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FEATURES

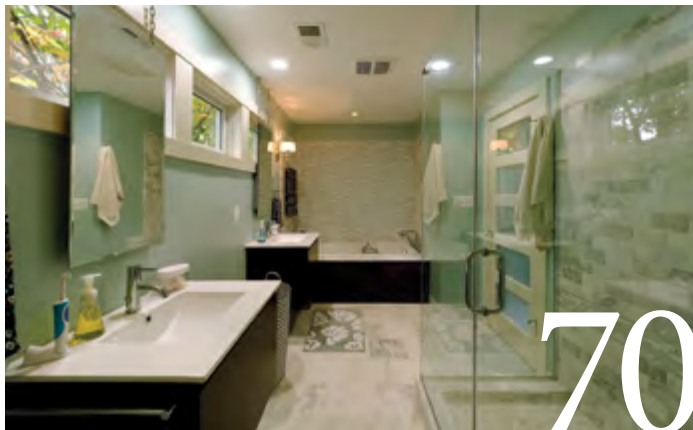


14

MGM NATIONAL HARBOR MONUMENTAL INDEED >

by Elaine Watt

We've watched the transformation of the landscape along the Maryland side of the Potomac to include a truly unparalleled presence in the history of our great capital region, the long-awaited MGM National Harbor. A world-class resort designed with an attention to detail and admirable sensitivity to its environs, here you will find a mecca of fine dining, first-class gaming and entertainment, high-end retail, and luxurious accommodations to impress even the most seasoned traveler.



70

THIS SPRING...PLANT AND NURTURE NATIVE PLANTS >

by Ryanne Wright

Exotic plants may be beautiful, but in a delicate ecosystem with ongoing construction projects, Northern Virginia's native wildlife is in serious danger. To have a healthy ecosystem, an abundance of plant and grass varieties must first be available before any insect or animal species will inhabit an area for a healthy ecosystem. Exotic plant species are oftentimes invasive and bring with them a host of other nuisance insects, such as stink bugs and Japanese beetles that, in time, destroy native plants.

< CORNERSTONES OF OUR COMMUNITY— BEST OF RESTON AWARDS FINALISTS

On February 9th, Leidos hosted a Sneak-Peek Reception where 22 finalists were announced as candidates for the Cornerstones of Our Community—2017 Best of Reston Awards. In a break with tradition, honorees from the group of finalists will be revealed at the 26th Annual Awards Gala recognizing the many fine people, businesses, and organizations involved in giving back in the Greater Reston/Dulles corridor.



26

< RESTON HOME AND DESIGN SHOWCASE

Spring is usually the time we look to renew our surroundings, so we thought we would share some names of selected area professionals eager and qualified to help. Here are some companies that should be on the top of your list for home remodeling.



86



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DEPARTMENTS



IN EVERY ISSUE

- 12 LETTER FROM THE PUBLISHER
- 32 SELECTED EVENTS
Discover who's playing at local music venues along with other hyper-local events.
- 58 FROM OUR LEADERS
Springtime in Virginia's Gardens by Delegate
Kenneth R. Plum



COMMUNITY

- 18 THE MERGER
Dulles Corridor Rail Association
Merges with the Northern
Virginia Transportation Alliance
- 22 NEWS FROM THE
RESTON HISTORIC
TRUST & MUSEUM
- 24 WHERE THE WILD
THINGS ARE?
Right here in Reston
- 45 HONORING WOMEN
WHO MAKE HISTORY
Capital Harmonia



UPCOMING EVENTS

- 20 15TH ANNUAL PROM
DRESS GIVEAWAY
Reston Community Center
- 20 FOUNDERS DAY
April 8

ARTS & THEATRE

- 40 SEE WHAT'S SHOWING
At Area Theatres
- 50 SPRING EXHIBITS
at GRACE
- 51 POETS AND PAINTERS
COLLABORATION
at the Reston Art Gallery



BUSINESS

- 64 ANNUAL LIST OF
THE WORST
BUSINESS CLICHÉS
- 100 SIP 'N' SWIRL
Area Wineries
- 101 CHEERS
Area Breweries





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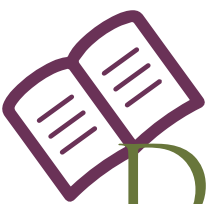
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DEPARTMENTS



76

HOME IMPROVEMENT

- 66 10 POPULAR HOME REMODELING TRENDS
- 76 CLOSET MAKEOVER TIPS for Every Budget

EDUCATION

- 82 PLAN A SUMMER TO REMEMBER
Summer Camps

GOURMET

- 53 SELECTED AREA RESTAURANTS
Dining Guide

AROUND TOWN

- 88 LOCAL NEWS TIDBITS
10th Annual Virginia Polar Dip
New Sunoco Food and Fuel Complex Opens at Dulles International
PenFed Credit Union Joins the Tysons Community



82



88

HEALTH

- 69 GRANDE DENTAL CARE
Chao Pinhole® Technique
- 95 TOP RESTON PROFESSIONALS
Insights from Dr. Calkins and profiles from area professionals

REAL ESTATE

- 104 RESTON PREMIER
See what's on the market near you.

PETS

- 105 DINGO THE DOG APP
- 109 HEARTWORM PREVENTION
Is Important Year-Round

ENTERTAINMENT

- 48 SPRING BREAK FOR THE FAMILY
- 102 EGG-CITING EASTER FUN
- 111 FUN & GAMES
- 114 HOROSCOPES

AND MORE...

- 80 4TH ANNUAL MAKER FAIRE
March 19
- 106 THE WOODHOUSE DAY SPA
- 110 RESTON UPDATE
Marcia McAllister reports on how the Phase 2 of the Silver Line is progressing steadily.



110

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Bathroom by Architectural
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Alexandra Rossi. Photo credit: Rob Litchfield

Spring is here!

And with the flowers, the warmer temperatures, and the Easter Bunny, we have a big celebration here in Reston: Our Founder's Day on April 8. At the event, Restonians will be also able to leave their mark with a commemorative brick at Lake Anne plaza with a donation to the Reston Historic Trust and Museum, now led by Beth Didiano, the Trust's first full-time director. See page 22 for more details!

Also, learn more about the Reston Community Center's 15th Diva Central Prom Dress Giveaway, where local teens have the opportunity to get a prom dress for free.

Also in this issue, get to know the 22 finalists of the Cornerstones for Our Community—Best of Reston Awards and their generous contributions to Reston; learn about the recent merge of the Dulles Corridor Rail Association with the Northern Virginia Transportation Alliance; get informed about the upcoming Maker Faire Nova, where more than 100 makers will share their ideas in areas of art, engineering, robotics, drones, 3D printers and more; read about the wildlife in Reston and their impact on our community; learn about the native plants in Reston and how to replace invasive plants with native ones for a healthier ecosystem; discover new events in the area, including concerts, exhibits, and plays; and see the new Sunoco Food and Fuel complex at the Dulles International Airport.

In the special Home and Design Showcase section, you will learn about new trends in home remodeling, from top experts in the area. And speaking of construction, be prepared to be awed when you read about the new and monumental MGM National Harbor in Prince George's County.

Be inspired by the local folks who jumped in the freezing waters of Lake Anne at the Freezin' for a Reason Virginia Polar Dip to help raise funds to send children with life-threatening illnesses and their families to Camp Sunshine.

Get ideas of where to go with your family during Spring Break, as well as fun activities for celebrating Easter with your kids, and learn about the many local option for summer camps.

In the arts section, read about the wonderful and creative exhibit held at the Reston Art Gallery: "Painters and Poets Collaboration," where three forms of art—paint, poetry and music—join together to delight our senses; rock with the Toni-award nominated play "Rock of Ages" by the Reston Community Players on stage during March and April; learn about Capital Harmonia, a women's chorus that performs for local and national organizations that support women; and mark your calendars for the Spring exhibits at the Greater Reston Arts Center (GRACE.)

Don't miss out on the always-interesting column of Delegate Ken Plum, "Springtime in Virginia's Gardens"; and in the business section, get to know the annual list of the worst business clichés, by Rob Deigh.

Our Furry Neighbors section has a very interesting story in this edition: Learn about the brand new app "Dingo the Dog", where dog owners can find out about food recalls, learn tips to take care of their best friend, and find out about dog-friendly events and businesses that support their pup. Also, read about heartworm prevention.

In our Health Section, get to know local, top Reston professionals and the "pinhole technique" to heal your gums, by Doctor Marcos Grande.

We hope you enjoy this edition that we have put together to make this your best Spring ever!

Alexandra Rossi

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Finalists—Individual or Family Service Category



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CORNERSTONES OF OUR COMMUNITY

Best of Reston

AWARDS FINALISTS

Meet The 22 Finalists

On February 9th, Leidos hosted a Sneak-Peek Reception where 22 finalists were announced as candidates for the Cornerstones of Our Community–2017 Best of Reston Awards. In a break with tradition, honorees from the group of finalists will be revealed at the 26th Annual Awards Gala recognizing the many fine people, businesses, and organizations involved in giving back in the Greater Reston/Dulles corridor.

The Cornerstones of Our Community–Best of Reston Awards Annual Gala is a unique partnership between the Greater Reston Chamber of Commerce and Cornerstones. Proceeds from the celebration benefit the programs and people served by Cornerstones. Through advocacy and support services, Cornerstones has reached out to 250,000 neighbors in need, helping them overcome tough economic times in an already high cost-of-living region, and providing a comprehensive array of programs that solve urgent or on-going requirements for housing, childcare, food, or financial assistance.

“At a time of uncertainty and change in our nation, the Best of Reston Community Service Awards serve as a powerful reminder that there is so much that unites us. This new approach to the awards was recommended as a way to lift up those who are bringing our community together, and affirms principles of service that are core to the work of Cornerstones and the Greater Reston Chamber of Commerce,” said Kerrie Wilson, Cornerstones’ CEO.

“We believe that service is a cornerstone of any thriving community, and this event—The Cornerstones of Our Community–2017 Best of Reston Awards—says it all. Through their volunteerism and philanthropy, the past Best of Reston honorees and the candidates for the 2017 awards work throughout the greater Reston and Dulles corridor region to make it a stronger community,” said Mark Ingrao, President and CEO of the Greater Reston Chamber of Commerce. Since 1982, the Greater Reston Chamber of Commerce has been the catalyst for business growth and entrepreneurship by providing quality programs, education, connections,



INDIVIDUAL OR FAMILY SERVICE CATEGORY:

Finalists include:

Robert Goudie
Vernon and Kathy Joyner
Bill Keefe
Shreya Papneja
Maggie Parker
Bob Schnapp
Vincent and Gillian Sescio
Herb Williams-Baffoe

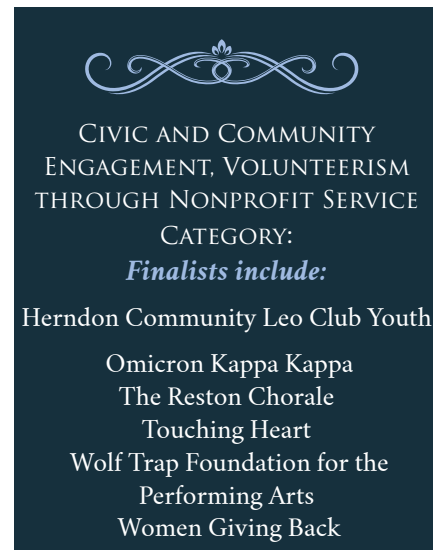
and advocacy for its 650 members and organizations in Western Fairfax and the Dulles Corridor.

One or two 2017 Best of Reston honorees could be selected in each of the following categories and will be announced at the April 6th gala:

Individual or Family Service Category:
The finalists in this category have given



Finalists—Civic and Community Engagement, Volunteerism through Nonprofit Service Category



selflessly of their time for the causes about which they are passionate, and in so doing make our community stronger. Their volunteer service has spanned decades of service in encouraging children and youth, nurturing them and giving them the confidence and opportunity to grow and pursue their dreams. These candidates have tackled tough challenges such as childhood obesity, hunger and homelessness, and are mentoring adults who want to build their skills and find meaningful work to support their families and community. Their service has enriched our community through the arts and in creating and sustaining our natural spaces, and lending their talents to plan for Reston's future. Through their active civic and community participation they have extended a welcoming hand to immigrants in the spirit of inclusiveness on which this community was founded.

Civic and Community Engagement, Volunteerism through Nonprofit Service Category: The finalists in this category engage our community by turning beliefs into action, promoting the common good and creating impact in ways that many may not realize. These finalists have touched the lives of individuals and families, empowered children and youth, enriched and beautified our community through celebration of the arts, the joy of giving, and engaging the next generation of leaders.

Large Business, Employee Owned and Small Business Category: The achievements of the business finalists include strengthening advocacy for health and human services, education, veterans and their families, schools, children and future leaders. By partnering with our schools they bring resources to enrich children's academic experience and open their eyes to new possibilities for the future. The struggles of working families in our community are personal to them, and they have championed causes that address hunger, ensure safety, and create avenues of support for those with differing abilities. Their contributions are building a strong, sustainable community for all.



Leila Gordon, Reston Community Center and Hunter Mill Supervisor Cathy Hudgins



Finalists—Large Business, Employee Owned and Small Business Category



(Above, left to right): Mike Coogan, Leidos; Mark Ingrao, GRCC; Kerrie Wilson, Cornerstones; Melissa Koskovich, Leidos.

At the Sneak-Peek Reception, Leidos announced that it is expanding its commitment to Cornerstones, Reston, and the greater Dulles Corridor by partnering with Cornerstones as the first Annual Champion Partner. Melissa Koskovich, Senior Vice President, and Director of Marketing and Communications for Leidos presented Cornerstones with a check of \$100,000.

"It is our hope that this support will be a beacon and spread the light of the good work Cornerstones does on behalf of Reston and beyond. Partnering with Cornerstones, who empowers people in our community to become self-sufficient, allows us to have a lasting impact in Reston and the greater Dulles Corridor," said Koskovich.

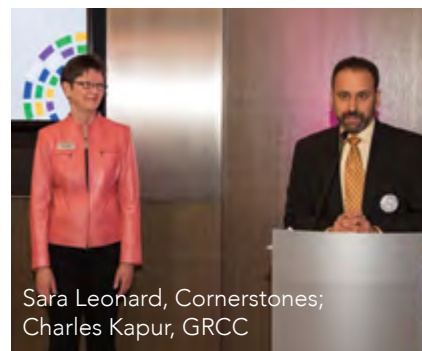
To know more about Cornerstones and its programs, please visit www.cornerstonesva.org or call 571.323.9555. Sponsorship information for this year's April 6th Awards Gala can be found at www.cornerstonesva.org/BOR.

