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REINVENTING EDUCATION > BERTHOLD ACADEMY

Wilhelm wants parents, teachers and the community here in Reston to remember the importance of connection—to understand how it powers our educational system far beyond anything that test scores and technology can provide.



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WEDDING TRENDS FOR 2017 >

by Analiese Kreutzer

Couples today want their wedding to reflect their unique story, and they're finding creative ways to do it. With the variety of venues, dress styles, flower options, food choices, decorations and invitations available, and websites like Pinterest and The Knot to provide ideas and inspiration, couples can mix and match wedding elements to make their day memorable for everyone involved. Here, we've rounded up some of the latest trends to choose from if you're planning a wedding.



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< RESTON WEDDING ISSUE

Relish in developing the style of your big day by choosing a space that compliments it best, a caterer that can really wow your guests, and a photographer that can capture the memories.

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Moi

VIVA
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The entry foyer features detailed plaster mouldings, as shown on the cover photo. The formal areas off the main foyer also feature moulding with plaster details designed for the most discerning client.

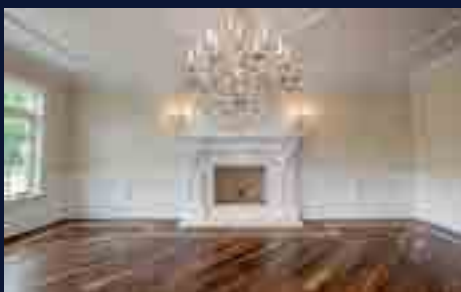
Lower level is finished with the highest quality, including 10ft ceilings, 5 piece crown moulding, hardwood floors or carpet and columns. When needed, a full kitchen, bedroom, full bath, powder room, media room, exercise room, recreation room and billiards are options.

If you choose to finish your lower level while building your custom M&A home, it will include a full kitchen/bar with stainless steel refrigerator, range, dishwasher, microwave and granite countertops. Choose from custom cabinets, under counter lights and pendent lights.

The Wine Cellar is an elegant stone-and-wood design, with floor-to-ceiling cherry wood wine cabinets which are excellent for storing your collection of fine wines.

This exquisite M&A Custom Home includes every amenity imaginable, including a 3-stop elevator that provides easy access to all levels as well as to the finished lower level with bedroom and recreation room.

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Alexandra Rossi. Photo credit: Rob Litchfield

Welcome 2017!

As we start the New Year I am grateful for what 2016 brought to our community and hopeful that 2017 will be even a better year for all of us!

As wedding proposals pop up over the holidays and wedding preparations come together for Spring celebrations, in this edition we present a wedding section with everything brides and grooms need to make their day an unforgettable one! From the dress to the flowers, the catering to the venue, and of course, the diamond, our readers will find a guide to keep for reference into the future.

As Valentine's approaches, we have a nice Reston story of a romantic proposal at the Reston Town Center. Also, learn how to choose the right diamond from a local expert in the industry.

January starts with the magnificent exhibit of combined painting, poetry and music "Poets and Painters Collaboration" at the Reston Art Gallery & Studios, while the Greater Reston Arts Center (GRACE) presents "CUT" with six visual artists. Read about how the Arts Council granted \$379,000 to further the arts in Fairfax County.

Sneak a peek at the galas and holiday parties leading organizations threw at the end of last year, including the YMCA Gala and Awards; Public Art Reston (IPAR) Annual Fundraising Reception and Auction; The Greater Reston Chamber of Commerce's annual Tinsel'n Tinis; and the Reston Association's Annual Open House.

During these cold winter months, we have a practical section where you will find ideas of how to keep your little ones entertained, and your furry family members warm and safe.

Learn all about the new bike rental system by Capital Bikeshare in Reston and their plans for this year; the launch of the new RestON, Opportunity Neighborhood initiative to provide children and families in need limitless opportunities; the 23rd anniversary of George Mason's OLLI (Osher Lifelong Learning Institute); and the Reston Community Center's new state-wide award for Best New Program at the 62nd Annual Conference of the Virginia Park and Recreation Society. Also, read about the Step Sisters, a non-profit to improve the life of women affected with breast cancer and how the Reston Hospital has partnered with them. Don't miss out the interesting columns by Delegate Ken Plum and Dr. Liliana Calkins.

To start your new year as an independent business person, learn about Cirque Salon Studios and its innovative option for beauty professionals in the area.

My best wishes to you and your loved ones for a 2017 full of prosperity, happiness, health and most of all, love.

Alexandra Rossi

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beautiful."**

—Cate Blanchett,
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actress



**"An amazing
experience!
Exciting to**

**watch and really inspi-
rational."**

—Stewart F. Lane, six-time
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**"Mesmerizing!
Reclaiming the
divinely in-
spired cultural heritage
of China."**

—Donna Karan, fashion
designer



**"You are watch-
ing 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



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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.

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OLLI CELEBRATES *25th Anniversary in Grand Style*



(At Top left to right): Dr. David Wu, Provost, GMU; Beth Cabrera, GMU; Jennifer Disano, Executive Director, OLLI; and Ken Plum, Member, Virginia House of Delegates

(Above) OLLI crowd (photo by OLLI member George Addison)

OLLI rolled out the red carpet for its VIP 25th Anniversary Celebration at the Country Club of Fairfax on October 14th. Policymakers, founding members, and Mason directors all paid homage to a quarter century of OLLI Mason excellence in inspiring the hearts, minds and souls of active and intellectually curious older adults.

Mason Provost David Wu hailed OLLI as a “gift” to the community, a key part of the university’s strategic plan to extend its learning mission into the neighborhoods of Northern Virginia. OLLI’s success over 25 years mirrors that of George Mason—in many ways, he said, “we grew up together.”

Provost Wu joined OLLI officials and university representatives in presenting the 25th OLLI Anniversary Gift to the Office of Military Services, \$26,650. OMS Director Jennifer Connors raved about OLLI’s generosity, revealing that she will use the money to set up an emergency scholarship for student veterans to afford basic necessities like rent while attending school. She surprised OLLI with the OMS “Spirit of Hope” trophy for enduring dedication.

Showcased at the event were eight commemorations, ranging from resolutions from the VA General Assembly, Fairfax and Loudoun Counties, and the City of Fairfax, to statements of support from members of the U.S. Congress. Government officials heaped praise on OLLI programming and the extraordinary dedication of the membership to lifelong learning and volunteerism. U.S. Congressman Gerry Connolly quipped that when he decides to “hang it up” he too will join OLLI.



The 25th Anniversary celebration continued with a membership party on November 4, featuring entertainment, prizes, surprises, and a special video on the history of OLLI.

More information about OLLI can be found at www.olligmu.edu ♦

(Above) OLLI member Stephanie Trachtenberg (photo by OLLI member Joan Lunsford)

(Top right) OLLI Development Committee Chair Lesley Bubenhofer awarding 25th anniversary gift (check) to Ryan Barnett of the Mason Office of Military Services. (photo by OLLI member George Addison)



Jennifer Disano, Executive Director, OLLI Mason



(Left to right): Dr. David Wu, Provost, GMU; Emmett Fenlon, Board of Directors OLLI; Steven Stombres, Mayor, City of Fairfax; Tom Davis, Rector, BOV, GMU; Jennifer Disano, Executive Director, OLLI Mason; Gerry Conolly, Congressman U.S. House of Rep.; Ken Plum, Member, Virginia House of Delegates; David Bulova, Member, Virginia House of Delegates; and Ray Berry, President, OLLI at Mason at Osher Lifelong Learning Institute of George Mason University's 25th Anniversary VIP Brunch. Photo by: Ron Aira/Creative Services/George Mason University



Joseph Crawford- Executive Director YMCA Fairfax County Reston and his wife Danielle; David Rose, Accenture Manager, and Samantha Rose



2016 YMCA Board of Directors- YMCA Fairfax County Reston

BY ALEXANDRA ROSSI



Ashley France, Ra'Shawn Howell, and baby Madison Howell

Turning No One Away: 17TH ANNUAL YMCA GALA RAISES \$180,000

Each year, thousands of individuals turn to the Reston YMCA as a community and family center, and a place that is truly more than just an exercise facility.

On November 12th the YMCA Fairfax County in Reston celebrated its 17th annual fundraising gala to help keep that dream alive. In all, 308 individuals filled the gymnasium to show support for Fairfax County's only YMCA and raised more than \$180,000.

For the third consecutive year, the event broke records for all the right reasons.

"In Reston and Fairfax County, the Y is more than a gym, it's a place of community," said Executive Director Joseph Crawford. "At the YMCA, we have an early learning center and preschool, we teach lifesaving skills like swim lessons to children as young as one year of age through water adjust classes, and we support families through a robust financial service and scholarship program so that families, despite financial hardships, can always come to the Y."

The event also presented several awards to recognize individuals who have contributed to the community and to the Y.

More information about the Y can be found at ymca.net. ♦



Karen and Jim Cleveland



Pilar Meneses, Sebastian Coe, Richard Smith and Sonia Castillo-Smith



(left to right): Jow Ritchey, Liliam Li, Leila and Robert Gordon.



THE JIM AND KAREN
CLEVELAND
PARTNERSHIP AWARD:

*AJ Fuller and the
Fairfax County Teen Center*

For its exceptional leadership in
bringing community organizations
together to better achieve the
common good.



THE BOOFIE O'GORMAN
VOLUNTEER SERVICE AWARD:

Dave Tipler

For his extraordinary commitment
of time and resources to the
fulfillment of the YMCA's mission
and capacity to serve the Reston
community.



THE JOSEPH L. RITCHEY
COMMUNITY SERVICE AWARD:

Hugh Taylor

For his outstanding service and
dedication through generous
contributions and commitment to
the Reston community.



Jim Cleveland, Heather Wreath and Mark Ingrao



Valery Novak and Larry Swartz



Hugh Taylor



Del. Ken Plum and his wife Jean



Leila and Robert Gordon; Theresa and Robert Goudie.



17TH ANNUAL YMCA GALA (CONTINUED)

COMMUNITY



Molly Sheets from AJ Fuller and the Fairfax County Teen Center receives the Jim and Karen Cleveland Partnership Award



Hugh Taylor receives the Joseph L. Ritchey Community Service Award



Ngoc-Hoa Nguyen, BeBe Nguyen, Lynn Bui, Kathryn Dickerson, Daniel Ruttenburg



Dave Tipler receives the Boofie O'Gorman Volunteer Service Award



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BY ALEXANDRA ROSSI

CAPITAL BIKESHARE RIBBON CUTTING CEREMONY

Expansion Plans on the Way

On a rainy afternoon at the Reston-Wiehle Silver Line Metro Station, on October 21, 2016, community leaders joined together to celebrate the arrival of a much-anticipated event: The launch of the rental bike service in Reston by Capital Bikeshare.

As the community grows and traffic gets heavier, especially at rush hour, the service comes in handy for people who have to travel short distances in Reston. People can drop off their bikes in any of the 435 stations, including Reston, Tysons Corner, Arlington, District of Columbia, Montgomery County and Alexandria.

In 2014, the Capital Bikeshare board approved an investment of \$1.7 million for both, the Reston and Tysons Corner systems. The system provides 15 stations in Reston with approximately 224 bikes, and 14 in Tysons Corner with around 92 bikes.

Adam Lind, Fairfax County Bicycle Program Manager at Capital Bikeshare, said the process of bringing their service to Reston and Tysons Corner was a long one. "It's been a two-year-long process of actual implementation," he said. "We completed a feasibility study by June of 2014, since then we've been working towards the implementation, so [it's been] about 27 months now."

Plans of expansion are already on the way. The board of Capital Bikeshare approved funding for the second phase along the Silver Line Metro, including Reston Town Center, Herndon and Innovation Center. "Looking 5 years out, we're looking to expand to other areas in Fairfax County such as Merrifield, Vienna, and Huntington," said Lind.

Lind recognized public and private sector partners including the Virginia Department of Transportation (VDOT), Tysons Partnership, Comstock Partners and Boston Properties for assisting in bringing Capital Bikeshare to Fairfax County.



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MARCH 1
BALLAKÉ SISSOKO &
VINCENT SEGAL
The Barns at Wolf Trap



Photo courtesy of Wolf Trap

SELECTED EVENTS

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JANUARY 8

ALESSIO BAX, Piano
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CHUNG, Piano**

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Bax and Lucille Chung, has led
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duos. Program:
*Mozart Sonata K. 521 in C major
for 4 hands*
*Mendelssohn The Hebrides
Overture for 4 hands*
*Stravinsky Petrouchka (original
transcription by the composer)*
*Piazzolla/Bax/Chung Two
Tangos: Milonga del Angel and
Libertango*

JANUARY 11

THE TOASTERS

Jammin Java, 7:30pm, \$14-22
Formed on the lower East Side
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synonymous with American 2
Tone Ska music. They forged
their instantly recognizable
"East Side Beat" sound in such
famous Big Apple dancehalls
as CBGB'S, where they have
been named as a top 20 core
artist alongside myths like
the Ramones, Blondie and
the Talking Heads. Widely
acclaimed as launching the
Third Wave Ska revival the
Toasters went on to form the
famous Moon Records label
and kick-started the careers of
dozens of bands. Their early
collaborations with the iconic
Joe Jackson helped define their

sound and establish them as
the premier USA ska act of
their generation.

JANUARY 14

**KEVIN GRIFFIN
(OF BETTER THAN
EZRA)**

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

Kevin Griffin is at the top
of his game performing,
producing, and writing albums
and songs that have sold in
excess of 30 million copies.
The pop/rock hitmaker
continues to tour solo and with
his band, Better Than Ezra, as
well as produce and write for
some of today's hottest acts
like Taylor Swift, Train, and
Barenaked Ladies.

JANUARY 14

**THE PURSUIT OF
HARMONY**

*CenterStage, 2310 Colts Neck
Road, Reston, VA 20191, 8pm*
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 in
partnership with the Northern
Virginia Hebrew Congregation
and All Dulles Area Muslim
Society (ADAMS). Tickets
are \$5 for residents and \$10
for non-Reston viewers. For
more information, visit [www.
restoncommunitycenter.com](http://www.restoncommunitycenter.com).

JANUARY 14-16

**2017 MLK
BIRTHDAY
CELEBRATION
WITH EUGENE
ROBINSON**

*Centerstage, 2310 Colts Neck
Road, Reston, VA 20191, 12pm*
Widely recognized for his
uncanny ability to speak
truth to power, Robinson
is a Pulitzer Prize-winning
writer who brings audiences a
tested perspective on today's
political news. In his various

CONTINUED ON PAGE 24

Happy New Year!

2017 PROFESSIONAL TOURING ARTIST SERIES



THE PURSUIT OF HARMONY

January 14 • 8:00 p.m.

\$5 R/\$10 NR



2017 MLK Birthday Celebration

EUGENE ROBINSON

January 16 • 12:00 p.m.

\$5 R/\$10 NR



TAARKA

January 22 • 3:00 p.m.

\$15 R/\$20 NR



NEW YORK FESTIVAL OF SONG

The Picnic Cantata/Dinner at Eight

February 18 • 8:00 p.m.

\$15 R/\$20 NR



WHAT'S GOING ON

The Marvin Gaye Project

In partnership with Dance Place

February 22 • 8:00 p.m.

\$15 R/\$20 NR



LUNASA

February 24 • 8:00 p.m.

\$25 R/\$50 NR



RAUL MIDÓN

March 29 • 8:00 p.m.

\$15 R/\$20 NR



Rebollar Dance presents

SACRED PROFANE

In partnership with Dance Place

April 5 • 8:00 p.m.

\$15 R/\$20 NR



TROUT FISHING IN AMERICA

April 9 • 3:00 p.m.

\$5 R/\$10 NR



DANA AND THE GLORIOUS BIRDS

April 9 • 7:00 p.m.

\$15 R/\$20 NR



LE MYSTÈRE DES VOIX BULGARES

April 15 • 8:00 p.m.

\$25 R/\$35 NR



THE REDUCED SHAKESPEARE COMPANY®

William Shakespeare's Long Lost First Play (abridged)

April 21 & 22 • 8:00 p.m.

\$25 R/\$50 NR



Happenstance Theater Company presents

BROUHAHA

May 17 • 8:00 p.m.

\$15 R/\$20 NR



PURCHASE CENTERSTAGE TICKETS:

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IN PERSON: Two hours prior to curtain time and

Tuesday, Wednesday, Thursday: 4:00 p.m. - 9:00 p.m. Saturday: 1:00 p.m. - 5:00 p.m.

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





FEBRUARY 11
The Barns at
Wolf Trap

Photo courtesy of Wolf Trap

ALYSON CAMBRIDGE

CONTINUED FROM PAGE 22

roles at *The Washington Post* and while reporting abroad, Robinson has witnessed firsthand the revolution taking place online and in the 24/7 news cycle and has seen how the news media are influencing American culture. Tickets are \$5 for residents and \$10 for non-Reston viewers. For more information, visit www.restoncommunitycenter.com.

**JANUARY 19–
FEBRUARY 12**

MUCH ADO ABOUT NOTHING

Various Show Times, NextStop Theatre Company

269 Sunset Park Drive, Herndon, Virginia, 20170

This Shakespearean original romantic comedy is sure to please. Individual general admission tickets start at \$35. Please read a full synopsis of the play to determine whether or not it is friendly for your family. For more information and ticket purchasing, visit www.nextstoptheatre.org/shows/much-ado/.

JANUARY 20

AILYN PÉREZ, *Soprano* KIM PENSINGER WITMAN, *Piano*

Chamber Music at the Barns at Wolf Trap, 7:30pm, \$38

"Her voice has a distinctive timbre, with plaintive richness blended into its youthful bloom... Ms. Pérez, a beautiful woman who commands the stage, has the makings of a major soprano" (*The New York Times*).

JANUARY 20

PRESIDENTIAL INAUGURAL PRAYER BREAKFAST

Old Postal Pavilion, 1100 Pennsylvania Ave NW, Washington, DC 20004, 7am–12pm, \$150–550

The History of the Presidential Inaugural Prayer Breakfast dates back to Inauguration Day 1993, when Dr. Ruth Ward Heflin, hostess, was inspired of God to gather people of faith to pray for the "Office of the Presidency" and thank God for a Spiritual Outpouring in the United States of America. The

nonpartisan and interdenominational event will be held on Inauguration morning in the Presidential Ballroom of the 1891 American Landmark known as the Old Postal Pavillion. It houses the Bells of Congress in the tower and is located halfway between the White House and the U.S. Capitol. There will be special guest musical artists and vocalists. The Inaugural Swearing-In Ceremony at the Capitol will be live streamed following the breakfast, for those who do not want to attend in person.

JANUARY 21

ROBBIE SCHAEFER: A CONCERT TO SUPPORT SYRIAN REFUGEES

Jammin Java, 6:30pm, \$25

In March and June of this year, Robbie and his non-profit organization, OneVoice, visited Pikpa Solidarity, a small camp on the island of Lesbos, Greece hosting 100 of the most vulnerable refugees from the Syrian war. OneVoice's mission was to offer music and art as

tools for healing and storytelling. The residents at Pikpa are Syrians, Afghans, Iraqis, and Pakistanis. They are fathers and mothers, teachers and nurses, musicians and children. They are, indeed, all of us. In addition to music, this concert will feature stories and video from Robbie's time at the camp, as well as opportunities to fund OneVoice's ongoing efforts to support the residents of Pikpa camp.

JANUARY 21–22

AARON TVEIT

The Barns at Wolf

Trap, Sat. 8pm, Sun. 7pm, \$40–55 Recently highlighted as Danny Zuko in *Grease Live!* on Fox, this screen and stage heartthrob creates a charming pop cabaret for his Barns debut.

JANUARY 22

TAARKA

3pm, Centerstage

2310 Colts Neck Road, Reston, VA 20191

TAARKA is an acoustic ensemble featuring five-string violin, mandolin, guitars, string bass and vocals. It combines high-energy performance and innovative, beautiful songs that weave rock energy and master musicianship into old and new folk, Celtic, bluegrass, jazz and classical music. Tickets are \$5 for residents and \$10 for non-Reston viewers. For more information, visit www.restoncommunitycenter.com.

JANUARY 22

WINTER HIGH TEA

Sweet City Desserts, 131-A Maple Avenue West, Vienna VA, www.sweetcitydesserts.co, 1pm and 4pm

Beat the winter blues and celebrate hot tea month! Enjoy savory soup, scrumptious sandwiches, and pretty plates of pastries with a hearty pot of tea. Call to reserve your table by January 15, first come, first served. \$30, including tax and gratuity (age 10 and older).

JANUARY 27

MARCH FOR LIFE

Washington, D.C. Mall, 1pm
Each year, people travel to our nation's capital to show their support for LIFE—from conception to natural death. On the anniversary of the day on which abortion was legalized in America, these pro-lifers come together for prayer and silent protest. The March for Life Rally will take place at noon on the grounds of the Washington Monument, near the corner of 15th Street and Constitution Avenue. Following the Rally, the March will begin on Constitution Avenue between 15th and 17th Streets at approximately 1:00 pm. Visit marchforlife.org for a complete schedule and march route.

JANUARY 28

RESTON CAMP EXPO

*RCC Hunters Woods
2310 Colts Neck Road, Reston, VA 20191, 4pm*
Come learn about providers who serve Reston youth throughout the school year and summer. The Expo also features employment information, live demonstrations, and lots of fun crafts and activities for children. Don't miss your chance to learn about hundreds of Reston-area summer camps and out-of-school activities—all in one place! Bring the whole family out for a fun and informative morning of snacks, music, games, prizes and camp resources. For more information, visit www.restoncommunitycenter.com.

