management staff.

Guests enjoyed beverages by Tarara Winery and food by PassionFish Reston. The event was highlighted by an exhibition of Acura and Lexus cars by Pohanka.

Eisele noted that the store's new location is a reflection of the clothier's brand, with an exciting, modernized, and expanded interior. The newly designed clothing store highlights what Eisele refers to as "blendology," defined as the marriage of custom-made and off-theshelf clothing that allows clients to mix and match high-end tailoring to create their own personal style.

"Our distinguished clientele are aware that appearances really do matter, and dressing for style plays a vital role in achieving actual success. *Forbes, LiveCareer.com*, and even *Scientific American* have all featured wellresearched articles dedicated to the subject matter of dressing well to do well in life," said Eisele.

Davelle Clothiers is a one-of-a-kind men's clothing store, where customers find the best selection in ties, shoes, accessories, formal wear, and dressy casual styles. The store features designer brands, including Ermenegildo Zegna, Hickey Freeman, Canali, Brandolini, Eton, Gala, Zanella, and more.

The store also features its own brand— David's Master Collection, designed by Eisele—to provide his clients with the best custom tailored suits, dress shirts, sport coats, slacks, and ties made with an exceptionally high quality of European fabrics and fine craftsmanship.

For more information, please visit www.davelleclothiers.com. �



#### TERRASET'S TIGERS WALK *Raised over \$725*

The 2nd Annual Tiger Walk for Type One was held on May 7 at the Terraset Elementary School of Reston to raise funds for the Juvenile Diabetes Research Foundation (JDRF), the leading global organization funding type 1 diabetes research.

More than 75 students, teachers and administrators raised more than \$725 for JDRF.

Several Terraset students have type 1 diabetes (T1D) including fourthgrader Jack Lotz. Jack and his family are involved with JDRF whose goal is to progressively remove the impact of T1D from people's lives until we achieve a world without T1D.  $\diamondsuit$ 





WE COULD BE THE BEST PART OF YOUR MORNING ROUTINE.

Wake up, enjoy a cup of coffee, and learn about the latest from Reston. From local news and history to the best dining in town, we have it. *Subscribe today!* 

vivareston.com/ subscribe

## Fall in love with your floors



#### The Original Since 1952

Whether you need carpet care, rug cleaning, repairs or entirely new flooring, Ayoub carpet Service has the knowledge and experience to handle all your your flooring needs!

Carpet Cleaning | Oriental Rug Care | Carpet & Rug Repairs Sales & Installation of Carpet, Rugs and Flooring

3856 Dulles South Court Chantilly, VA 20151

(703) 255-6000

312-A South Washington Street Falls Church, VA 22046

www.rugcare.com

BY ALEXANDRA ROSSI

Professional Artist: 1st Place

#### CHALKFEST AT THE Reston Town Center

was a display of local talent

On September 9 and 10, ChalkFest At Reston Town Center was presented by the Initiative for Public Art – Reston (IPAR) and Reston Town Center. The community joined to create chalk drawings on Market Street and there were prizes for professional artists, amateur artists, families and kids, in addition to the "Audience Choice Awards". These were the winners:

#### **PROFESSIONAL ARTISTS:**

First: Penny Hauffe Second: Brianna Camp Third: Francis Deppner

#### AMATEUR ARTISTS:

**First:** Vesna Cottrell **Second:** Bruce Wright **Third:** Sonya and Mona Hakala

#### Families & Kids

First: Imogen, Tarana, Andy, Annabelle Second: Charlotte Cottrell Third: Regina Adams

#### AUDIENCE CHOICE AWARD

**First:** Diana Contreras **Second:** Colin Muir **Third:** Elsa Miller











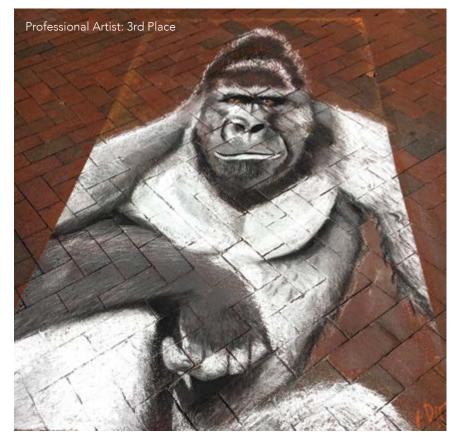
















#### OKTOBERFEST RESTON was a real taste of Bavaria!

On Saturday, October 8th, the Greater Reston Chamber of Commerce held its 9th Oktoberfest at the Reston Town Center. The day featured Oktoberfest-themed entertainment, including traditional Bavarian food, drink, music, and fun for the whole family. As a bonus, the Oktoberfest Reston Pumpkin 5K & Kids' Pumpkin Dash was held on Sunday, October 9.







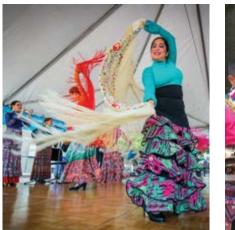
#### RESTON MULTICULTURAL FESTIVAL Celebrated Diversity

On September 24, Reston Community Center held its annual Multicultural Festival at Lake Anne Plaza to celebrate our community's rich medley of cultures. The festival featured music, dance, food and activities for the whole family, including Naturalization ceremony, International Book Fair, National Heritage Award Fellows, the Art Mirrors Culture exhibit, and arts & crafts.















## The Lake House Opens its Doors to Community

n September, the Reston Association opened the doors of its beautiful Lake House, sponsored by Comstock and located in Browns Chapel Park, to the community.

In the Spring of 2015 Reston Association members voted in a referendum to allow the association to purchase the property located at 11450 Baron Cameron Avenue, in Reston. After closing on the property on July 23, 2015, now the property has been renovated and is available to the enjoyment of the community.

Two open houses, organized by Let's Party, were held on September 17 and 18, and guests were able to enjoy hors d'oeuvres, light refreshments, door prizes, and a magnificent view of Lake Newport.

"This is the venue the community has always needed," said Cate Fulkerson, Reston Association's CEO.

Lake House is the perfect place to hold mid-size events, like small

weddings, baby showers, corporate events, and memorial services, and its rental price is in line with the Meadowlark Gardens venue in Vienna, Va.

At press time, the Lake House was already half booked for 2016 and was taking reservations for 2017.

For information about the venue or to make reservations, contact reservations@reston.org or call 703.435-6530. \*





ULTRASHAPE POWER FDA CLEARED FOR 32% FAT REDUCTION

## REVEAL A Slimmer You

Treatments now take as little as 30 minutes



WellMedica Aesthetic & Anti-Aging Medicine 703.787.9866 1801 Robert Fulton Dr. Suite 540, Reston, VA

www.WellMedica.com

## UltraShape POWER THE ONLY PROVIDER IN THE DC METROPOLITAN AREA

#### How does UltraShape work?

New sleeker, quicker, more efficient machine Just 3 treatments, 2 weeks apart

Using ultrasound energy, UltraShape is able to target fat cells, destroying them instantly, so patients can see visible results within two weeks. Because the ultrasound energy is pulsed and focused, UltraShape is able to target the fat cells mechanically, without heating them and without damaging surrounding tissue. The designated area is treated only once, ensuring a complete and uniform treatment. Once the fat cell membranes are disrupted, the content of the cells is transported through the vascular and lymphatic systems to the liver. The fat is then processed via the body's natural mechanisms.