To learn more about the Greater Reston Chamber of Commerce please visit www.RestonChamber.org or call 703.707.9045 ♦

EMPLOYEE OWNED AND SMALL
BUSINESS CATEGORY:
Finalists include:
SpeedPro Imaging Northern Virginia
Storycatcher Productions
Synergy Design & Construction
The CST Group



Judy Redpath, Vista Wealth Strategies



Sara Leonard, Cornerstones;
Charles Kapur, GRCC



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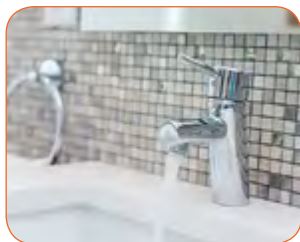
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BY PETER MCCANDLESS



(At top) Patty Nicoson DCRA President, Delegate Plum DCRA Founder and Board Chairman, former delegate Tom Rust DCRA Vice Chairman

(Above) Delegate Ken Plum

THE DULLES CORRIDOR RAIL ASSOCIATION MERGES WITH THE NORTHERN VIRGINIA TRANSPORTATION ALLIANCE

“... a greater appreciation of the need for a multimodal transportation system for our region.”

VIRGINIA DELEGATE KENNETH R. PLUM

Mission Accomplished! That was the theme of the 20th annual meeting and reception of the Dulles Corridor Rail Association (DCRA) held at the Sheraton Reston on January 4, 2017. More than 100 members and guests, including elected officials, helped the association celebrate achievement of its chief mission—to advocate rail in the Dulles Corridor.

DCRA Chairman Kenneth R. Plum, and President Patty Nicoson were both honored for their leadership of DCRA for the past 18 years. Former Virginia Governor George Allen praised Plum's leadership. When he was Governor, Allen said there was agreement that the rail line needed to go to Loudoun County, that it shouldn't just have a rail yard for maintenance. Everyone agreed it needed an actual rail station built to welcome commuters. He noted that the Silver Line has already had great success and it would become even more valuable when completed for economic development, job growth, and competitiveness for Virginia.

Virginia Department of Rail and Public Transportation Director Jennifer Mitchell said we can all declare success with this project. She noted that many rail projects never reach construction because they do not have an advocacy group like DCRA—a tight knit, well organized network of business leaders and elected officials working together. This was the secret of success for this project, she noted.



At this January meeting, the DCRA Board of Directors voted to merge with the Northern Virginia Transportation Alliance (NVTVA) going forward to represent transportation interests for the region.

DCRA was founded in 1998 by Delegate Ken Plum and other members from the Reston Transportation Committee; area residents including Patty Nicoson, Joseph Stowers, Steve Cerny; and members of the business community.

Delegate Plum's concern was that road building alone would not meet the long-term needs of the region—particularly with Reston located in the middle of the corridor. Short-term solutions like widening roads, more buses, bus rapid transit, or light rail would only be short-term fixes, some of which might interfere with adding substantial infrastructure in the future.

The ensuing years were filled with much debate, fits and starts, ups and downs before an extension of Metro from West Falls Church into Loudoun County was finally approved as the preferred local alternative. Federal funds were approved, special tax districts were set up, and agreements and contracts were signed to make the Silver Line a reality.

"As a founder of DCRA I felt some sadness at the consolidation of the organization into another entity with a broader purpose, but at the same time I was very pleased with the greater meaning of the merger," said Delegate Plum. "On the one hand, the merger with the Northern Virginia Transportation Alliance (NVTVA) represented a real 'mission accomplished' for DCRA, and on the other hand it reflected a greater appreciation of the need for a multimodal transportation system for our region."

For DCRA members, the completion of Phase 1 and its operation and the contracting for Phase 2 to be completed by 2020, meant that the work on its mission had been completed, Plum advised. While issues about maximizing the use of the rail system and access to it remain to be fine-tuned, those matters are best resolved within the framework of a multimodal approach.

According to Plum, the Northern Virginia Transportation Alliance has moved beyond its road-building focus of the past to a more multimodal approach that will support the Silver Line while at the same time reducing congestion

and supporting the many ways that people choose to travel.

DCRA would never have been able to declare victory without the active support of the many individuals, organizations and businesses that supported its mission, Plum went on to explain. They joined together in the "Dulles Rail Now!" campaign at a critically important time. They sent faxes to key decision makers followed by email in more recent years; held educational seminars for residents and the business community to enhance understanding of transit-oriented development; and cajoled, flattered, and persuaded political leaders to support the project.

Key to its successful operation was President Patty Nicoson who joined the organization at its very beginning and continued with it until its victory celebration. She came to the organization with experience as a planner when Metro first came to the District of Columbia and later worked for Arlington County when Metro arrived there. Her persistent but reasoned approach may have been the most important element of DCRA completing its mission.

"It is about improving the quality of life in the region"

DAVID C. BIRTWISTLE, CEO, NVTVA

"For the past 30 years, NVTVA has been committed to improving the quality of life in our region by championing multimodal transportation infrastructure," said CEO David C. Birtwistle. "We applaud the success of the DCRA. The rich potential of the Dulles Corridor is much stronger due to their efforts."

Birtwistle went on to say that Dulles Corridor rail has been a long-standing Alliance priority. "We accept the mantle of the DCRA to continue advocating for world class metro service as well as robust access to the new Metro stations. The ultimate success of the Silver Line is dependent upon maximum accessibility to it as well as safe and reliable service on it." ♦



(Front row) Patty Nicoson, Ken Plum, Joe Stowers; (Back row) Keith Meurlin (representing Leo Schefer), John Milliken, Jim Larsen, Hollister Cantus, Phil Tobey, and Mark Watts



Event Gives Local Teens an Opportunity to Receive FREE Prom Attire

Prom is becoming an increasingly expensive experience for high school students. Through generous donations from the community, RCC hopes to lessen that financial burden by giving local teens the opportunity to create their entire prom look for free.

This year's Diva Central, RCC's prom dress giveaway event, is planned for Saturday, March 25, from 12:00 p.m. to 6:00 p.m. at RCC Lake Anne, 1609-A Washington Plaza in Reston. All local middle and high school students are invited to attend and "shop" for free dresses, shoes, and other accessories. This event will feature hundreds of dresses in all colors, sizes, and styles, as well as shoes, jewelry, handbags, wraps, and other accessories. Diva Central will also hold raffle drawings for prizes donated by local businesses. All area teens are invited; participants must be actively enrolled in a middle or high school and eligible to attend a formal dance. There is a limit of one dress per person. Admission is free.

This annual event is made possible with generous volunteer support from Reston community members, as well as the Delta Sigma Theta Fairfax Alumni Chapter. Since 2003, Diva Central's mission has been to promote confidence and self-esteem in young people. Each year, RCC collects gently-used and dry-cleaned dresses at donation sites around Reston, and local businesses donate gift certificates and other prom-related services to help the students create a truly memorable experience.

For further information, or to become involved as a volunteer or donor, please contact Ali Clements at 703-390-6177 or ali.clements@fairfaxcounty.gov. ❖





BY ALEXANDRA ROSSI

The 53rd anniversary of Reston's founding by our beloved Robert (Bob) Simon, Jr. will be held April 8, 2017 at Lake Anne Plaza at 12:00 p.m.

Founder's Day will feature activities for all ages and will focus on the past, present, and future of Reston. The event is open to the whole community.

Founder's Day is presented by Reston Historic Trust and Museum, Reston Association, Reston Community Center, Initiative for Public Art—Reston, and Lake Anne of Reston Condominium Association.

As part of the celebrations, Restonians will be able to leave their mark on Reston with commemorative bricks. Residents can donate bricks in their name, or in memory of a loved one.

Additional information and a timeline of events will be available soon; contact 703-709-7700 or restonmuseum@gmail.com with questions or if you wish to participate. ❖

Founder's Day

THIS APRIL 8 AT LAKE ANNE PLAZA





BY PETER MCCANDLESS

For her decade-long, distinguished management of the Trust's Annual Home Tour and major fundraiser, outgoing Chair of the Home Tour Bonnie Haukness (standing with husband Bob) was presented with an original Dana Ann Schuerer water color, commissioned especially for Haukness. In 2009, the Trust commissioned Schuerer to create a special painting that would become the Home Tour signature. Schuerer has been one of Reston's best-known artists since 1981.



RESTON HISTORIC TRUST & MUSEUM *Welcomes Seven New Board Members,*

A FIRST FULL-TIME DIRECTOR, AND ANNOUNCES A MAJOR ENDOWMENT FUND

At its January 26th annual meeting, members of the Reston Historic Trust welcomed a new generation of board members, announced a \$180,000 endowment fund, and saluted Beth Didiano, the Trust's first full-time director since its founding in 1997.

The Trust is a community-based non-profit organization formed to sustain the unique history of the award-winning, planned community of Reston, Virginia. The Trust sponsors Founder's Day every April and operates the Reston Museum & Shop on Washington Plaza in the historic Lake Anne Village Center.

With its new full-time director, small staff, and team of resident docents, the Trust offers year-round community exhibits and archives, walking tours, children's art workshops, lecture series, an annual Home Tour, and public events. The museum also offers original art, crafts, and Reston signature items for sale.

"This is an historic day [pun intended] for us," said Founding Member Lynn Lilienthal. "Twenty years ago, a group of Reston pioneers gathered to form a trust to showcase the remarkable story of Robert E. Simon's ingenious, world-renowned, planned community. It was fitting to locate the museum in Simon's first village center, so we pooled our resources and bought the space which had been the original library."

Executive Director Elizabeth (Beth) Didiano comes to the Trust from Pittsburgh where she was development manager at The Senator John Heinz History Center, an affiliate of the Smithsonian Institution. At the History Center, Beth was responsible for grant writing, commemorative items, individual giving and donor research. Prior to that, Beth was executive director of the Greenbrier Historical Society and North House Museum in Lewisburg, West Virginia. She has a BA in Public History from Mercyhurst University in Erie, PA, and an MA in Public History from the University of West Virginia, Morgantown.

Lilienthal went on to express her delight with the Trust's new director and seven new board members (*see list opposite page*), all young Restonians. "We love this infusion of fresh, new perspective and appreciation for Reston's role on the world stage of urban planning and community development. Beth and our new directors will surely take the Museum and Trust to the next level," she said.

"As the Reston Historic Trust celebrates its 20th anniversary, I am excited to join them as the first full-time director," Didiano said. "I look forward to working with the Trust's Board of Directors, members, volunteers, and community partners on programs and initiatives that draw people to the Reston Museum at Lake Anne, as well as take our mission out into the community."

"Reston has an amazingly rich and unique history," she continued. "We want to share that history with everyone—from the long-time resident with stories of their own, to the new-comer who is just learning what makes Reston special. And of course, we want to continue to offer educational programs for students and families that make history both fun and relevant." ♦



THE FOLLOWING ARE THE NAMES OF THE NEW MEMBERS OF THE BOARD:

Kristina Alcorn

Katie Eichler Jones

Marnie Schaar *(new Home
Tour Chair – replacing Bonnie
Haukness)*

Andy Sigle

Anne-Marie Twohie

Chris Turley

Rebekah Wingert-Jabi

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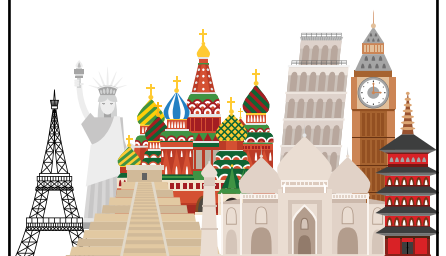
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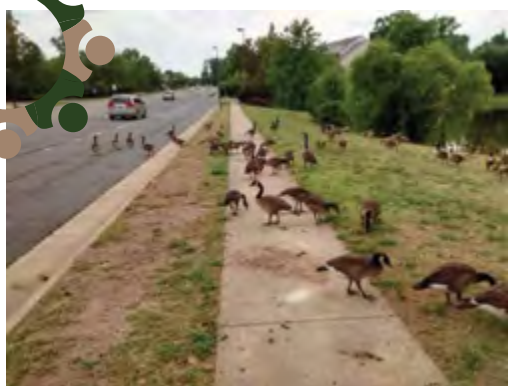
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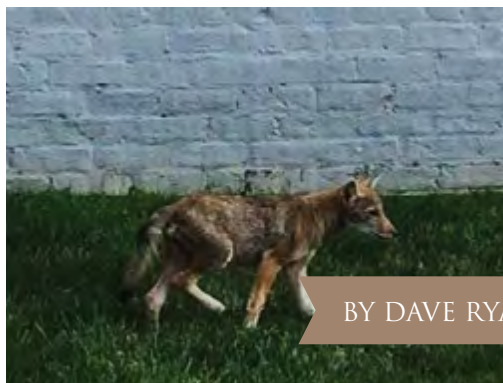


(Top left): "Canada geese congregating along Town Center Parkway." Photo provided by Fairfax County Police Dept. Photographer unknown.

(Top right): Dr. Katherine Edwards setting up a game camera to conduct a wildlife survey in county parks. Photo provided by Katherine Edwards.

(Bottom right): Coyote pup near Fairfax County business area. Photo provided by Katherine Edwards.

(Bottom left) : Dr. Katherine Edwards assisting the Virginia Department of Game and Inland Fisheries with goose banding at Lake Fairfax, Aug., 2016. Banding is used as a tool to estimate goose populations and gain information on bird distribution, harvest rates, and survival. Photo provided by Fairfax County Police Dept. Photographer unknown.



BY DAVE RYAN

Where the Wild Things Are?

RIGHT HERE IN RESTON

"Besides our local parks and green spaces, wildlife have established themselves in some unexpected places within Fairfax County, including residential communities, business parks, and shopping and dining centers such as Reston Town Center," Fairfax County Wildlife Management Specialist Dr. Katherine Edwards told members of the Osher Lifelong Learning Institute (OLLI) in a January 18 presentation in the Rose Gallery at the Lake Anne Reston Community Center.

In a lecture titled "Those Critters Around Us: Fairfax County Wildlife," Dr. Edwards said that the county "is home to a surprisingly diverse wildlife community."

Edwards discussed how wild animals have adapted to the changing development in Fairfax County and readily make use of human-modified environments.

"Many wildlife species are opportunistic and can adapt, survive, and even thrive in suburban and urban environments that contain an abundance of available food, water, and shelter.

"Species that are generalists in terms of food and habitat such as raccoons, opossums, and foxes are now common and abundant in suburban areas," she said. "These elements may not be in the form that we typically envision for wildlife, and may include unsecured garbage, pet

food, attics, chimneys and crawl spaces that often lead to interactions and sometimes conflicts with humans."