JANUARY 28

CRYSTAL BOWERSOX

The Barns at Wolf Trap, 8pm, \$26-\$28
With a subtle "touch of twang and fragility" Crystal



Photo courtesy of Wolf Trap

Bowersox "expertly works the territory between folk and country" (*The Chicago Tribune*). The American Idol season nine runner-up returns to The Barns with the gentle warmth and wisdom beyond her years that has earned her performances alongside everyone from Harry Connick Jr. to Alanis Morissette.

JANUARY 29

THE CAPITOL STEPS

Hyatt Regency Reston, 1800 Presidents Street, Reston VA, 7pm
Capitol Steps – the popular Washington-based music and satire troupe – will perform to benefit Cornerstones. The evening includes fine wine and decadent desserts. Last year's performance raised more than \$120,000 to support the essential programs and services of Cornerstones. Tickets are available through cornerstones for ages 18 and older. For more information, visit www.restoncommunitycenter.com.

JANUARY 29

THE A BRIDAL SHOW

*2-6pm, Bechtel Conference Center
1901 Alexander Bell Drive, Reston, VA 20191*
This bridal show will showcase the DMV's finest wedding professionals. There will be over \$45,000 in coupons and prize giveaways. Early bird tickets are \$12, advanced tickets are \$17, and tickets at the door are \$25. For more information, visit theabridalshow.com/.

JANUARY 30–
FEBRUARY 28

DIVA CENTRAL DRESS DRIVE

Diva Central Dress Drive for Prom
RCC is collecting the following for Diva Central: formal dresses, shoes, jewelry, handbags, scarves and shawls, accessories. Donations are tax-deductible and may be dropped off Monday – Saturday, 9am to 9pm; 9am to 8pm, Sundays, at Reston Community Center

Hunters Woods or Reston Community Center Lake Anne from January 2 to February 28. All donations are appreciated, however, we ask that donations are in good condition, no older than 5 years old (circa 2012), and dry cleaned before they are donated. If dry cleaning is not possible, please inform us at the time of drop off. Dress donations will benefit students in Reston and surrounding areas. Contact Ali Clements at Ali.Clements@fairfaxcounty.gov or 703-390-6177.

FEBRUARY 1–2

INTERNATIONAL GUITAR NIGHT

The Barns at Wolf Trap, 8pm, \$25–27
One of the most important showcases for contemporary finger stylists features Gypsy jazz virtuoso Lulo Reinhardt, Italy's innovative Luca Stricagnoli, brilliant Brazilian Chrystian Dozza, and India's groundbreaking Debashish Bhattacharya.

CONTINUED ON PAGE 26

FEBRUARY 3

PASSING THE TORCH DEBUT ARTISTS FROM SUNY STONY BROOK

The Barns at Wolf

Trap, 7:30pm, \$38

Three members of the Emerson String Quartet join 3 of their most talented protégés from the venerable program at SUNY Stony Brook: Eugene Drucker, Lawrence Dutton and Paul Watkins. Mozart Divertimento in E-flat major, K. 563; Brahms Sextet No. 1 in B-flat major, Op. 18

FEBRUARY 3

AN EVENING WITH THE NIGHTHAWKS

Jammin Java, 7:30pm, \$20

Founded in the Washington, D.C. area in 1972, the 'Hawks' were a roots band before anyone had come up with the term. Their mix of blues, rock, rockabilly, soul and swing appeals to a widely diverse audience, built over years of touring throughout the United States, Europe and Japan.

The band's current lineup features founding member Mark Wenner on harp and vocals, Paul Bell on guitar and vocals,

Johnny Castle on bass and vocals and, on drums and vocals, Mark Stutso, who replaced longtime member Pete Ragusa.

FEBRUARY 4

CHARLIE HUNTER TRIO

Jammin Java, 6:30pm, \$22

Everybody Has A Plan Until They Get Punched In The Mouth, referring to a quote once uttered by heavyweight boxing champion Iron Mike Tyson, is an album recorded 100% live in a studio in Hudson, New York. Charlie Hunter returns to his quartet to perform 10 all-new Blues, Rock, Jazz and Latin flavored songs alongside bandmates Kirk Knuffke (cornet), Bobby Previte (drums), and Curtis Fowlkes (trombone). *Everybody Has A Plan Until They Get Punched In The Mouth* was released July 22 on GroundUP Music.

FEBRUARY 4-5

2017 CHOCOLATE LOVERS FESTIVAL

Various event times and locations
Festival events are suitable for all ages and all locations are handicap accessible. All of the events are located in the heart of the City of Fairfax including the City of

Fairfax Regional Library, Fire Station 3, Old Town Hall, The George Mason University Nutrition Kitchen, and the Historic Fairfax Courthouse. Some events require a fee, and other events are free to all visitors. There are no animals allowed inside any event site, certified service animals are of course an exception. The Chocolate Express provides free shuttle service between event locations during the festival. All shuttles on the route are fully accessible. The Chocolate Express will run on Saturday from 9:30am to 5:30pm and on Sunday from 11:45am to 4:30pm. For more information, visit www.fairfaxva.gov.

FEBRUARY 6

P.O.S

Jammin Java, 8pm, \$15-25

Doomtree co-founder, punk philosopher and lyrical bomb-thrower Stefon Alexander, aka P.O.S makes tight, declamatory music that builds on the Minneapolis-bred rapper and producer's penchant for grinding beats and radical lyrics. Known for welding hip-hop with guitar squalls, screamed vocals, and futuristic beats fit for a Berlin nightclub, kidney surgery sidelined him from making music for a bit, but it's never

CONTINUED ON PAGE 28




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Houzz: houzz.com/pro/nvsrd

34th Annual *Capitol Steps* Benefit Performance

January 29, 2017
Hyatt Regency Reston

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



Cornerstones

felt better to have him back in action.

FEBRUARY 11

ALYSON CAMBRIDGE

Until Now Tour

The Barns at Wolf Trap, 8pm, \$25–35

Alyson Cambridge's refreshingly sultry, sassy, and sophisticated album *Until Now* (2016) comes to life on stage as a jazzed-up cabaret. "Radiant, vocally assured, dramatically subtle and compelling and artistically imaginative" (*The Washington Post*), she makes her Barns debut after over a decade of success on the world's leading opera and concert stages.

FEBRUARY 12

VALENTINE HIGH TEA

Sweet City Desserts, 131-A Maple Avenue West, Vienna VA, www.sweetcitydesserts.co, 2pm and 5pm

Treat your sweetheart to a romantic tea with heart-shaped sandwiches and delectable desserts that will satisfy any sweet tooth! Perfect for couples. Call to reserve your table by February 5, first come, first served. \$30, including tax and gratuity (age 10 and older).

FEBRUARY 14–15

CHERISH THE LADIES

The Barns at Wolf Trap, 8pm, \$25–30
For over 30 years, this Grammy-nominated, Irish-American group has blended

masterful music, beautiful vocals, and stunning step dancing for an "astonishing array of virtuosity" (*The Washington Post*).

FEBRUARY 16–17

SOLAS

The Barns at Wolf Trap, 8pm, \$25–28
Celebrating 20 years, "the finest Celtic ensemble this country has ever produced" (*The Boston Globe*) lights up The Barns with its melodic beacon of Irish music.

FEBRUARY 18

1964 THE TRIBUTE

The Barns at Wolf Trap, 8pm, \$38–42
"Twist and Shout" and relive Beatlemania with "best Beatles tribute on Earth" (*Rolling Stone*)

FEBRUARY 18

NEW YORK FESTIVAL OF SONG—THE PICNIC CANTATA/DINNER AT EIGHT

8pm, Centerstage, 2310 Colts Neck Road, Reston, VA 20191
Composer Paul Bowles and poet James Schuyler turn this Sunday journey into a quiet masterpiece—a tuneful, witty, and subtly moving work rarely performed since its 1954 premiere. It is paired with two world premieres: a suite of songs from Pulitzer Prize-winner William Bolcom's latest opera *Dinner at Eight*, and a new song cycle by Gabriel Kahane, whose recent CD *The Ambassadors* was hailed by *Rolling Stone* as "one of the year's very best albums." Tickets are \$15 for residents and \$20 for non-Reston viewers. For more information, visit www.restoncommunitycenter.com.

FEBRUARY 18

STEVE FORBERT

Jammin Java, 6:30pm, \$20–25
Compromised is Steve Forbert's

newest album and from the comparative essay of the disc's title song (complete with catchy chorus and signature harmonica solo), to the exasperated advice for "everyman" on the album closer, "Whatever, Man," Steve Forbert leaves no stone unturned in his exploration of life, love, turmoil and survival.

FEBRUARY 22

WHAT'S GOING ON—THE MARVIN GAYE PROJECT

8pm, Centerstage, 2310 Colts Neck Road, Reston, VA 20191
Taking inspiration from 1971's iconic *What's Going On*, Marvin Gaye's insights into life, love and social justice are given fresh perspectives with choreography by Vincent E. Thomas, Ralph Glenmore and Sylvia Soumah. This evening-length work features modern, jazz and West African dance designed to provoke thoughtfulness among audience members. Tickets are \$15 for residents and \$20 for non-Reston viewers. For more information, visit www.restoncommunitycenter.com.

FEBRUARY 24

LÚNASA

8pm, Centerstage, 2310 Colts Neck Road, Reston, VA 20191
An RCC tradition returns to the CenterStage with the infectious Irish music of Lúnasa. Internationally acknowledged as one of the finest traditional Irish instrumental bands in recent times, they have performed across the globe since 1997. Their inventive arrangements and bass-driven grooves have steered Irish acoustic music into surprising new territory. Tickets are \$25 for residents and \$50 for non-Reston viewers. For more information, visit www.restoncommunitycenter.com.

FEBRUARY 24

MONSTERS DANCE CONVENTIONS



Photo courtesy of Wolf Trap

8 P.M.

MASTER OF HAWAIIAN MUSIC

The Barns at Wolf Trap, 8pm, \$25–30

Together, these masters share the delightful experience of ki-ho'alu (slack key guitar)—the distinctly Hawaiian style of open tunings—ukulele, and Hawaiian vocals.

FEB
25

6pm Friday–4pm Sunday, Hyatt Regency
Reston, 1800 Presidents Street, Reston, VA
20190

Monsters Dance Conventions is the only all hip hop dance event, offering instruction from industry professionals and giving dancers real opportunities! Monsters Dance tours the country with its two-day dance workshops instructed by its world renowned faculty of choreographers, plus auditions for thousands of dollars in scholarships, seminars, performance opportunities, freestyle battles, and much more! For more information, visit www.monstersofhiphop.com/.

MARCH 1

LEROY SANCHEZ: MAN OF THE YEAR TOUR

Jammin Java, 7:30pm, \$15-22

As a child growing up in Vitoria, Spain, he taught himself to play guitar and developed his voice entirely by ear. At age 15, Sanchez uploaded his first cover song on YouTube, and has since posted over 70 videos collecting upwards of 28 Million YouTube views from a legion of dedicated fans inspired by his passion for music, innate ability, and inherent charm. In 2010, Grammy-Award winning producer and songwriter Jim Jonsin ("Lollipop" Lil Wayne, "Motivation" Kelly Rowland, "There Goes My Baby" Usher, "Sweet Dreams" Beyonce, "Whatever You Like" T.I.) discovered Sanchez's rendition of Craig David's "Walking Away" and invited the singer to meet with him in Miami. Immediately connecting, Jonsin signed Sanchez to his Rebel Rock label shortly after.

MARCH 1

BALLAKÉ SISSOKO & VINCENT SEGAL

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

"Startling, neoclassical fusion" (*The Guardian*) from the entrancing talents of this duo made up of Malian kora player Ballaké Sissoko and French cellist Vincent Segal.

MARCH 5

JULIAN LAGE & CHRIS ELDRIDGE

Jammin Java, 7:30pm, \$20-22

Known for pushing the envelope of folk, bluegrass, and jazz, Lage & Eldridge showcase, as the New Yorker writes, a "familiarity with the fretboard...so extravagant and capacious that they bring flourishes to this music that it simply hasn't enjoyed before." Their performance is sure to astound. ♦



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Leslie Shellow, Entanglements (detail), acrylic ink on hand cut Yupo paper, 60" x 60", 2011

ARTS & THEATRE EVENTS

1ST STAGE IN TYSONS • CREATIVE CAULDRON • GREATER RESTON ARTS CENTER
GEORGE MASON UNIVERSITY CENTER FOR THE ARTS

LOCATIONS

**THE CREATIVE
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410 South Maple Ave.
Falls Church, VA
703.436.9948
www.creativecauldron.org

**1ST STAGE
IN TYSONS**
1524 Spring Hill Road
Tysons, VA 22102
703.854.1856
www.1ststagetysons.org

**GEORGE MASON
UNIVERSITY
Center for the Arts**
4400 University Dr.,
Fairfax
703.993.1000
cfa.gmu.edu/calendar/

UNTIL FEBRUARY 18 CUT

*GreaterRestonArtsCenter, 12001 Market Street #103
Reston, VA 20190, 703-471-9242 x 114,
www.restonarts.org*

CUT is the final exhibition in a trilogy of shows organized by the Greater Reston Arts Center examining labor-intensive, hand-manipulated, contemporary artworks made from humble materials traditionally associated with domestic craft. The 2014 exhibition STITCH presented surprising manifestations of needlework in combination with painting, sculpture, photography, and video. The 2015 exhibition BEAD featured works ranging from jewelry that mimics natural forms or incorporated live ammunition, to sculptural assemblages created from materials including hand-blown glass, animal skulls, and re-purposed mops, to two- and three-dimensional works exploring heady themes including identity, gender, race, and nature. CUT will link the long history of paper cutting as an art form connecting various customs that have evolved uniquely all over the world reflecting the traditions, folklore, and practices of society. Professional contemporary artists working with cut paper or stencils sometimes deliberately engage the history of their medium, but often, as will be reflected in this exhibition, they employ

new techniques with scissors, x-acto knives, and laser-cutting machines to generate line, form, texture, and movement.

JANUARY 8 KEYBOARD CONVERSATIONS WITH JEFFREY SIEGEL: A FRENCH MUSICAL FEAST

Concert Hall, George Mason University, 7pm, \$25-42
Become a classical music insider with Jeffrey Siegel as he provides a delicious musical feast for the ears—gorgeous music of Debussy including the beloved *Clair de Lune*, Ravel's impressionistic *The Fountain*, the charming *Impromptus of Fauré*, and the humorous *Parade* of Eric Satie. Virtuoso pianist and entertaining storyteller Jeffrey Siegel returns to the stage with a program of distinctively French musical delights. Popular with classical music lovers and newcomers alike, his unique "concerts with commentary" format gives the story behind the score. An interactive Q and A will conclude this program.

JANUARY 26 VISUAL VOICES: WALTER KRAVITZ "ART IS WHAT ISN'T – STUDIO PURSUITS"

Harris Theatre, George Mason University, 7:30pm, Free

Visual Voices, a professional lecture series sponsored by the School of Art, invites eight nationally recognized visiting artists and designers to speak about their work and the world of art and design. In addition to providing a look inside the studios of these top professionals, the series offers students the opportunity to interact with them during daytime seminars and studio visits.

JANUARY 30 JUNIE B. JONES

Presented by TheatreWorks

Concert Hall, George Mason University,
10:30am

Now that JUNIE B. JONES has been going to school for over one-and-a-half years, who better to write the book on EVERYTHING you need to know? From bus rules to band-aids, carpools to cookies, Junie B. and friends deliver the definitive word on surviving and thriving in style. With a jillion tips, tricks and trip-ups, Junie B. shares her hard-won expertise and shows us all how school is sometimes scary, sometimes super-fun, and ALWAYS something to sing about! An all-new musical adventure based on Barbara Park's popular book. Visit www.theatreworksusa.org for ticket prices.

FEBRUARY 2–FEBRUARY 26 TREVOR

By Nick Jones, Directed by Alex Levy

1st Stage Tysons, Adults \$30, Seniors \$27,
Students and Military \$15

Thursdays 7:30pm, Fridays and Saturdays
8pm, Saturdays and Sundays 2pm

Inspired by true events, *Trevor* is a subversive comedy about fame, success, and the lies we tell ourselves in order to keep people from taking away an erratic, 200-pound chimpanzee. At the center of this hilarious and heart-wrenching play are two individuals fighting against a world unable to understand their love: Trevor, a chimpanzee who once performed in commercials with the likes of Morgan Fairchild, and his owner Sandra, who swears he would never hurt a fly...at least not on purpose. A moving exploration of family, flawed communication, and humanity.

FEBRUARY 4 THE MASON CABARET

TheatreSpace, George Mason
University, 8pm, \$30

The Mason Cabaret explores composers and lyricists who have left an indelible mark on Broadway and the American

Musical. Enjoy traditional Broadway hits paired with new favorites from the Musical Theater repertoire, as performed by Mason's emerging stars!

FEBRUARY 4–5 VIRGINIA OPERA: DER FREISCHÜTZ

Concert Hall, George Mason University, Sat
8pm, Sun 2pm, \$54-110

The struggle between good and evil takes center stage in Carl Maria Von Weber's compelling opera *Der Freischütz*. As Max prepares to compete in a target-shooting contest to win the hand of his beloved Agathe, wicked forces conspire to tempt

his fate. Drawing from German folk legend, this is the first of the country's great Romantic operas and is revered for its stark emotions and strong sense of national identity. The hauntingly expressive score propels the virtuous young lovers and the mystic evil spirits in a story that twists reality with the supernatural. The accomplished artists and visionary direction of this Virginia Opera production bring to life an unearthly tale of otherworldly forces that will leave you on the edge of your seat. Performed in English with English supertitles.



Photo courtesy of George Mason University

4 P.M.

AQUILA THEATRE: MURDER ON THE NILE

By Agatha Christie

Concert Hall, George Mason University, 4pm, \$26-44

Set during World War II at the BBC Home Service studios in London, Aquila Theatre's production features members of a theater troupe preparing for a live radio broadcast of Agatha Christie's *Murder on the Nile* when yet another air raid threatens the performance. Air raid sirens were a regular occurrence in London during this time as Great Britain was on constant alert to bombings by Germany. Yet somehow, the show goes on and the story unfolds. Famous heiress Kay Ridgeway boards a honeymoon cruise with her penniless new husband, and it's inevitable that foul play will follow. The passenger list on this treacherous journey includes a spurned lover, a protective uncle, a troubled doctor and a slew of other colorful characters, as well as the world-famous investigator Hercule Poirot, who must call on all of his intuition and investigative skills to solve this baffling mystery. This deliciously dangerous murder mystery is one of Dame Christie's most popular tales. For Britain's foremost mystery author, whenever class, wealth, and reputation are on the line, a murder or two cannot be far behind! Known for its breathtaking interpretations of theatrical classics, Aquila Theatre brings its signature style of thrilling physicality and stunning design to this gripping play. Book a one-way ticket on this Nile cruise and see if you can figure out "whodunit!"

JAN
22



The National Symphony
Orchestra of Ukraine
GMU

THEODORE KUCHAR



Photo courtesy of George Mason University

8 P.M.

MARK MORRIS DANCE GROUP

Concert Hall, George Mason University, 8pm, \$29-48

The Mark Morris Dance Group is the preeminent modern dance company of our time. Acclaimed for its grace, power, and confidence the gifted dancers enchant both audiences and critics alike. Morris's choreographic genius radiates beauty, musical sophistication, and gifted intellect. His choreography is performed to live music performed by the MMDG Music Ensemble and explores the relationship between movement, expression, and music. This program includes "Serenade," a solo piece set to Lou Harrison's Serenade for Guitar and Percussion, "Dancing Honeymoon" featuring music from the 1920's and 30's, and two brand new works, including "A Forest" set to Haydn's Piano Trio No. 44 in E major. Morris is hailed as "the most life-enhancingly musical choreographer alive" by *The New York Times*. Welcome back the dancers and musicians to their Northern Virginia home with an astonishing performance of the best in modern dance.

FEB
24-25

FEBRUARY 9

VISUAL VOICES: J.J. MCCRAKEN "THE DIRT EATER AND THE SCOLD: REFLECTIONS ON A RESEARCH-LED ART PRACTICE"

Harris Theatre, George Mason University, 7:30pm, Free

Visual Voices, a professional lecture series sponsored by the School of Art, invites eight nationally recognized visiting artists and designers to speak about their work and the world of art and design. In addition to providing a look inside the studios of these top professionals, the series offers students the opportunity to interact with them during daytime seminars and studio visits.

FEBRUARY 9–MARCH 5

BLUES IN THE NIGHT

Creative Cauldron, \$11-16 Fridays and Saturdays 7:30pm, Saturdays and Sundays 2pm, Sundays 7pm

Conceived and Originally Directed by Sheldon Epps

Blues in the Night, a scorching, Tony-nominated musical, captures the soul of the blues. Featuring twenty-six numbers that tell of the sweet, sexy and sorrowful experiences three women have with the lying, cheating, snake of a man who does them wrong. The interweaving stories are defined through glorious songs made famous by Bessie Smith, Duke Ellington, Johnny Mercer, Harold Arlen, Jimmy Cox, Ida Cox and more.