WellMedica is a designated teaching center dedicated to the standardization and advancement of Aesthetic Medicine Come experience world-class care with Dr. Dima at WellMedica, an internationally recognized Aesthetic and Anti-Aging treatment and training center focused on promoting, advancing and standardizing the field of Aesthetic Medicine. Known for treating many of Washington DC's political elite, Dr. Dima's patients praise her for her compassion, professionalism and artistic ability in restoring youthful beauty with natural looking results. She is dedicated to providing the latest effective technologies available and combines artisty with medicine and a deep commitment to your satisfaction. She believes that restoring inner health is as important as physical rejuvenation and customizes each individual's care in order to achieve true harmony and balance.

BY KEITH LORIA HOUSE CHECK

There was a time in Griffin House's life when it looked like he would be earning paychecks on the links, but following a Troy Bolton-esque storyline (ask your kids about "High School Musical" if you don't get the reference), the gifted golf star happened into a starring role in his high school musical, and he discovered a natural talent for singing.

House proceeded to turn down a golf scholarship to Ohio University to follow his new dream of becoming a musician. He bought a guitar, taught himself to play and enrolled at Miami University to learn how to craft his music.

"I was just ready to try something new with my life," he says. "Sometimes in life maybe we have to be fed up before we're willing to make a change and I just got fed up. And music was the door that was waiting to open when the other one closed."

It wasn't long before House began writing and recording and issued his first independent release, "Upland," in 2003.

"It just made me feel really alive I suppose," he says. "Powerful and inspired and in touch with emotions and spirituality. It was a great release for my mind."

His music attracted attention from Nettwerk, a Vancouver-based management company and record label, and House partnered with the label's American branch to issue the critically acclaimed "Lost & Found" in 2004. Over the next decade, he would release a series of popular recordings on his imprint label, Evening Records.

The hardest part of his journey has been getting out of his own way.

"I'm a hard worker, but often times maybe a little too high of expectations and hard on myself. Today I feel really lucky to be right where I am," he says. "Being able to make a living doing something that I love and being my own boss is everything I could have wanted."

His latest album, "So On and So Forth," came out earlier this year and was dedicated to his grandfather, the man he says "taught me about storytelling."

"A lot of the album is about recognizing the ego in one's self and letting it die, or at least allowing it to start to become right sized," House says. "I've gone through a lot of personal life changes in the last five years or so and a lot of that is reflected in these songs."

On Nov. 6, House will be playing many of his new tunes at The Hamilton in D.C. He'll mix in tunes from his other albums as well, and looks forward to returning to the venue for the second time this year.

"For the person singing these songs, holding on to one's own individuality in order to remain special or important in the world has started to became far less important than being content with being a good, decent, and loving person," he says. "But old habits die hard."

Although it is still relatively early in his career, House already feels as if he has "made it" in what can be a tough music industry, and he aims to get better and go on to bigger things.

"I think even when people know they 'made it' they naturally want to do the next thing. People that have a Grammy or a hit song want another one," he says. "I would love to grow even more in making music and reach even more people, but most days I just feel really lucky to have been able to do as much as I already have."

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.

## **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.



FOR THE GIFTED Limited Openings Herndon, Virginia Transportation Available 703 552-2912 nysmith.com

# 神韻晚會 2017 SHEN YUN

## CELEBRATES A DECADE OF BRINGING A 5,000-YEAR DANCE TO WORLD AUDIENCES

Shen Yun, the show that has captured the world's admiration for its beautiful dance, inspiring music, and delightful choreography, is celebrating its tenth anniversary.

#### BY RYANNE WRIGHT

A group of classically trained Chinese artists—with a dream of reviving an almost lost culture and sharing it with the worldfounded Shen Yun Performing Arts in New York in 2006. Each year, four groups from the arts company travel simultaneously, performing a variety of musical and dance talents in more than 100 different cities in almost 20 countries. While Shen Yun cannot be seen in today's China, as the ancient culture is lost there, the nonprofit organization brings it to millions across the globe.

#### The Art of Dance

Shen Yun is known for its classical Chinese dance, defined by wondrous flips, spins, and elegance. Chinese dance is regarded as one of the most dramatic and demanding in the world and, according to ancient proverbs, can take up to 440 years of hard work [from other people] for a dancer to perform one show. The Shen Yun dancers today do not take this lightly; more than 1,280 pairs of dance shoes are used on tour, along with 1,552 handmade costumes requiring under 10-second costume changes.

Thousands of years of honing the stylistic dance from generation to generation has shaped this distinct art form into today's presentation. Much of Chinese dance is story-based, giving it the dramatic portrayal it is known for, and many of the dances seen in Chinese culture are actually inspired from generational tales.

Shen Yun dance also tends to focus on many different types of folk and ethnic dance that are specific to the groups within China and regions surrounding the country's borders. They range from ancient Tibetan movements to Dai Village choreography, to Mongolian-based dance. While these dances are traditional in the Shen Yun style, they are not indicative of one culture. In fact, more than 16 languages are spoken on the tour bus, and 10 of these languages are heard on stage during a performance.

# ARTS & THEATRI

#### The Magic of the Shen Yun Orchestra

Once the gong is struck to announce the beginning of the show, you instantly know you're in for a treat. The Shen Yun Orchestra magically combines distinctive Chinese music, rooted in spirit and beauty, with the power and magnificence of a Western symphony orchestra. Ancient Chinese instruments, such as the erhu and pipa, are spotlighted amongst the melody of typical Western strings, percussion, woodwinds, and brass. This distinct new sound makes for a memorable musical experience.

Hard work is as much a priority for the musicians as it is for the dancers in Shen Yun, and each violinist will play more than 1,253,000 notes in a single season.

Along with these unique melodies and instruments, vocal soloists inspire the crowd with their powerful songs. An integral part of the Shen Yun experience, the bel canto soloists help elevate each performance with selections of influential ballads. These artists give a voice to help the audience members shape and understand the Chinese culture that has been molded for centuries.

#### "EXPERIENCE THE DIVINE CULTURE"

Shen Yun Performing Arts will be coming to the Kennedy Center from January 17 to January 22, 2017, at a variety of times. A typical performance lasts two hours and 15 minutes, including an intermission. Ticket prices range from \$70 to \$250, depending on seat location. Shen Yun performances are created for a general audience, although is not recommended for those under the age of 5. Opera or ballet performance attire is recommended. For more information and to purchase tickets, please visit www. shenyunperformingarts.org/washington-dc.

## Shen Yun 2016 World Tour By Numbers

4: groups touring simultaneously **406:** performances 19: countries toured 118: cities toured 1,253,000: notes played by a single violinist over the course of the season 3,184: times the gong has been struck during performances 1,552: handmade costumes 1,710: times a costume change had to be executed in under 10 seconds 52: beards 1,280: pairs of dance shoes used 1,097: woodwind reeds used in a season 4: conductor batons used 472: number of times a principal dancer threw a prop on stage (purposefully) 1,920: number of times a monk was hit in the head by a Red Guard 13,098: stage lights hung 147.5: hours spent doing sound check 32,211: miles traveled on plane by one company 25,000: miles traveled on bus by one company 99: miles more than the Earth's circumference traveled by bus 24.7: miles traveled by piano during performances 10: languages spoken on stage 16: languages heard spoken on a Shen Yun bus 30: average times a performer checked into a hotel 104: restaurant buffets 137: number of birthdays on tour 1,936,000: total pounds lifted manually while loading and unloading the truck over the course of a season 6,120,000: kicks performed by dancers during their basic warm up routines 492: flips performed by one principal dancer in a season 360: 360° sideways somersaults, or butterfly twists, performed by another principal dancer 0: number of sick days taken by a principal dancer ∞: number of audience smiles.