Edwards cautioned that human-provided food is one of the largest attractants for wildlife on residential properties and can have negative consequences for wildlife. These impacts can include changes in foraging behavior, malnourishment, spread of disease as creatures congregate to eat, and safety hazards as animals lose their natural fear of humans. For instance, raccoons are cunning in their abilities to raid trashcans, and even birdfeeders can draw attention from black bears, foxes and snakes that seek out prey feeding on spilled birdseed.

According to Edwards, Fairfax County has a growing presence of coyotes and red fox in county parks and residential neighborhoods, but this isn't necessarily a bad thing. Both these animals play important ecological roles as natural predators and may help regulate prey populations, primarily rodents and other small mammals. Breeding for both coyotes and foxes occur during winter. During January and February, county residents often report startling, high-pitched vocalizations that resemble screaming in the woods behind their homes, due to amorous behavior of foxes.

Geese are a familiar sight to most county residents with opinions ranging from graceful waterfowl to public nuisance. There are two distinct populations of Canada geese that inhabit Fairfax County—migratory and resident. Present-day populations of resident geese are descendants from captive populations of migratory geese that decades ago were used largely by hunters as live decoys. Successive generations of geese never learned how to migrate. The county uses a variety of methods to manage Canada

geese, including habitat modification and egg oiling to reduce flock growth.

Edwards also provided information to OLLI members on safety measures to take when in close proximity to wildlife, humane exclusion techniques to reduce wildlife conflicts, and public health concerns associated with wildlife and rabies.

While wildlife abounds in Fairfax County, wildlife management remains a challenge. Dr. Edwards concluded her presentation by providing tips on how residents can help conserve wildlife in local communities by planting native vegetation, retaining natural debris (leaf litter, fallen logs), or constructing artificial nest boxes or bat boxes.

For more information about wildlife in Fairfax County, visit the Fairfax County website: www.fairfaxcounty.gov/living/wildlife

For more information about how the OLLI at George Mason University provides first-rate educational, social, and cultural opportunities to citizens of Northern Virginia, go to: olli.gmu.edu ♦



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MGM

NATIONAL HARBOR

Monumental Indeed

BY ELAINE ANNE WATT

We've watched the transformation of the landscape along the Maryland side of the Potomac to include a truly unparalleled presence in the history of our great capital region, the long-awaited MGM National Harbor. A world-class resort designed with an attention to detail and admirable sensitivity to its environs, here you will find a mecca of fine dining, first-class gaming and entertainment, high-end retail, and luxurious accommodations to impress even the most seasoned traveler. Situated a short distance from Washington, DC and Old Town Alexandria, we now can find that escape we all have been looking for right in our own backyard.

MGM Resorts International, already acclaimed for their exceptional destinations such as the Bellagio and ARIA resorts in Las Vegas and the MGM Macau, can be proud of the exquisitely appointed jewel that is MGM National Harbor. The feeling is sleek and modern, from the gorgeous exteriors of etched glass to the spacious, well-appointed guest rooms, light-filled and sumptuous. The open spaces flow invitingly, seamlessly integrating multicultural colors, shapes, and art pieces, uniting the local history with its very international flavor, yet retaining a respect for classical elements and timeless beauty.

You may not expect to find the burgeoning display of internationally and locally sourced artworks called the Heritage Collection, reflecting the diversity of our area and often garnering inspiration from nearby waters and history. An amazing abstract map of the region dominating the wall over the reception desk was

crafted by local sculptor and ceramicist, Margaret Boozer, out of 10,000 pounds of soil and artifacts from the resort's construction site. Internationally renowned D.C. artist, John Safer, created "Unity," the three 60 foot tall stainless steel figures that seem to defy gravity as they rotate 270 degrees from their base, identical yet different from each other. Prominent New York sculptor, Alice Aycock's, "Whirlpools," graces the VIP porte cochere, with its magnificent embodiment of the wild and turbulent wind-tossed waters of the Potomac. These and works by Bob Dylan, Sam Gilliam, Ronald Beverly, whose photography of the landmark Cherry Blossoms is woven throughout the tapestry of the resort, Liao Yibai, Charles Dwyer, and many others reflect MGM's commitment to the rich culture of our Nation's Capital and its role as a destination resort for those near and far. Wander the resort and revel in the surprises and enchantments that await you.

You can't help but be impressed by the central conservatory and glass atrium visible from many vistas throughout the property. Lit by sunlight during the day and aglow with moonlight at night, locally sourced flowers and stunning seasonal displays conceived by brilliant event designer Ed Libby from New York keep guests enthralled with both their clever themes and delightful execution.

But, all this would be simply a pleasing backdrop if not for the plethora of culinary delicacies, exciting gaming opportunities, spa amenities, theatre spectacles, and hundreds of gracious staff determined to deliver an experience beyond your expectations. Whether you come for a day or an extended stay, you will find an abundance to please the palate of any discerning foodie, spa



aficionado, devoted gamer, theater enthusiast, or master of relaxation.

Enter the oasis that is the resort's Spa & Salon, and be ready to be pampered in the soothing cream, turquoise and natural tones of their guest lounges and inner sanctums, again mirroring the water and nature theme. Couples can spend the entire experience together, with their own serene spaces, dual massages and body treatments. Or, women can retreat to time apart, leaving the men to enjoy their "lion's den," lounges with comfy leather couches, bold colors and plenty of sports on view. Natalie, the Spa Director, and her attentive and gifted staff, effortlessly guide you through a mind and body journey designed to both stimulate and relax the senses. Even the rhythmic music captures that unique blend of energy and release, enhancing every moment. An extensive menu of services designed by Clarins will not disappoint.

Depending on the time of day (or night), the variety of restaurants and dining spots deserve your complete attention. Marcus

offers up an array of selections appropriate around the clock. For breakfast, don't miss the chance to savor their version of Baked Virginia Eggs, served piping hot in an iron skillet, and bursting with the flavors of spicy tomato, grits, chorizo and Thai basil. Suggested by none other than the charming Director of Food & Beverage for MGM National Harbor, Stephane Hainaut, this was the beginning of a two-day gastronomic tour de force not to be missed! Located adjacent to the soaring atrium, and decorated with a majestic Ethiopian tapestry and international flare, Marcus Samuelsson's first restaurant in our area is sure to be a success.

If you are in a hurry to get your day underway or just ready for a break in the action, stroll across the Conservatory to the Bellagio Patisserie with Executive Pastry Chef Sylvain Bortolini at the helm. Sylvain's passion for creating the most delicious and visually appealing confections is apparent, from the simply mouth-watering classic buttery croissant or hazelnut praline brioche to the delicate miniature layered finger cookies and



sweets. An array of fruits and nuts find their place into Key Lime crisps or Dark Chocolate bark. Pair these anytime with steaming hot chocolate, caffe lattes, or macchiato/cappuccinos. In the afternoon or evening, stop by for a savory Croque-Monsieur or Quiche Lorraine. Though convenient, there's nothing fast-food about this fare.

Are you ready to play? Enter the central 125,000 square foot casino through "Portal," a sculpted iron archway designed by classic folk artist Bob Dylan. Even though you might be anxious to begin your fun, take a moment to find the sea creatures amongst the tools and captain's wheel and appreciate the beauty found in everyday objects. Then let the excitement take hold as you choose your games of chance and skill. You'll find all your favorites and a lot more, too. Blackjack, craps, poker, slots and specialty variations appeal to the adventurer and spectator alike. This is gaming raised to an art. Serious about your play, you'll find the high-end stakes you're looking for and plenty of able competitors. Not so inclined, stroll the vast selection and let your whimsy find its match.

Unlike casinos found almost anywhere else, MGM made the excellent choice to make it self-contained. You do not ever have to pass through the casino to get to your room, restaurant, shopping or other activities. Except for the generously sized Starbucks that services both the retail corridor and the casino, patrons are insulated from the bright lights and sounds of the action. So once inside, you've chosen to be amongst the rhythms and motion around you. And, you'll love it!

The service is impeccable and the staff well trained and eager to engage you. Unfamiliar





A CONVERSATION WITH CHEF JOSÉ ANDRÉS

by Allison Chase Sutherland

Fish by José Andrés at the MGM National Harbor is a festive, fun place of “luxurious informality.” With floor-to-ceiling windows, hanging fishnets, unique nautical art, and a great underwater mural, this open, inviting space feels like a fascinating seascape in its impressive location overlooking the Potomac toward Alexandria. The modern, minimalistic bar is a natural, welcoming gathering place in keeping with the friendly nature of award-winning chef José Andrés.

José Andrés originally hails from Spain, but the concept here is American fish and seafood. “We love shellfish in Spain,” notes José Andrés, as Spain is known for seafood rice dishes such as paella. One of the noteworthy selections on the menu here is the New Orleans-style jambalaya. Here we “apply the same love and technique” as we do in Spain. These time-tested methods continue to hold true.

Here there is an emphasis on local purveyors – farmers, cheese producers, and of course, fishermen. José Andrés has a respect for the true flavors inherent in the cuisine. “We boil crabs in Spain. Here they are steamed.” This reveals the true flavor of the crabs.” In the summer months, guests may enjoy authentic Maryland steamed crabs out on the patio.

Having lived in the DC area for 25 years and currently living in Maryland, José Andrés has a sincere appreciation for the Eastern Shore and Chesapeake Bay, as well as the countryside of Virginia, with its many inns and wineries. We have come to enjoy discovering culinary secrets along with José Andrés over the years, as he has shared much with us with his many local restaurants. He really knows how to explore the culinary diversity of a region and celebrate its distinctive offerings. And fortunately for us, he takes us along for the journey, especially as he once did in his delightful public television series *Made in Spain*.

In this next venture, José Andrés focuses on American fish and seafood, performing his culinary magic this time right over the bridge in Maryland, where the Potomac flows to the Chesapeake Bay and out to the deep blue Atlantic. “We share the same ocean in so many amazing ways.” Thank you, José Andrés, for sharing your magnificent vision with us.

FISH BY JOSÉ ANDRÉS
MGM National Harbor | 301.971.6050
7100 Oxon Hill Rd., Oxon Hill, MD 20745



with the way to play; you'll receive helpful guidance. You'll find Vegas odds, an extra boost to that winning strategy. The bars and selection are impressive, and the circulating servers attentive. The casino as well as the rest of the resort is smoke-free, and the separate gaming areas are nestled between gleaming structures and decor in keeping with the elegance of the resort as a whole. Cultural elements such as the red-hung gaming area reflect the Asian belief in good fortune.

As the day lengthens, two lively cocktail lounges, Blossom and Felt, keep the luck flowing. Las Vegas nightlife legend, Andy Masi, founder of Clique Hospitality, along with his Managing Partner, James Reyes, have created a pair of uniquely community influenced clubs that set the stage for sharing and daring. Watch Lucas or Dontaine raise mixology to new heights at Felt as they expertly prepare concoctions such as “Underneath the Sheets,” a blend of strawberry infused Kappa Pisco, Botran Blanco Reserva Rum, Lime,

Cointreau, Orgeat, & Cruzan 151 Rum topped with a strawberry, or “Old Smoke,” Russell's Reserve 10 yr. Bourbon, Pedro Ximenez Sherry, Benedictine, Chocolate Bitters, and Clove Smoked garnishing. Opt for the intimacy and musical vibes of Felt or the cherry pink vibrancy of Blossom alive with sophisticated 24-hour gaming action. No doubt these will become favorites. As the weather warms, don't miss the opportunity to enjoy Felt's terrace and views, and remember this spot when planning special celebrations!

You'll want to arrange your day and make reservations at one of the fine dining options that showcase master chefs drawn to the shores of the Potomac. A pearl in this oyster is Fish, one of the first two unique seafood-focused concept restaurants opened by famed culinary innovator, José Andrés. Using regionally sourced ingredients and coastal bounty, the menu features recipes inclusive of the techniques and flavors of Spain, Japan, South America and more. Fresh shucked or fried oysters, live shrimp prepared to perfection before your eyes, succulent whole grilled fish, tuna tartar served with doughy Parker House rolls, Louisiana Shrimp 'n' Grits, Jambalayas and tempting sides will



Photo credit: Robb Scharef

take you on a journey through the flavors of the sea. The décor is a clever display of netting used as light fixtures along with metal fish with sparkling scales and feathery tails, tile floors reminiscent of the hues of the ocean, seaman's implements and curved motion-filled waves shaping the raw bar and ceiling designs. The boardwalk patio awaits the arrival of Spring.

In a town known for its affection for Steakhouses, Voltaggio Brothers redefines the standard. Cleverly designed with a faux brick glass frontage with double doors, enter into the childhood home of Bryan and Michael Voltaggio on what must be a larger scale. Born and raised in Maryland and best known for their Emmy-winning season on Bravo's Top Chef, each room captures the heart of their home and the people that lived there, right down to the books in the library. But, enough said about the surroundings, let's talk food! Begin with your choice of American Timeframe Cocktails representing eras past and present; I couldn't resist the Mint Julep. An 8 ounce filet mignon ordered medium rare was cooked to perfection, tender and bursting with flavor. The three sauces that accompanied it were superfluous, but delicious, particularly the "beernaïse." Accompanied by gratin potatoes with creamy gruyere or their unmatched Macaroni & Cheese, broccolini, and followed by the decadence of the Upside Down Lemon Tart, a light and tangy mixture of aerated lemon curd, lavender, fennel pollen, brown butter, whipped maple and served with homemade lavender ice cream, you'll be hard pressed to find anything more satisfying. Wine enthusiasts have 25 pages of the perfect pairings to explore.



To round out its fine dining epicurean delights, Ginger is an authentic Pan-Asian restaurant offering the best of Japan, China, Thailand, Korea and Vietnam. Executive Chef Andy Lau has chosen both familiar favorites and new twists to tempt you down new paths. A true test of this cuisine is the classic Peking Duck, served with slivered vegetables, seasoned with hoisin sauce, and pillowed into light as air buns. The

duck was crispy on the outside, moist and delicate on the inside just as it should be. Try the Drunken Seafood Noodles with spicy flat noodles, shrimp, scallops, squid, kachai, peppers, chili and basil. Coconut sticky rice with fresh mango or ginger ice cream makes for a nice ending. As with all the culinary destinations, the emphasis is on fresh and locally sourced ingredients transformed into a worldly experience befitting a destination resort of this caliber.