FEBRUARY 11

FAIRFAX SYMPHONY ORCHESTRA: BEETHOVEN'S TRIPLE

Christopher Zimmerman, conductor

Concert Hall, George Mason

University, 8pm, \$39-65

Corigliano: *Elegy for Orchestra*

Beethoven: *Triple Concerto*

Nurit Bar-Josef, violin

Amit Peled, cello

Alon Goldstein, piano

Vaughan Williams: *Symphony No. 5*

2017 marks the beginning of our 60th Anniversary Celebration. The FSO rings in the new year by featuring an extraordinarily talented trio: National Symphony Concertmaster Nurit Bar-Josef; renowned cellist Amit Peled; and FSO audience favorite Alon Goldstein, who performed Beethoven's *Emperor* concerto with the orchestra last season.



WALNUT STREET THEATRE

FEBRUARY 12

WALNUT STREET THEATRE: LAST OF THE RED HOT LOVERS

By Neil Simon

*Concert Hall, George Mason
University, 7pm, \$26-44*

In the heat of the sexual revolution of the 1960s, one middle-aged married man sets off to celebrate the decade of free love... before it's too late! Overworked and overweight, Barney Cashman attempts to covertly set up trysts with three potential lovers. Mishaps and hilarity follows as Barney starts to rediscover his humanity and to learn what is actually missing in his life. The king of modern comedic theater, Neil Simon, delivers a hilarious romp through the perils of middle-aged angst. Walnut Street Theatre, America's oldest theater, brings their national reputation and unique artistic vision to this wonderful new production. Bring tissues because this hysterical comedy will leave you crying with laughter!

FEBRUARY 17-18

MASON'S SCHOOL OF THEATER PRESENTS THE MIKADO

**By Gilbert & Sullivan, Directed by Sara
Hart and Matt Nall**

*A "Mics-Only" Musical Presentation
Harris Theatre, George Mason University,
8pm, \$10-20*

Arguably one of the most popular Gilbert and Sullivan operettas ever written, and representing these artists at the height of their creative genius, this story has delighted audiences for more than a century. Originally staged at the Savoy Theatre in London in 1885 at the height of Europe's fascination with the East, this production launches a year-long celebration of G & S at Mason for 2017.

FEBRUARY 18

STRINGS 'N THINGS! A CONCERT FOR THE YOUNG & YOUNG AT HEART

Montessori School of McLean, 7pm
Johann Sebastian Bach | Concerto for Two Violins and Strings in D Minor.
Soloists: Chris Rudyj and Natalie Fike
Robert Oetomo | Soar – Concerto for Marimba and String Orchestra. Soloist: Rebecca Kite
Leroy Anderson | Orchestral Toe-Tappers... and student compositions to be announced following competitions under the auspices of the Northern Virginia Music Teachers Association (NVMTA).

FEBRUARY 26

THE NATIONAL SYMPHONY

ORCHESTRA OF UKRAINE

Theodore Kuchar, conductor

Dima Tkachenko, violin

*Concert Hall, George Mason
University, 4pm, \$36-60*

Rachmaninoff: *Symphony No. 3*

Tchaikovsky: *Violin Concerto*

Stravinsky: *Suite from The Firebird*

The virtuosity and precision of one of Eastern Europe's most esteemed orchestras presents an evening of brilliant Russian music. Founded in 1918, The National Symphony Orchestra of Ukraine is one of Eastern Europe's most esteemed orchestras, earning international acclaim for its virtuosity and precision. This program showcases those qualities with some of the most demanding music written by three Russian masters: Rachmaninoff, Tchaikovsky, and Stravinsky. Throughout its history, the National Symphony Orchestra of Ukraine has premiered the works of many classical giants including Prokofiev and Shostakovich, and has produced over 100 acclaimed recordings, garnering several Grammy nominations. Under the baton of Theodore Kuchar, the ensemble is sure to mesmerize audiences with their stunning performance of Russian masterpieces.

FEBRUARY 28

ALEXANDER WHO'S NOT, NOT, NOT, NOT, NOT, NOT GOING TO MOVE

Presented by TheatreWorks

*Concert Hall, George Mason
University, 10:30am*

Alexander has just received some really bad news. His dad has taken a job in a city a thousand miles away, which means that he and his family are going to have to move to a whole new city. And even though his mom says, "Wait, you'll like it," Alexander already knows that he'll hate it. He can't bear to leave the people and places he loves, so he decides that he won't move. First he tries to live with three different neighbors. Then he tries to build a tent so he can live by himself. Then he decides he'll hide so that his parents will never find him, but that doesn't work out either. With a little help from his mom and dad and even his bossy older brothers they help him to understand that home is "where your family is, where you're with the people who love you best of all." Visit www.theatreworksusa.org for ticket prices. ♦



HERNDON VILLAGE NETWORK

Meeting Community Needs

BY HUBIE CRAM

"These Americans are the most peculiar people in the world. You'll not believe it when I tell you how they behave. In a local community in their country, a citizen may conceive of some need which is not being met. What does he do? He goes across the street and discusses it with his neighbor. Then what happens? A committee begins functioning on behalf of that need and you won't believe this but it's true. All of this is done by private citizens on their own initiative. The health of a democratic society may be measured by the quality of functions performed by private citizens."

—Alex de Tocqueville, 1835

The Village to Village network started in Boston some years ago. Today there are about 190 Villages across the country, in Australia and The Netherlands. Another 185 are in development. The mission of VtV is to enable communities to establish and effectively manage aging in community organizations initiated and inspired by their members.

Such is the mission of Herndon Village Network which began operating in April of 2015. Herndon Village Network Rides program is designed to meet the needs of non-driving, homebound adults over 55 and adults with disabilities living in zip code 20170. Since its start, HVN Rides has logged over 2300 miles.

The impetus for HVN came from retiring Herndon High School teacher Gary Gepford who felt the value in neighbors helping neighbors. As the HVN interest grew, the group's mission focused on delivering rides for the town's seniors.

Today the Herndon Village Network works with NV Rides, a regional organization dedicated to providing rides to seniors throughout Northern Virginia. NV Rides takes the reservations and using the NV Rides scheduler website arranges rides for the appropriate organization, whether HVN or another volunteer network. Those in 20170 are typically handled by HVN.

Senior clients in 20170 can apply for membership in HVN by completing a simple application. Annual membership is \$20 per person or \$30 per household. HVN asks its members to make ride requests 5-7 days in advance although more immediate arrangements can be made if necessary. The requests can be for trips to doctor's visits, grocery and prescription pickup, or just about any other local ride need that may be required.

Drivers for HVN are always needed and welcome. Drivers 25 and over are encouraged to become volunteer drivers and only need to complete an application and free background check.

Penny Halperin, HVN board president, remarks, "the people you drive become your friends. Most rides are for medical visits but we also see hair appointments, grocery, and nail manicures. We once had a client who attended her granddaughter's high school dance recital and told the driver, 'I'll buy you a ticket if you'd like to go.' These folks go out of their way to try to give back although accepting gifts or compensation is prohibited. We are asking potential drivers to step outside themselves and do the right thing."

As the HVN literature points out: "Think of what it would be like if you could no longer drive. And then add to that other complications of aging and mobility. Transportation means independence and freedom. [We want] those who need special assistance to remain in the familiar environment of their homes and be an integral part of the community, improving the quality of their lives."

For more information, go to www.herndonvillagenetwork.org, email herndonvillagenetworkinfo@gmail.com, or call 703.375.9439 ♦

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BY PETER MCCANDLESS

RESTON

AN OPPORTUNITY NEIGHBORHOOD LAUNCHES IN RESTON

PROVIDING CHILDREN AND FAMILIES WITH A FRAMEWORK FOR COMMUNITY COLLABORATION

**To Create Limitless Opportunities.
To Fulfill Dreams and Hopes.**

With eloquent enthusiasm, Douglas Tyson, assistant superintendent of Fairfax Public Schools, described it as “the equity of expectations!”

Modelled after a highly successful initiative launched five years ago in Harlem, NYC, the concept of Reston becoming an Opportunity Neighborhood was inaugurated at a ceremony held at South Lakes High School on Wednesday, October 26, 2016.

An auditorium filled with interested Reston-area residents, school principals, policemen, nonprofit executives, county program directors, business leaders, faith organizations and elected officials gathered to learn that an Opportunity Neighborhood is one where residents, schools, local government, community organizations, faith and business partners work collaboratively to create limitless possibilities for families in need.

RestON will ensure the well-being of children and youth by reducing barriers, and will provide a seamless continuum of trauma-informed supports, using data to understand community conditions, measure success and be accountable for results.

RestON is a commitment by community partners to work together in a focused and strategic way to improve outcomes for children, youth and families. Whether it is health, being ready and prepared for school, feeling safe in our home and community, or having a plan for graduation and beyond—Opportunity Neighborhood helps the Reston community identify the priorities and work together toward that change.

Longtime Hunter Mill Supervisor Cathy Hudgins explained it this way: “An Opportunity Neighborhood is a framework adopted by Fairfax County to enable communities like ours to look at the concerns, data, performance and assets, decide what is most important to us, and to bring together the people and institutions that can change that picture.”

She went on to say, “This helps our community identify the priorities and work together toward that change. No single organization, business or person can accomplish the task of long-term social change for youth and families on its own. We all do better when we all do better,” said Supervisor Hudgins.

In addition to Fairfax Public Schools, other RestON planning partners instrumental in the development and launch include Cornerstones, Leadership Fairfax, Reston Association, Reston Community Center, YMCA Reston, and the Fairfax County departments of Neighborhood and Community Services, Family Services, Housing and Community Development, the Office of Children and the Police Department.

Tyson singled out by name and thanked the attending principals of participating Reston area schools – Dogwood, Herndon, South Lakes, Lake Anne Elementary, Forest Edge and Sunrise Valley. He pointed out that the idea of equitable opportunity for all was infused into Reston's core planning principles by Founder Robert E. Simon, including the building of a strong academic foundation. He said that the Board of Supervisors had recently adopted the One Fairfax Resolution, which directs the development of a racial and social equity policy to ensure all individuals in Fairfax have an opportunity to reach their highest level of personal achievement.

Greg White, COO at Cornerstones, shared with the crowd, "This collaboration provides the opportunity to understand what is happening in our community, see where we are not measuring up—or where there is unequal access to opportunity, and then set goals together to help change that picture for all children and youth. I know personally and professionally the importance of community in reaching young people and offering them chances and choice in their lives. If it hadn't been for mentors in my life—I was headed down a path that others had prescribed for me. Now, we want to do the same in our community."

The attendees were then invited to visit RestON information stations set up around the room for specialized queries: these included – Healthy Youth and Families, Success in School and Career/Workforce Readiness, Stable Families and Safe Communities, Community Engagement and Connectedness, and Community Resources (Fairfax County, Schools, Nonprofits and other Resources).

Reston Community Center (RCC) is a RestON planning partner, and Executive Director Leila Gordon closed the meeting with a pledge to continue to support this optimistic program and to help create positive, recreational, cultural and educational experiences to enhance the quality of life for all people living in and around Reston.

Information about RestON: An Opportunity Neighborhood can be found at www.cornerstonesva.org/rest-on, or by emailing ON@cornerstonesva.org or calling 571.323.9555. For information about the Fairfax County Opportunity Neighborhood Initiative, see www.fairfaxcounty.gov/ncs/prevention/opportunity_neighborhoods.htm. ♦



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CUT—EXHIBIT AT GRACE

Through February 18

Greater Reston Arts Center (GRACE) is presenting a thematic show of extraordinary works by six visual artists who are exploring spirituality, modern life, and ecological concerns through a variety of delicate and precisely crafted paper-cut pieces. They are Ed Bisese, Maëlle Doliveux, Bhavna Mehta, Beverly Ress, Leslie Shellow and Eric Standley.

The exhibition provides a rich example of the endless possibilities derived from a medium as versatile as paper and will feature site-specific installations, quirky mix-media collages, humorous animations, scientific illustrations, and transformative sculpture.

Featured artists are Ed Bisese, Maëlle Doliveux, Bhavna Mehta, Beverly Ress, Leslie Shellow, and Eric Standley.

The exhibit will be open from January 3 to February 18, 2017, Tuesday to Saturday, 11am–5pm.

Greater Reston Arts Center (GRACE) is located at 12001 Market Street #103, Reston, VA 20190. More information: www.restonarts.org

For more information, see the listing in Arts & Theatre section on page 24. ♦

(Top left) Bhavna Mehta, *Modern Woman #8*, Lokta paper and mounted on Stonehenge paper, 30" x 22", 2011

(Top right) Eric Standley, *Arch 6.2*, cut paper, watercolor, 28" x 24" x 3", 2016

(Above) Beverly Ress, *Koan*, colored pencil on paper, 30" x 23", 2013



BY ALEXANDRA ROSSI



POETS AND PAINTERS COLLABORATION *at the Reston Art Gallery*

Reston Art Gallery & Studios (RAGS), located at Lake Anne Plaza, is holding a wonderful exhibit where three big forms of art join together to indulge our senses: painting, poetry and music.

The big "Poets and Painters Collaboration" is taking place during January and February, with eight visual artists from Reston Art Gallery teaming up to work in different disciplines with eight poets, who are being selected by Mike Maggio, vice president of the Northern Virginia Poetry Society.

Artists from Reston Art Gallery include Pat Macintyre (owner of the gallery), Joan Kelly, Dorothy Donahey, Roberta Thole, Gail Axtell-Erwin, Wayne Schiffelbein, Maggie Stewart and Ronni Jolles.

Works in printmaking, acrylic, pastel and collage are incorporated in a magnificent art form, with written words. Participating poets include Cathy Hailey, Claudia Gary, Don Carlson, Steve Bucher, Susana Notar, Jack Underhill, Stanley Galloway and Bennie Herron.

Original music has been created by local composers Brian Scarbrough and Jesse Guessford, to accompany the event in response to the works of art.

The music will be performed by the string students from Herndon High School, Karim Maggio, Mary Ogborn, Michelle Tran and Sarah Przybysz, under the direction of Bette Gawinski, the orchestra director at Herndon Middle School.

The opening reception at RAGS will be held on Sunday, January 22, from 2pm to 4pm, and the exhibit will be open January 20 to February 21.

After the show at RAGS, the works will travel to ArtSpace Herndon, where they will be on display February 21–26. Next, the Waddell Gallery, located on the Loudoun campus of Northern Virginia Community College, will host the artworks as part of the Northern Virginia Poetry Society's Annual Conference on March 25. ♦

EXHIBIT LOCATIONS:

Reston Art Gallery & Studios: 11400 Washington Plaza West, Reston, VA 20190.

ArtSpace Herndon: 750 Center St, Herndon, VA 20170

Waddell Gallery: 21200 Campus Drive, Sterling, VA 20164



Select recipients include BalletNova, Arts Herndon, Jewish Community Center of Northern Virginia, and 1st Stage

The Arts Council of Fairfax County has awarded \$379,013 in Operating Support Grants to 41 nonprofit arts organizations in Fairfax County. Operating Support Grants provide critical funds necessary for the basic operation of arts organizations in Fairfax County in recognition of the valuable programs and services they provide to County residents.

Fiscal year 2017 funded organizations offering public programs in a variety of disciplines including arts education, dance, instrumental music, multidisciplinary, opera, theatre, visual art, and vocal music. Operating Support Grants are awarded each year to both emerging and established art organizations.

"We are pleased to issue County support for the arts in Fairfax through a competitive grants process. Organizations receiving general operating support represent our most creative and well managed organizations, which provide a high level of arts service and community reach," said Linda S. Sullivan, President & CEO, Arts Council of Fairfax County.

"With the grant award, Reston Community Players will provide scholarships to college bound theatrical artists and help Girl Scouts learn about the world of theater backstage. The grant also furthers our ability to work with community organizations on special projects, such as the *LMproject Broadway Bound Summer Intensive*, and to provide unique opportunities for audiences to experience theater in ways they may not otherwise have the chance to, such as our sensory sensitive matinee of *Mary Poppins*," said Jolene Vettese, President, Reston Community Players.

"This year, with support from the Arts Council, Arts Herndon was able to host one of our most prestigious programs—a literary event featuring Kwame Alexander and Meg Medina. Kwame is the winner of many literary awards, most recently the Newbery award, and Meg Medina is the two-time winner of the Pura Belpré award for Children's and Young Adult literature. Attendees included State Delegate Jennifer Boysko, Fairfax County Supervisor John Foust, Herndon Mayor Lisa Merkel and a diverse audience of high school, elementary school, and adult attendees," said Signe Friedrichs, Arts Herndon.

"We are honored to receive our first Operating Support Grant from the Arts Council, which supports our commitment to provide a comprehensive performing arts academy program, including world-renowned instructors and state-of-the-art facilities, and our goals to expand, teach, and personify performing arts education in our community in Fairfax County and beyond," said Melissa Dobbs, Founder and Executive Director of Metropolitan School of the Arts in Alexandria, VA. "Our black box theatre, set to debut in January 2017, is just one example of MSA's passion to build our community arts' program and bring the arts to our Fairfax County neighbors," said Melissa Dobbs, Founder and Executive Director of Metropolitan School of the Arts.



Reston Art Gallery & Studios

Exhibits in January–February



"Springtime in Winter" by Joan Kelly (painter) and Susan Notar (poet)



"Winter Crows" inspired by a painting by Steve Bucher

"Poets and Painters Collaboration"

Three forms of art join together to delight our senses: painting, poetry and music.

Exhibit: Jan 21–Feb 21

Reception: Sunday, Jan 22
2–4 pm, Public Welcome

11400 Washington Plaza W (Lake Level of Heron House) Reston, VA 20190

703-481-8156 ∞ RestonArtGallery.com



EXECUTIVE DIRECTOR AND CURATOR OF THE GREATER RESTON ARTS CENTER

The Board of Directors for the Greater Reston Arts Center (GRACE) appointed Lily Siegel as the Center's Executive Director and Curator. The appointment comes at an important time in the Center's history, as it builds out its Destination GRACE vision of becoming an even more robust cultural institution in the DC metropolitan region, coinciding with the arrival of the Metrorail's Silver Line.

"GRACE is a strong regional voice well poised for national impact. Together with the terrific Board of Directors and staff, I will promote that development through a robust exhibition program that includes local and international artists shown side-by-side," Ms. Siegel said. "We will expand the scope of educational programming, both in regional schools and in the gallery, by emphasizing the promotion of art to enrich community. The Northern Virginia Fine Arts Festival will continue to grow by broadening the opportunities for artists and the public to get involved."

Ms. Siegel received her BA (Visual Arts: History and Criticism) from the University of California San Diego and her MA (Modern Art History, Theory, and Criticism) from the School of the Art Institute of Chicago (SAIC). She began her career as a curatorial assistant at the Museum of Contemporary Art, Los Angeles, followed by tenures as the Assistant Curator of Modern and Contemporary Art at the High Museum in Atlanta and then as the Associate Curator at The Contemporary Jewish Museum (The CJM) in San Francisco. Since moving to Washington, DC, just over a year ago, she has continued her relationship with The CJM as a guest curator for the exhibition *From Generation to Generation: Inherited Memory in Contemporary Art*, which opened on November 25. She will be presenting an exhibition on the late artist Moira Dryer, *Moira Dryer: Vice Versa* (working title), at the Phillips Collection in Washington, D.C. in Spring 2018. Exhibition research for *Moira Dryer: Vice Versa* has been generously supported by a Curatorial Fellowship from the Andy Warhol Foundation for the Visual Arts.

"Lily has already achieved a great deal in her young career, which speaks to her special talents," said Robert Goudie, GRACE Board Chair. "She brings outstanding academic achievement, a passion for contemporary art, a demonstrated ability to raise money for and manage significant projects, and a national perspective, relationships, and experiences. She's exactly the right person to lead us forward in our determination to become an even more impactful presence in the metropolitan area's visual arts landscape. We could not be more excited to have her assuming the leadership of the organization."

"I am honored by this opportunity and look forward to getting to work. The chance to lead this dynamic period of growth and extend GRACE's already well-established reputation for quality is a compelling combination for me," said Ms. Siegel. "GRACE has a rich history in the community. As the community grows—with the coming of Metrorail and extension of the DC metro area—so will GRACE." ♦



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The *Beauty* of Growing Your Own **BEAUTY BUSINESS** at Cirque Salon Studios

BY PETER MCCANDLESS

Beauty today is big business!

Business growth in the beauty salon and hair care services industry is expected to rise at an average annual rate of 3.2% to \$58.7 billion by 2019, according to the Small Business National Information Clearinghouse.

An innovative venture created for the beauty salon business recently arrived in the Reston-Herndon corridor. It is called Cirque Salon Studios and you will find it on Elden Street in the Herndon shopping center close to Mom's Organic Market and Panera.

Founded on today's fast-growing entrepreneurial trend in retailing, Cirque Salon Studios (Cirque) is a highly successful business model started in Charleston, South Carolina eight years ago. The name was selected because it radiates the pulsing chic and high style of Avenue des Champs Elysées in the fashion capital of Europe.

Cirque was created to help health, beauty and wellness providers establish their own business without high overhead or construction costs. The goal is to make business ownership a viable option for beauty service providers who want to keep more of their profits, offer flexible hours and have more time with their families.

Located in Herndon Centre, Cirque's deluxe 5,000-square-foot is divided into 26 private studios of varying types and sizes to accommodate aesthetic professionals of all trades, including hair stylists, nail technicians, and massage



therapists. A dozen of the single and double-occupancy studios are already occupied. A Cirque studio operator is called an "owner." A well-appointed lobby welcomes the visitor.