A home is not a home because of its room dimensions or the color of the walls. It is about how you feel when you walk through the front door. And the way you can instantly envision your life unfolding there.

This is about more than real estate. It is about your life and your dreams.

Different by design

Christine Shelton utilizes the latest technologies, market research and business strategies to exceed your expectations. More importantly, she listens and that means she finds solutions that are tailored to you.

Whether you are buying or selling, a conversation with Christine is always a good idea.

Contact her today!

CHRISTINESHELTON@KW.COM 703-434-2424 WWW.NESTED-HOMES.COM





# ASK COACHAmy

#### DEAR COACH AMY,

The end of the year holidays is a very difficult time for me. I am a widow and I really miss my husband even though it has been several years. I'm a youthful mid 60's and have started dating, but it's not the same with out my husband. What can I do to stay positive during the holidays and to enjoy this time of year? My kids do not live nearby, and I don't want to be a burden to them by barging in on their holiday plans. I have good friends and I try to stay busy with my social and volunteer activities. What are your recommendations for us single gals during the holidays?

Blue in Burke



#### DEAR BLUE,

As a single the holiday time can be a lonely time of year. You can feel kind of blue although they may be surrounded by family and

friends. This holiday season can be a stark reminder that you are single among a couples world.

I remember what it was like being single, divorced and the only one in my family who was not in a coupled relationship. I felt like I was missing something. And if you desire to be in a relationship, it can be heartbreaking! Then, add those unwanted comments by family members and even coupled friends about your dating status this all can drive you crazy!

To keep your spirits up the positive psychology gurus recommend that we focus on what we have, instead of what we don't have. Gratitude is the key! Here are some strategies for you to maintain a mindset of gratitude during the holidays and for the year ahead!

- Be appreciative about what you do have: fulfilling or steady work whether you get a regular paycheck or have a thriving business. Many of my clients are accomplished people who are productive members of society. Not everyone is so fortunate. Or perhaps you volunteer for a worthy organization.
- Think of those people in your life who appreciate you and who are positively impacted by having you in their lives.
- Remember that there are people (or a pet) who may depend on you be it your children, grand children or even parents or a relative that you may be taking care of. These people need

you and love you. Think about how fortunate you are to have such family connections.

- Remind yourself of all the people in your life who have helped you achieve your goals and supported you in your journey. You can show them your gratitude by writing a simple thank you note in their holiday card. Expressing your appreciation is a very important relationship skill you can practice now. They will be thrilled to hear from you.
- Think about ways that you can have given to others and helped others along their journey in their life. How have you given to others with your time, and/or financial resources? How have you made a difference in their lives? You can be grateful that you can do this for others.

One of the ways to really steep yourself in gratitude is to keep a gratitude journal. I recommend that everyday you write down 3 things you are grateful for. Try it! You will find it's not that hard to do. I'd love to know how this goes for you.

By focusing on what you do have instead of the things you don't have in your life will help keep you in a positive frame of mind. Moreover, exuding a positive attitude is very attractive trait and will bring the right guy to your door, no matter your age.

Most of my clients have very full lives with caring family, friends and meaningful work or endeavors. It seems you do too! You can create new traditions with your friends that can include others, who are your same situation.

I am grateful to have clients, a community of marriage minded singles in DC and reader such as yourself.

I wish you a very happy Thanksgiving and holiday season.

Intentionally yours,

Coach Amy 🚸

PS. Feel free to join a group of marriage minded singles who connect through my Facebook group at www.Facebook.com/ DCMarriageMindedSingles and also meet each other at live events in the DC area, as well.

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.



Design Center + Furniture Gallery = Your Perfect Room

**(703) 771-9484** 201 Loudoun St. SE, Suite 100 Leesburg, VA 20175



## **FIND YOUR IDEAL HOME IN RESTON**

Reston is a prime example of new urbanism. The ultimate waterfront homes are breathtaking, and there are plenty of activities, and a buzzing nightlife, making Reston a prime location for families, couples, and anyone looking for a great experience.

Eve Thompson, your local Reston specialist, has lived and worked in Reston for more than 25 years. No matter what stage of life – first time home buyer, full house or empty nester – she has the experience to help you in the journey to your next home.

Whether your'e looking to buy or sell in Reston, a conversation with Eve is always a great idea.



**EVE THOMPSON** REALTOR® | Long and Foster Realtors 13135 Lee Jackson Memorial Hwy | Fairfax, VA 22033 Main Phone: 703-798-9000 | Mobile: 703-582-6475

Email: eve.thompson@longandfoster.com | www.AllRestonRealEstate.com







## Let's Smile Dental: WHERE THE LATEST **TECHNOLOGY MAKES LITTLE SMILES BEAUTIFUL**

hen you step in to the Let's Smile Dental office at Fairfax Corner, the first thing you notice is the friendly, warm, and happy environment. It's hard not to feel captivated by the creative decoration of the office. A time machine pops out from the wall, their "kid's cove" is filled with animals and videogames, and dragons poke their heads around corners. It all makes the experience of going to the dentist almost like an adventure for the little ones.

Let's Smile Dental is not only a beautiful dentist office with a happy, family-oriented staff, but it is a place where families find complete dental services-from pediatric dentistry to orthodontics and oral surgery-for both children and adults.

Dr. Ali Ghatri, DDS, owner of Let's Smile Dental, with locations in Reston, Fairfax, and Springfield, stated that they are a patient-oriented practice: "We make our number-one priority our patients. We have to make sure that they see honesty in us, they see integrity in us, [and] they see the hard work in the approach we take to get the best results for them. It's not about us-it's about the patients," he said.

#### ORTHODONTICS AND PEDIATRIC DENTISTRY

Originally from Iran, Dr. Ghatri went to dental school at Case Western Reserve University in Cleveland, and after graduation completed his orthodontic residency at the University of Connecticut.



When Dr. Ghatri, opened his practices in Virginia in 1995, he knew that orthodontics works hand-in-hand with pediatric dentistry, because many problems can be corrected at an early age to avoid complications later.

"For a long time, orthodontics was considered best suited for kids aged around 11 and 12 or older, but as I gained experience and faced different types of patients who had different types of problems, I realized that with early treatment—with patients who are seven, eight, and nine, I could intervene and do partial corrections that guided the development of their jaw so that at a later age, the corrections were easier. Early, interceptive treatment can prevent the need for more invasive treatments such as extractions of adult teeth or requiring jaw surgery."

Dr. Ji Lim, DMD, MS, orthodontist at Let's Smile Dental, added that the practice's approach is not a traditional patient-doctor relationship where the doctor talks and the patient listens. Instead, they focus on two-way communication, emphasizing patient education. "It's not just us saying, 'braces are fun,'' she said. "We want to educate our patients on what the braces are doing, and how it's going to improve and give them a beautiful smile," she said.

Doctors at Let's Smile Dental work with young patients to explain how braces will improve their teeth's function and how that will improve their overall health. They also educate parents about the treatment plan and the importance of having good teeth. "It's not just for looks and cosmetic improvement," Dr. Ghatri added. "It's about helping kids feel better, speak better."

#### HIGH-END TECHNOLOGY AND TOP-NOTCH EQUIPMENT

"I'm a forward-thinking person, and that's why I bring the newest technology to my practice," Dr. Ghatri said.

So when Invisalign first became available in the late 1990s, he was one of the first to sign up to receive it.

"I saw the value, and I was fascinated by the technology that it presented," he said. "Now, we hold a Super Elite Top 1% status in the country due to our years of experience and ability to complete complicated cases that are often rejected by other doctors."