If you've dreamed of seeing some of the best in class shows and acts in an intimate state-of-the-art theatre, welcome to the MGM's hip new entertainment locale. With totally customizable seating for 3,000, or General Admission open floor events for 4,000, the Theatre at National Harbor has lined up impressive talent including Duran Duran, Bruno Mars, Kings of Leon, Cher, Lionel Richie, comedic talents and even boxing events. With ticketing through its exclusive booking partner, Live Nation, keep a close eye on both scheduled and pop-up events. The venue itself is edgy with its purple and silver walls and furniture, rich parquet floors and bar areas, and sleek accessories.

No resort destination would be complete without conference and event facilities. The ballrooms, terraces, and fully supportive catering staff are poised to provide extraordinary spaces for your special occasions. Can you imagine the on-trend possibilities of a destination wedding here? Don't worry, because they can. From pre-wedding spa packages, to intimate rehearsal dinners, weddings of every size and character, indoor and outdoor spaces, post-wedding after-parties, and the joy of preparing all the food, drinks, and remembrances your heart desires, all you want can be found here.

If you possibly can, plan to stay for a night or two, if not more, and experience one of the 308 blissfully lush and welcoming rooms available for your pleasure. Showers that feel like generous

rainfalls, plump bedding, luxurious towels, robes and slippers, room service at your fingertips from your TV menu, rich lathering botanicals and lotions, and all the pampering you can desire are there for you to discover. You'll never notice the environmentally responsible energy conservation features that are part of MGM's commitment to this hospitable paradise. Make your own schedule, and it will be accommodated whenever possible.

With extra time, you'll be able to take advantage of the other entertainment, retail shopping, and casual dining options. In addition to the fabulous Sports Bar, Tap, there is Sarah Jessica Parker's first boutique, Accents for Home and Garden, MGM Men's, Specs for high-end eyewear, and coming soon Stitched and Ella Rue. In between along the long corridor, Jason Johnston, MGM's Executive Chef in charge of National Market, as well as menu consultant for the resort as a whole, has masterfully assembled 10 distinct taste and visual adventures for us to explore.

Amo Los Tacos serves up scrumptious Mexican fare that is fresh and packed with flavor. Pappas faithfully prepares the famous crabcakes born in Baltimore using the original recipe. Shake Shack is just the quintessential roadside burger stand upgraded to all-natural ingredients and with an assortment of addictive shakes. Banh Mi Vietnamese Kitchen and Bento, a traditional sushi bar, provide the Asian selections in demand. If you love New York Reuben sandwiches, then District Deli is for you. I made mine pastrami, and it was excellent! Cold-pressed organic juices and other healthy choices can be found here as well. GWBW George Washington Beer & Wine is where craft beer lovers can feel at home. Visit Honey's Fried Chicken & Donuts anytime between 7 a.m. and 1 a.m. to satisfy those cravings for savory and sweets. Barbecue wings are a favorite. ZiZi's Pizza is Chef Johnston's homage to his grandmother's Italian cooking...you have to try some. And to complete the journey, indulge in S'Cream, your place for homemade ice creams and sorbets that are worth every bite.

When I asked Chef Jason about the challenges he's faced bringing his vision to fruition, his eyes lit up with joy as he spoke of the satisfaction he's found in the process. "I think National Harbor is a great representation of what an MGM property resort is, and it has been amazing to be a part of introducing it to the market." Jason epitomizes the pride and commitment shown by every member of the MGM



team. Brandon Singletary, my primary guide and host during my stay, eloquently expressed the sense of hope engendered by MGM's presence: "That something of this caliber, providing growth opportunities for individuals and the community as a whole through its commitment to our culture, our history, and the less fortunate in our society, has arrived in Prince George's is a lot to be thankful for."

The creative process of finding out what is important to our locality and incorporating that into the MGM experience on all levels is evident throughout the resort. Design, entertainment, flavors, personnel and character are perfectly matched to create a local destination worthy of your time...over and over again. ♦

Sincerest Appreciation To: Ashley Farkas, Executive Director of Public Relations, MGM Resorts International, Nicole Wozniak, Brandon Singletary, Kara Rutkin, Katherine Sherrer, Stephane Hainaut, Jason Johnston, Sylvain Bortolini, Andy Lau, Bryan and Michael Voltaggio, José Andrés, Marcus Samuelsson





APRIL 8
CECILE MCLORIN
The Barns at Wolf Trap

Photo courtesy of Wolf Trap

SELECTED EVENTS

LOCATIONS

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

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

THE STATE THEATRE
220 N. Washington St.
Falls Church
703.237.0300
www.thestatetheatre.com

MARCH 10

SLIPPERY WHEN WET—THE ULTIMATE BON JOVI TRIBUTE

The State Theatre, 9pm, \$12-15
Slippery When Wet – The Ultimate Bon Jovi Tribute has taken exact live arrangements from Bon Jovi's 2000's Crush tour, 2002's Bounce tour, 2005's Have a Nice Day tour, 2008's Lost Highway tour, and 2010's The Circle tour to form what Jason Morey, Bon Jovi-look-alike, refers to as an "Arena-Club Show." Jason thinks that "*Slippery When Wet* has the power to turn a 600-1500 capacity club into a 20,000 seat arena for 2 1/2 hours".

MARCH 10-12

22ND ANNUAL NATIONAL CAPITAL BOAT SHOW

Dulles Expo Center, Fri 12pm-8pm, Sat 10am-7pm, Sun 11am-5pm. \$10 adults, free for kids 16 and under
Boats, boats and more boats! That's what you'll see at one of the largest Boat Shows in the region. Dealers from Virginia and Maryland will fill the building with everything from jon boats to motor yachts. Marinas, electronics, water sports and safety equipment will be on display. Plus you can talk to experts about insurance, financing, repair, maintenance and boating safety.

MARCH 12

LUCKY LEPRECHAUN 5K

*11900 Market St, Reston, VA
20190, 8:30am*

Run like you have the luck of the Irish on your side! Grab your running buddies for this festive 3.1 miles race. Bring the whole family: there's a kid's fun run too! Post-race, enjoy a fun-filled celebration at WORLD OF BEER Reston for the ever popular Award Ceremony! Register at praces.com/luckyleprechaun.

MARCH 15

55+ ST. PATRICK'S DAY SENIOR SOCIAL

*Reston Community Center,
Hunters Woods, \$5-10*

It's never too early to celebrate the luck o' the Irish. This social event is celebrating St. Patrick's Day. Spend the afternoon with friends while enjoying traditional Irish fare and beautiful Irish music and entertainment. Plan your social calendar while you learn about upcoming 55+ trips, classes, and events. Wear your favorite St. Patrick's Day themed attire and be entered to win the Best Dressed contest. Tickets range from \$5 to \$10. For more information, visit <http://www.reston.org/RestonAssociation-Home/tabid/144/Default.aspx>.

MARCH 17

TGI90S PARTY WITH DJ SUGA RAY

The State Theatre, 8pm
An incredibly gifted DJ known for his fast record flipping and live remixes, Suga Ray is the ultimate party DJ! From hip-hop to reggae to rock to soul, Ray is comfortable with every genre of music and has an encyclopedic knowledge of mainstream hits and underground classics. He has rocked practically all of NYC's top clubs over the past few years (not to mention right

CONTINUED ON PAGE 34

EGGNORMOUS EGG HUNT

NEW DATE and NEW LOCATION
LAKE FAIRFAX PARK

Saturday, April 1

10:00 a.m. – 11:30 a.m.

Infant – 8 years old

The egg hunt starts at 10:30 a.m. sharp. Rain or shine.

PLEASE NOTE: OUR DATE HAS CHANGED SINCE THE RCC PROGRAM GUIDE WAS PUBLISHED. NO FOOLING— IT'S APRIL 1!

Come enjoy a great community tradition at beautiful Lake Fairfax Park, located at 1400 Lake Fairfax Way, Reston, VA (near The Water Mine). For directions, call 703-471-5414. Entertainment by a strolling magician, games and multiple moon bounces will be featured along with our ever-popular egg hunt.



A BASKET TO CARRY YOUR EGGS



A CAMERA FOR ALL THE PHOTO OPS



A PICNIC TO ENJOY OUTSIDE



FOR MORE INFORMATION, PLEASE CONTACT DEBBIE HERON, YOUTH PROGRAM DIRECTOR, AT 703-390-6163.



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Reston Community Center

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



Photo courtesy of A.E. Landes Photography



MARCH 18
The Barns at
Wolf Trap

WINE AT WOLF TRAP



8 P.M.

MAR
17-19

SUPER PET EXPO

Dulles Expo Center, South Hall, Fri 3pm-8pm, Sat 10am-7pm, Sun 10am-5pm, \$13 adults, \$8 kids, weekend passes available
Welcome to the pet lovers dream weekend! Have fun with exciting entertainment for pet lovers. Shop 150 Local & national exhibitors and meet adoptable pets. Learn about different pets and pet related products. See dogs, cats, birds, reptiles, small animals and more. Canine Good Citizen Testing with the AKC available. See the Aquarium Experience and Cat-Centric Exhibitor. Leashed pets welcome—retractable leashes NOT permitted.

CONTINUED FROM PAGE 32

here at State with the Bayside Tigers) and has spun tracks at parties for celebrities like Jennifer Aniston and Ludacris! With his amazing versatility and raw talent, Ray has emerged as the next big DJ in NYC.

MARCH 18

WINE AT WOLF TRAP

The Barns at Wolf Trap, 6:30pm, \$500-10,000

Wine at Wolf Trap is an intimate evening of extraordinary wines and cuisine at The Barns at Wolf Trap. Guests will enjoy a five-course dinner with perfect wine pairings and live entertainment by The Olivera Quintet, previewing Filene Center summer performances.

MARCH 18-19

FITWELL EXPO

Dulles Expo Center, Sat 10am-6pm, Sun 11am-5pm, \$10 adults, kids 12 and under are free
Don't miss out on being one step closer to a better and

healthier you! Network with thousands of the finest and most influential consumers, trainers, instructors, gyms, studios, spas, distributors and store owners from the area. Get inspired, educated and motivated with FitWell, for 'A Better You'! It's time to make your health and well-being your first priority! Vendors and exhibitors from the health, fitness and wellness industry will all be conveniently located under one roof for one weekend so you can compare the best of the best!

MARCH 22

55+ BIKE RIDE AROUND HAINS POINT

Wiehle-Reston East Metro Station, 9:30am-3pm

Join the 55+ bike riders for a multi-modal ride from Wiehle-Reston East Station to see the early cherry blossoms at Hains Point and the Tidal Basin. You need to bring a bike in good repair, a Metro pass or money to get one, some money for lunch in DC if you want it, and a lock. Helmets are mandatory so bring and wear yours! This is a NO DROP ride, and our average pace will be 10-12mph. The distance on bikes will be no more than 15 miles unless you want to bike home on the Custis & W&OD on your own. Limited to 10 riders due to Metro restriction on number of bikes in each car. Don't forget a camera! For more information, visit www.reston.org

MARCH 22, 23, 25 AND 26

THE SECOND CITY

We're all in this room together
The Barns at Wolf Trap, Wed, Thurs and Sun at 8pm, Sat at 7pm and 10pm, \$27-32
"The Harvard of Comedy" (The New York Times) returns with improvised comedy, audience interaction, and of-the-moment routines and songs from the legendary sketch comedy archives made famous by alumni like Tina

Fey, Stephen Colbert, and Bill Murray.

MARCH 24

TENTHING

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

Norwegian trumpeter Tine Thing Helseth and her 10-piece, all female brass ensemble's repertoire spans the gamut of orchestral, operatic, and Latin music.

MARCH 24-26

CRAFTSMEN'S CLASSIC ARTS & CRAFTS FESTIVAL

Dulles Expo Center, Fri 10-6pm, Sat 10-6pm, Sun 10-5pm, \$8 adults, \$1 kids

Features original designs & work from more than 400 talented artists and craftspeople from across the Nation. See the creative process in action as demonstrated throughout the show. There is something for every style, taste & budget with items from the most traditional to the most contemporary. Discount coupons, advance discounts and group (15+) tickets are available.

MARCH 24-26

THE WOODWORKING SHOWS

Dulles Expo Center, Fri 12pm-6pm, Sat 10am-6pm, Sun 10am-3pm, \$14 adults, kids 15 and under are free with paying adult
For the past 30 years, The Woodworking Shows have established a devoted following by providing woodworkers with an outlet for their passion through tools, education and a unique sense of community by hosting hands-on trade shows for woodworkers across the United States.



Photo courtesy of Wolf Trap

MARCH 28

INOVA BLOOD DRIVE

11900 Market St, Reston, VA 20190, 12-7pm

Located beside the Pavilion, INOVA will be collecting blood donations. There will be onsite registration available. Schedule appointments at 1.866.256.6372 or inova.org/donateblood.

MARCH 29

RAUL MIDÓN

RCC Centerstage, 2310 Colts Neck Road, Reston, VA 20191, 8pm

Ever since being told by some when he was a child that his blindness meant that "you can't do this, you can't do that," Midón has lived a life devoted to shattering stereotypes. His forthcoming album (to be released in February 2017) has the singer-guitarist adding producer-engineer to his portfolio of talents, with special computer software

for the blind enabling him to engineer sessions on his own in his home studio. This project includes collaborations with R&B great Bill Withers, singer-songwriter Lizz Wright, Cameroonian jazz bassist Richard Bona and Grammy Award-winning jazz singer Dianne Reeves. Tickets range from \$15-\$20. For more information, visit www.restoncommunitycenter.com

MARCH 30

GLEN PHILLIPS OF TOAD THE WET SPROCKET

The Barns at Wolf Trap, 8pm, \$22-25

Exploring themes of transition on his new album *Swallowed by the New* (2016), the singer/songwriter of Toad the Wet Sprocket pares his folk-tinged music down to its emotional core, concentrating on the simple truths of love and relationships.

MARCH 31-APRIL 2

CSA SHOWS

Dulles Expo Center, Fri 2pm-8pm, Sat 9am-5pm, Sun 10am-4pm, \$5-10

Sports Collectibles of every variety and numerous celebrity autograph guests.

APRIL 4

55+ LEARN HOW TO RIDE THE BUS AND METRO

Become familiar with the regional transit systems through an innovative transportation experience. Ride the MATT (Mobile Accessible Travel Training) bus which is a hands-on learning experience. Learn "travel training" tips – by learning to read bus schedules and route maps, learning how to determine and pay fares, how to signal the driver to stop, as well as other bus travel skills. The bus will stop at the Silver Line where participants will learn how to determine the fare and purchase Metrorail fare cards, load a provided

CONTINUED ON PAGE 36



SmarTrip card, read the rail system map and board the train to travel by rail. Registration is required. For more information, visit www.reston.org.