A Cirque owner can move in and be open for business the same day. An affordable weekly rent for each suite includes beauty studio chairs, shampoo sinks, all utilities and WIFI. Cirque also offers owners free laundry service. Gone is the hassle of lugging home 30-pounds of washing every night!

Cirque suites provide beauty entrepreneurs an instant business opportunity with a minimal investment, simplified lease agreements and no long-term commitments. Owners are encouraged to create their own studio "statements" by choosing their favorite wall paint color, furniture, artwork and appointments.

Beau Schweikert, Cirque partner and owner of the Reston-Herndon facility says, "Imagine the joy, freedom and flexibility to create your own work schedule: to come and go as you please, 7 days a week, 365 days a year. A high security and convenient lock-box next to the front door enables you to establish your own hours."

Renting a Cirque salon suite allows one to set their own prices and to select and sell their favorite services and retail products, keeping all for profits for themselves. Although one still needs to be licensed and pay taxes, Cirque owners will have 100% control of their earnings and income.

Schweikert said that the magic of Cirque Salon is best expressed by Hanna Hawaz, owner of Hair by Hanna who recently opened her own Cirque studio. Hawaz provides specialized services in cuts, weaves, color, highlights, and African American hair styling in her independent salon. She has 7 years of experience as a professional hair stylist, and has built a strong base of clientele through referrals. With an entrepreneurial spirit, Hawaz has now achieved her goal of being self-employed in her own salon space.

"While working for someone else, I realized I wanted to do this independently," says Hawaz, who resides in nearby Sterling, Virginia. "I love the fact that I will have more time to devote to my clients, carry my preferred line of products, and grow my own business at Cirque Salon Studios."

HISTORY BEHIND THE RESTON-HERNDON CIRQUE

Following a career in health care management and a decade as an operator

of franchised retail stores, David Manzi in 2007 sought to improve the way spa and salon professionals use real estate. After spending a year studying the salon business and retail trends, Manzi opened the first Cirque Salon Studios in September of 2008. Located in the West Ashley suburb of Charleston, South Carolina, this Cirque has 24 individual studios and was fully leased within 12 months.

Building on lessons learned from his first venture, as well as a lot of positive feedback from his first Cirque professionals, Manzi opened the second location in November of 2010. Situated in Charleston's upscale suburb of Mt. Pleasant, this Cirque has 24 studios and was fully leased in 6 months.

In 2012, Beau Schweikert - an experienced real estate and finance professional and David's long-time friend and classmate - started consulting to Cirque on real estate matters and expansion strategies.

Schweikert helped Manzi open his third location in November of 2013, 25 miles west of Charleston, in Summerville, South Carolina. With 30 studios, this Cirque was 25% larger than its predecessors. It was fully leased in just 14 months!

The two old friends dedicated 2013 and 2014 to evaluating different growth strategies. After considering the pros and cons of each, they concluded that franchising could maximize the potential of the brand and the proprietary business methods they had developed. In September of 2014 they hired a firm well recognized in the industry to assist them with the complexities of organizing the franchising company.

For their first expansion, it was decided that the Washington, D.C. market was ready for Cirque. The affluent and rapidly-expanding region of Northern Virginia looked perfect for their initial venture outside of South Carolina. The Reston-Herndon corridor perfectly fit their demographic model.

In May of 2016 they opened the Herndon Center store and rolled out the pioneering salon studio concept for the strategic growth initiative which targets the Carolinas, Washington, D.C. and surrounding suburbs in Maryland and Virginia, and the Mid-Atlantic.

Schweikert said that two of his earliest clients were residents of Reston. The first salon owner to take up residence on site was



Lexie Badawy of Theory - Artisan Hair, a dynamic studio specializing in artisan haircuts, color and design. With a background in hair care services, including prior work with big names in fashion such as Givenchy and Yves Saint Laurent.

The other Reston resident was Marina Sizova, owner of Beauty by Marina, a licensed makeup artist, with a B.S. in International Affairs. In 2012, she started her business and has worked for leading cosmetic companies like MAC, NARS and Bobbi Brown. Sizova, a Reston resident, was born and raised in Ukraine.

"The D.C. market is by no means fully built out with the Cirque concept or those of our competitors," said Schweikert. "We have big plans to fully extend our presence here - either on our own or with interested owners."

Salon spaces are now available in the Herndon location of Cirque Salon Studios for health, beauty, and wellness services. Professionals interested in developing the freedom and independence of their own salon business can learn more and apply at cirquesalonstudios.com. ❖

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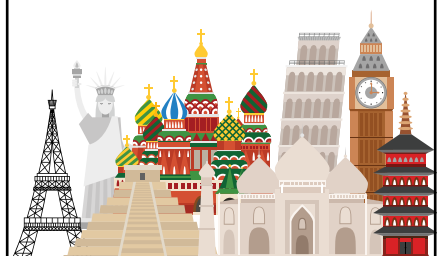
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SELECTED AREA RESTAURANTS

RESTON

ARIAKE

Reston | Japanese | \$\$

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

BARCELONA RESTON

Reston | Mediterranean | \$\$

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

BARTACO RESTON

Reston | Mexican | \$

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

CAFESANO

Reston | Mediterranean | \$

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

CLYDE'S RESTON

Reston | American | \$\$

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

IL FORNAIO CUCINA ITALIANA

Reston | Italian | \$\$\$

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

JACKSON'S MIGHTY FINE FOOD

Reston | American | \$\$

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

KALYPSO'S SPORTS TAVERN

Reston | Mediterranean | \$\$

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

an extensive menu featuring authentic Greek cuisine with a lake front patio and lounge, fully stocked sports bar with 30+ HDTVs, gorgeous lounge with separate bar, and a full service in-door dining room. Offering weekend brunch menu that is offered every Saturday and Sunday till 2:00pm.

617 Washington Plaza N. Reston, VA | 703-707-0660

www.kalypsosportstavern.com

NOT YOUR AVERAGE JOE'S

Reston | American | \$\$

Enjoy fun and eclectic cuisine from every corner of the globe. Not Your Average Joe's began with the goal to create a unique neighborhood place: where people know your name, where the food and prices are great, and where you feel special without dressing up. The large restaurant features a full bar, two seasonal outdoor patios, an open-kitchen, and a wood-burning oven all in a bright and polished atmosphere.

1845 Fountain Dr. Reston, VA | 571-234-8200

www.notyouraveragejoes.com/reston/



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

Sunday
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4:30-7:30pm

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www.KalypsosSportsTavern.com

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PASSIONFISH

Reston | American | \$\$

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

SWEETHEAT BBQ

Reston | American | \$\$

Expect Carolina-style, as well as Kansas City-, Caribbean- and Korean-style barbecue with menu highlights such as pulled pork sliders, BBQ Ribs, low country red rice, and if you have friends that are hungry, try “The Tailgater,” a \$78 platter for eight that features “pulled pork, half bird, brisket, one turkey breast, a slab of ribs, and three sides.” With an overwhelming response by locals, it’s no surprise since Chef Kermit Griffin, former chef at South Carolina’s Beaufort Inn as well as several other southern restaurants, brings 15 years of experience.
1810 Michael Faraday Dr. Reston, VA | 703-689-0060
www.sweetheatbbq.net

ASHBURN

FORD’S FISH SHACK

Ashburn | American | \$

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

SENSE OF THAI ST.

Ashburn | Thai | \$\$

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

CLYDE’S WILLOW CREEK FARM

Ashburn | American | \$\$

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

all-American contemporary menu, featuring locally grown produce, hormone-free beef and house-made desserts. Enjoy live entertainment nightly with karaoke on Wednesdays and live music every Friday and Saturday night.

42920 Broadlands Blvd. Ashburn, VA
571-209-1200 | www.clydes.com/willow

HERNDON

ANGEETHI

Herndon | Indian | \$

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

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

GRANADA

Herndon | Mediterranean | \$

Popular with the locals, Granada offers an innovative menu inspired by Syrian, Iraqi, Turkish, Greek and Lebanese cuisines, offering authentic and delightful dishes. Granada offers a full daily lunch buffet 11:30 am till 2:30 pm Monday through Friday for only \$8.99 and an Arab Brunch buffet every Saturday and Sunday 10:30 am to 1:30 pm.

368 Elden St. Herndon, VA | 703-955-7009
www.granada-cafe.com

PIERO’S CORNER RISTORANTE ITALIANO

Herndon | Italian | \$\$

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

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

MINERVA INDIAN CUISINE

Herndon | Indian | \$

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

2443-G1 Centreville Rd. Herndon, VA | 1-877-2MINERVA
www.minervacuisine.com

RUSSIA HOUSE

Herndon | Russian | \$\$\$

The Darugars, the owners, say that the Russia House aims to cultivate “the warm feeling that you are dining at your aristo-

cratic grandmother’s table.” Since 1992, they have combined fine dining with a homey attention to detail and a commitment to addressing every guest as “Czar.” Guests may also witness Russia House’s flair for culinary drama; many entrees are prepared tableside.
724 Pine St. Herndon, VA | 703-787-8880
www.russianhouserestaurant.com

TURCUISINE

Herndon | Turkish | \$

Located in the Worldgate shopping center, TurCuisine is a standout in the area, offering authentic Turkish and Mediterranean fare in a modern atmosphere. Start with the Meze Tabagi – a mixed mezze platter. Then try the Doner Kebab, their house specialty, prepared fresh daily with a mixture of thinly sliced marinated lamb and beef, grilled in front of a spitfire. They also offer kebabs and pides (Turkish pizzas).

13029 Worldgate Dr. Herndon, VA | 571-323-3330
www.turcuisine.com

LEESBURG

AIYARA THAI

Leesburg | Thai | \$

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

5 Catocin Circle, SE | 703-771-1131
www.aiyaraairestaurant.com

TUSCARORA MILL

Leesburg | American | \$\$

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

203 E Harrison St., Leesburg, VA | 703-771-9300
www.tuskies.com

THE WINE KITCHEN

Leesburg | American | \$\$\$

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

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

GREAT FALLS

BOLLYWOOD BISTRO

Great Falls | Indian | \$

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

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

DANTE RISTORANTE

Great Falls | Italian | \$\$\$

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

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

L'AUBERGE CHEZ FRANCOIS

Great Falls | French | \$\$\$

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

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

332 Springvale Rd, Great Falls, VA | 703.759.3800
www.lauberagechezfrancois.com

THE OLD BROGUE

Great Falls | Irish | \$\$

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

760 Walker Rd, Great Falls, VA | 703.759.3309
www.oldbrogue.com

STERLING

MOKOMANDY

Sterling | Korean-American | \$\$

A casual yet modern fine-dining restaurant, Mokomandy offers an eclectic menu of American, Korean, and Cajun dishes that

complement one another, resulting in an unprecedented dining experience. Born from a Korean-American father and a Cajun mother, President Thaddeus Kim offers fare that isn't available anywhere else.

20789 Great Falls Plaza #176 Sterling, VA
571-313-0505 | www.mokomandy.com

THE BUNGALOW LAKEHOUSE

Sterling | American | \$\$

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

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

THAI BY THAI

Sterling | Thai | \$

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

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



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BY DELEGATE KENNETH R. "KEN" PLUM



Commuting Around Reston

My daily commute to work takes me from my bedroom or breakfast table to my office upstairs in my home on Cobblestone Lane in Reston. No office space is provided for members of the Virginia House of Delegates or the State Senate, and the meager office expense accounts of members will not stretch to cover the expense of an office space in Northern Virginia. While the commute is convenient, there are some downsides. Having your office so close at hand can mean that you start to work very early in the morning, and it is easy to return to the office after dinner. I put in many long hours for what is considered a part-time job. Good thing that I really enjoy my work regardless of the hours. I have no space for group meetings so I meet people in public places or at their offices.

While my lifestyle has evolved for me over time, I realize that in Reston it may not be all that unusual. With telework more people work from home some or every day of the week. With transit-oriented development some Restonians are able to take the elevator from their apartment or condominium to the nearby Silver Line platform to speed off to work. When there is need for an automobile, a quick check of the Uber app is likely to reveal a driver nearby. Or rent a bike for the short trips around town or the recreational spin on the day off. Walking the Reston trails is mostly recreational for me, but I can get to the Wiehle Metro station in less than a half hour by

taking the trails near my home. I use Metro whenever I have meetings in close proximity to the system in Tysons, Arlington or downtown. The blue bus to Dulles is also an economical and convenient service to the airport.

Winter commuting is very different for me. The General Assembly is in session from early January until late February or early March depending on the year. That is a two-hour commute one way if there are no accidents or road construction; too long to do daily. In Richmond I have an office provided in the General Assembly Building, but I have to find my own housing for the week. Fortunately, many of the older manufacturing buildings and warehouses have been converted to really nice loft apartments that can be leased furnished within the limits of reimbursable costs for the short duration of the session.

I recognize that my commuting experiences are very different from most of my constituents. I witness and have been told many times the stories of people who are limited in their choices of how to get to work. They have to go through congested streets and intersections for there is no other way to get to their destination. Much of my legislative activity is related to trying to improve the commuting experience of my constituents. Please pass along any suggestions you may have about transportation improvements, as I prioritize this issue. I am mindful of the needs of others as I read my emails in the converted bedroom that is my home office. Email is the best way to reach me: kenplum@aol.com. ♦

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Garrett Wilhelm enjoys a learning moment with a student.

BY LAURIE YOUNG

Photo by: Jessica Wallach

Reinventing Education

BERTHOLD ACADEMY FOR THE GIFTED AND TALENTED

www.bertholdacademy.com

The loneliest time of my life—the point at which I rejected school and began questioning everything—was when I was 15,” says Garrett Wilhelm, Co-founder and Head of School at Reston’s Berthold Academy. “I remember the day everything changed...the sound of my footsteps dragging slowly down the hall as I approached the principal’s office, the shock of seeing my mom and brother there waiting, and the words echoing through the room as they told me my father had died.”

What happened afterward shaped Wilhelm’s beliefs about education and played a pivotal role in defining his life’s work. Or maybe it’s better to say, it’s what didn’t happen. “After that meeting, no one at the school mentioned my father’s death again—no teacher, no counselor, no administrator. It was as if this life-changing experience was completely separate from my education, as if it shouldn’t affect the many hours I spent there each day. But of course it did. I’d been an ‘A’ student, but over the next few years my grades plummeted. I fell through the cracks, right here in Fairfax County. No one asked why. No one reached out to help me reconnect to learning and feel a sense of purpose once again. When I left school, I joined a band, started traveling and thought I’d never look back.”

“The most powerful force in a school is connection.”

What gets lost for a child in the educational system (or for us, as adults on a career path) when we haven’t the time or skills to serve the deep need for human connection? When sharing the struggles, fears and joys of life becomes less important than meeting the demands of a busy schedule and achieving one goal after the next? When we no longer see the individual because we are so focused on the system? The loss goes far deeper than grade point average, college opportunity, or career advancement. It’s a human cost we can’t measure with our minds, but can feel in our hearts. We risk losing passion and potential.

And yet, it isn’t an overstatement to say that Wilhelm’s painful experience in school became the driving inspiration behind his approach to teaching and administration. Rather than walk away from education forever, as so many might, he returned to the area and dove back in, intent on revolutionizing it. And now, he is working to do just that as Head of School for the academy he co-founded with Rodney Berthold, who is also a passionate, highly experienced educator and CEO of the school that bears his name.

Wilhelm and Berthold both value the personal connection they have with students, and see it as central to educational success. “Over



A Lower Elementary student shares her story with Wilhelm.

the years, I've had so many meaningful experiences with my students...felt connections that I never had in school when I was growing up," Wilhelm says. He speaks of a young boy he taught early in his career, who absolutely refused to come to school. "I arranged my schedule so that I could go to his home every morning and play Legos. We built a foundation of mutual respect in those quiet moments together and, within a month, he decided to give it a try. He showed up at the school one morning with a smile on his face." He remembers a teenager, a girl he'd taught in preschool, who came back to pay him a visit just to tell him that, after all this time, he was still her favorite teacher. "Last week at Berthold after our daily yoga session, a child opened up to the group, telling us how safe he felt in our environment, how grateful he was to come to school and not have to worry about being bullied."

Wilhelm wants parents, teachers and the community here in Reston to remember the importance of connection, to understand how it powers our educational system far beyond anything that test scores and technology can provide. "Those things have their place, and we're forming a pioneering partnership with tech innovator AltSchool that I firmly believe will re-shape how we do education in this country," says Wilhelm. But they are not, he feels, the most important things.

"The most powerful force in a school is connection. Connection is what furthers us as a society. It's what helps us all learn and grow. We've entered a time of rapid technical progress, increased virtual communication... Facebook, Twitter, sensationalized media... but it's not real. It's a projection of a persona within a virtual space, where we see only what someone wants to reveal about themselves."

Likewise, we've accepted the abstraction of test scores as a primary measurement of

growth in school. But tech and tests are only tools. They're not the essence of who the person is or the foundation of learning. "Pushing scores higher, using technology to deliver more information faster—it's not the same as looking into a child's eyes, listening to their hopes and concerns, understanding what they need to get past a particular obstacle so that learning and growth can be ignited...so that they become all that they were meant to be."

To learn more about Berthold Academy for the Gifted and Talented's Montessori-based program, as well as their innovative partnership with AltSchool, go to: www.bertholdacademy.com. ♦

AUTHOR: Laurie Young is a consultant focused on helping organizations create programs for transformative social change. She serves as Entropy Tamer for Charles Eisenstein at charleseisenstein.net and maintains a selective base of clients, allowing her to give each personalized, detailed, and joyful attention. Laurie helps each of her partners define and manage the nuances required to bring visionary ideas into being.



Garrett Wilhelm and Rodney Berthold

Rodney Berthold (Founder/CEO) and Garrett Wilhelm (Co-founder/Head of School) together have over 40 years of experience teaching and directing Montessori-based educational programs, and through their AltSchool partnership they intend to modernize it. Berthold Academy emphasizes:

Ingenuity

the quality of being clever, original, and inventive.

Berthold Academy believes in the power of originality. Traditional education requires the child to think in a singular way—to memorize information and regurgitate it for evaluation—rather than giving each person the time needed to fully explore what they are learning. Students at Berthold learn through engagement, repetition, failure and discovery.

Creativity

the ability to transcend traditional ideas.

There is more than one way to complete any task. Students are guided to develop leadership qualities and are encouraged to be innovative in their thinking. They are offered an academic education of the highest caliber, while being given the opportunity to define who they are and where they excel.

Virtuosity

the quality of having special knowledge or skill in a field.

Through keen observation and conversation with guiding adults, each student's unique area of excellence is discovered and honed. Berthold Academy believes in encouraging students to pursue their unique talents to the fullest extent.

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of the Fountain with a huge sign that said "Stephanie, Will You Marry Me?"

I ran across the street as quickly as I could. As I got closer he dropped to one knee and pulled the ring out of his pocket. He asked again and before he could finish I shouted "YES!" At that moment, everyone in the Town Center started clapping and cheering along with all of my friends who were there to witness this moment. Scott also asked one of our friends to take photos of the occasion so we could live in this moment forever. After the initial shock and tears, he mentioned that we were all going to go have dinner and drinks at Jackson's, where it all started.

We headed down to Jackson's and as soon as I opened the door, I was surprised YET AGAIN by all of my family and friends waiting for us inside. My Mom, Dad, brother, and sister along with Scott's family, was there to greet us and share in our overwhelming happiness and excitement. The entire day could not have gone better. I couldn't have asked for a better engagement experience. After all was said and done, and after a year and a half of planning, we tied the knot on October 22nd, 2016!" – Stephanie Houston

Want to watch Stephanie and Scott's special moment? Go to the following link: <https://www.youtube.com/watch?v=c3mlG8sDPYM>.



A Reston Love Story

by Ryanne Wright

Reston Town Center is home to many precious moments between family and friends, the most special memories are the moments in which best friends and partners choose to spend the rest of their lives together. Here is our favorite story from Stephanie Houston, the Event Sales Manager at the Hyatt here in Reston Town Center. Surrounded by extravagant weddings, her husband Scott had to blow her away.

"On our very first date, my husband Scott took me to dinner at Jackson's and then to a late movie in Reston Town Center. It was truly a night I would never forget. I had no idea at the time, it would be my very last first date. Throughout the years on our anniversary and holidays, we would always work the Reston Town Center into our plans. Whether it was ice skating at the Pavilion, or dinner and a movie, we loved the ambiance of the Town Center as it was where we first began our relationship.

Fast forward to 2015. Scott and I had been together for 4 years. There had been talks of marriage and moving in that direction, but nothing concrete planned. July 31st, 2015 started off like any normal day. I had received texts from a few of my girlfriends wanting to get together for drinks. It had been forever since the 5 of us had gotten together so I was incredibly excited to finally make this happen. I mentioned to Scott that I was going out with the girls after work and that I would probably be home late. My friend Emily offered to pick me up after work, and off we headed to Reston Town Center. As we parked and walked towards Clyde's, I had no idea my life was about to change forever.