Let's Smile Dental also has the latest techniques to make the experience of having braces shorter and more comfortable.

Dr. Ghatri and his team use the new Acceledent and Propel technologies, which both shorten orthodontic treatment time by up to 50%, lowering the risk of tooth decay or gum problems, and also increases patient comfort in terms of pain and discomfort associated with orthodontics.

"I've also been using mini screws, called "TAD' (Temporary Anchorage Device) to help move teeth that are not as compliant with movement," he said. "Being in the forefront of technology, you cannot ignore new advances; you have to get it, use it, and, if we see that it is effective, then we incorporate them into our practice."

Dr. Ghatri also uses laser devices to do painless soft tissue correction—such as exposing teeth hiding beneath the gum—which avoids painful procedures with a surgeon.

"Recently, I introduced a treatment called TruDenta, which applies cold laser and ultrasound technology to treat migraines, TMJ/TMD, and symptoms that lead to chronic head pain" he said.

TruDenta is a revolutionary technology that identifies issues in the oral cavity that can lead to painful symptoms in the head.

Another example of advance technologies that doctors at Let's Smile Dental use is the iTero Scanner, which takes digital impressions of the teeth instead of using a traditional sticky mold, making the procedure faster, more accurate, and more comfortable for the patient.

"We have treated more than 18,000 patients in the past 22 years, many of whom were Invisalign patients, and we treat everyone like our own family; they have a great experience, comfortable treatment, and the best results," said Dr. Ghatri.

#### HAPPY, FAMILY-ORIENTED ENVIRONMENT

Tina Woo, Let's Smile Dental's marketing director, said that the practice is not just about patient care and treatment, but about making the environment fun so that kids don't correlate going to the dentist with going to the doctor's, which can be a negative experience in their minds.



HEALTH



"We're always smiling, we're always laughing, and the point is to create the best environment so that the patient can feel it," said Woo. "We want our happiness to translate, and we want to create a positive and productive environment so it's exciting to come. We try to make it a point to help our patients feel motivated through positive reinforcement, so it's not the parent who is motivating the child, but the children who are motivating themselves to maintain really good oral health habits," she explained.

In order to motivate their young patients, the offices hold monthly contests, rewards programs, and a points system where children get points for every appointment, good dental care, and even for good grades at school. The patients are rewarded with gift cards, themed gift baskets and prizes for their monthly contest. Orthodontic patients can redeem the points they accrue throughout treatment for any gift card of choice by most of the major retailers.

"Kids love coming here," said Woo. "They actually get excited to come back for treatment of fillings or sealants, it's a different culture."

The same importance Dr. Ghatri places on having the best technology, he gives to hiring the best professional team. And selecting that team is not an easy task.

"Their personality has to match our personality," he said. "I like my offices to be happy, a family-oriented environment where everybody has a good time. We look for somebody who is more extroverted; happy and excited; charming; and who engages with our young patients and their parents. Obviously, education matters," he said. "I see which schools they have gone to; for example, Dr. Lim has gone to two of the best schools in the country. UPenn's dental school is top notch, as is University of Maryland for orthodontics. They also have to be open-minded to new technologies and new ways of thinking."

Dr. Ghatri works with three other doctors in his practices, including Dr. Ji Lim, orthodontist; Dr. Jessica Holmes and Dr. Patricia Wood in pediatric dentistry. He has also partnered with pediatric dentist Dr. Neda Kalantar in Reston.

Let's Smile Dental offers pediatric dentistry, orthodontics, and oral surgery, all under one roof with top doctors. "It's truly a multispecialty practice, from start to finish," concluded Dr. Lim.

To find more information about Let's Smile Dental, please visit www.letssmile.com.

Hello Reston!

The Johanna Baker Team of Compass — our area's new and exciting Real Estate Company — is here to pair the industry's top technology with the unsurpassed local expertise and service levels of the Johanna Baker Team.

Delivering the smartest, most sophisticated real estate experience and service levels is job one at Compass and The Baker Team.

With years of experience, the local experts on The Baker Team have won some of the area's top awards for performance including The 2015 International President's Elite, Top 3% of 85,000 Coldwell Banker Agents, Worldwide.

Why not harness the best of service team with the area's newest technologies to achieve your real estate goals. Johanna Baker and her team are ready! Call us today!

Serving the Northern Virginia and The District of Columbia with Pride since 2001



Johanna Baker, VP, Realtor 660 Pennsylvania Ave SE Washington, DC 20002 o: 202.545.6900 m: 703.217.1681 johanna.baker@compass.com www.johannabakerteam.com



## PAINLESS FIX FOR RECEDING GUMS

Receding gums can cause a slew of problems

## Gum Recession Breakthrough Treatment: Pinhole Gum Rejuvenation

Dr. Grande Performs Chao Pinhole<sup>®</sup> Surgical Technique In Herndon, VA

Adental breakthrough can correct receding gums without painful cutting and stitches - or the need to take time off from work for a recovery. This new and revolutionary Chao Pinhole Surgical Technique is quick, painless and can be done in the time it takes to eat lunch. "There is virtually no pain and bleeding, and there is instant transformation of the defective gum line," says Dr. Grande.

Here's how the "lunchtime gum lift" is done. Tissue is numbed with a local anesthetic and a tiny entry point the size of a ballpoint pen tip is made above or below the teeth being treated. A special tool developed by Dr. Chao is inserted into the hole and moves the gum tissue into position. The surgeon then passes tiny collagen strips through the opening and inserts them under the gum. The strips keep the tissue in place until the patient's body produces new collagen to fix receding gums. The procedure takes about a half hour to an hour depending on how many teeth are involved.

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. �

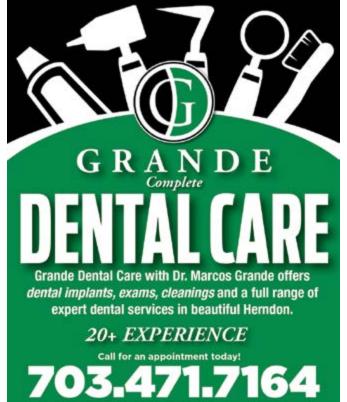
To learn more about the Pinhole Surgical Technique, please contact Dr. Grande's office at 703-471-7164 or visit http:// pinholesurgicaltechniqueherndonva.com.



New technique repairs gums quickly with great results



VOTED AS ONE OF AMERICA'S BEST DENTISTS 2014



WWW.GRANDEDENTALCARE.COM



## AIRWAY, FACE-ORIENTED ORTHODONTIC AND ORTHOPEDIC TREATMENT the Standard of Care at Sunrise Orthodontics

Generation of the medical prefix that stands for muscle. Orafacial Myofunctional Therapy, then, involves identifying and eliminating harmful habits or disorders relating to the muscles of the tongue, cheek, lips and jaw position. The therapy often is used in the correction of behavioral patterns, such as thumb-sucking.

At an early age, incorrect muscle functions can have an effect on the development of the head and facial area (or craniofacial). Left untreated, this can result in anterior open bite, open-mouth rest posture and also inadequate swallowing patterns.

Research shows that a tongue which rests down and forward is related to a narrow palate, meaning that there is no sealing of the lips. The tongue, because it is actually a muscle, can create a surprisingly strong force. Consider an individual having typical, repetitive movements of the tongue 1,000 times a day -- the force exerted by that improper movement can over time contribute to deformation of the surrounding structures. Because of that, it is important to correct these malfunctions, or habitual misuse of the tongue.