APRIL 5

REBOLLAR DANCE PRESENTS SACRED PROFANE

RCC CenterStage, 2310 Colts Neck Road, Reston, VA 20191, 8pm

Sacred Profane engages women of diverse ages, cultures and ethnicities to create an all-encompassing feminist work, at times delving into human rights issues and at times celebrating the irreverent joy of sisterhood.

Using music composition by Jeffrey Dorfman coupled with pop songs and classical music, Sacred Profane skirts the boundaries of risk-taking. With special interest in the subjects of performativity, colonialism, orientalism, Occidentalism, femininity and feminist culture, Rebollar Dance presents manifestations of women as subject vs. object. Tickets are \$15/\$20. For more information, visit www.restoncommunitycenter.com.

APRIL 6

55+ TRIP TO HOLLYWOOD CASINO IN CHARLES TOWN, WV

3pm-11pm

Join us for an evening at the race track to enjoy live thoroughbred horse racing, play the new table games including blackjack and poker or just come to enjoy a nice dinner overlooking the horses. Participants will receive a yet to be determined amount of free play. Registration required. Tickets range from \$34 to \$40. For more information, visit www.reston.org.

APRIL 8

CÉCILE MCLORIN SALVANT AND AARON DIEHL

The Barns at Wolf Trap, 8pm, \$35-45

"The finest jazz singer to emerge in the last decade" (*The New York Times*) and winner of the 2016 Grammy Award for Best Jazz Vocal Album (Salvant) performs with one of the most sought after jazz piano virtuosos dubbed "the Real Diehl" by collaborator Wynton Marsalis (Diehl).

APRIL 8

FOUNDER'S DAY

Join the Reston Historic Trust and Museum as we celebrate Robert E. Simon, Jr. and our community. Founder's Day will feature activities for all ages and will focus on the past, present, and future of Reston. Additional information and timeline of events will be available soon. Contact 703-709-7700 or restonmuseum.com with questions or to participate.

APRIL 12

A CONVERSATION WITH ALEC BALDWIN

By Smithsonian Associates
Lisner Auditorium at GW, 7-8pm, Members, \$45; Nonmembers, \$55; includes book. Alec Baldwin has spent three decades in the spotlight, creating memorable comic and dramatic roles in films including *Beetlejuice*, *Working*

Girl, *Glengarry Glen Ross*, and *The Departed*; rounding up armloads of awards as Jack Donaghy over seven seasons of *30 Rock*; and, most recently, a recurring portrayal in *Saturday Night Live's* cold openings. A few days after the release of his memoir *Nevertheless* (Harper), Baldwin sits down for a conversation about his life and career, including the private facets of his life that the book makes public, from the personal history of the Long Island child who felt burdened by his family's financial strains and his parents' unhappy marriage to the young soap actor learning from giants of the theatre; the addict drawn to drugs and alcohol; the husband and father who acknowledges his failings; and the performer for whom work remains the center of everything.

A copy of *Nevertheless* is included in the ticket price; a signing follows the program. For tickets and further information call 202-633-3030 or visit www.smithsonianassociates.org

APRIL 15

LE MYSTÈRE DES VOIX BULGARES

RCC Centerstage, 2310 Colts Neck Road, Reston, VA 20191, 8pm

Le Mystère des Voix Bulgares was created 50 years ago with the goal to enrich the heritage of the Bulgarian solo folk song with harmonies and arrangements that highlighted its beautiful timbres and irregular rhythms. The singers transform sounds into strange vocal colors as if produced by something other than the human vocal chords. With their bell-like voices that seem to float lightly through space, these women have become international stars whose hypnotic chants circle the globe. Tickets range from \$25 to \$35. For more information, visit www.restoncommunitycenter.com.

Photo credit Darrin Ballman



8 P.M.

APR 7

OVER THE RHINE

The Barns at Wolf Trap, 8pm, \$25-30

Fall under the spell of the supremely talented husband and wife duo of Linford Detweiler and Karin Bergquist as they perform their "subtle and elegant" songs complete with "airy musical arrangements and breathtaking vocal harmonies" (*The Wall Street Journal*).

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ROCK CREEK SINGERS

APRIL 15
The Barns at Wolf Trap

Photo courtesy of Wolf Trap



7:30 P.M.

REFLECTIONS OF LIGHT

St. Dunstan's Episcopal Church at 1830 Kirby Rd. in McLean, Virginia, 7:30pm, \$15-25

Reflections of Light will be an evening of music and readings celebrating peace, hope, and the wonder of our natural world as illuminated by the rich and diverse faith communities of the world. Texts will come from such diverse sources as the Bible, Sufi mystical writings, the prophet Muhammad, Native American texts, and more. Musical selections will include movements from Terry Schlenker's Mass for Four Voices, Jerod Tate's Found Again, Leonard Bernstein's Chichester Psalms, and Maurice Duruflé's Requiem, as well as works by other composers. This program will be presented in the stunningly beautiful nave of St. Dunstan's Episcopal Church. Tickets are available through the website: www.words-music.org

APR 1

APRIL 15

THE GAY MEN'S CHORUS OF WASHINGTON, DC

Presents *God Save the Queens*

The Barns at Wolf Trap, 4pm and 8pm, \$45

A cappella vocal ensembles Potomac Fever and Rock Creek Singers present a salute to British pop music featuring new and innovative arrangements of music by The Beatles, Queen, Adele, George Michael, The Police, and more. Plus they'll throw in music from the King and Queen of Pop just for fun!

the literary Holy Grail: an actual manuscript in Shakespeare's own hand showing all his most famous characters and familiar speeches in a brand-new story. But because it is 100 hours long and contains multiple unwieldy storylines, the RSC decides, as a public service, to abridge it to a brief and palatable 90 minutes and perform this lost masterpiece. In the spirit of Shakespeare himself, RSC shows contain some occasional bawdy language and mild innuendo. All children (and parents) are different, so we've chosen to rate our shows PG-13: Pretty Good if You're Thirteen. Tickets range from \$25 to \$35. For more information, visit www.restoncommunitycenter.com.

APRIL 21

THE REDUCED SHAKESPEARE COMPANY[®] IN WILLIAM SHAKESPEARE'S LONG LOST FIRST PLAY (ABRIDGED)

RCC CenterStage, 2310 Colts Neck Road, Reston, VA 20191, 8pm

William Shakespeare's Long Lost First Play (abridged) is

APRIL 22

TOUR D'ART BIKE RIDE

The Reston Tour d'Art is a guided bicycle tour of Reston's outdoor art. Ride along Reston's paths and quiet roads with stops to hear about

Reston's featured art-works, including colorful murals and commissioned sculptures. Cyclists are encouraged to bring water and nutritional snacks. All riders must have the ability to keep up with the group, averaging 10 mph over a 2-hour period, over hilly terrain. Helmets are required for all riders under 15 years old. Registration required, as space is limited.

No bike? No problem. Stop by Reston Association for a 24-hour pass to try Capital Bikeshare. Pick up the bike before you join us. Cancelled in the event of rain. For all ages. 9:30- 11:30am. For more information, visit www.reston.org/RestonAssociation-Home/tabid/144/Default.aspx.

APRIL 27

TOM PAXTON

The Barns at Wolf Trap, 8pm, \$24-28

A Grammy Lifetime

Achievement Award winner and widely considered a contemporary of Bob Dylan, Tom Paxton is "an extraordinary writer, singer, and performer of self-penned songs in the acoustic folk tradition" (*PopMatters*).

MAY 3 AND 4

KATHY MATTEA

The Barns at Wolf Trap, 8pm, \$35

Kathy Mattea is a genuine storyteller who has garnered multiple CMA, ACM, and Grammy Awards for her musical artistry. Drawing inspiration from her Appalachian roots, she seamlessly integrates country, bluegrass, gospel, and Celtic sounds into her musical collection of 18 albums and counting. ♦

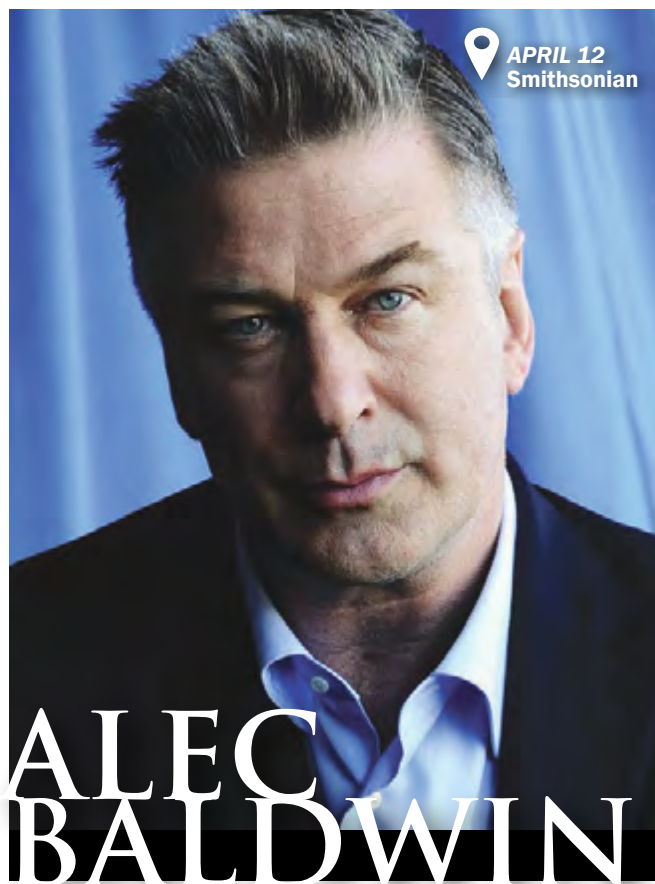


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Houzz: houzz.com/pro/nvsrd



APRIL 8 AND 9
THE 7 FINGERS OF THE HAND: CUISINES & CONFESSIONS
George Mason University Center for the Arts

ARTS & THEATRE EVENTS



Photo courtesy of George Mason University

1ST STAGE IN TYSONS • CREATIVE CAULDRON
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www.1ststagetysons.org

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Center for the Arts
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Fairfax
703.993.1000
cfa.gmu.edu/calendar/

MARCH 13 LIGHTNING THIEF

Presented by TheatreWorks

George Mason University Center for the Arts, Concert
Hall, 10:30am

Percy Jackson is about to be kicked out of boarding school...again. And that's the least of his troubles. Lately, mythological monsters and the gods of Mount Olympus seem to be walking straight out of the pages of Percy's Greek mythology textbook and into his life. And worse, he's angered a few of them: Zeus's master lightning bolt has been stolen and Percy is the prime suspect.

Now Percy has ten days to find and return Zeus's stolen property and bring peace to a warring Mount Olympus. But to succeed on his quest, Percy will have to do more than catch the true thief: he must come to terms with the father who abandoned him; solve the riddle of the Oracle, which warns him of betrayal by a friend; and unravel a treachery more powerful than the gods themselves. Adapted from the book *The Lightning Thief* by Rick Riordan.

MARCH 17

DANÚ: ST. PATRICK'S DAY CELEBRATION

George Mason University Center for the Arts, Concert
Hall, 8pm, \$30-50

Celebrate St. Patrick's Day with this festive concert of Celtic music and dance from the Emerald Isles performed by one of the leading traditional Irish ensembles. A real favorite of Irish audiences, (and ours) Danú always provides a high-energy experience while performing ancient Celtic music and new repertoire. Their virtuosity on authentic Irish instruments – flute, tin whistle, fiddle, button accordion, and bouzouki – is matched by the brilliance of gorgeous vocals in Irish and English. Bagpiper and former Riverdance member Ivan Goff joins the band for this American tour. Hailing from the heart of Ireland's old country, County Waterford, this acclaimed ensemble tours throughout the U.K. and the United States to standing-room-only concerts, and has recorded seven acclaimed albums. Bring the whole family to this high-energy concert of authentic Celtic music and dance!

MARCH 18

RUSSIAN NATIONAL
BALLET THEATRE:
CHOPINIANA AND
CARMEN*George Mason University Center for the Arts,
Concert Hall, 8pm, \$34-56*

This ballet double bill represents some of the very best of classical ballet with all of the beauty, grace, and passion that typifies the grand Russian ballet tradition. Growing out of Chopin's Seventh Waltz, *Chopiniana* does not follow a traditional plot. Instead, it is a poetic portrayal of romance and grace as represented by ballerinas and a young man or poet. *Carmen* is based on the iconic opera and includes Georges Bizet's acclaimed score, which was adapted by Rodion Shchedrin in what he called "a creative meeting of the minds." The ballet tells of Carmen, the fiery, free-spirited gypsy, and the love triangle between her, the soldier and the toreador. Upholding the national tradition of classical ballet, Russian National Ballet Theatre brings these ballets to life with impressive technique and artful poise, extravagant sets and gorgeous, colorful costumes. The whole family will enjoy the pageantry and elegance of this magnificent performance.

MARCH 17 – APRIL 9

THE EMPEROR'S NEW
CLOTHES

A Learning Theater Production

Conceived and Directed by Laura Connors
Hull, Music by Matt Conner*Creative Cauldron, Friday 7:30pm, Saturday
2pm and 7:30pm, Sunday 2pm, \$11-16*

The emperor has hired some crafty weavers to create the most fabulous robe of all, but when they tell him the robe is invisible to those who are "hopelessly witless" will the emperor admit he sees nothing at all? The Learning Theater Ensemble tackles Hans Christian Andersen's classic tale with a fresh, musical spin that hilariously illuminates how pride and vanity can make a leader a glorious buffoon.

MARCH 19

RUSSIAN NATIONAL
BALLET THEATRE: THE
SLEEPING BEAUTY*George Mason University Center for the Arts,
Concert Hall, 4pm, \$34-56*

Considered by many to be the finest achievement in classical ballet and the crowning jewel of Petipa's career, *The Sleeping Beauty* is a lavish theatrical depiction



of this well-known fairy tale. With music composed by the king of classical ballet music, Pyotr Ilyich Tchaikovsky, this grand ballet has it all — a beautiful princess and a charming prince, a king and queen, fairies, both good and evil, and courtly splendor. After a wicked fairy curses the baby princess to prick her finger and die on her 16th birthday, a benevolent fairy bestows her a gift, so the princess will instead fall into a deep sleep until awakened by the kiss of a prince. The unmatched grace of the dancers of the Russian National Ballet Theatre, along with the elaborate sets and beautiful costumes, make this a perfect family event!