As we approached Clyde's my friend Jenna immediately grabbed my arm and said, "You have to see this!" She proceeded to pull out an iPad and hit play. At first I was like, "What the heck is happening? Why am I watching a movie, I thought we were getting drinks?" However, as the movie played on, I realized what I was watching. Scott had compiled a short story video, set to one of our favorite songs, documenting important places in our relationship. Places like where we met, where he first asked me out on a date, to where we first said I love you. After the third or fourth slide, I had grasped the concept of what was happening. The very last slide of the video was him at the Reston Town Center Fountain, saying "I have one question for you...." My friends turned me around, and there was Scott, waiting across the street in front

A full-page photograph of a bride and groom in a grand, ornate doorway. The groom, in a black tuxedo, is dipping the bride, who is in a white wedding dress and holding a bouquet of flowers. The doorway features large glass windows with gold-colored frames and a wooden door in the background.

THE WEDDING ISSUE

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THE LATEST WEDDING TRENDS FOR 2017

BY ANALIESE KREUTZER

Couples today want their wedding to reflect their unique story, and they're finding creative ways to do it. With the variety of venues, dress styles, flower options, food choices, decorations and invitations available, and websites like Pinterest and The Knot to provide ideas and inspiration, couples can mix and match wedding elements to make their day memorable for everyone involved. Here, we've rounded up some of the latest trends to choose from if you're planning a wedding.



WHAT'S IN STYLE

Until De Beers launched its famous "A Diamond Is Forever" campaign in 1947, diamonds were not synonymous with engagement rings, and today, more brides-to-be are wearing colored gemstones or

gemstones in combination with diamonds. Less traditional diamond settings such as two-stone diamond rings, east-west settings that lie horizontally across the finger, and vintage settings are also popular right now. Other engagement ring trends include floral, intertwined or braided bands, and yellow or rose gold instead of traditional white gold or platinum.

Most brides still wear white for their big day, but for those who want something different, pink dresses will be the most popular alternative in 2017. Floral-printed dresses also are making a splash on bridal runways.

The fall 2016 bridal fashion week showcased a lot of skin, with deep V necklines, off-the-shoulder designs, cut-

outs with either lace or sheer insets, and back-bearing styles. Three-dimensional floral details that appeared in 2016 also remain a popular choice with designers. Corsetry, peignoir-inspired designs and more relaxed lace gowns that reflect a Bohemian style are also prominent on the runway.

In contrast to the more revealing styles, some designers went with capelets and ponchos as gown toppers, something that ties in with another trend, convertible gowns. Convertible gowns reflect a trend away from having a second dress for the reception, while still allowing for a different look and easier movement for the bride who wants to dance. Some convertible features for 2017 include removable bows, trains and layers.



Choosing a color scheme sets the mood for your wedding and makes decisions about flowers, decorations, and favors a little easier. Pantone's color of the year in 2016 was actually two colors, Rose Quartz and Serenity, a dusty periwinkle blue. Now these colors are showing up in weddings either together or separately and are mixed with grays or ivory. Metallics are still popular, but in more muted shades than bright gold or silver.

The setting of your wedding also influences the mood. Barn and garden weddings will be popular in 2017. Choose the tone you want to set first and foremost, keeping in mind a rustic barn or garden

can also be elegant, and a ballroom or restaurant doesn't have to be formal. The food, decorations, set up and presentation all contribute to the overall effect.

Additional trends for 2017 include smaller, more intimate weddings, which allow the bride and groom to spend more time with their guests, and themes such as rustic chic, vintage, boho, tropical and fairy tale.



More than any other wedding trend, food and how it is served has really taken center stage, with brides and grooms embracing a variety of different food trends and incorporating them into their celebrations.

Some couples are choosing to have brunch or daytime weddings, which can be less costly and might feature an omelet or waffle station, yogurt parfaits and Bloody Marys. Others are moving away from traditional sit-down dinners, with some opting for seating guests at long tables instead of rounds and serving dishes family style.

Another big trend is food and drink stations. Stations make things fun for the guests and reflect the couple's favorite foods or their families' heritage. Think of a food court of choices with an elegant presentation, such as:

- * A barbecue station with different meats and sauces
- * A seafood station featuring crab cakes, mini shrimp cocktail and salmon sliders
- * An Asian station with wontons, spring rolls and chicken skewers
- * A build-your-own fajita or taco bar
- * A mini station featuring bite-sized comfort-food favorites like soup shots, macaroni and cheese bites and tiny sandwiches.

Perhaps one of the hottest trends that you might be surprised to hear is crossing over into weddings is food trucks. If you like this idea, you have to consider your venue carefully. Food trucks need permits and a place to park, and you'll want the trucks located conveniently for your guests. If you like the idea but don't think it will work for your venue, look for a caterer to provide street foods at your venue instead of having your guests go to food trucks.

Today's earth-conscious couples like using organic, locally sourced foods at their weddings. Also popular is offering food as an experience, such as having a chef make fresh guacamole or sushi. Breakfast for dinner is also a rising trend, so don't think you can only have waffles or omelets if you're having a daytime wedding.

When it comes to drinks, couples have been offering signature cocktails for a number of years. Now, they are also offering drink stations highlighting a specific type of beverage, such as mimosas or margaritas available in different flavors or a craft beer station. Non-alcoholic drinks also lend themselves to stations, such as one with different lemonades, sodas, or flavored waters.



One of the biggest decorative items at a wedding are the flowers, and 2017 will see flowers that reflect the Pantone and metallic color schemes as well. According to the Society of American Florists, more subdued colors of flowers mixed with muted grays will be popular, as will tropical flowers with jungle-inspired looks. Couples will use more greenery and fewer flowers as well as mixing in succulents and herbs and using more interesting filler flowers than baby's breath. Non-traditional bouquets and centerpieces will include fruits and vegetables. In addition, couples are opting for fewer traditional roses in favor of in-season flowers or a mix of seasonal flowers and roses.



DESTINATION WEDDINGS PROVE MORE THAN A TREND

Destination weddings have a lot going for them. They take place in romantic locales, are usually more intimate, provide a vacation opportunity for guests and a honeymoon destination for the bride and groom, and they typically cost less than at-home weddings. According to the Destination Weddings Travel Group's annual statistics and trends forecast report, the average cost of its customers' weddings has been less than \$10,000 for more than a decade.

Just like at-home weddings, couples want to personalize their destination weddings. Some are turning to smaller hotels that offer more privacy and customization options. Using locally sourced food and flowers not only reinforces the location but is more cost-efficient as well. Serving a local liquor or cocktail also is a great way to tie into the locale.

Destination weddings usually involve a few days of activities, and couples are providing custom maps or guides of things for guests to see or do in their free time. Including touches from home in the wedding and small favors for each wedding-related event are also trending.

The Destination Weddings Travel Group reports couples going with a rustic glam feel at their weddings. They're using metallic and natural accents like wood and stone to achieve this mood.

Tropical beaches remain some of the most popular wedding destinations, with Mexico, Jamaica, the Bahamas and Costa Rica at the top of the list. Couples who are concerned about the Zika virus can look to places not affected by it, such as Hawaii.

Not all couples head to the beach. Some choose a spot that has special meaning for them, others select a new location to explore with their close friends and family. The Destination Weddings' report says more couples are heading to Canada, Iceland and Italy. Same-sex couples are finding they have many more options about where they tie the knot, with Ireland, Spain and South Africa emerging as popular spots.



Just as cupcakes had their moment, other desserts are now popular at weddings in addition to or in place of a traditional wedding cake. Pies and dessert crepes are two such options, as are doughnuts, which come in lots of different flavors and colors for variety and a pretty presentation. Don't feel pressured to have a cake just so you can do the traditional first slice. These days it's fine to do a ceremonial slice of pie or split a doughnut instead.

If you want a cake, wedding cakes with buttercream icing are making a comeback, replacing fondant. Naked wedding cakes, with minimal or no icing and decorated with flowers or fruit are also popular and fit in well with rustic or boho themes.

A 2016 trend continuing into 2017 is the late-night snack for the after-dinner dance crowd. After dinner and dessert, couples provide snacks such as pizza, French fries, popcorn, personalized ice pops, snow cone bars, or cookies and hot chocolate for their guests.

Whatever kind of wedding you have, put your signature on it by incorporating a few of these trends or setting some of your own. ❖

AUTHOR: Analiese Kreutzer is a freelance writer. As a long-time resident of the area, she is passionate about the communities, people and businesses our publications cover. She can be reached at Ana@VivaTysons.com.

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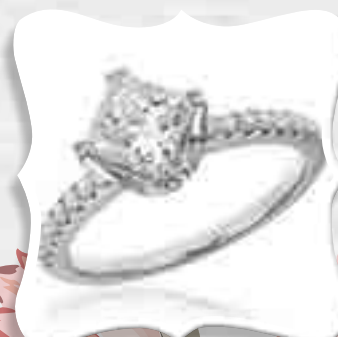
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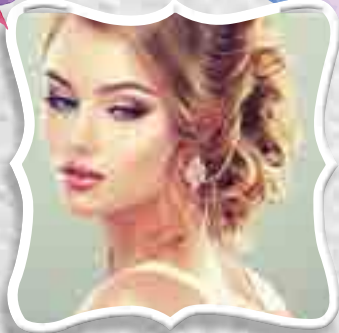
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WINE



RED & WHITE

What's Right?

A GUIDE TO CHOOSING YOUR WEDDING WINES

BY LINDA BARRETT

You may know your own wine tastes, yet may have no idea how to select wine for the hundred—or hundreds—of guests who will attend your wedding reception. Don't worry, it's not that difficult. And if you are holding your wedding/reception at a Virginia winery, you can rely on the winery's special events planner to help. They've done it many times before.

Consider your reception a celebration party, where you, as a good host, will provide food and drinks for all to enjoy. Therefore, it is best to keep your refreshments in the middle-of-the-road territory and offer a variety to please personal palates. Here are several tips to guide you through the wine selection process.

Several Ways TO SELECT WINE

The most important factor when selecting wine for your wedding is your personal taste. Most couples come for several tastings, often bringing along their bridal party or family members, before selecting their wedding wines. Select what you like, but provide a small variety of options that will account for your guests' tastes as well. Be sure to taste every wine you will be serving. If you fall in love with a particular, but pricy wine, consider serving that wine for the bride and groom or the wedding party table only.

To make the wine tasting process fun, hold a blind tasting by putting the selections into paper bags by variety, and tasting without knowing which is which. Taste two or three reds, comparing them against each other, and two or three whites and rosés. You could also split the wine-selection process by assigning the groom and groomsmen to choose the red and the bride and bridesmaids to choose the white wine. Put the parents into play by having them select the sparkling wine for the toast.

Another way to select wine is by season. People tend to drink heavier wines and more reds during the cooler months, and lighter

wines, whites and sparklings, in the hotter ones. For a fall or winter wedding, consider offering a 50-50 mix of red and white wines, while for spring and summer weddings, offer a one-third split between white or rosés, sparklings and reds.

Which wines to serve can be determined by the time of day. At daytime weddings, people drink less and prefer lighter wines. For evening weddings, pull out the bold selections.

Wine selection can also be made based on the menu served at the reception or cocktail hour. For rich meats, choose a full-bodied red; for fish or chicken, select a light red, white or rosé wine that complements rather than overpowers the meal.

*Feature a wine
that is part
of your own
love story.*

Planning a Champagne toast? Opt for different styles ruled by the time of day and venue. For an outdoor or daytime wedding, choose lighter options like Prosecco or a sparkling Rosé. If the wedding is held at night or inside, consider a classic French Champagne.

How Much Wine TO PURCHASE

Different wineries have different policies as to a minimum purchase of wine, and as to whether beer and spirits can be brought on site with a Virginia ABC one-day event or banquet license.

"Our minimum wine purchase is one case, or 12 bottles," explained Ross Forry, marketing coordinator for The Winery at La Grange in Haymarket, VA. "There might be a number of people at the wedding who don't drink and we don't want to force a purchase. We leave it up to the wedding party to choose the amount and types; they know their guests better than the venue will."

"We recommend that they don't overwhelm their guests with options—keep it simple with perhaps two or three different wines" Forry advised. "Once they decide on their wine, they can prepurchase it and we will hold their cases here for them."

A rule of thumb is to buy approximately one bottle for every two guests. If your reception will run long, is an evening event, or it is a very hot day, increase your purchase amount to as much as one bottle per drinking-age guest.

To keep your wine consumption in check, instruct the servers to offer an approximate three-ounce serving instead of filling the glass to the top. This calculation can keep wine from going to waste and ensures that it remains at optimal drinking temperature.

When Do I SERVE WINE?

Some weddings feature a cocktail hour, while others provide wine only during the meal, whether it is a buffet-style serving or a sit-down dinner. It is completely up to the bride and groom how they want to design their wine service. Most wineries allow the wedding party to set a wine budget and track the number of bottles served up to the budget limit. When the limit is reached, the wedding party or wedding planner can decide whether to extend that budget or cut off wine service.

Keep in mind that wineries may also offer better pricing for volume purchases. If they don't offer a discount, ask for one. And any pre-purchased wine left over is the property of the bride and groom. Start your own wine cellar or offer bottles as bridal party gifts. That way, you can toast to your love with reminders of your wedding again and again. ❖

RESOURCES

The Winery at La Grange
Haymarket, VA 20169
703-753-9360

www.wineryatlagrange.com

AUTHOR: When not tasting or writing about wines, wine editor Linda Barrett runs *All the Buzz*, a creative agency offering professional copywriting. www.allthebuzz.net.



Photos courtesy of The Winery at La Grange

HOW MUCH WINE DO YOU BUY For Your Wedding?

According to Wine Folly, there is a simple formula for determining how much wine to purchase. Take the number of guests and divide that number by 2.15. For example, if you have 100 guests and divide that number by 2.15, you should purchase 46 bottles of wine. Purchase 30% less wine if cocktails are served.

For a champagne toast, divide the guest count by 8. This provides a half-glass each for toasting.



NEW AND UNIQUE GIFTS for the *Newlyweds*

Finding items to register for can become difficult when you've lived an independent life accumulating all the things you already love. Take a look at some of our suggestions for some new and different items you can love together. VivaTysons's Style & Fashion Editor Lauren Simmons shares her picks.



Monogrammed All Purpose Wine Glasses Set Of Four

Personalized wine glasses make the perfect gift. These lead-free crystal all-purpose stems are great for red, white, and rosé wines.

www.ThePinkMonogram.com



Kubus 4 Candle Holder - Nickel

Introduced in 1962 by Mogens Lassen, the Kubus collection represents his lifelong devotion to Bauhaus design. Copper plated steel heightens the simplicity and strength.

www.ShopHorn.com



Gianna Dish with Lid

This impossibly chic, hand-blown sculpture offers many uses to the modern home with its simplistic design. Use as a candy dish, for nuts, and even ice for drinks.

www.CB2.com

Slate Cheese Boards

Beautiful hand-shaped boards of natural slate show off unique flaked edge, providing an earthy foundation for cheeses, charcuterie or appetizers. Write directly on the slate cheese boards with chalk to label featured selections; simply wipe clean with a wet cloth. Felt backing protects tables.

www.CrateandBarrel.com.com



Orrefors Kostaboda Diamond 5" x 7" Frame

Beautifully simple and elegant glass frame that will go with any décor. There's no better way of showcasing your special day.

www.NeimanMarcus.com

KitchenAid® Siphon Coffee Brewer

Never ignore the coffee lover. Vacuum brewing creates a bright, rich cup of coffee that truly expresses each coffee's unique flavor and aroma profile. This siphon brewing process provides the true, full-immersion brewing in a convenient countertop machine.

www.SurLaTable.com



Stems Vases

These unique vases will sure to be a hit as any gift! Stems Vases are unique in that the metal frame holds the narrow acrylic vase insert

The collection includes eight sizes featuring both, vertical and horizontal orientations. These vases are constructed of clear beveled glass in a warm bronze-colored anodized aluminum frame. Each vase includes a patented, clear acrylic insert which is watertight and removable for ease of cleaning. These durable vases, individually crafted, can be as simple and as sophisticated as your environment.

www.StemsVases.com



BY ALEXANDRA ROSSI

diamond, but a diamond that came from the earth.”

GIA Diamonds come with a GIA certificate and are laser inscribed, which means that even though diamonds are a really small piece of rock, on the side of the diamond, they have a little inscription of GIA with the identification number.

Although HTP diamonds may look just like a real diamond, the risk of buying one of them is their value. “The pricing of the HTP diamonds compared to a real diamond that is being mined from the earth is very similar; there’s not much difference yet,” he says. “But at the end of the day, a person can buy a diamond that is \$5,000, and a year from now, that same diamond, since it is manmade, may only be worth \$1,000,” explains Bobby. “A real diamond is not lab grown or grown in a factory. Mother Nature has taken hundreds and thousands and millions of years to cultivate to make this shiny piece of brilliance,” he says.

HOW TO CHOOSE A DIAMOND

Tips from an Expert in the Industry

Diamonds have always been a symbol of elegance and class. But for lovers, it’s the symbol of eternal love and commitment. They are essential in any engagement ring and we see them often in wedding bands for both men and women.

How to choose the size, the cut, the color, or the quality of the diamond takes a lot of research because in the end, a diamond is an investment. But how do you know you are buying a good quality diamond? How do you know the expensive rock you’re investing in today, won’t be worthless in a few years? Bobby Singh, owner of Midtown Jewelers at the Reston Town Center, talked with us to give our readers the best advice when choosing their diamonds.



It is common knowledge that a diamond is a very rare and unique substance that

comes from the ground, but to the surprise of many people there exist what is called the “HTP diamond,” which is a man-made stone that is very new to the market. Bobby advises, however, to only buy a GIA (Gemological Institute of America) certified diamond. “GIA is the national institution for grading diamonds, and is a worldwide institution, it is the strictest and sought after institution.” Says Bobby. “When you are buying a GIA diamond, you know what you are buying is something that will be accurate in terms of the color, the size, the clarity, everything on it. You will know it is a real diamond, that it is not heat treated, so that it is not a handmade



Diamonds rank in different types of clarity, being “FL” completely Flawless, and going down to “IF”-Internal Flawless where external flaws can be removed; VVS1-VVS2, which don’t have any internal black marks; VS1-VS2, where flaws are barely visible with a microscope; S11-S12, in which flaws are easily visible with a microscope, and 11-12-13, in which flaws can be found with the naked eye.

“The average person, me included, as a jeweler who has been looking at diamonds for years and years, I can’t tell the difference between an Internally Flawless, or a VVS diamond, compared to a VS diamond,” Bobby explains.

In terms of color, diamonds are categorized as D-F or colorless; G-J, near colorless; K-M slightly tinted; N-R very light yellow; and S-Z-light yellow or brown.

“There is a big difference between a diamond that would be a lighter yellow color say a L, M, or N diamond, versus something

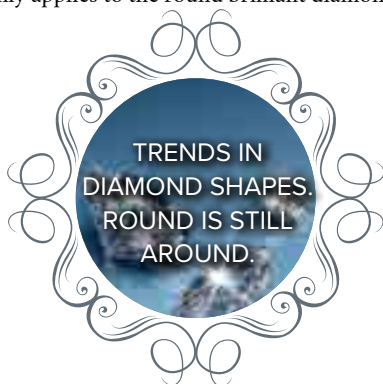
that is going to be an I diamond, because that is when the customer can see the imperfections and they can see the color with the naked eye. As a standard from an independent jeweler, if you can't see it with the naked eye, that means it is a clean diamond."



Several years ago both GIA and AGS (American Gem Society) started doing a cut grade. Cut refers not to a diamond's shape (round, oval, pear, etc.) but to a diamond's proportions, polish, symmetry and how well a diamond's facets interact with light. The AGS scale grades a diamond with the four Cs: Cut grade is first, then diamond Color, then Clarity and then Carat weight.

"A traditional diamond is what they call a regular, modern, brilliant cut that will have 58 facets," explains Bobby. "There are diamonds that are being cut with more facets, so what they're doing is they are taking a diamond that may not be as pretty, and cutting more facets [to] give it more brilliance." He advises that some diamonds might be sold with more cuts to make them shinier but the quality is not as good as a GIA certified diamond. "What usually happens is in order to make them have these extra facets, they actually cut the diamond smaller, so you're losing space on the diamond."

Bobby explained that the Cut grading only applies to the round brilliant diamond.



"The round diamond is always the most traditional, the most classic, and the most brilliant," he said and added that 80-85% of

the diamonds being sold in the D.C. market are round, and nationwide it's closer to 70%.

"In terms of our store in the Reston area the round diamond is the most popular. The last couple of years, the 'Halo' has been a very popular style. 'Halo' is when you have the single diamond and then diamonds around it." He also said the "Princess cut," goes in and out of popularity and is usually the second most popular cut of diamond. "This year we have a lot of people asking for ovals, a lot of people asking for pear shapes. The princess is still popular," he said.



"These days we're seeing that a lot of women doing multiple wedding bands, meaning that they do one traditional on the backside, then the engagement ring, then a second band on the other side," he says. It makes the whole ring more symmetrical by placing the engagement ring in the middle, and two bands on the sides. The second band is also an opportunity to make it more creative. "We see a lot of women doing rose gold or yellow gold, so they might do a white gold ring, but have two rose gold or yellow gold bands," he explains. "We're seeing a lot of uniqueness because we see a lot of people making their ring more unique in terms of the package to make them more different than everyone else."

Men are also getting much more creative in terms of their wedding bands. "Guys are pretty basic, a lot of times they are pretty boring, but we're trying to make them less boring and give them more options," says Bobby. At his store he has two designers that create unique and personalized wedding bands. "They do really cool things, like meteorite bands, with actual meteorite from the Gibson Meteorite that fell to the earth, and they incorporate it into the band. They mix the metals together and they can put black zirconium, meteorite, and gold together. They can do Damascus steel, which is a process of forged steel where they put layers and layers of steel on top of one another. It is the same type of process that

they used to make swords out of in medieval times. They have a unique acid based finish to them that looks very cool."