Myofunctional therapy may be required as part of the correction of a malocclusion, which is a condition where the upper and lower teeth do not meet in an ideal way. This therapy helps provide a stable environment for one's bite after orthodontic treatment. To treat a malocclusion successfully, an orthodontist must be aware of those neuromuscular forces associated with it.

Dr. Calkins is trained to diagnose and treat abnormal activities in the pattern of tongue movements, the muscles involved in chewing, as well as the muscles around the mouth and in the cervical or neck area. Since a malocclusion can affect respiration, evaluation of respiratory function is also essential to both diagnose and treat it.

#### What causes orofacial myofunctional disorders?

- Improper oral habits such as thumb or finger sucking, cheek or nail biting, teeth clenching or grinding
- A restricted airway due to enlarged tonsils or adenoids, unresolved allergies or trauma
- Structural abnormalities, such as a short lingual-labial frenum (the tendon beneath one's tongue)
- Neurological or other developmental abnormalities

What could happen if myofunctional disorders are left untreated?

- Orthodontic relapse
- Jaw joint problems
- Psychological problems
- Digestive disorders
- Posture problems
- Gum disease problems

#### What are the goals of treatment?

- Proper resting position of the tongue
- Nasal breathing
- Proper chewing and swallowing
- Learning to keep the lips sealed
- Elimination of habits that contribute to the problem
- Encouragement of adequate facial and dental growth
- Enhancement of airway and facial growth potential

## DISCOVER THE NATURALLY BEAUTIFUL SMILE YOU WERE MEANT TO HAVE

Creating the natural smile that fits your face beautifully requires an orthodontist who possesses an extremely rare combination of professional expertise and artistic talent. Dr. Liliana Calkins is one of the few orthodontists in the country who brings this exceptional combination to the care of her patients. As the mother of two young children herself, Dr. Calkins knows it's important to make children comfortable with their treatment. She loves to see the happy expressions on children's faces when they see the appearance of their teeth improve. Teenagers and adults also relax when they experience her gentle, reassuring approach.



Patient's Choice Winner 2015

#### AREAS OF EXPERTISE Orthodontics for Children and Adults

Invisalign<sup>®</sup> clear aligners and metal braces Propel<sup>®</sup>, option for faster teeth movement Treatment of Tempromandibular Joint Dysfunction Orofacial Myofunctional Therapy Cleft Lip and Palate Management Oral and Maxillofacial Surgery Sleep Apnea Solutions



Member of American Association of Orthodontists 

American Cleft Palate Association

American Academy of Dental Sleep Medicine

Northern Virginia Dental Society

Piper Education and Research Center

The Dawson Academy

11490 Commerce Park Drive, Suite 430, Reston, VA 20191 • 703.476.3969 • sunrise-orthodontics.com



#### BY LARRY "BOOMER" FOSTER

## When Buying Makes More Sense Than Renting

Surveys of renters show that the desire to own a home remains strong even after the housing crisis. In fact, 75 percent of Americans say they want to own a home and 80 percent of millennials aspire to homeownership<sup>1</sup>. The good news is that current financial incentives to own a home are aligned with consumer preferences. Rising rents, low mortgage rates and the availability of low down payment loans make buying more attractive nationwide and in individual markets.

Analysis of real estate data on a national basis shows that it's cheaper to buy a home than to rent in all but a handful of markets. In the Washington, D.C., region, high rents and low mortgage rates combine to tilt the scale in favor of buying. In some submarkets in the area, buying can be far more financially savvy since rents have continued to rise while home prices have stabilized. When comparing rental prices to ownership options, you should also factor in the tax advantages of buying a home and the ability to build equity in your property as you pay down your mortgage balance. Low mortgage rates keep buying more affordable, too, since borrowing at a 3-4 percent interest rate keeps the portion of your payment that goes to interest very low.

## KICK STARTING YOUR DECISION TO BUY

Deciding the time is right for you to buy your first home depends first on your commitment to stay in an area. Generally, it's best to buy and hold property for five to seven years to recoup the costs. However, keeping the property and renting it can be a viable option if you find you need to move sooner.

Some renters opt out of looking for a home to purchase, erroneously believing that they need a down payment of 20 percent and perfect credit to qualify for a loan. In reality, numerous programs are available that require a down payment as low as 3 or 3.5 percent, and some homes can even be purchased with zero down if the property is approved for USDA financing or the buyer is a veteran. In addition, many first-timers can obtain down payment assistance through state or local homebuyer programs.

Qualifying for a loan is easier than many renters believe, although you do need good credit (generally a FICO score of 640 or higher) and sufficient income to repay the loan. Consulting a lender is the best way to determine whether you can be approved for a loan now or need to improve your finances for a future approval.

If you're thinking about buying a home, consult a Long & Foster agent who can help you narrow your priorities and find a variety of housing options to meet your needs. Representatives from Prosperity Home Mortgage are also available in most Long & Foster offices to help you evaluate your financing options for homeownership. \*

AUTHOR: Larry "Boomer" Foster is the President of Long & Foster Real Estate.

#### SOURCE

1. Trulia, Housing In 2016: Hesitant Households, Costly Coasts and the Bargain Belts, http://www.trulia.com/blog/ trends/2016-housing-predictions/ \*The information contained in this article is not intended to be

and does not constitute financial or investment advice.



#### STATELY COLONIAL ON 2 ACRES







Allie Chamberlain Direct: 703.861.7229 Office: 703.938.4200 Allie.Chamberlain@LNF.com

企

R



## VIENNA, VA

#### \$1,199,000

Close to everything! Escape from the hustle and bustle of everyday life in this beautiful light and bright 6 bedroom, 4.5 bath colonial with over 5,600 square feet of living space situated on a private oasis. This home is filled with character and charm. Its 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.

#### **EXQUISITE LIVING**







Laurie Mensing www.LaurieMensing.com Cell: 703-965-8133 Direct: 703-873-5193

"Remember, every transaction is treated as if it was my own."





#### MCLEAN, VA \$2,900,000

No detail has been left untouched in this beautiful, light-filled home. 3 finished levels offering 6 BR/6 BR/2 HBA, spacious recreation room & media room, and main level office with custom picture framing and cherry wood cabinets. Gourmet kitchen with granite, eat-in table area, butler's pantry, top of the line appliances, breakfast bar, slate flooring and direct access to the sun room and family room. The Master Bedroom suite features trey ceiling with mood lighting, cozy fireplace, multiple walk-in closets, and a breathtaking bathroom with marble flooring. Front wrap-around porch with Oak beadboard ceiling, rear deck and patio make outdoor entertaining a treat! 3 car, oversized attached garage with storage!

Leveling of Ground at Innovation Station. Construction continues underway with the Phase 2 Silver line extension, at the future 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 a determining landmark for the placement of the future Innovation Station:

Photo by: Lisa Sheffer, Intern for the Dulles Corridor Metrorail Proj

Powering the Silver Line-

## GIANT DUCT BANK TO PROVIDE CONSISTENT FLOW OF ELECTRICITY

Construction is underway on a 110,000 linear feet electrical duct bank that will provide a consistent flow of power to Phase 2 of the Silver Line. This will connect the Dulles Corridor from the wiehle Reston east Station to Dulles Airport and west to Ashburn, linking the region to downtown D.C and beyond. Overseeing the duct bank's construction systems including the train control rooms and traction power substations (TPSS) is construction manager, Nick Perrotta of Capital Rail Constructors.

"The 34.5kV power is high voltage and will be pulled down from three areas on the Project; the south end of Route 28, Phase 1 stations and the Shell Station substation located at the west end of the Project. These three points will provide the primary and secondary power used to power the job," said Perrotta.