MARCH 25–26

VIRGINIA OPERA:
TURANDOT*George Mason University Center for the Arts,
Concert Hall, Sat 8pm and Sun 2pm*

Puccini's grandiose opera brings the splendor of imperial China to life with this epic tale of revenge, power, and love. The vengeful princess Turandot will marry only if a suitor can meet her challenge. Answer three riddles correctly or face doom. When a young handsome prince succeeds, she still resists and so he offers a challenge of his own: learn his name by dawn and he will forfeit his life. One of opera's most lavish works, the score includes the well-known tenor aria, "Nessun dorma." This is Puccini's last opera; in fact, the final scene was completed by Franco Alfano after the maestro's death. Laced with exoticism and an innovative use of chorus, it is a powerful work and considered one of his finest. Don't miss Virginia Opera's elegant new production of this timeless masterpiece. Sung in Italian with English supertitles.



TIMES VARY

MAR 23-
APR 23

WELL

By Lisa Kron

Directed by Michael Bloom

*1st Stage in Tysons, Thursdays 7:30 pm,
Fridays 8 pm, Saturdays 2pm and 8pm,
Sundays 2pm, \$15-30*

"This play is not about my mother and me," begins the character of Lisa. But, of course, it is about her mother, and her mother's extraordinary ability to heal a changing neighborhood, despite her inability to heal herself. In this "solo show with people in it," Kron asks the provocative question: "Do we create our own illness?" The answers she gets are much more complicated than she bargained for as the play spins dangerously out of control into riotously funny and unexpected territory.

Photo courtesy of 1st Stage

LES 7 DOIGTS DE LA MAIN CUISINE & confessions

"One of the most innovative
and exciting troupes around"

BOSTON GLOBE

TIMES VARY

APR
8-9

THE 7 FINGERS OF THE HAND: CUISINE & CONFESSIONS

George Mason University Center for the Arts, Concert Hall, Sat 2pm and 8pm, Sun 4pm, \$30-50

Dance, acrobatics, and a pinch of theatrics are the essential ingredients in this remarkable show that explores life in the family kitchen where lessons are learned, bonds are forged, and secrets are exchanged. In their latest delightfully inventive production, *Cuisine & Confessions*, The 7 Fingers of the Hand interprets relationships and storytelling through the process of food preparation in their own playful way. This Montreal-based group gets right into the heart of the home, using circus acts and acrobatics to depict scenes of family meals and intimate moments. This acclaimed ensemble's name is a twist on a French idiom, "the five fingers of the hand," which describes distinct parts moving in coordination toward a common goal. In this case there are seven artistic collaborators who achieve a common goal in creating an amazing production. The highly skilled artists, with their precisely timed stunts, provide the perfect recipe for an unforgettable theatrical event. "A perfect blend with just the right ingredients." (*Huffington Post*)

MARCH 30-APRIL 1

GOGOL'S NOSE AND OTHER STRANGE TALES FROM THE CITY

TheatreSpace, 8pm, \$15-25

In the *Petersburg Tales*, Gogol depicts a 19th-century Russian capital that's surreal but recognizable, ridiculous and grotesque. Whether it's beauty, wealth, or social position you're after, you can find it in Petersburg—but you can lose it, too. This original, highly physical piece distills some of Gogol's best loved stories about a city where a nose can go missing, a clerk can turn king, and a man can find true love in a piece of outerwear.

MARCH 31-APRIL 1

2017 DANCE GALA CONCERT

Presented by Mason School of Dance

George Mason University Center for the Arts, Concert Hall, 8pm, \$10-25

The Gala Concert is Mason Dance Company's crowning season event featuring a program of works by contemporary professional choreographers.

Program:

"Second to Last" by Alejandro Cerrudo

"Mass" by Robert Battle

"Balance/Imbalance" by Soon Ho Park

"A New Work" by Susan Shields

APRIL 9

MCLEAN SYMPHONY

Palm Sunday: Organ, Choir and Orchestra
Vienna Presbyterian Church, 7pm

Come and enjoy a variety of music, with each program guaranteed to have something for everyone. This is Maestro Dingwall Fleary's 45th consecutive year of music-making with The McLean Symphony. Together they will present composers and local guest artists who will amaze you. The Symphony is calling this season "A Sapphire Celebration," because the music chosen is as brilliant and precious as the gemstone, which represents (wait for it ...) the number forty-five!

Opening remarks by The Rev. Peter James Pastor, Vienna Presbyterian Church

Ralph Vaughan Williams | *Rhosymedre* (Prelude on a Welsh Hymn Tune)

George Frideric Handel | *Messiah* (selections from Parts 2 & 3).

George Frideric Handel | *Organ Concerto in G Minor and Major, Op. 4, No. 1*. Soloist: Brian Willhour

Nikolai Rimsky-Korsakov | *Russian Eastern Festival Overture* (excerpts)

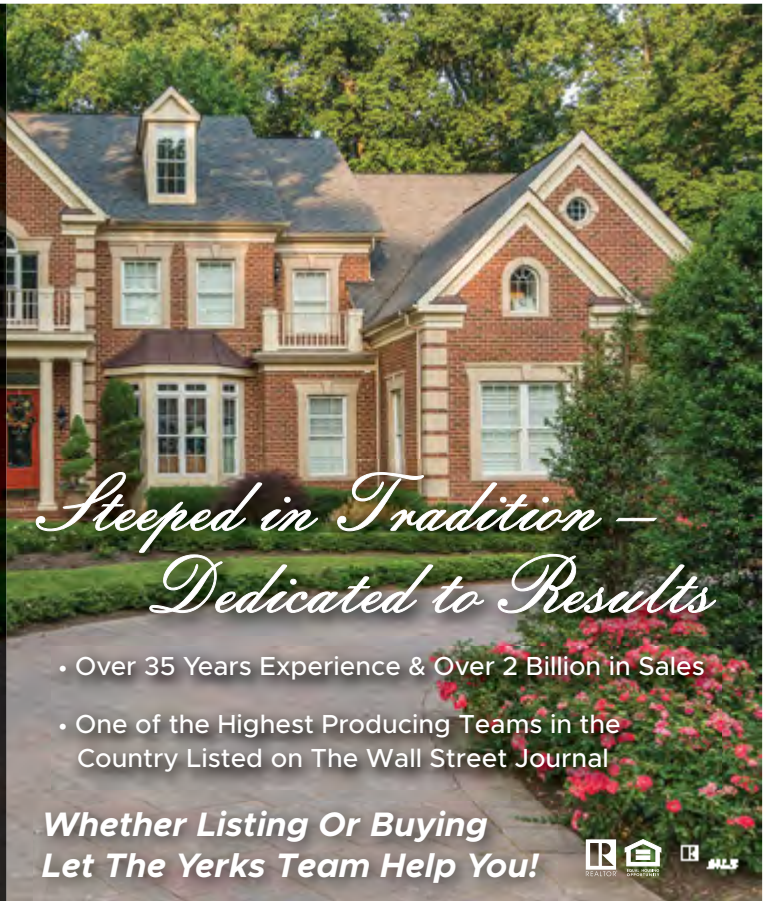
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HONEYBAKED HAM.

\$3 OFF

SKU 721081

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or Half Boneless Ham



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MARCH 25-26
George Mason University
Center for the Arts



APRIL 14

BLACK GRACE

George Mason University Center for the Arts,
Concert Hall, 8pm, \$29-48

New Zealand's leading contemporary dance group presents a highly physical and uniquely powerful performance. Founder Neil Ieremia draws from his Samoan and New Zealand roots to create works that reach across social, cultural, and generational barriers. This fusion of Pacific Islander, Maori, and modern dance results in dramatically spiritual performances, which are full of beautiful expression and raw athleticism. The program will include pieces set to works ranging from Bach to original compositions to native, indigenous music. Known for their strength, stamina, and flawless performance, Black Grace will take hold of the audience from the moment they take the stage — and never let go!

APRIL 24

CHARLOTTE'S WEB

Presented by TheatreWorks

George Mason University Center for the Arts,

Concert Hall, 10:30am

Theatreworks' production of Charlotte's Web is based on E.B. White's loving story of the friendship between a pig named Wilbur and a little gray spider named Charlotte. Wilbur has a problem: how to avoid winding up as pork chops! Charlotte, a fine writer and true friend, hits on a plan to fool Farmer Zuckerman -- she will create a "miracle." Spinning the words "Some Pig" in her web, Charlotte weaves a solution which not only makes Wilbur a prize pig, but ensures his place on the farm forever. This treasured tale, featuring mad-cap and endearing farm animals, explores bravery, selfless love, and the true meaning of friendship.

APRIL 29

FAIRFAX SYMPHONY ORCHESTRA: INSPIRING THE NEXT GENERATION

Christopher Zimmerman, conductor
with members of the American Youth
Philharmonic Orchestra

George Mason University Center for the Arts,
Concert Hall, 8pm, \$39-65

Glinka: *Russlan and Ludmilla Overture*

Beethoven: *Violin Concerto*

In Mo Yang, violin

Rimsky-Korsakov: *Scheherazade*

Originally founded by the Fairfax Symphony in 1964, the American Youth Philharmonic (AYPO) has become one of the leading orchestral training programs in the nation. Shared music director Christopher Zimmerman leads members of the AYPO in this extraordinary opportunity for these young musicians to perform alongside the Fairfax Symphony.

Hailed as "one of the new generation's most talented young string virtuosos" (*The Violin Channel*), Korean violinist In Mo Yang is the First Prize Winner of the 2014 Concert Artists Guild Competition. Most recently, he earned First Prize at the 54th International Violin Competition "Premio Paganini" – the only First Prize awarded by the competition's jury in nearly a decade.

MAY 4-28

KALEIDOSCOPE

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World Premiere Musical

*Creative Cauldron, Thursday, Friday, Saturday
8pm, Sunday 2pm and 7pm, \$18-30*

**Music and Lyrics by Matt Conner, Book
and Lyrics by Stephen Gregory Smith**

From the creative team behind the critically-acclaimed *The Turn of the Screw* and *Monsters of the Villa Diodati!* During the run of a legendary Broadway performer's comeback one-woman show, the performances take unexpected turns as she tries to tell the story of her star-studded life in the theater. She frequently forgets anecdotes that she was supposed to tell, or makes up entirely new ones. Her stage manager and director try to come to her aid, but the insidious signs of Alzheimer's disease are becoming apparent. Brimming with humor and pathos, this heart-warming Bold New Work twists and turns its way through the shadows of memory. ❖



CAPITAL HARMONIA WOMEN'S CHORAL FESTIVAL:

Honoring Women Who Make History

Capital Harmonia, a women's chorus that performs for local and national organizations that support women, will host its second Annual Women's Choral Festival. The event will be held on Sunday, March 26, 2017, from 4:00 to 6:00 p.m. at the Community of Faith United Methodist Church, 13224 Franklin Farm Rd., Herndon, VA 20171. The event is free and open to the public.

The Women's Choral Festival occurs during Women's History Month (March) with the goal of honoring the contributions of notable and ordinary women through music. The Festival features music written by women composers and about women; the Festival also seeks to recognize the women who lead Capital Harmonia's partner organizations.

Capital Harmonia has this year invited the leaders of 20 partner organizations, all of which have partnered with Capital Harmonia since its inception four years ago. This year, the event will also feature the Oakcrest School Girls Chorus.

Mary Ann East, Capital Harmonia's artistic director, explained that the festival is an important way of highlighting the musical contributions of women, especially in the last century, as well as bringing attention to the continuing challenges that women face around the world.

"Featuring a chorus of young high school women this year allows us to connect across generations, and inspire these young women to become advocates for women's issues," East said.

Since Capital Harmonia's formation, the group has performed with numerous local, regional and national organizations that serve and promote the causes of women. The Harmonia features music written by women composers and has a wide repertoire of songs, ranging from classical to Broadway to pop. Capital Harmonia performs regularly throughout the Washington area at a variety of venues, pursuing its mission of promoting hope and well-being for all women and families.

For more information, please visit: http://womenshistory.about.com/od/womenshistorymonth/a/whm_history.htm ❖



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“I WANNA ROCK”

with the Reston Community Players

The Reston Community Players (RCP), now on its 50th season, presents *Rock of Ages* from March 10 to April 1, 2017 at CenterStage, Reston Community Center

Rock of Ages, nominated for five Tony Awards including Best Musical, takes you back to the times of big '80s rock bands with big egos playing big guitar solos, and sporting even bigger hair! This is a story of love, dreams, and—of course—rock! The musical production is the ultimate classic '80s experience. Aspiring rock star, Drew, and aspiring actress, Sherrie, try to prevent developers from turning the Sunset Strip into a strip mall. Come rock out to the live band assembled on stage and enjoy your favorite songs from Styx, Whitesnake, REO Speedwagon, Pat Benatar, and Twisted Sister.

“It is a privilege to direct the very talented cast of singers, dancers, and actors in *Rock of Ages*,” said Joshua Redford, director of the production. “This is a show unlike any other. Come on and ‘Feel the Noize’ at RCP.”

Since 1966 the Reston Community Players has brought to the public a variety of theatrical experiences and is committed to theatrical excellence and professionalism through the promotion of diverse, creative experiences for the education and cultural enrichment of the community. Partially funded by grants from Fairfax County, in cooperation with the Arts Council of Fairfax County, RCP welcomes all and offers something for everyone.

Rock of Ages is produced by special arrangement with Samuel French, Inc. Evening performances include March 10, 11, 17, 18, 24, 25, 31 and April 1 at 8:00pm, with two matinee performances on March 19th and 26th at 2:00pm. For tickets and information call the box office (703) 476-4500 x3 or buy tickets online at restonplayers.org/tickets-show3

CenterStage at the Reston Community Center is located at 2310 Colts Neck Road, Reston, VA 20191. CenterStage is accessible and offers listening devices for the hearing impaired. Tickets: \$21 Senior/Student – Adult \$25 ♦

CAST

Russell Silber (Drew), Claire O'Brien Jeffrey (Sherrie), Brett Harwood (Lonny), Joey Olson (Dennis Dupree), Ben Peter (Stacey Jaxx), Brent Stone (Hertz Klinemann), Rich Farella (Franz Klinemann), Bruni Herring (Justice), Evie Korovesis (Regina), Melrose Pyne (Ensemble), Kendall Mostafavi (Ensemble), Jenny Girardi (Ensemble), Chris Dore (Ensemble), Philip Smith-Cobbs (Ensemble), and Erich DiCenzo (Ensemble).

BAND

Matt Jeffrey (Keyboard), Noah Dail (Guitar 1), David Smigielski (Guitar 2), Christopher Willett (Bass), and Matt Robotham (Drums).