In metals Bobby said platinum and gold are still popular with rose gold being the trend right now. "The yellow gold has still not really come back the way that everybody thinks, but it will," he said. Platinum is one of the most pure white metals, but at the same time 18k gold is also a nice white metal and it has a harder luster to it, meaning that over time, it will wear down and turn a little yellow, but that be easily fixed by polishing it. "Platinum is a very dense metal, and it develops what we call in the industry a patina, so every time it touches something, it develops more of a grey look to it," said Bobby. "It can be polished, but since platinum is so dense, it just continues to happen. I always try and explain to my customers, if you're okay with that get platinum, but if that's going to bother you, 18k do [white gold]."



Bobby grew up in the diamond and jewelry industry, helping at his father's jewelry store during his high school and college years. However, the industry is always changing and the way to know what the trends are is observing what the customers want. "I worked with my dad and I learned a lot there, but the industry is always changing," he said. "You have to keep focusing on what the customers are liking, what the trends are in terms of what Hollywood stars are wearing. Trends can be much different here on the east coast compared to Chicago in the Midwest or California. What is in California takes 6 months to a year to get over here or maybe what's in New York is coming down to the DC area. But the best barometer for us when measuring what the customers want, is the customers, because they are coming into our store and they look in the magazine and online and they show us what they want so that is the most helpful."



THE OPTIONS FOR *Rehearsal* DINNER



Sisters Thai

Sisters Thai offers the best authentic Thai food in the area—their original Old Town Fairfax location is a cult favorite among the locals. Every dish has some heat, often from colorful sauces. Besides bursting with potent flavors, the dishes are balanced and attractive to the eye. Enjoy fun drinks and homemade desserts in a whimsical living room atmosphere. The service matches the style—friendly and upbeat. You'll leave with feelings of nostalgia of the good ol' days.

703-280-0429
2985 District Ave
Fairfax, VA

www.sistersthai.com



Ristorante Bonaroti

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703-281-7550
428 Maple Ave E,
Vienna, VA

www.ristorantebonaroti.net



Bazin's on Church

Bazin's evokes an old bistro, yet possesses a contemporary twist in its open kitchen, brick walls, vaulted wood beam ceilings and subdued lighting. The team of Chef Patrick Bazin and wife Julie offers a contemporary American menu featuring organic and seasonal ingredients. The wine bar features a collection of wonderful wines from around the world, with an emphasis on California.

703-255-7212
111 Church Street
Vienna, VA

www.bazinsonchurch.com



M&S Grill

From fresh seafood and shellfish to aged steaks and garden fresh salads, their goal is to exceed your dining expectations. As their guest you will experience culinary excellence at its best. A distinctive feature of their restaurant is their beautiful bar area that offers you a comfortable environment from which to enjoy a wide variety of wines, beers, classic drinks and trendy cocktails.

703-787-6931
11901 Democracy Dr.
Reston, VA 20190

www.mccormickandschmicks.com



Chart House

When it comes to private dining choices in Alexandria, there is no place like Chart House. As the only private waterfront dining option in the area, their Capitol Room offers magnificent views of the Potomac River and Washington D.C., for up to 80 guests. Your guests will be treated to the freshest seafood, most tender steaks and finest desserts in Alexandria. Their full service bar is available to help make your event spectacular.

703-684-5080
1 Cameron St
Alexandria, VA 22314
www.chart-house.com



Nostos

Through Nostos, the owners wish to share their past with you and stimulate your senses with a variety of traditional and contemporary Greek dishes. Nostos presents a fresh, modern take on Greek culinary culture. Enjoy a wide variety of fresh fish and exciting vegetarian dishes, which are staples of the Mediterranean diet, as well as a select variety of Greek cheeses.

703-760-0690
8100 Boone Blvd,
Vienna, VA
www.nostosrestaurant.com



Pazzo Pomodoro

Pazzo Pomodoro "The Crazy Tomato" is a Cantina style concept born by locals Jimmy Audia and Bill Hicks with great support and influence from Italian native, now distinguished local, Nicky de Chiara. Always fresh, they deliver quality meals at affordable prices featuring seasonally fresh ingredients from their local garden. The Capri Room in Vienna is available for your private gatherings with seating for up to 35 guests.

703-858-5555
19825 Belmont Chase Dr
Ashburn, VA 20147
www.pazzopomodoro.com



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Top of the Town is an ideal setting for receptions (up to 180 people), ceremonies, engagement parties, and rehearsal dinners. Their staff will provide you with a list of approved professional caterers who will ensure impeccable service and exquisite menus. They can also provide you with a selection of photographers, florists, musicians, decorators and local hotels.

703-387-8696
1400 14th St N,
Arlington, VA 22209
www.topofthetown.com



Morton's The Steakhouse

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703-796-0128
11956 Market Street
Reston, VA 20190
www.mortons.com



Earls

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703-847-1870
7902 Tysons One Place,
Tysons Corner VA
www.earls.ca



THE BENEFITS OF *Dogs for Seniors*

BY CHARLES S. DONNAVAN

Senior citizens can get lonely and many don't participate in the social media world to stay in touch with friends and loved-ones. A great way to make a senior happy is to pair him or her with a pet.

Dogs are a great companion for a senior citizen, providing them with day-to-day love and company when the family cannot be there. For elderly pet owners, who often live alone or in group facilities, pets can increase social interaction and physical activity and help them learn: a new pet can stimulate someone to read up on an animal or breed, which can be very mentally stimulating and important at that age.

It's also been found that interaction with pets can lower blood pressure and cholesterol levels, decrease depression and even ease the pain of losing a loved one.

A recent study published in the *Journal of the American Geriatrics Society* revealed that independently living seniors with pets tend to have better physical health and mental well-being than those who don't.

Of course, there are some important considerations when choosing a dog for the over-60 crowd, as you have to make sure the dog and the new owner are a match.

According to the American Pet Association, when choosing a dog for a senior in your family, an already trained older dog is a better bet than a puppy. You should also think about the energy level and the mobility of the potential owner.

There are many different breeds suitable for seniors of all activity levels. For seniors who consider themselves "outdoorsy," a sporting or herding breed that thrives in an outdoor setting would be a good match. For those who like to stay in, smaller, smooth-coated breeds that enjoy the shelter of a home and constant companionship is the dog for them.

Beagles, most experts agree, are great for seniors because they're small and relatively low-maintenance dogs. They are fun, incredibly intelligent and therefore easy to train. They are also fairly independent, which helps a senior who may not have the same energy every day.

Even those seniors living in assisted living communities are now adopting dogs. Many will welcome the residents' pets as long as they meet certain conditions, and some even offer community dogs so all the residents can share in the joy and not have to worry about the responsibilities themselves.

For some seniors, the fear of not being able to provide the proper care, training, and exercise may keep them from experiencing the comfort and companionship of dog ownership, but with simple planning and homework, it's easy for a senior to open their heart to a canine companion.

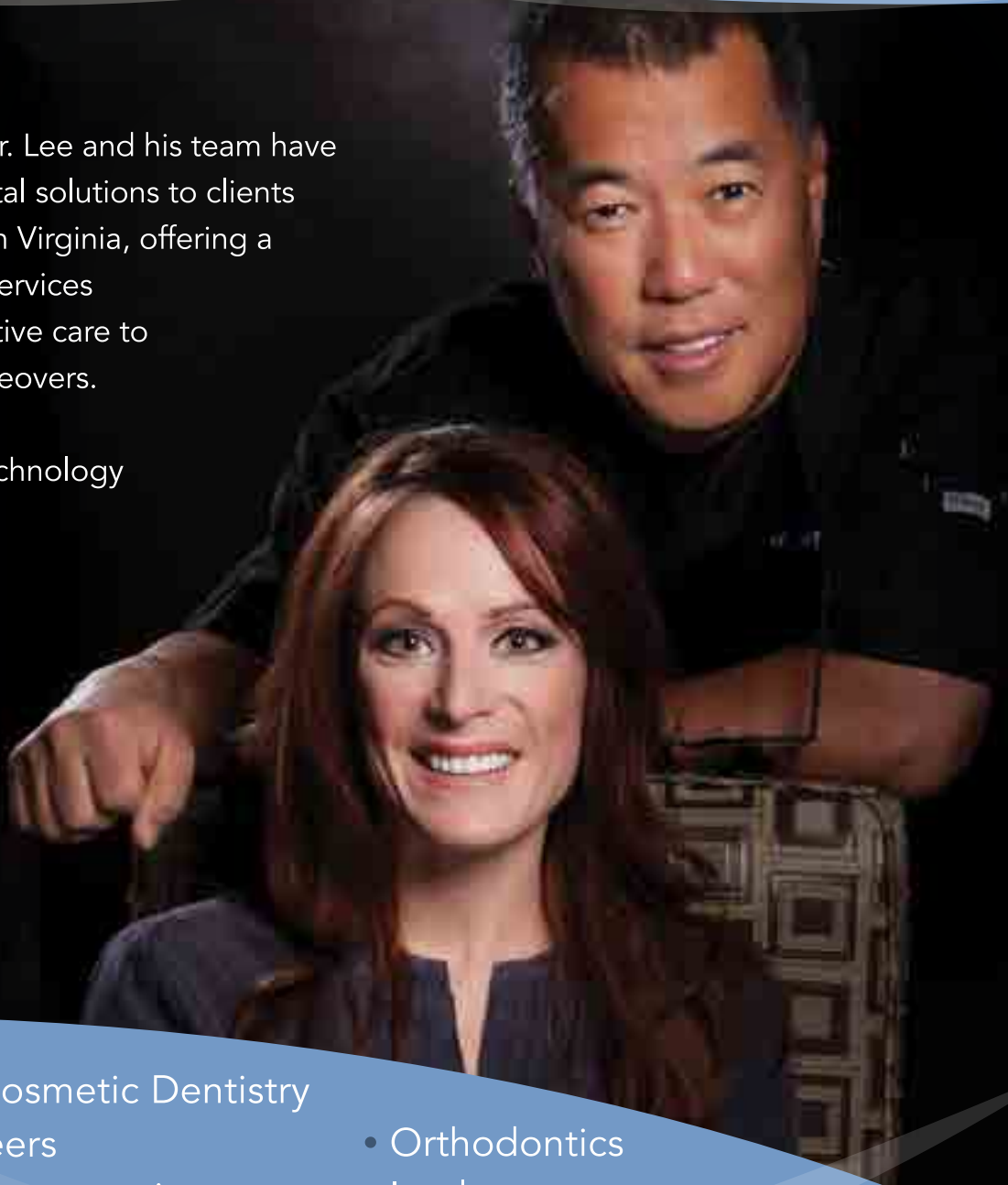
Keep in mind that dogs live very much in the here and now—they don't worry about tomorrow—and tomorrow can be very scary for an older person. If having an animal with that sense of now, it tends to rub off on people. ♦

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Beer & Clips Festival from New Belgium Brewery at the Reston Towne Center

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



Reston Community Center WINS VRPS STATE AWARD FOR BEST NEW PROGRAM

Reston Community Center received the state-wide award for Best New Program at the 62nd Annual Conference of the Virginia Recreation and Park Society (VRPS) held November 5 – 8 in Roanoke, Virginia. RCC Rides was honored in the category of areas with a population 50,001 - 100,000.

“We are honored to receive this award but we would not be successful without our volunteer drivers,” said Eileen Boone, RCC Leisure & Learning Director. “Our volunteers are the heroes of this program and we thank them for their commitment and passion.”

RCC Rides provides door-to-door rides to help get older adults to important engagements, ranging from RCC’s social and enrichment activities to medical appointments. Ride services are provided exclusively by volunteer drivers, free of charge, to anyone age 55 or older who resides in Reston Community Center’s Small District 5 boundaries. Since launching in July 2015, this innovative program has given 1,094 rides to Reston adults 55 years and older who



cannot drive. Ride destinations vary but the majority of them are in or around Reston. More than 147 riders and 43 drivers are now a part of the Reston program.

RCC continues to seek drivers to help meet the rider needs in Reston. All volunteer driver applicants undergo a thorough DMV and background check paid for by NV Rides.

Interested volunteer drivers can apply immediately by going to www.restoncommunitycenter.com/about-reston/nv-rides-reston/become-a-driver. For more information about RCC Rides, please contact Ali Clements, RCC Rides Coordinator, at 703-390-6198 or ali.clements@fairfaxcounty.gov, or visit www.restoncommunitycenter.com/RCCrides.

Each year, VRPS honors individuals, departments and organizations throughout Virginia who have demonstrated excellence in any of several areas during the previous year. ♦

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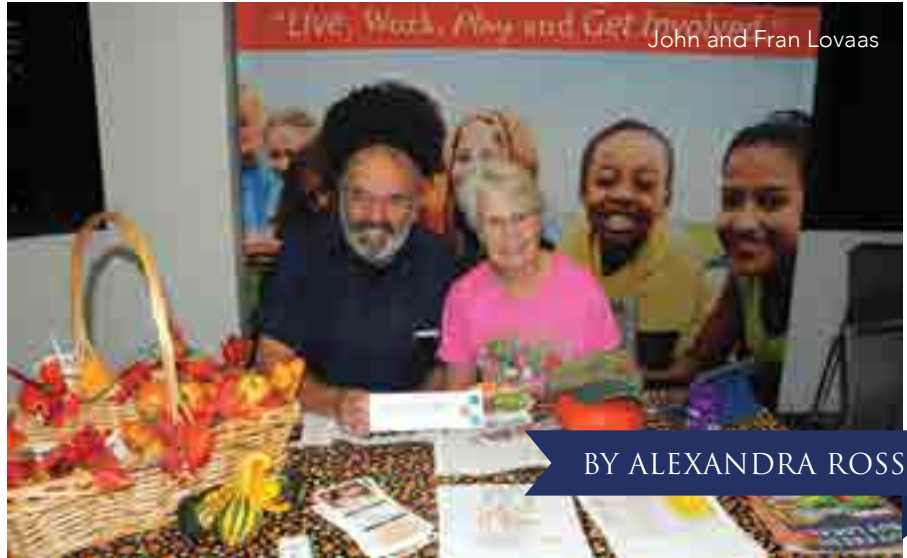
545 E Market St
Leesburg, VA 20176
571.529.5458

229 Maple Ave E
Vienna, VA 22180
703.261.4585

www.urbanmattress.com



Adam Lind and Fiorella



John and Fran Lovaas

BY ALEXANDRA ROSSI



Abbie Fundling and Anne Delaney



Sharon Canner

Reston Association Open House: A GREAT WAY TO KNOW ABOUT ALL THE OPPORTUNITIES RESTON HAS TO OFFER

On October 20, 2016, the Reston Association held its bi-annual Open House at its location on Sunrise Valley Drive.

The event is a great way for Restonians, newcomers or long-term residents, to know about the many services, amenities and programs Reston provides to the community.

Attendees were able to learn about the more than 100 events for all ages held by the Reston Association; how to get involved in Reston and serve in a committee or board; meet local elected officials and community organization representatives; learn about the Parks and Recreation programs in Aquatics, Tennis, Camps and Environmental education; mingle with Restonians; enjoy refreshments and win door prizes.

More information about Reston Association and its programs can be found at Reston.org. ♦



Sally Carter, Adrienne Leo, and Sophia Garzan



Ellen Graves



Amber and Roudy Batchelor



Sharon Gurtz



Richard Sheehe and Cate Fulkerson



Susan Idzlak and Laura Siko



Sarah Marsden, Trevor Wright, Kar aWills, and Bob Swartz



Supervisor Cathy Hudgins

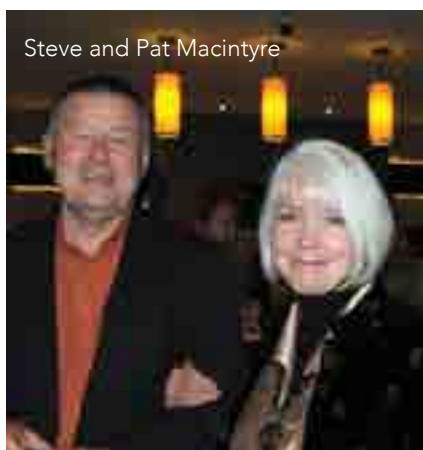


Lynn Lilienthal and Maggie Parker



South Lake STEAM Students Victoria Slaski, Lucy Nguyen, Jonathan Doctor, Leah Moyer and Carson Bush

BY ALEXANDRA ROSSI



Steve and Pat Macintyre

IPAR ANNOUNCES NEW NAME AT *Annual Fundraising Reception*

On November 3, IPAR (Initiative for Public Art in Reston) held its annual Fundraising and Auction Reception at The Avant building, located at the Reston Town Center.

The event was an opportunity for IPAR to announce its new name: PUBLIC ART RESTON. Anne Delaney, IPAR's Executive Director, explained that the change was based on having a name that is more direct and more easily understood.



A painting by Patricia Macintyre (Reston Art Gallery & Studios) was auctioned



Jayson Green and Paul Raker

Phoebe Avery and Anne Delaney



Carol Nahorniak and Marion Myers



Pam Toby, Kohann Williams and Joan Kelly



Joseph Crawford (YMCA)
and Leila Gordon

Carolyn Flitcroft and Chuck Veatch



Cate Fulkerson
and Rebekah
Wingert-Jabi





IPAR ANNUAL FUNDRAISING RECEPTION (CONTINUED)

Mark Ingrao, Chuck Veatch
and Robert Goudie



Maggie Parker and Mark Ingrao



Phoebe Avery, Anne Delaney, Kathleen Driscoll and Rebekah Wingert-Jabi



Tahirah Khan and Anne Delaney



Holly and James Pam, and Marco and Elle Rando





Step Sisters Partner with RESTON HOSPITAL CENTER

New agreement extends breast cancer patient support services throughout region

The Step Sisters—a non-profit organization that works to improve the quality of life for those impacted by breast cancer—are proud to announce an agreement with Reston Hospital Center enabling them to provide support services to the center's breast cancer patients. This step marks the fifth partner hospital in the Northern Virginia region for The Step Sisters.

Working with local hospitals, The Step Sisters offer quality of life services designed to ease the worries of breast cancer patients. Nurse navigators working directly with the patients allocate Step Sister funds to those that need specific services such as transportation, house cleaning, child care, healthy meal/fresh food delivery and pet services.

"We are pleased to extend our services to those patients receiving treatment at Reston Hospital Center," states Angela Fuentes, President of The Step Sisters. "Our mission is to not only ease a patient's mind during treatment, but also to ensure that no

circumstance, such as a lack of transportation keeps her from her treatment plan."

Located adjacent to Reston's Town Center, Reston Hospital Center serves residents in western Fairfax and eastern Loudoun counties. As Breast Care Nurse Navigator Laurie Rudolph explains, "There is a gap in quality of life services that has now been filled by the Step Sisters organization. Reston Hospital Center is so excited to partner with them to provide much needed support to our breast cancer patients."

The Step Sisters hold several annual fundraising events with their largest, the Ribbon Run taking place each April.

For more information about the Step Sisters, please visit www.stepsisters.org. ♦



BY BARBARA SPRINGER

THE QUALITY OF LIFE PLUS (QL+) PROGRAM

Generates Innovations for Those Who Served

The Quality of Life Plus (QL+) Program, a 501 (c)(3) is a not-for-profit organization headquartered in McLean, Virginia. The mission of QL+ is to provide the funding and the resources to foster and generate innovations that aid and improve the quality of life of the men and women who, while serving their country, were injured in the line of duty. QL+ has two principal focuses: identifying the challenges of military veterans and first responders who have sacrificed for the common good; and working with teams of university students and faculty to solve these challenges as part of their educational experience. Since our establishment, more than 295 students and a dozen faculty have participated in over 75 QL+ Projects.

The laboratory located at Cal Poly in San Luis Obispo, California is the facility for research and development of these QL+ sponsored innovations. The Program provides solutions to

challenges that will improve the quality of life in ways that will enhance an individual's ability to work, live and play. Solving these challenges provide a key educational benefit to the students who participate. Team-based problem solving promotes project-based learning. Further, it provides research opportunities for faculty members. By leveraging the creativity of engineering students and faculty, assistive technologies are developed to serve smaller populations or specialized needs and are focused on solutions rather than commercial viability. The students have a very high level of interest in our Program and are eager to be a part of a QL+ innovation team.

We would like to share the results of two recent senior projects.

One challenge was posed by wounded Marine explosive ordnance device specialist Jason Ross to relieve pressure from open wounds under his pelvis so he can spend more time in his chair and enhance the healing process. A team of four senior engineering students created a method to lift Jason in his chair using an adjustable ratcheting suspension system on his current wheelchair. The chair was delivered on the 27th of August and tested by Jason. The photo (at right) illustrates Jason's reaction to his new chair.

Another challenge was requested by Navy veteran Taylor Morris, a retired explosive ordnance device technician who lost all four limbs after he stepped on an improvised explosive device in Afghanistan. One of the challenges amputees face when wearing their prostheses is the elevated residual limb skin temperature and perspiration that is created when the sockets trap body heat. A team of four senior engineering students designed and developed a successful transfemoral prosthetic socket cooling system for Taylor. This cooling system helps Taylor dissipate heat from his socket using an embedded Peltier network to cool and regulate socket temperature that allows him to maintain more normal skin and body temperature.