"In addition, there are 15 wayside facilities also referred to as traction power substations (TPSS), where the primary power will then be stepped down into secondary traction power that will actually move the train and power the stations' facilities such as communication signals and lights," said Perrotta.

Due to the amount of voltage and traction power needed to run the trains, the power system cannot be laid above ground, said Perrotta. Instead, the duct bank is currently being constructed underground in order to eliminate any potential safety hazards and safely store the "extension cord" needed to feed the trains and stations.

There are certain requirements that must be followed when building a duct bank.

BY LISA SHEFFER

"For starters, a duct bank must be dug a minimum of 30 inches below cover," said Perrotta.

However, a large portion of the geographical layout for the Phase 2 Silver line Project calls for even deeper duct banks. In order to install this work at the increased depth, the use of trench boxes are required. Trench boxes are designed to span the width of a trench during excavation and pipe lying of a duct bank, said Perrotta. Trench boxes can help prevent the walls of a duct bank from caving in while being constructed, he said. The depth of a duct bank can determine how many trench boxes should be used.

Excavation for the duct bank requires a customized plan that accounts for various depths and pathways in order to maneuver around each utility. Utilities found in the pathway may include a cable line, storm drain or sprinkler head.

continued on page 90

<sup>&</sup>quot;The duct bank is a vital component to the overall operation and function of the rail system. The 34.5kV duct bank system provides the pathway for power to be distributed throughout the project," said construction project manager Adam Rosmarin, of Capital Rail Constructors.



TPSS 13 Station, located west of the Herndon Monroe Park & Ride. Safety gear and all, Construction Manager, Nick Perrota from Capital Rail Constructors and Stacey DaBaldo, MWAA Intern for the Dulles Corridor Metrorail Project, tour the TPSS 13 Station located west of the Herndon Monroe Park & Ride.



TPSS 13 Station located west of the Herndon Monroe Park & Ride. 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. More photos on page 90.

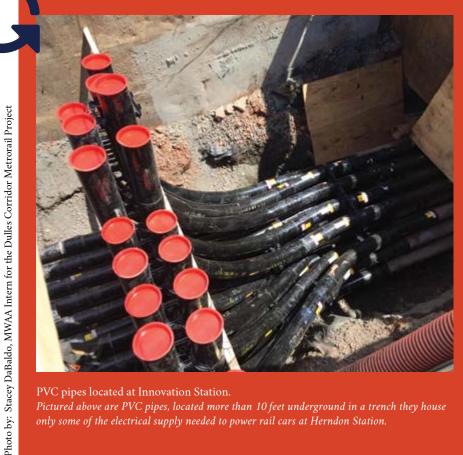
Photos by: Lisa Sheffer, MWAA Intern for the Dulles Corridor Metrorail Project on June 30, 2016.



QL+ engineers develop unique solutions and assistive devices for our nation's wounded warriors.

## DONATE TODAY! QLPLUS.ORG

Your donation will help improve quality of life for those injured in the line of duty. Thank you !



PVC pipes located at Innovation Station. Pictured above are PVC pipes, located more than 10 feet underground in a trench they house only some of the electrical supply needed to power rail cars at Herndon Station.



Dulles Airport Station site. Construction of the Dulles Airport Station continues as a DCMP crew start to reconfigure the exterior of the pedestrian tunnel that will provide access for Silver Line passengers to the main terminal.

#### CONTINUED FROM PAGE 88

The depth or type of utility can determine which pathway or depth a duct bank needs to be. Exact locations must be tested prior to continuing with excavation of the duct bank.

While utilities are mapped prior to excavation and are no surprise to construction workers, it is still necessary to "handle with care" in case any alternative methods need to be used, project leaders said.

Utilities have not been the only concern, said Perrotta. Large portions of the duct bank excavation revealed Diabase; a type of granite rock that is unlike the native red soil in this area and cannot be easily removed or redistributed elsewhere.

While there are multiple techniques to get rid of the Diabase rock, constructions workers are using drills to honeycomb the rock, making it easier to break with the use of a hammer.

"The honeycomb technique looks exactly as it sounds", said Perrotta. A construction worker will drill several connected holes in the shape of a honey comb. This method helps weaken the strength of the Diabase so it can then be struck and shattered into removable pieces.

In some areas of 34.5kV utility crossings, construction workers said that the drill heads for the Jack and Bore Operation became stuck in the Diabase during their first attempts to drill, forcing construction workers to resort to hand mining and manually chip away piece by piece of the Diabase.

While there was no obvious way to account for the extent of Diabase prior to beginning duct bank work, Capital Rail Constructors' workers successfully reconfigured the original course of action.

John Kearney, project construction manager overseeing Phase 2, is passionate about the Silver Line extension.

"This project is a landmark. It is not every day that you can point to something and say I had a small part in building that," said Kearney.

Construction is set to be complete in 2019 and the project will then be handed off to Washington Metropolitan Airport Transit Authority (WMATA) for testing. WMATA will set the opening date, likely in 2020. \*



Big or small, furry, or scaly; bringing home a new pet is an exciting time for everyone; even more so for your new critter. To ensure your new pet will love your home as much as you do the key thing to remember is not to overwhelm them.

Regardless of who you are bringing home, whether a puppy or kitten; a hamster or even a goldfish, advance planning and preparedness is necessary for a happy and well-adjusted pet and family. Every pet will need the basics, food, water, and a place of their own. Make sure everything is set up before introducing your pet to their new home.

When bringing home a dog or cat, a designated bed or crate is important for your pet to make their safe spot. Put an old t-shirt, blanket or towel, something that has your scent on it, to make your pet feel secure and begin the bonding process.

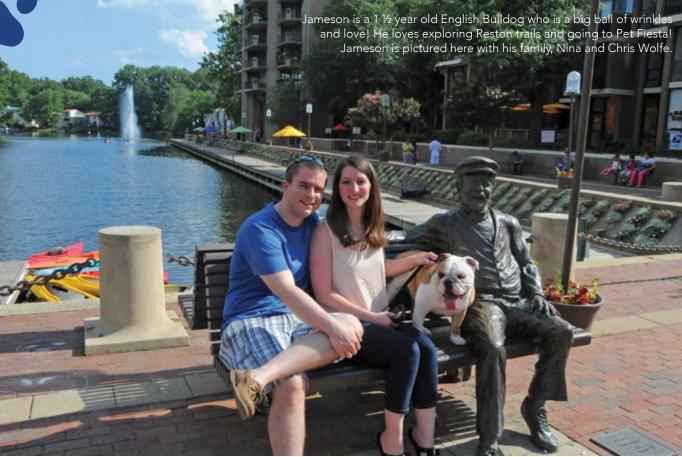
Choose one room for your pet to remain in for the first few weeks or so. Pick a room where your family tends to spend most of their time, the kitchen is a good choice since it's easy clean up as well.

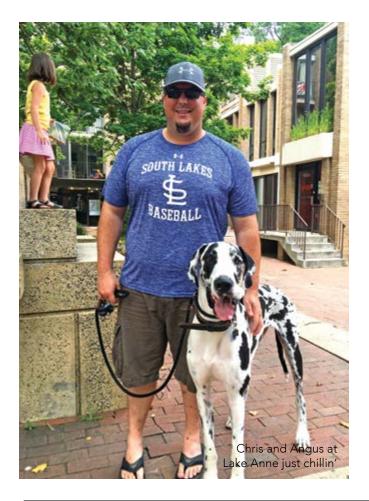
To keep the mess at bay, plan your pet's schedule or routine in advance. Assign convenient and easy to remember times for daily activities such as feeding, walks, and bathroom duty. Make sure everyone in your household is comfortable with their responsibilities and it won't seem like a chore.