CREATIVE TEAM

Jocelyn Steiner (Producer), Colleen Stock (Stage Manager), Joshua Redford (Director), Matt Jeffrey (Music Director), Chris Dore (Choreographer), Seth Sacher (Sound Designer), Ian Claar & Sam Andrews (Lighting Designers), Dan Widerski (Set Designer), Carol Steele (Costume Designer), Molly Hicks Larson & Kat Brais (Hair and Makeup Designers).

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Spring Break

for the Family

BY RYANNE WRIGHT

Spring break is finally here and the kids are home for the week. Maybe you'll take some time to visit with family, entertain guests, or go on a trip. But what if you don't have any plans? We have some ideas for all ages to have fun at home, or for a quick and affordable getaway!



Go for a Hike

OUTDOOR FUN

Get the kids outdoors and go for a hike at Teddy Roosevelt Island in DC, Great Falls Park, or Scotts Run in McLean.



Take a Walk

OUTDOOR FUN

Hiking not your thing? Enjoy a leisurely walk at a regional park such as Lake Accotink in Springfield, Burke Lake Park in Fairfax Station, or Wheaton Regional Park in Maryland.



Enjoy the Gardens

OUTDOOR FUN

Enjoy the fresh air and beautiful scenery at River Farm in Alexandria, Meadowlark Botanical Gardens in Vienna, Green Springs Gardens in Alexandria, or the US National Arboretum in DC.



Visit the Animals

OUTDOOR FUN

Learn about fish and wildlife from when you visit Frying Pan Farm Park in Herndon, the National Zoo in DC, Oxon Hill Farm in Maryland, or the Baltimore Aquarium.



Play Mini-Golf

OUTDOOR FUN

Practice your short game at Upton Hill in Arlington, Jefferson Park in Falls Church, Lake Accotink in Springfield, or Pohick Bay in Lorton.



Create Art

INDOOR FUN

Greater Reston Arts Center offers classes and workshops for adults and children, or you can simply enjoy the exhibits!



Learn

INDOOR FUN

Expand your family's knowledge on art, history, and culture by visiting one of the many Smithsonian museums.



Jump Around

INDOOR FUN

Get the blood pumping at Rebounderz indoor trampoline arena in Sterling, Sport Bounce in Ashburn, or House of Bounce in Ashburn.

Photo credits:
Theodore Roosevelt Island: https://upload.wikimedia.org/wikipedia/commons/a/ac/TheodoreRooseveltIsland_fountain.JPG
Lake Accotink: http://3.bp.blogspot.com/-aRdEy4EL_Jo/TkmErcgQODI/AAAAAAAAAPg/qXJRQa4MyBQ/s1600/DSC_0131.JPG
Meadowlark Gardens: http://2.bp.blogspot.com/-Ohv5Olmz7Ls/VeEa1jTv-6sI/AAAAAAAAAKo4/f50Rkp6jvEY/s1600/fountain_meadowlark.jpg
National Zoo: https://washington-org.s3.amazonaws.com/woodley_park-national_zoo_entrance-credit-wikimedia-user-quadell1.jpg
Upton Regional Park: https://www.novaparks.com/sites/default/files/styles/full_width/public/image-gallery/Upton-Hill8.JPG?itok=6E_0jdx7×tamp=1452030942
Greater Reston Art Center: <http://www.eastcityart.com/wp-content/uploads/2014/10/grace-featured.gif>
Smithsonian Museum: http://wp.streetwise.co/wp-content/blogs.dir/2/files/2015/06/shutterstock_286414511-630x420.jpg
Rebounderz: <http://www.904fitness.com/wp-content/uploads/2012/11/Rebounderz-051.jpeg>

Need a quick getaway?
We don't blame you.

Go to a Theme Park Busch Gardens, Hershey Park, and Kings Dominion are only a few hours away. Enjoy a day of rides and games, and if you're too tired at the end of the day, grab an affordable hotel room for the night.

Splash Indoors Sadly, outdoor water parks are closed until summer, but that doesn't mean you can't enjoy some wet and wild family fun! Great Wolf Lodge and Massanutten Resort both have indoor water parks open all year. Book a room, and don't forget to pack your swimsuit!

Weird and Wacky Attractions Take a mini road trip around Virginia to see our many off-beat attractions like Dinosaur Land, the birthplace of Mr. Peanut, the Route 11 Potato Chip Factory, or other Virginian childhood totems. Visit www.virginia.org/WeirdandWacky/ for more ideas.

Historical Fun! Take a trip to Jamestown Settlement or Colonial Williamsburg to experience Virginia's rich history.

Whether you stay at home or take a quick trip, Spring Break is a great way to relax and spend time with your family.

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SPRING EXHIBITS AT GRACE



MARCH 17–APRIL 1

Emerging Visions: Interactions

Greater Reston Arts Center celebrates Youth Art Month with two exhibitions dedicated to the artistic achievements of the area's youth. The GRACE Art exhibition features selected works from elementary school students participating in the GRACE's signature art education program, GRACE Art; several free art activities for visitors to enjoy with be provided throughout the presentation of the exhibition. Emerging Visions features exceptional work, inspired by the GRACE's widely successful fall 2016 exhibition, Shih Chieh Huang: Synthetic Transformations, from students at local high schools.

APRIL 21-JULY 8

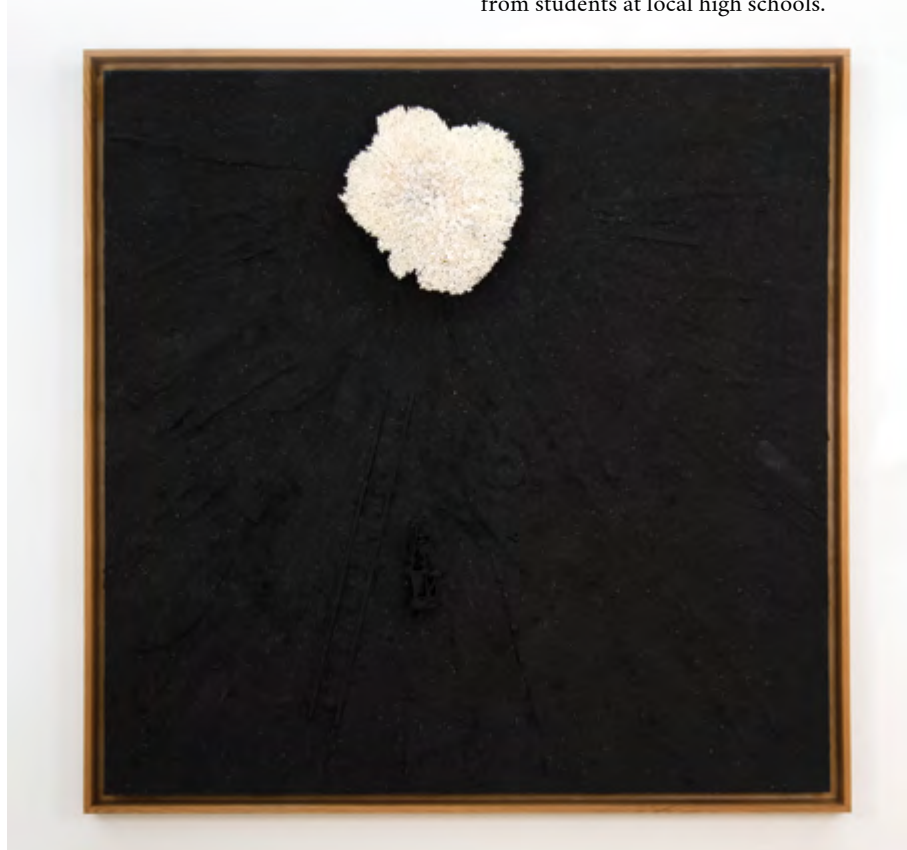
Radcliffe Bailey: The Great Dismal Swamp

Radcliffe Bailey (b. 1968, Bridgeton, New Jersey; lives and works in Atlanta) is a nationally-recognized painter, sculptor, and mixed-media artist who layers imagery, culturally resonant materials, and text to explore themes of ancestry, race, and memory. The Great Dismal Swamp is the artist's first solo exhibition in the metro DC area. Bailey has long treated issues of race and the historical experiences of African-Americans in his work, mining his personal ancestry as well as the history and legacy of slavery. At GRACE, Bailey will present a selection of newly commissioned mixed-media works exploring his family history in Virginia, as well as the history of the state's Great Dismal Swamp. The Great Dismal Swamp, a federally-designated national wildlife refuge in Southeastern Virginia, concealed and sheltered communities of slaves fleeing captivity on the Underground Railroad.

The Greater Reston Arts Center (GRACE) is located at 12001 Market Street, Suite 103, Reston, VA 20190. More information: 703-471-9242 or info@restonarts.org

(At right) RADCLIFFE BAILEY
Clotilde, 2014. black sand, wood, and coral. 76 1/4 x 76 1/4 inches

(Top right) Youth Art Month. Photo credit: Emerging Visions exhibition
(Top left) Angela He, Unify Across Time, 2016
Photo credit: GRACE Art exhibition
Keith Haring project by participating school.



©Radcliffe Bailey. Courtesy of the artist and Jack Shainman Gallery, New York



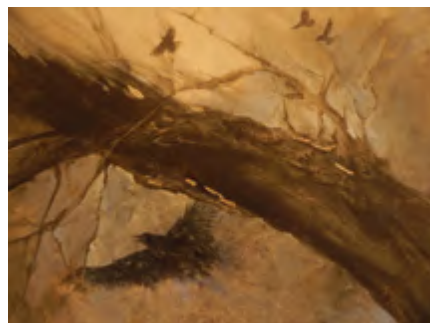
RAGS artists Dorothy Donahey and Wayne Schiffelbein



Mike Maggio, Northern Regional VP, Poetry Society of Virginia



Brian Scarbrough, composer



BY ALEXANDRA ROSSI

Poetry, Painting and Music

JOINED TOGETHER AT THE RESTON ART GALLERY

On January 22, 2017, the Reston Art Gallery and Studios (RAGS), located at Lake Anne Plaza, held its opening reception of the most anticipated “Poets and Painters” collaboration exhibit. Artists from RAGS joined poets from the Northern Region of the Poetry Society of Virginia to create masterpieces that integrate visual and literary arts. At the reception, original music was performed by string students from Herndon High School.

Artists included Pat Macintyre (RAGS’ owner), Joan Kelly, Dorothy Donahey, Roberta Thole, Gail Axtell-Erwin, Wayne Schiffelbein, Maggie Stewart and Ronni Jolles, while poets included Mike Maggio, Cathy Hailey, Don Carlson, Steve Bucher, Susana Notar, Jack Underhill, Stanley Galloway and Bennie Herron.

“As independent-minded as artists and poets are, the collaboration was extremely rewarding and led to unique works of art, some with the words actually incorporated into the paintings as calligraphy or collage,” said Macintyre.

Mike Maggio, vice president of the Poetry Society of Virginia–Northern Region, organized the event, working alongside Macintyre and the musicians. “I was not supposed to be one of the poets,” he said. “I was the organizer, so my creativity was in putting this together and then helping out when needed. I did step in at the last minute as a poet when one of our poets had to drop out.”

“What made this event unique was the addition of original music interpreting the poems and the artwork, as well as amazing new compositions performed by wonderful young musicians,” said Macintyre.

Local composers Brian Scarbrough and Jesse Guessford created original music for the event, and it was performed by Herndon Middle School students: Sarah Przybysz, Michelle Tran, Christina Ngo, Mary Ogborn, and Karim Maggio, under the direction of Bette Gawinski, the orchestra director at the school.

“My favorite part of all of this was when I walked into the gallery the day before to work with the musicians,” said Maggio. “Being in that space with all of the artwork and the poems on the walls and then listening to the music was just very uplifting. Putting it all together and watching it grow was a very rewarding, almost spiritual, experience.”

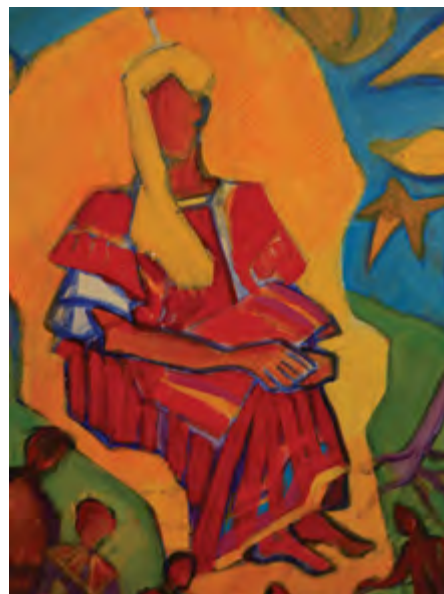


Two years ago, Maggio organized another collaborative exhibit of artists, poets, actors, and musicians, called “Cloudism,” at the now-defunct Soundry in Vienna. The exhibit was later featured at the Capital Fringe Fest, next becoming an interactive gallery exhibit at Waddell Gallery at Northern Virginia Community College, Loudoun campus.

After RAGS, the “Poets and Painters” collaboration exhibit was displayed at ArtSpace Herndon and can currently be enjoyed at the Waddell Gallery, Virginia Community College, as part of the Poetry Society of Virginia–Northern Region’s Poetry Festival, which will be held on March 25.

The Waddell Gallery is located at 21200 Campus Drive in Sterling, VA 20164.

More information about RAGS can be found at www.restonartgallery.com. To find more information about the Poetry Society of Virginia, Northern Region, visit poetrysocietyofvirginia.org ♦



Cathy Hailey with Roberta Thole and Pat Macintyre’s paintings behind her.



(Left to right): Stan Galloway, Ronni Jolles, Maggie Stewart, Ron Herron, Pat Macintyre, Steve Bucher. In forefront: (musicians): Michelle Tran, Christina Ngo, Mary Ogborn, Karim Maggio

Reston Art Gallery & Studios

Exhibits in March–April



New Directions

Intuitive Paintings by Joan Kelly

Exhibit: Feb 25–March 26

Reception: Sunday, March 12
2–4 pm, Public Welcome

First Blooms

by Dorothy Donahey

Exhibit: April 1–April 30

Reception: Sunday,
April 9, 2–4 pm
Public Welcome



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SELECTED AREA RESTAURANTS

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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 | \$\$

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www.notyouraveragejoes.com/reston/



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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 | \$

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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

TURCISINE

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.aiyaraThaiRestaurant.com

TUSCARORA MILL

Leesburg | American | \$\$

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

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

THE WINE KITCHEN

Leesburg | American | \$\$\$

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

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

GREAT FALLS

BOLLYWOOD BISTRO

Great Falls | Indian | \$

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

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

DANTE RISTORANTE

Great Falls | Italian | \$\$\$

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

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

L'AUBERGE CHEZ FRANCOIS

Great Falls | French | \$\$\$

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

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

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

THE OLD BROGUE

Great Falls | Irish | \$\$

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

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

STERLING

MOKOMANDY

Sterling | Korean-American | \$\$

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

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

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

THE BUNGALOW LAKEHOUSE

Sterling | American | \$\$

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

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

THAI BY THAI

Sterling | 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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Your Passage to India

BY RENÉE SKLAREW

You don't need to circle the globe to sample authentic Indian cuisine, just make a reservation at the 1947 Indian Restaurant. The first Indian restaurant in Loudoun is definitely a sight to behold, and a terrific place to experience what makes Indian food so captivating.