This year, senior engineering students are designing and building four innovations.

1. YEAGER MULTIFUNCTIONAL TOOL: a multi-functional hand tool for people who have severely limited use of their hands or wrists. The end goal is an ergonomically designed tool that will allow those with limitations, such as burns or amputations, to use a variety of interchangeable hand tools, leading to more independence and an improved quality of life.

2. PROSTHETIC LEG MODIFICATION:

an adjustable below the knee prosthetic leg to provide an active duty Navy SEAL and other amputees with a means of meeting their mission safely and effectively. They currently must carry additional prosthetic legs during deployments and request a multifunctional prosthetic. The end goal is a prosthetic leg that combines the functions of walking, running, and swimming into a durable, lightweight, waterproof, and comfortable below the knee prosthetic that will not slip off.

3. SELF-POWERED ANKLE PROSTHETIC:

a durable self-powered prosthetic ankle that provides ankle biomechanics similar to an active prosthetic while retaining the simple design of a passive prosthetic. The proposed design will have no external power and will attach to a below the knee prosthetic for amputees who want to live an active life. The end goal is an ankle that better mimics the musculature of a normal ankle and restores 80% of the range of motion. This will improve quality of life by allowing gait on uneven terrain in various environments with minimum energy input.

4. PHASE 2 PROSTHETIC SOCKET

COOLING SYSTEM: a system that will dissipate the heat created inside the socket of a leg prosthetic. The goal is to allow amputees to perform physical activity without creating excessive sweat inside their sockets. Losing a limb reduces the body's ability to prevent overheating and will cause increased perspiration, especially during activity. Although this challenge was presented by Taylor, a Navy explosive ordinance disposal technician who lost all four limbs, this product will also serve as a practical solution for any active amputee.

The QL+ Program is our way of helping these national heroes who have given so much for their country. This holiday season please consider a tax-deductible contribution to QL+. You can directly improve the quality of life for Veterans whose service has resulted in paralysis, loss of limbs and other life-altering injuries.

You can learn more about Taylor Morris at www.qlplus.org. Donations are appreciated. ♦

AUTHOR: Colonel Barbara Springer (USA Ret) PT, PhD, OCS, SCS is the East Coast Program Manager of Quality of Life Plus (QL+).



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BIRCHMERE WELCOMES COLLINS



BY KEITH LORIA

Judy Collins has had quite the storied career. She's won Grammys, charted more than a dozen hit songs, written a memoir and novel, was a guest on *The Muppet Show*, and made waves for her "naked" cover sleeve on the 1979 album, *Hard Times For Lovers*.

The singer is a testament to the old adage "some things get better with age." Now 77, the legendary singer continues to make new music and perform around the country.

"I love it, I make a living at it and I feel I'm getting better at it," Collins says. "I feel very fortunate to be doing this and be creative on my own time and also continue as I've done. You're always trying to be better than you were the year before."

As the daughter of a radio DJ, Collins used to sing on her father's radio show, as well as play piano with the school orchestra, sing with church choirs, and perform opera at the local opera house.

Along with Joan Baez, she was one of the two major interpretive singers to emerge from the folk revival of the late '50s and early '60s. By the time she was 22, she was already a force to be reckoned with in the music world, and over the decades she has achieved great success with songs such as "Send in the Clowns," "Both Sides Now," and "Amazing Grace"—all of which to have led to Grammy wins.

Collins will be performing Dec. 27 and 28 at the Birchmere, a venue she has been playing for decades.

"I'll be doing some of the songs from the new Irish TV show, as well as some of the more recent songs, and of course, the classic Judy Collins songs people like to hear, and hopefully, everyone will enjoy it," she says. "My concerts are fantastic experiences. Thank God for all the wonderful places to work around the country."

One of her favorite things about her concerts today is that the audience is filled with people of all ages, as grandparents and parents are there with their kids.

"I tell a lot of stories at the shows," she says. "They're getting a show that no one else has seen before because I change it up every night."

Last year Collins released a new CD, *Strangers Again*, and she says working on new projects keeps her engaged and young.

"Keep learning, doing new things and looking for new challenges. That's the secret to lasting," she says. "You need to keep the shows fresh and that's always been important to me. You always wonder when you're going to be 'found out.' I still feel like I'm making it."

One of the ways Collins stays young at heart is by going to concerts of some of her favorites and grasping on to their energy. Recent shows she's gone to include Randy Newman, Ringo Star and Michael McDonald, to name a few, and she even hit the stage for a few of them as a surprise guest.

She admits that travel is challenging at times—especially compared to the way things used to be, and getting her music heard takes some work.

"You have to keep yourself out there or people forget. You do everything you can think of," Collins says. "The PBS specials are wonderful, iTunes, social media, it all helps."

Looking ahead, Collins just wants to continue playing concerts and making new music, and she doesn't care what sort of venue is welcoming her.

"My father was a performer and I was taught at a very young age not to pay attention to the size of the venue or the size of the audience; it doesn't make a difference," she says. "You do the show you want to do and you'll stay in the public eye."

That advice certainly worked for Collins. ❖

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



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

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



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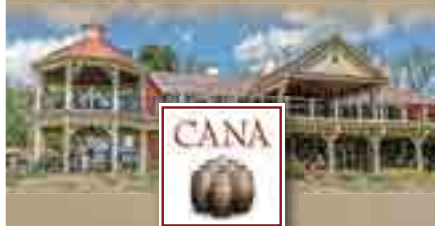
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INTRODUCING NEW FITNESS EXPERT *One to One Fitness*

One To One Fitness has an impressive 30 year history in Washington DC and Northern Virginia. While it is one of our area's crown jewels, it may also be one of our best kept secrets. "That's fine with us," say owners Doug Vasiliadis (40 year McLean/Great Falls resident) and Pat McCloskey (50 year Vienna resident).

"I started working in health clubs even before going to college when I was 16 years old," says Vasiliadis. "I've always loved the members and loved the environment, but initially grew to hate the business. Mass marketing, high pressure sales and binding contracts were the focus. Club owners would hire a used car salesmen before hiring a fitness professional with a Master's Degree in Exercise Physiology. When my wife Helen and I opened the first One To One (Tysons Corner, 1986), our goal was to be the anti-health club. One To One has never employed a commissioned sales person, we've never made a single cold call, trainers had to have degrees in exercise science and we are all about service - personal training to be exact (which no-one even heard of back then). No sign 'em and leave 'em membership sales. Instead, we listen to people, assess their needs, educate them, cultivate a long term relationship, do our best to keep them healthy and help them accomplish their objectives."

Fast forward 30 years, personal training is now a household term and One To One has earned a national reputation both as a pioneer and as one of the most respected personal training companies in the fitness industry. Over the past three decades, One To One has trained many high profile celebrity clients such as NBA stars Sherman Douglas in the 1990's, Jerry

Stackhouse in the early 2000's, Washington Redskins superstar quarterback Kirk Cousins who began training at One To One when he was a rookie and numerous others. However, according to Vasiliadis and McCloskey, one of the greatest things about One To One is the variety of clients of all ages and fitness levels that you will find training there. It is not uncommon to see a rising youth athlete training in hopes of earning a college scholarship, a mom training to get back into shape after having her third child, an executive training to improve his golf game or a senior citizen working on her strength and balance to remain vigorous in retirement. Many have been clients for between five and twenty five years. Vasiliadis still takes pride in the fact that One To One is unlike all other health clubs, chains and franchises.

"Not only do we have wonderful long term relationships with our clients, our trainers are also like family. Many of them have been a part of One To One for decades, which is unheard of in our industry and something we are very grateful for and proud of," says Vasiliadis.

McCloskey, who also serves as One To One's Director of Training and Staff Development, is equally proud of his highly talented staff and grateful for One To One's diverse and loyal clientele.

"We don't just implement one style of exercise. That's the beauty of our high quality personal training. Our trainers were well educated even before we hired them. We then invest a great deal of time teaching them and helping them become expert personal trainers who know exercise science and who are capable of teaching a variety of methods and training all types of clients," says McCloskey.

McCloskey has also served as conditioning consultant for US Women's Soccer, consults for numerous sports teams, is a faculty member of the world famous Gray Institute and travels the country providing continuing education to fitness professionals.

One To One Fitness has locations in Washington DC and Northern Virginia. For more information, visit their website at www.1to1fitness.com.

Viva Tysons Magazine is proud to bring our readers our new Ask a Personal Trainer column so send us your exercise and fitness questions and Doug Vasiliadis and Pat McCloskey of One To One Fitness will answer them in our upcoming issues. ♦

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TOP RESTON *Professionals*



by Dr. Liliana Calkins
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MYOFUNCTIONAL ORTHODONTICS:

Why start so early?

In this issue, I'd like to address common questions that parents have regarding orthodontic problems in children.



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Dr. Sandhya Pal

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Dr. Sandhya Pal is a third generation dentist who has been practicing for over fifteen years. She earned her B.S. in Biology with a double minor in Spanish and Industrial Management from Carnegie Mellon University and her D.D.S. from Howard University School of Dentistry with honors in Oral Diagnosis and Radiology. The Pal Family Dentistry team creates beautiful smiles using the latest technology and cutting-edge techniques in general and cosmetic dentistry. It is their mission to meet and exceed patient expectations and to make your visit relaxing, comfortable fun and efficient.



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Dr. Phillip Chang is a Board Certified plastic surgeon practicing plastic surgery, cosmetic surgery and laser surgery in the Loudoun County area.

Dr. Chang grew up in the Washington metropolitan area. After graduating from the University of Rochester School of Medicine, he completed his general surgery training at the prestigious Loma Linda University Medical Center in Southern California, where he was fortunate to train with prominent cosmetic surgeons in Newport Beach and Beverly Hills. Dr. Chang then returned to the University of Rochester where he completed an Accredited Fellowship in Plastic and Reconstructive Surgery.

Dr. Chang has given talks nationally on his research and insights on topics ranging from post-trauma facial reconstruction to abdominal wall reconstruction. In addition to developing the HARMONY minimal scar facial rejuvenation procedure, he has taught the technique of Transaxillary Hidden-scar Breast Enlargement as well as the Arcus Marginalis Release technique for cosmetic eyelid surgery to local plastic surgeons.

Dr. Chang has dedicated his efforts at Aesthetica to offering a unique plastic surgery experience to his cosmetic patients. At Aesthetica, minimally invasive cosmetic procedures are emphasized in a facility that blends spa-style pampering and state-of-the-art cosmetic surgery.



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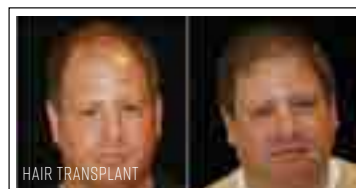
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Dr. Rishita Jaju**SMILE WONDERS**

Dr. Rishita Jaju is a Board Certified Pediatric Dentist. She has achieved the Advanced Laser Proficiency Certification from the Academy of Laser Dentistry. Her expertise in using Waterlaser safely and effectively is recognized by the World Clinical Laser Institute with their highest Mastership Certification. She received her specialty training in Pediatric Dentistry at Children's National Medical Center (CNMC) in Washington, DC where she continues to serve as clinical faculty.

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PHASE 2 WILL ADD SIX STATIONS TO THE SILVER LINE.

RESTON UPDATE



At Reston Town Center Station, Capital Rail Constructors' crews has started precast erection and backfilling at station walls.



Aerial Guideway Entering East Side of Dulles Station



At Innovation Station near Route 28 and the Center for Innovative Technology , CRC continues with precast erections, grouting and detailing continues as well as masonry work.. Electrical rough-in and plumbing work continues in the station. South and North Pavilion construction and pedestrian bridge pier and bridge assembly continues.



At Herndon Station near the existing Herndon Park and Ride, crews are working near the south pavilion and preparing for pedestrian bridge pier installation. Fairfax County has celebrated groundbreaking for an additional parking garage at the station.



At Dulles Airport Station walls are being constructed. Station Columns and cross girders are being cast. Walk Back tunnel demolition has been completed and tunnel tie-in work started.



At Loudoun Gateway Station, west of the airport along the Dulles Greenway, mass excavation for the station continues and foundation work has begun.

Photos courtesy of Capital Rail Constructors

Photos courtesy of Capital Rail Constructors



A CRC worker kneels in the tunnel where he is hand mining to carry utilities to and from the Silver Line Phase 2.



This equipment, similar to a jackhammer, is used by construction crew to break through the incredibly dense rock along the Silver Line Phase 2 route.

Hand Mining: ONE OF THE TOUGHEST JOBS ON SILVER LINE PHASE 2

BY DUSTY SMITH



These CRC workers are near a completed utility duct tunnel along the Silver Line Phase 2 route.

As work on the Dulles Corridor Metrorail Project (DCMP) progresses and Phase 2 of Metro's Silver Line begins to take shape, some of the toughest work on the project is conducted underground, out of public sight. About 1,400 people currently are working on the project, which extends the Silver Line from the Wiehle-Reston East Station westward through Dulles International Airport and on to Ashburn.

To supply the rail line with needed utilities, such as water and electricity, project workers must tunnel beneath the Dulles Toll Road and Dulles Greenway to access the rail line in the median of those roads.

All along the project, dense rock known as diabase (granite) has challenged Capital Rail Constructors (CRC) crews attempting to dig out those tunnels. CRC is the group contracted to build the bulk of the project. The diabase is much denser than anticipated before work began. Project workers first began digging by a method called "jack and bore" using a large piece of equipment that drills horizontally through the earth without disturbing roadways. However, that process was not adequate to break through the hard rock along the rail line.

For many of the tunnels built roughly every mile along the Dulles Toll Road, CRC resorted to hand mining, an intensive process that requires workers to crawl into the tunnels and break out the rock bit by bit.

"That's all basically on their knees," said DCMP senior project manager Stephen Barna.

John Kearney, another DCMP senior project manager, emphasized that hand miners perform some of the most strenuous work on the job.

"Imagine crawling under your desk and digging through solid rock in that tight space on your knees for eight or more hours every day," Kearney said. Further, it's a job the public cannot see and therefore cannot appreciate.

"It's an unseen and thankless piece of work," he said. "No one understands what those miners go through. They work in more difficult conditions than most of the other trades and they have to work harder to complete these tunnels and get through their days."

Digging the tunnels is but one part of the process. As the workers push forward – some shifts making up to 8 feet of progress, others making only 3 inches per shift – metal supports called liner panels are bolted around the tunnel and grout is used to fill in the gaps between the liner panels and rough, rocky walls. Once the tunneling is complete, utility lines or ducts are fed through the tunnel to supply the rail line with power, water and any other needed utility.

Finally, grout is poured to fill the spaces between and around the utility ducts. ♦



THE WINTER MONTHS MAY BE IDEAL TO SELL YOUR HOME

Everyone knows that the spring market is hot for selling or buying a home. But did you know that the winter months may actually be better for selling?

LESS COMPETITION

In the spring, a lot of inventory hits the market, and that means your listing is just one of perhaps hundreds from which buyers can choose. In the winter months, you have less competition; your house will stand out.

Be aware that the construction of new homes is projected to continue to increase in 2017, so buyers who may not have been able to find their dream home within the existing inventory will have new options to fill their needs.

DEMAND IS STRONG

According to the latest Realtors® Confidence Index from the National Association of Realtors (NAR), buyer demand remains very strong for most of the country. Buyers are ready, willing and able to purchase right now. People who need to move in the winter months also have more urgency. They cannot wait for the spring market, and that means your home may sell more quickly. In fact, Fannie Mae announced that they anticipate acceleration in home sales in 2017. As the spring market heats up, banks will be inundated with loan requests and closing times will lengthen.

The NAR's Existing Home Sales Report also shows that the supply of homes for sales is still below the six-month supply needed for a normal housing market. And there is pent-up desire

among buyers who may many have been waiting until after the presidential election to make a move.

HIGHER PRICES

Nationally, amid tight supply, half the properties that sold in October 2016 sold at or above the listing price and were on the market 30% fewer days. Holding to the rule of supply and demand, when less inventory is available, prices go up. Be careful not to list your home at too high a price, however; you want your home to sell quickly. If it is still on the market when the spring surge arrives, it will look stale. Your Realtor® will help you find comparable properties in your area to help set an ideal price.

IT IS A GOOD TIME TO MOVE UP

If you are considering moving to a larger, more expensive home, do it now. Prices are projected to rise by 5.2% in 2017, according to CoreLogic. Interest rates are also predicted to moderately rise in the next 12 months, reports Freddie Mac. Even a slightly higher purchase price or a small increase in your interest rate can have a big impact on your housing costs.

REALTORS HAVE MORE TIME

Since fewer people are listing homes, Realtors® have less inventory to show. That means they have more time available now than in the spring market when things are hopping. You will receive more individualized attention from your Realtor® and they will be able to focus more time on marketing and showing your home.

READY YOUR HOME FOR A WINTER SALE

The way you stage your home for a winter sale differs from how you would do so in the summer months. Here are some ways you can attract buyers when it's cold outside.

LOWER HEATING COSTS

People who purchase homes in winter are concerned about heating: heating costs, heating systems and energy efficiency. Have your heating system checked and cleaned, change the filters and make any necessary repairs. In addition, weather strip leaky doors and windows, add insulation, or even install new energy-efficient windows. If you add energy-saving features, let your Realtor® know so he or she can point them out to potential buyers.

STAGE FOR WINTER

Winter months can be dark and dreary, so brighten the interior of your house with light-colored paint and white accessories. Maintain a consistent color theme throughout the home to give the feeling of brightness and space. Add touches that invoke warmth: display a beautiful afghan across a bed or chair in each room, stack wood in a fireplace, and set the table with an inviting winter centerpiece.

Since families are inside more in the winter, play up the entertaining options and focus on warmth, togetherness and family. Showcase an inviting den or family room, place a board game on a table, and lay out a buffet service with stacks of plates and fresh flowers. Remove all holiday décor and personal items; you want the home to be neutral so the new family can envision themselves living here with their own possessions.

ILLUMINATE THE EXTERIOR

Even though flowers aren't blooming in winter, you can still bring warmth and light into your exterior decorating. Use small white outdoor lights or floodlights that illuminate the house front, and provide structural elements in the garden with benches, planters and rock walls. Don't ignore the entryway; place urns with small evergreens or winter-hardy topiaries near the door, and hang a non-holiday wreath as a welcoming element. Show how outdoor entertaining areas can be used with a fire pit, candles and warm throws on outdoor chairs.

COZY UP AN OPEN HOUSE

Create a warm and inviting environment at your winter open house by adding a coziness factor. Light a fire in the fireplace (or gas logs or woodstove) and offer hot cocoa or hot cider and freshly-baked cookies. Turn on all interior and exterior lights, and illuminate the garden or backyard with festive twinkling lights. Clear snow and ice from driveways, walkways and paths to outbuildings, and don't forget to clear dangerous icicles from the eaves. Ensure that parking spaces are available in front of your home.

Armed with all these reasons and ways to sell in winter, maybe listing your home now isn't such a bad idea. ♦

AUTHOR: Linda Barrett is a Realtor with Keller Williams Capital Properties and has worked in the real estate industry for more than 30 years.

Photo credit: Sangee Chon

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Master stylist, Joey Noufal, and Celebrity Makeup Artist Gustavo Mottola design Elaine Espinola-Keltz, Miss DC America 2015



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FUN WINTER Activities for Kids



KIDS

BY RYANNE WRIGHT

Winter weather has been known to bring plenty of snow days for children. In addition to having children keep up with their school work or watch their favorite movies, here are some additional activities to play in the frosty snow or the warm indoors.

Indoor:

- * Teach your child how to bake your family's favorite cookie recipe.
- * Make paper snowflakes.
- * Make macaroni snowflakes by gluing macaroni together in a snowflake form. Once it hardens, paint or cover in glitter. String yarn through an open hole and display with pride!
- * Make your own play snow without the cold by mixing three cups of baking soda with half a cup of hair conditioner. (This one is messy, so play with plastic down on your surface!)
- * Make a Northern Lights star-cave by poking holes in a large cardboard box and popping individual lights through the holes from a strand of extra Christmas lights. Do not leave this on overnight as certain lights could be a fire hazard
- * Make pine cone people by gluing small wooden balls to the narrow end of the pine cone. Decorate using yarn for hair and sharpies for facial features.
- * Write a short winter-themed story and decorate the pages to make their very own, "My Winter Wonderland" book.
- * Make a museum bucket list and visit all the museums in the area.
- * Make a scrapbook of all of the old family photographs you have laying around the house.
- * Go through all of your old toys and books together and donate the lesser used ones to a family shelter in your area.

Outdoor:

- * Visit the monuments while they're lit up for the Holidays.
- * Build a snow fort (Don't forget about making one for your animal friends in the neighborhood!)
- * Shovel an elderly neighbor's driveway.
- * Go ice skating at Reston Town Center.
- * Play a giant game of marbles by freezing colored water in balloons, cut away balloon when frozen.
- * Learn the constellations on a clear winter night.
- * Learn how to safely build a fire (bonus points if you make s'mores!)
- * Paint in the snow by filling an old spray bottle with water and a little bit of food coloring.
- * Have a "Snow Search" where you make a small sheet of things like holly trees, stars, certain birds in the area, and other winter wonderland miracles and have your child search for them outside.
- * Make a snow volcano by making a pyramid shaped snow cone. Place a plastic cup into the top so that it appears to be the inside of a volcano. Combine baking soda, red or orange food coloring, and vinegar together in the cup and watch your snow volcano erupt!