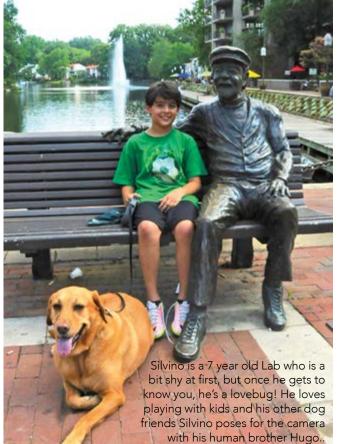
If you already have a pet at home, be sensitive to your original pet. This new pet will seem like an "intruder" and even if your current pet has never expressed possessive or territorial behavior, remove anything that might cause any rivalry. Also remember that while your new pet may be new and exciting and you will want to give it lots of attention, don't neglect your resident pal. Try and give both pets equal attention, petting them at the same time if possible. This will let both pets know that you accept both of them and they are both part of the family now.

The first thing you will want to do when your pet arrives home is show them their designated spot to relieve themselves, whether it be the litter box for a cat, a specific spot in the yard for a puppy, or the cage for your new small mammal or reptile. As your new pet arrives home, the excitement will normally amp up their need to go. After introducing your pet to their new home and family members, give your pet some time to rest and probably take a much needed nap. Remember this experience is just as exciting and overwhelming for them as it is for you.

Plan to take your new pet to a veterinarian as soon as possible, regardless of where your pet came from. Bring any records and documents you have about your pet's health and history no matter their age. A healthy pet is a happy pet!  $\diamond$ 













Link loves picking out new toys and parading around with them afterwards! He was adopted from FOHA and has been a wonderful dog ever since.



# We're **different** than national chain stores.

ALL of our foods are natural and nutritious.

Award-Winning Animal Nutrition Specialists

C E N T R A L where healthy food comes naturally

BB&T Center • 304 Elden Street (2 blocks from Fairfax County Pkwy) Herndon, VA 20147 • 571.521.0399 Open M – F 10 – 8 PM • SAT 10 – 6 PM • SUN 11-6 PM Other locations in Ashburn, VA and Rockville, MD

www.wholepetcentral.com



## Got a pet? Get a wellness plan!

Providing your pet with a lifetime of preventative care doesn't have to be time consuming and expensive. Let **VIP Petcare** partner with you to keep your pet **healthy, happy and safe** for the long haul!



VACCINATIONS & HEARTWORM PREVENTION & MICROCHIPPING TESTING & DEWORMING & RX FLEA & TICK CONTROL

> For clinic dates & locations near you: vippetcare.com **\$** 1.800.427.7973



West North pass 1 🥐 1 🔶 pass pass 2 🌲 pass 4 🌰 all pass

West leads the queen of hearts. Plan the play. Answer on page 160.

Excerpt taken from: Frank Stewart's Bridge Club. Page 26.

#### **BIDDING QUIZ**

#### YOU HOLD:

秦 K 8 5 💙 K 4 2 🔶 6 2 🛛 📥 A K 7 3 2

You open one club, your partner responds one diamond and the next player bids one heart. What do you say?

ANSWER: Change your king of clubs to the queen and you'd pass to suggest a minimum hand. With your actual hand, bid 1NT freely. You have only 13 points, but a good five-card suit and a king of hearts that's worth more becuase it lies behind the opponent who overcalled.

Excerpt taken from: Frank Stewart's Bridge Club. Page 29.

### WORK ISN'T TO MAKE MONEY; YOU WORK TO JUSTIFY LIFE.

Marc Chagall

#### HOW TO SOLVE WORDOKU PUZZLES

To solve a wordoku, you only need logic and patience.

Simply make sure that each 3x3 square region has only one letter from the word LUNCHTIME. Each letter can only occur once in a 3x3 region. Similarly, each letter can only appear once in a column or row in the larger grid. The difficulty on this puzzle is medium.

С	М			Ν			Т	
					U	Н		
Ι	Т	Н	L					
	Н		Ν				L	
			С		Т			
	Е				Ι		Н	
					Ν	L	Е	Ι
		Т	U					
	Ι			С			Ν	U

I OBJECT TO VIOLENCE BECAUSE, WHEN IT APPEARS TO DO GOOD. THE GOOD IS ONLY TEMPORARY: THE EVIL IT DOES IS PERMANENT.

Mohandas K. Gandhi

## TINY REPLICA (MINIATURE)

CROSSWORD 1 2 3 5 6 7 8 9 10 11 12 13 14 14. Anatomical pouch 15 16 18 17 20 19 21 23 22 24 25

#### DOWN

**CLUES** 

ACROSS

7. Tickled \_

12. Attire

19. Let go 20. Regrets

24. B & B

25. Color

1. Wharton degree

10. Heredity carrier

15. Refueling break

22. Crude dude

23. A lot of lot

11. Mascara site

4. "Indubitably"

9. Continental currency

1. Automobile sticker fig.

2. Coffin stand

3. "\_\_\_\_ and the

- King of Siam"
- 4. Chinese dollar
- 5. At one time,

at one time

6. Old exclamation 8. Tush 9. Sister of Orestes 13. More, in Madrid

15. Subatomic particle

16. Caddie's offering 17. "That hurt!" 18. Andean land

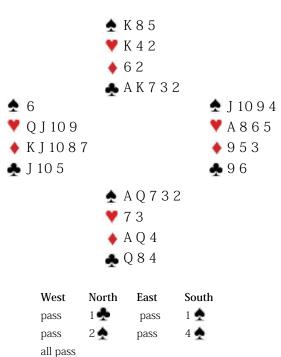
95



FUN & GAMES

## BRIDGE CLUB SOLUTION

#### LOUIE'S MISDEFENSE



Opening Lead: 💘 Q

'I know you think I bring it on myself,' Unlucky Louie told me, 'but this was really-and-truly bad luck.'

'No doubt,' I said in the tone of polite disbelief I reserve for Louie's stories.

'I had the play planned right away,' Louie said. 'I'd ruff the third heart and cash the A-Q of trumps. If trumps broke 3-2, I'd draw the last trump and next play a low club from both hands, guarding against a 4-1 break. I'd be sure of five trumps, four clubs and a diamond.

'If trumps broke 4-1,' Louie went on, 'I'd shift to clubs after taking the A-Q. When a defender ruffed, I'd win the return, draw the last trump with the king and finish the clubs.'

'Seems foolproof,' I said.

'It wasn't,' Louie sighed. 'After West's queen of hearts won, for some reason he led the nine. I played low from dummy, but East was confused enough to take the ace! He then shifted to a diamond—and now try to make the contract.'

And I thought Louie's luck couldn't get any worse.

Excerpts taken from: Frank Stewart's Bridge Club. Pages 29.

#### WORDOKU Answers

С	М	U	Ι	Ν	Н	Е	Т	L
Ν	L	Е	Т	М	U	Н	Ι	С
Ι	Т	Н	L	Е	С	Ν	U	М
М	Н	Ι	Ν	U	Е	С	L	Т
L	U	Ζ	С	Н	Н	Τ	М	Ш
Т	Е	С	М	L	Ι	U	Н	Ν
U	С	Μ	Н	Т	Ν	L	Е	-
Е	Ν	Т	U	T	L	М	С	Н
Н	Ι	L	Е	С	М	Т	Ν	U

#### **CROSSWORD** Answers



#### NORMAN LEAR 'Archie Bunker'

Archie: Now, no prejudice intended, but, you know, I always check with the Bible on these here things. I think that, I mean if God had meant for us to be together, he'd-a put us together. But look what he done. He put you over in Africa, and put the rest of us in all the white countries.