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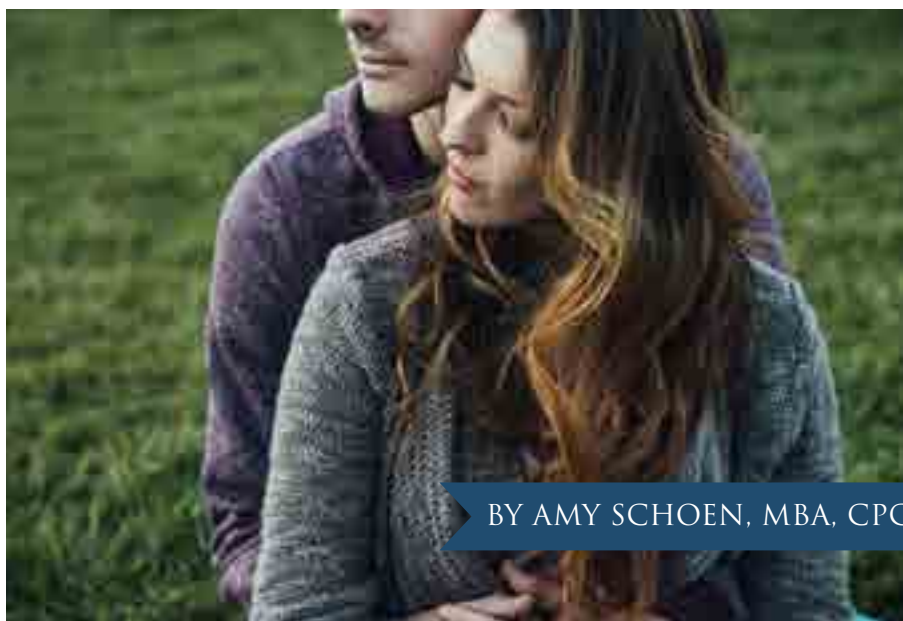
KEEP YOUR POOCH WARM AND SAFE *during winter*



BY RYANNE WRIGHT

Winter is here and our furry friends are cuddled up close. Whether it is cold temperatures, snow, or ice, you have to remember to appropriately care for your dog. Here are 10 tips to help keep your pooch comfortable and safe in the upcoming frigid months.

- **Bundle up!** If it's too cold for you outside, it's too cold for your dog. Your dog's stomach, chest, and back can be protected by a sweater or coat designed for your dog.
- **Dog Booties!** Your dog's paws need protection from the cold pavement, ice, snow, and chemicals that cover the roads in the winter.
- **Sidestep Salt!** Salted roads are hard on your pup's paws. If they accidentally come into contact with salted areas wash their feet immediately and thoroughly.
- **Avoid Antifreeze!** This toxic liquid is sweet-tasting and dogs will try some if given the opportunity. Watch out for iridescent puddles in parking lots and yellow-green or blue patches of snow.
- **Trim between toes!** Trimming the fur between your dog's toes helps avoid painful ice balls that can build up when they go on walks or to the bathroom in case your dog doesn't like to wear booties.
- **Don't lose your pooch!** Some dogs are notorious for being escape artists. While you should always keep a collar on your dog, the layers of ice and snow that wintertime brings can make it hard for your dog to track its scent back home. If your pup likes to make a break for it, invest in a GPS tracking device for their collar.
- **Don't forget about frostbite!** That's right, your furry friend can get frostbite too. Areas like the tips of their ears are especially vulnerable, so limit the time your dog spends outside. If you notice patches of white or blue skin, pull them inside immediately and call your vet.
- **Hypothermia!** Colder temperatures lead to the dangerous possibility of hypothermia for your furry friend. Senior dogs, dogs with short coats, and puppies are at the highest risk. Symptoms include weakness, shivering, lack of alertness, muscle stiffness, low blood pressure, and slow, shallow breathing. Call your vet immediately if you recognize any signs of hypothermia in your dog.
- **Puppy Pedicure!** Keep your dog's paw pads moisturized to prevent painful cracking during the cold winter months. Coconut oil is the safest option as it is edible, however you can also apply Vaseline then put your dog's paws in an two pairs of old socks.
- **Avoid taking your pup outside.** Your dog needs exercise and plenty of time to use the restroom outside, but avoiding keeping your dog outside for long periods of time is best. If you must leave your dog outdoors, they should always be in a sweater and booties. It is also wise to invest in a heated dog house and a heated pad to go inside the home to ensure your dog is always comfortable and safe. ❖



BY AMY SCHOEN, MBA, CPCC

ASK COACH *Amy*



DEAR COACH AMY,

I am an attractive, single, divorced gal in her late 40's who is dating for a serious, committed relationship. I don't have any children, but am open to dating men who do have kids. I have worked on my personal growth and feel that I am clear about the kind of guy I want. I have been on several dates with a divorced man who seems interested in me, but I just don't know about him. I just went on my third date with him and I think I may be ready to move on. I'm just not feeling it. By the way, he tries to get a bit physical and I really am not interested in his advances. He's not a bad guy. How do you know how many dates to give a man before you tell him you are not interested in a romantic relationship?

—*Ambivalent in Annadale*



DEAR AMBIVALENT,

From what I see from many of my clients, if you are not sure, then it's not right! There seems to be a recognition or a connection fairly quickly, especially when you are clear on what you are looking for. If you were kind enough to give a nice guy a chance and to spend at least 3 dates with him, then by all

means tell him that you just don't see a love connection.

However, I wonder if you can put your finger on what is missing for you? Think about what expectations you bring into a new dating situation and what could be different about the person you are dating. When is physical affection appropriate for you and how can you communicate that you like to take it slow without hurting a guy's ego? I do understand that many singles these days expect to get fairly physical within a couple of dates—this is as true for 60 year olds as it is for 30 year olds!

Perhaps there is a gremlin or something from your past that has been triggered. Make sure you are not bringing your old relationship baggage into your current relationship. When you look at what didn't work in your past relationships, that will inform you on what you do need to have in order to feel fulfilled in your next relationship.

I want to make sure you are definitely not interested in this man before you toss him back in the dating sea! I do know of a client who met a man that she was not so sure about. He was clearly interested in my client. When we looked at their life goals, they were very much aligned and wanted the same things out of life.

They also seemed to have similar relationship values. However, my client was not really feeling it and was considering no longer dating him after about 3 dates.

I encouraged her to go out with a couple more times. There was no reason she could see to not date him. The more time she spent with him, the more she started to see that there was a lot of depth to him, and he started opening up to her. Some people are a bit more introverted and don't open up as easily. They need to feel they can trust you and that takes time.

She started to feel closer to him and fell in love with him, and he was smitten with my client from the very beginning. Now they are married!

So do you need a little more time or are you sure that you don't see a future with this gentleman? It's not fair to drag things out if you truly don't. That way both of you can move on and find someone who would be a better fit.

As you know deep down inside, ambivalence in love is never a good thing. You deserve to have a partner who is crazy in love with you, and you are with him.

Most people appreciate honesty in dating. That is what we can hope for.

Intentionally yours,

Coach Amy ♦

PS. The first 2 months of the New Year is the best time of the year to be looking for love! To jumpstart your dating efforts, go to www.TalkwithCoachAmy.com to set up a complimentary Meet Your Mate strategy session.

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.

BRIDGE CLUB

CHARMED, I'M SURE

♠ J
♥ 10 8 7 6 3
♦ Q J 10 7
♣ A Q 6

♠ K Q 8 7 6 5 2
♥ A
♦ K
♣ K J 10 3

West	North	East	South
		1 ♥	1 ♠
pass	1 NT	2 ♥	4 ♠
all pass			

West leads the deuce of hearts. You win and lead a trump, and East takes the ace and leads the king of hearts. How do you play? Answer on page 160.

Excerpt taken from: *Frank Stewart's Bridge Club*. Page 52.

BIDDING QUIZ

YOU HOLD:

♠ A ♥ K Q J 9 5 4 ♦ A 9 4 ♣ 8 5 4

Your partner opens one spade, you respond two hearts and he raises to three hearts. The opponents pass. What do you say?

ANSWER: Partner may have minimum values, but a typical minimum hand for him such as:

♠ K Q 9 5 2 ♥ A 8 6 3 ♦ 8 2 ♣ A 3

will produce twelve tricks. Cuebid four diamonds, showing the ace and slam interest. Even if partner signs off in four hearts, you'll try again by cuebidding four spades.

Excerpt taken from: *Frank Stewart's Bridge Club*. Page 54.

LAUGHTER IS THE CLOSEST DISTANCE BETWEEN TWO PEOPLE.

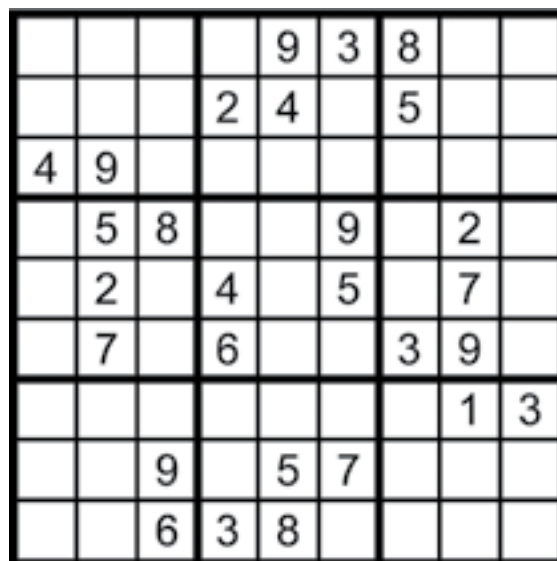
Victor Borge

HOW TO SOLVE SUDOKU PUZZLES

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

Simply make sure that each 3x3 square region has only one instance of the numbers 1-9.

Each number can only occur once in a 3x3 region. Similarly, each number can only appear once in a column or row in the larger grid. The difficulty on this puzzle is easy.



SO I WAS GETTING INTO MY CAR, AND THIS BLOKE SAYS TO ME "CAN YOU GIVE ME A LIFT?" I SAID "SURE, YOU LOOK GREAT, THE WORLD'S YOUR OYSTER, GO FOR IT."

Tommy Cooper.

THE KING'S SPANIELS

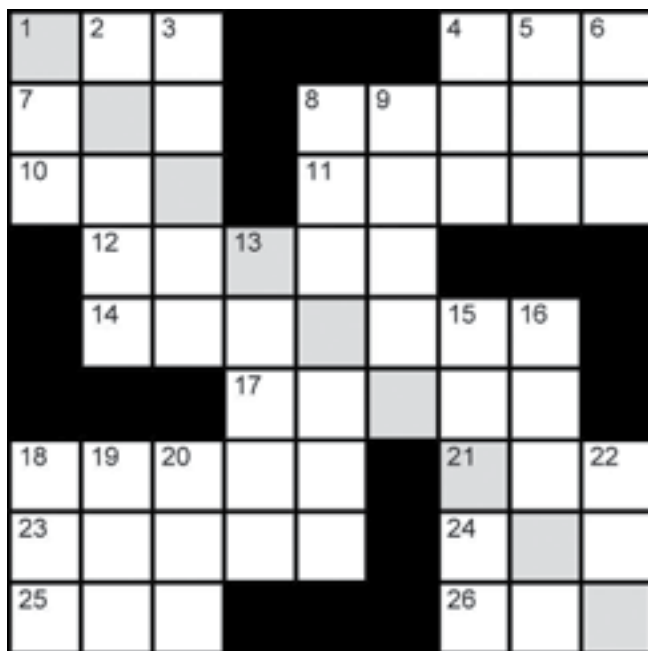
CROSSWORD CLUES

ACROSS

1. Ozone layer pollutant
4. ___-Wan Kenobi
7. Call to Bo-peep
8. Enter
10. Blazer, e.g.
11. Hands, in slang
12. Some tides
14. Naive
17. Indian yogurt dish
18. Dine at home
21. "Chicago" lyricist
23. Drink with a straw
24. Big time
25. Casual attire
26. Faux ___

DOWN

1. "60 Minutes" network
2. Flora's partner
3. Speleologist
4. Decide to leave, with "out"
5. On the other hand
6. "___ De-Lovely"
8. Artificial tooth
9. Japanese-American
13. Courtyards
15. Prepare, as tea
16. Mideast native
18. Newt, once
19. A pint, maybe
20. Little piggy
22. ___-relief





BRIDGE CLUB SOLUTION

CHARMED, I'M SURE

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

West	North	East	South
		1 ♥	1 ♠
pass	1 NT	2 ♥	4 ♠
all pass			

Opening Lead: ♥2

'Are you superstitious?' Cy the Cynic asked me.
 'No,' I replied, 'and I thank my lucky stars I'm not.'
 'Today,' Cy said, 'I partnered a guy who had a rabbit's foot around his neck and a horseshoe nailed to his chair.'
 'Did they work?' I asked.
 'You judge,' Cy replied. 'He took the ace of hearts and led a trump, and East won and led a high heart. My partner tossed some salt over his shoulder and ruffed with the eight. West overruffed and led a diamond, and East won and led another heart.'
 'My partner pulled out a four-leaf clover and ruffed with the King of trumps, but it didn't matter; he was sure to lose another trump trick to West and go down.'
 'The guy attributed his defeat to a black cat that had crossed his path,' Cy went on, 'but he's safe if he throws the king of diamonds on the second heart and ruffs the next heart low. West overruffs, but partner wins the rest.'
 'Anyway, I hope I never cut him as a partner again.'
 'Knock on wood,' I nodded.

Excerpts taken from: *Frank Stewart's Bridge Club*. Pages 54.

SUDOKU Answers

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

CROSSWORD Answers

C	F	C				O	B	I
B	A	A		I	N	P	U	T
S	U	V		M	I	T	T	S
	N	E	A	P	S			
	A	R	T	L	E	S	S	
		R	A	I	T	A		
E	A	T	I	N		E	B	B
F	L	O	A	T		E	R	A
T	E	E				P	A	S



"Dear, your father and I were thinking that maybe it's time you got a place of your own."

A FANATIC IS ONE WHO
CAN'T CHANGE HIS MIND
AND WON'T CHANGE
THE SUBJECT.

Winston Churchill

I HAVE FOUND THE BEST WAY TO GIVE
ADVICE TO YOUR CHILDREN IS TO FIND
OUT WHAT THEY WANT AND THEN
ADVISE THEM TO DO IT.

Harry S. Truman



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JANUARY

FEBRUARY



CAPRICORN 12/22 - 1/19: Consider whether you are at the top of your game when a sudden offer is presented. It might be a genuine opportunity, but the timing has to be right.



AQUARIUS 1/20 - 2/18: It's time to add people to your circle. An opportunity presents itself to join a group that will expand your social circle and address your social consciousness.



PISCES 2/19 - 3/20: When assessing relationships, consider that being able to be yourself is intimacy's greatest prize. If you feel unable to be yourself, the relationship will not be intimate.



ARIES 3/21 - 4/19: At mid-month, you wake with the daylight and have exceptional clarity on important issues. At work, consider the advice of experts. They know their stuff.



TAURUS 4/20 - 5/20: Start the morning, or the afternoon, with a fresh mind so you can focus on one task at a time. Don't let domestic matters dominate your thoughts.



GEMINI 5/21 - 6/20: It's the New Year, but your thoughts go back to spending at Christmas. Make a plan and get it off your mind.



CANCER 6/21 - 7/22: 'Tis the time for the spirit of renewal to dominate relationships. At work, look at an old project with a new eye. Time to get it off your desk.



LEO 7/23 - 8/22: You could think that your boss, or an associate, is not on your side. The fact is that only you can trip yourself up. Think positively about people and options.



VIRGO 8/23 - 9/22: Creativity and energy come together as you make a final push to emphasize your plans and ideas about how the work should be done in the coming year.



LIBRA 9/23 - 10/21: You will be able to accomplish more in the new year than you now think will be possible. Remember that follow-through matters.



SCORPIO 10/22 - 11/21: Avoid becoming involved in an idea you don't really like. You won't have to say anything. Others will read between the lines.



SAGITTARIUS 11/22 - 12/21: Instincts serve you well in the area of finances. After thinking about it, you won't take a risk that could spell trouble, and you will have the self-discipline to back off.



AQUARIUS 1/20 - 2/18: By the end of the month, you welcome a time of tranquility, replacing a chaotic mood. Embrace this time to reenergize yourself.



PISCES 2/19 - 3/20: You puzzle over the difference between gossip and information when a friend becomes the subject of conversation. Act on the information but don't spread the story.



ARIES 3/21 - 4/19: Resolutions have new meaning this year. A new project will go a long way to solve a lingering feeling of uneasiness.



TAURUS 4/20 - 5/20: Budget is on your mind later in the month. Staring at the numbers won't help. Time to find a solution.



GEMINI 5/21 - 6/20: Be prepared for the full moon on the 12th that brings an unexpected change in attitude or opinion. Don't let it shake you up.



CANCER 6/21 - 7/22: Family issues come to the fore as the moon begins its waning period on the 19th. A text message is misunderstood. Seek out an in-person meeting.



LEO 7/23 - 8/22: What used to be funny, doesn't seem so this month, but don't worry. Your natural magnetism reasserts itself by the end of the month. New opportunities are in store.



VIRGO 8/23 - 9/22: Last month, you were too frank. This month you feel the consequences. Resolve to wrap the truth into a softer package this year.



LIBRA 9/23 - 10/21: If there is one thing you require from others, it is a response. Don't be confused if you don't get one on an important issue. Let it go. By the end of the month, all is resolved.



SCORPIO 10/22 - 11/21: The stars are in your corner early in the month as you confront a nagging issue. No matter what the result, you enjoy a feeling of relief.



SAGITTARIUS 11/22 - 12/21: Your pointed opinion puts off an acquaintance. If you care about them, try listening more. If not, give them a ticket to ride somewhere else.



CAPRICORN 12/22 - 1/19: Productivity is on your mind. If you aren't getting enough done, admit it to yourself and make a new plan.

Embarrassed to smile, teeth failing?

Loose Dentures or Partials?

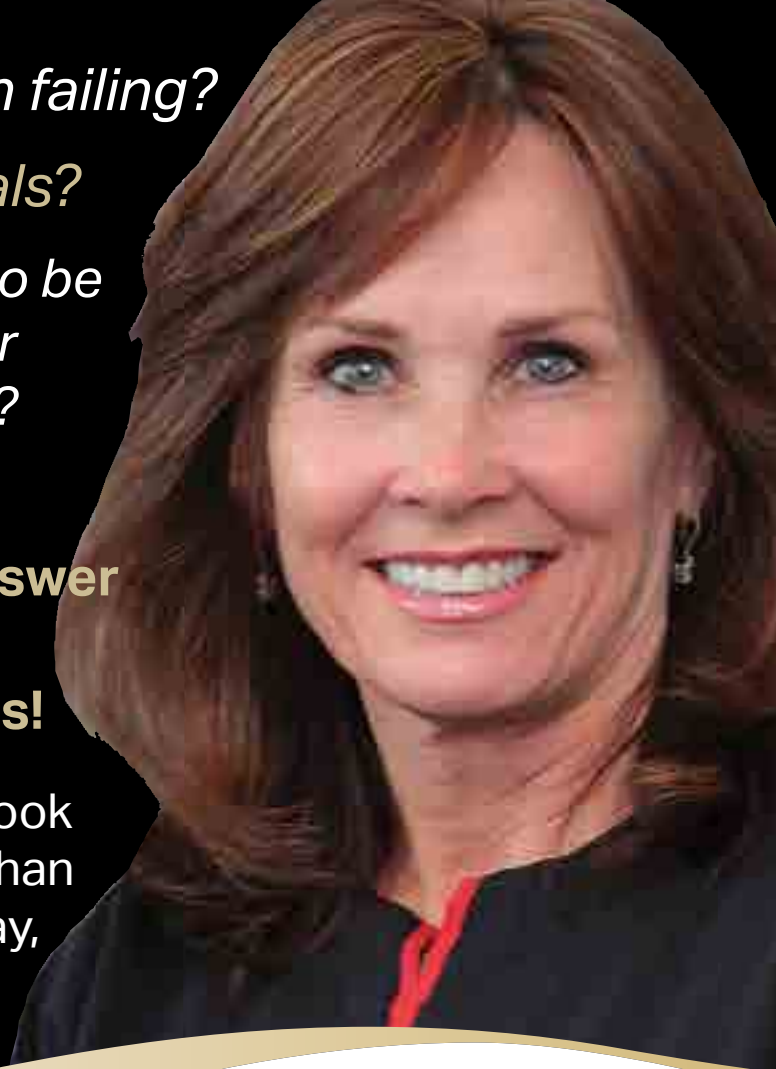
*Do your teeth continue to be
a problem year after year
with no end in sight?*

**"All teeth on 4" could be the
permanent dental implant answer
you have been looking for!
Unbreakable strength options!**



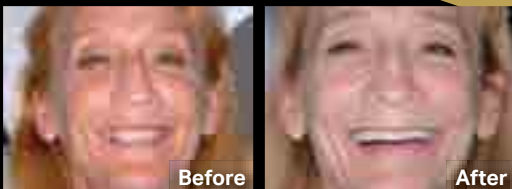
"All Teeth on 4 Implants"

New teeth that look
and feel better than
ever, never decay,
and can last a
lifetime!



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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.

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