**Sammy Davis Jr.:** Well, he must've told 'em where we were, because somebody came and got us.

#### A MIND ALWAYS EMPLOYED IS Always Happy. This is the true Secret, the grand recipe, For Felicity.

Thomas Jefferson

#### AUTHORITY WITHOUT WISDOM Is like a heavy axe without an Edge, fitter to bruise Than Polish.

Anne Bradstreet



sulfates, petrochemicals, phthalates, and no fragrances.

gustavo.llc.usa@gmail.com www.gustavollc.com

Celebrating 40 Years of Excellence FAMILY OWNED AND OPERATED SINCE 1976

## The Wiygul Story

Our Grandfather, James Earl Wiygul started this family tradition over 60 years ago as a Ford Motor Company Dealer in Fulton, Mississippi. His operating creed was simple, "Never Lie, Cheat or Steal, Ever."

Our slogan, "Try Us, You Will Absolutely Love Us," actually came from a customer. She had traded with us for about 15 years and was waxing on one day about how much trouble she had when she first arrived in our community finding a reliable, honest automotive repair facility. She then said since "discovering us" she had told everyone she knew, "Try Wiyguls, You Will Absolutely Love Them". That was the beginning of the slogan but not the beginning of our commitment to complete customer satisfaction.

#### Visit us at our locations in

Reston on Sunset Hills Road and Herndon on Grant Street, or one of our other 7 locations in Alexandria, Waldorf, La Plata, Fort Washington and Clinton.



Where in the world is Dr. Rishita

She is busy taking care of infants, toddlers, kids and teens in Reston , VA.



#### Specialized Pediatric Laser Dentistry

**v** Focused on prevention Specialized in infant oral health State of the art, modern facility Oconvenient, accessible location Many insurances accepted



Smile Wonders

11790 Sunrise Valley Dr. Suite 105 Reston, VA 20191

(571) 350-3662



WWW.SMILEWONDERS.COM

## HOROSCOPES

## R DECEMBER OVEMBE



SCORPIO 10/22 - 11/21: Get energized by new sources of information this month. You'll spend an eye-opening evening learning something new.

SAGITTARIUS 11/22 - 12/21: The month of elections can be depressing for our Sagittarius truth-seekers. Overcome by finding hope in unexpected places.

CAPRICORN 12/22 - 1/19: Your attention flags by mid-month but you find new a new spark quickly when you dive into a new project.

AQUARIUS 1/20 - 2/18: Your seemingly small act of charity at the beginning of the month has a ripple effect you won't know. It's there; you will do good.

PISCES 2/19 - 3/20: You feel pressured to act, but are inclined to wait for a better moment. Your intuition is right. Don't get stampeded.

ARIES 3/21 - 4/19: Happiness is an issue in the moon's last quarter, November 21. Take stock of the people, things and accomplishments in your life to get a boost.

TAURUS 4/20 - 5/20: It's time for you to lighten your load. By the new moon, November 29, you let go of a stack of things that do not bring you pleasure.

GEMINI 5/21 - 6/20: Oh, chatty Gemini, November  $\mathbf{T}$ is the month for you to listen. A stranger has something important to tell you.

CANCER 6/21 - 7/22: Companionship is on your mind in November when all the people you love are in one place. Time for hugs.



LEO 7/23 - 8/22: You can give the gift of attention this month. Everyone loves to hear your jokes, but one person will bask in your attention.

VIRGO 8/23 - 9/22: Break down that project into bits. Sometimes you can't do it all in one fell swoop, and this will become clear by the end of the month.

LIBRA 9/23 - 10/21: You are confused by a relationship at mid-month. Is it a problem with expectations versus reality? Time to sort it out.



SAGITTARIUS 11/22 - 12/21: A chance to earn a little extra money will boost your budget and your mood. But take it seriously. This chance could lead to bigger things.

CAPRICORN 12/22 - 1/19: Winter evenings are a good Vh. time to warm up to the DIY gift project you started this summer -- or at least thought about starting. Time to finish it.

AQUARIUS 1/20 - 2/18: Art and culture weigh on your mind in December. Try to look at something familiar as a stranger would; look at something strange as an expert would.

PISCES 2/19 - 3/20: You feel buoyed by the holiday season and that seems odd to you given the current stresses of your life. Accept it and enjoy. You'll have plenty of time to brood in 2017.

ARIES 3/21 - 4/19: A dinner with friends this month puts life in a new perspective. Be discreet, even if it feels against your nature. Your self-control will be reap rewards.

TAURUS 4/20 - 5/20: You never think about needing a 8 car jack until you have to change a tire. Be prepared this month and you'll make a quick fix to a sudden emergency.

GEMINI 5/21 - 6/20: Visions of sugar plums distract  $\mathbb{T}$ you from your goal. Refocus quickly as soon as you realize it. Nothing is more important than the goal you've set.

CANCER 6/21 - 7/22: You find yourself with friends and family chatting like a host of sparrows! Soak in that moment; that memory will endure and give you strength.

LEO 7/23 - 8/22: Your best character impressions are on display by the full moon on Dec 13. Rock the crowd, but beware of offending someone important to you.

VIRGO 8/23 - 9/22: An unplanned purchase is not always a budget buster. Your home is on your mind and modest splurge makes you feel ready for guests.

LIBRA 9/23 - 10/21: Follow your natural sense of  $\mathbf{r}$ harmony this month as an unexpected conflict causes

anxiety. Take a deep breath. All will be well by the end of the month when your sense of peace will return.

SCORPIO 10/22 - 11/21: A romance sparked earlier in the year is on your mind. Flirt a little bit; it won't hurt. Beware of making the conversation too heavy.

Embarrassed to smile, teeth failing?

Loose Dentures or Partials?

Do your teeth continue to be a problem year after year with with no end in sight?

"All teeth on 4" could be the permanent dental implant answer you have been looking for! Unbreakable strength options!



"All Teeth on 4 Implants"

New teeth that look and feel better than ever, never decay, and can last a lifetime!



There are no "ADA" recognized dental implant specialists, but if there was we would be on the list. Dr. Mayberry provides all services!



If you have been told you're not able to have dental implants make **sure** you call, we have new procedures that work.

Call for your **FREE evaluation** including CT Scan, \$450 Regular Fee, 703-281-2111

Dr. Mayberry is a general dentist, and is Certified by the American Board of Oral Implantology/Implant Dentistry. He is an Honored Fellow of the American Academy of Implant Dentistry and is a Director of the AAID Foundation. He has 33 years of dental implant specific experience. He is a Vietnam combat veteran and gives back to other military combat veterans with special discounts.

(703) 281-2111 • 112 PLEASANT ST NW, VIENNA, VA 22180 • WWW.MAYBERRYDENTAL.COM





# LUXURY. LOYALTY. LICKS.

BOARDING · GROOMING · DAY CAMP · TRAINING · SWIMMING DULLES | ROCKVILLE | SPRINGFIELD



888.475.3580 Rockville Coming Holiday 2016

LIMIT ONE PER FAMILY, SUBJECT TO AVAILABILITY, EXCLUDES RETAIL & EXPIRES 1/31/2017

WWW.OLDETOWNEPETRESORT.COM