Asad Sheikh, owner of Curry Mantra and London Curry House, opened his new Indian restaurant with the goal of bringing originality to the Northern Virginia dining scene. Sheikh hails from a long lineage of successful restaurant owners, dating back to his great-grandparents in Mumbai. He selected this location in the Potomac View Shopping Center in Sterling "because there aren't any Indian restaurants in fast-growing Loudoun County yet."

1947 Celebrity Chef Malgudi Kavitha Arrives

Rather than sticking to one region of Indian food as many restaurants in the Washington, DC area do, Sheikh contacted a renowned chef known for her expertise in all regions of Indian cooking. Malgudi Kavitha is one of India's most popular celebrity chefs. Sheikh compares her to Gordon Ramsey, but her energy brings to mind Giada de Laurentiis.

When Sheikh met Kavitha in India, he implored her to come to Northern Virginia to create the recipes he would feature at 1947 Indian Restaurant. With television shows, restaurants, cooking classes, cookbooks, and food festivals, Kavitha is a showstopper. She holds the Guinness World Record for the longest non-stop solo-cooking marathon. She set the record in 2012 by cooking 1,550 vegetarian and non-vegetarian dishes in 35 hours 20 minutes before a guest audience. Born and raised in southern India, the chef learned to cook different regional dishes by working in at numerous hotels. Today, she focuses on introducing traditional Southern Indian cuisine to diners, specifically Kerala, Karnataka, Andhra, and Chettinadu.

Kavitha graciously agreed to share her recipes with Sheikh and help his staff create a unique menu for 1947 Indian Restaurant. She worked in the new restaurant's kitchen one month before and one month after opening. Tutoring 1947 Indian Restaurant

chef Basu Pandey in the mixing of spices, Pandey says he learned a lot about India's regional cooking styles. "The spices she uses are a bit hotter than what I normally make," he explains. "She taught me to mix our own Masalas (spice blends)—we dry the red chilis in the sun here, and then grind the chilies and coriander in house."

Pandey is from Nepal and studied in a culinary program after watching his mother cook at home. The chef has perfected his preparation of 1947 Indian Restaurant's Hyderabad Biryani dish. Using three types of rice and chunks of curried goat, it's a colorful, aromatic mix of textures and flavors. Pandey also makes Indian street food—specifically Bombay Vada Pav, a spicy potato fritter with cilantro and chutney on a soft roll. "This is a popular snack in Bombay," notes Sheikh. Despite being a regular at Indian restaurants in the area, I've never seen this portable food on another menu.

1947 Regional Specialties are the Standouts at 1947 Indian Restaurant

India's specialties are listed by state names: Bombay, New Delhi, Jaipur, Punjab, etc. "We have customers who only come



for this special or this dish,” says Sheikh. The owner explains that India’s regions vary their heat levels depending on the local weather. “Bombay’s tropical weather, Punjab’s cold snows—the spices make a difference. The South is spicy, and the North is heavy, creamy food like lentils and butter chicken,” explains Sheikh. “Chef Kavitha worked really hard to make it exactly the way it’s made back home.”

The lunch buffet stretches more than ten feet containing many of the restaurant’s signature dishes. It’s a great way to sample the breadth of the menu here and discover some new favorites. Vegetarians will be especially pleased with the Vegetable Jalfrezi, cooked in a tangy tomato gravy, and Spicy Vindaloo, potatoes blistered in red chilis, onions, and vinegar. The Haradaniya, a cilantro- and mint-based curry is so potent and fizzy you’ll want to scoop it up with thick slices of Naan, Roti, and Onion Kulcha. Though it’s tempting to fill up on savory rounds of Aloo Paratha and Paneer Kulcha breads, save room for the feature dishes. My guests relished the velvety Butter Chicken, and I was enamored with Jaipur Lal Maas, tender-to-the-bone lamb cooked with dry red chilies, black pepper, coriander and cumin seeds. The grilled Tandoori Chicken or Britain’s beloved Chicken Tikka Masala is a good choice for those seeking a gentle introduction to Indian cuisine.

1947 Featuring the Culture and History of India

The décor of 1947 Indian Restaurant is also notable. The Maharajah-inspired red and orange colors are meant to create an atmosphere as unusual as the multi-regional Indian cuisine. The darkish lighting with a glittering glass tiles create a silhouette of the Taj Mahal. “With the décor, I wanted vibrant colors, and to educate Americans about India. Not just about the food, but about the complete experience,” states Sheikh. On the walls are images of Bollywood, Ghandi, and map of India. Signage notes that India is a country with 1,600 dialects and shows a timeline of Indian history. “The Mughal Empire, British Raj, and landmarks of India like the Royal Palace of Mysore. Even Bengal

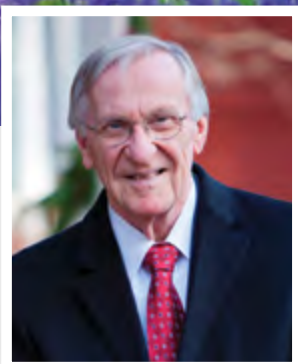
Tigers,” says Sheikh. “America won’t see this in any other restaurant.”

The restaurant hosts live music on weekend evenings performed by classical Indian violinist Ustad Dlishad. 1947 Indian Restaurant has the capacity for 225 seats and can accommodate groups. The restaurant is growing busier as more locals learn about it over social media and word-of-mouth. Because 90% of his customers are Americans, Sheikh is determined to teach them about his culture while serving unique Indian food. He knew Kavitha’s recipes would offer his customers something they can’t find anywhere else in the DC area. Sheikh smiles, nods his head and adds, “she is a true genius.” ♦

1947indianrestaurant.com
46300 Potomac Run Plaza, Sterling
703-429-1994



BY DELEGATE KENNETH R. "KEN" PLUM



SPRINGTIME

in Virginia's Gardens

As a native Virginian born near the small town of Shenandoah in the Shenandoah Valley, I journeyed to Norfolk in Hampton Roads in the southeastern region of the state where I completed my undergraduate degree at Old Dominion University. I finished a Master's degree at the University of Virginia in the Piedmont region whereupon I settled in Northern Virginia in 1965. I could be called a "state traveler!" As most will agree, there is no more beautiful state in the union. For those who are new to the state or who have stayed close to home for the time they have been here, spring is the time to get out and enjoy our Reston community and the state in which it is located.

There is no better time nor better way to get to know Virginia than by enjoying the state's historic and beautiful gardens on display during Historic Garden Week; this year April 22-29. More than

250 of the Commonwealth's most historic landmarks, homes and beautiful gardens are open for public visitation during this period. Sponsored by the Garden Club of Virginia, proceeds from the event fund the restoration of Virginia's historic gardens and support the state parks as well as maintaining records on the state's historic gardens and landscapes.

There is no need to travel a long distance to enjoy beautiful spring gardens; there are five Reston gardens on the tour on April 25. For a schedule of all gardens and homes on the tour throughout the state, go to www.vagardenweek.org/. Stay close to home or plan a weekend to get to know another region of the state where you can learn some rich history, take in the beauty of the homes and gardens, and indulge in the culinary delights of the region. There is something to please every taste and whim in the Old Dominion.

While my travels in the Commonwealth have been extensive, there is no place that I would rather live than in Reston, Virginia. In fact, my travels around confirm that feeling every time I return home. Take time to smell the flowers as you travel. ♦

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BY DOUG VASILADIS

EXERCISE FOR FAT LOSS

Weight loss, especially fat loss, is probably the most common reason people exercise. As a result, one of the most frequent questions personal trainers get is “what is the best type of exercise to promote fat loss?” There are common misconceptions about exercise for fat loss, and there has been new thinking about this over the past decade, which we will discuss.

But before we do, imagine that I was going to begin an exercise program with the objective of losing fat, and that studies proved that disco dancing was the best exercise for fat loss.

However, I do not enjoy disco dancing, but I do enjoy jogging. Would I be more likely to achieve my fat loss goal if I began a disco dancing program or if I began a jogging program? For most of us who train for overall health, fitness, performance and weight control, doing the absolute “best” type of exercise is less important than simply doing any form of exercise on a daily basis. Furthermore, most of us enjoy variety and have many practical considerations such as time availability, weather conditions, orthopedic or medical issues, social factors, class availability, etc., all which effect what exercise is available and practical for us each and every day.

With that said, generally speaking, exercise can contribute to fat loss in a number of ways, including:

EXERCISE EXPENDS ENERGY (i.e. burns calories) and burning more calories than one consumes can contribute to fat loss.

EXERCISE INCREASES THE BODY'S METABOLIC RATE (the amount of energy it expends) not only during the exercise bout, but for a period of time after the exercise bout is completed. This increased oxygen consumption and energy expenditure that follows an exercise bout is called EPOC (excess post-exercise oxygen consumption) and is considered valuable for weight control.

EXERCISE CAN INCREASE THE BODY'S PRODUCTION OF FAT BURNING HORMONES such as testosterone and growth hormone.

EXERCISE CAN HELP PRESERVE OR BUILD MUSCLE. Maintaining muscle mass is not only important to improve or maintain performance as we age, but it also helps maintain our body's basal metabolic rate,—the amount of oxygen we consume and energy we expend throughout the day. Promoting a healthy metabolism is also considered valuable for weight control.

So let's look at different types of exercise, or characteristics of exercise, as they relate to the above generalizations and fat loss.

For many years we have categorized exercise as aerobic (meaning with oxygen) or anaerobic (without oxygen). Aerobic exercises (also referred to as cardiovascular exercise or cardio) are exercises that can be sustained continuously without the immediate need for recovery, such as walking, jogging, dancing, distance cycling, etc. Historically, aerobic exercises have been included in athletic conditioning programs

and general fitness training to help promote endurance, cardiovascular fitness, and fat loss. Anaerobic exercises are movements performed at such a high intensity that they can only be sustained for very short durations, including things like heavy weight lifting and sprinting. Anaerobic exercises have been included in both athletic conditioning programs and general fitness training to help promote increases in strength, power, and muscle mass. To this day, many fitness exercisers believe that cardio is better for weight control and weight training is good for building and toning muscle. However, there are many studies that have shown weight lifting regimens to have more of a positive impact on body composition (lowering body fat percentage) than exercise programs that are more cardio oriented. A possible reflection of this can be seen comparing the physiques of many anaerobic athletes (sprinters for example), and the physiques of aerobic athletes (like distance runners), the anaerobic athletes being much leaner. In fact, if many of the millions of gym goers who spend countless hours on cardio machines would spend more of their time lifting weights, they would probably be more likely to achieve the fat loss they seek.

Exercise can be performed at different intensity levels, for example casual walking, brisk walking, slow jogging, running and sprinting. Many previously sedentary, deconditioned people have experienced significant weight loss simply by beginning a moderate pace walking program. Moderate pace walking is a relatively low intensity, steady pace aerobic exercise. For some people, low intensity, steady pace aerobic exercise can help promote weight and fat loss. This notwithstanding, if those same people were capable of exercising safely at a higher intensity, such as fast walking, jogging, or running, for the same length of time that they walked, their exercise bouts would burn even more calories and would result in an even greater EPOC. Along these lines, high-intensity exercise could be considered better for fat loss purposes. Unless, of course, the exercise participants disliked the high intensity training so much that they did not stick with their exercise program. High-intensity training, especially resistance training with heavy workloads, also increases the body's production of growth hormone and testosterone. Growth hormone and testosterone help build muscle and reduce body fat, additional reasons strength (anaerobic) training can be better for fat loss.

While we often label exercise as either cardio or strength, most activities and sports utilize both our aerobic and anaerobic energy systems. Many people these days participate in exercise regimens designed specifically to tax both their aerobic and anaerobic energy systems that are excellent ways to promote fat loss. While it is a misconception that cardio is better for fat loss than strength training, or



high-intensity metabolic conditioning, we certainly should not ignore cardiovascular exercise because it has many proven benefits (improves heart and lung health, increases cardiovascular fitness, helps regulate blood sugar, can help prevent and even treat cancer, reduces risk of heart disease, diabetes and stroke, improves circulation, etc.) and because it can also be an excellent contributor to fat loss. High intensity training would be very difficult for most people to do every day, both psychologically and physically. There are many days that we simply may not feel up for a high-intensity workout, but we would happily go for a long walk, slow jog, or do a moderate 30 minutes of cardio on a machine while watching TV. Plus, muscles, connective tissue, and joints often need recovery between high intensity workout days. Therefore, while high intensity training may in some ways be better for fat loss, because doing something almost every day is even more valuable, lower intensity training can be considered just as good as high intensity training from an overall programmatic, activity plan standpoint.

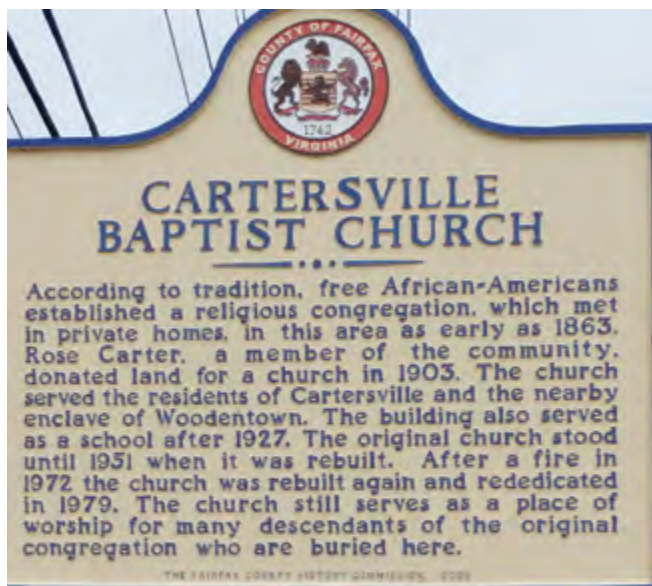
Of course, while not the subject of this article, healthy eating and avoiding excess caloric intake (especially from refined carbohydrates), is a necessity for fat loss. Also, and again while not the subject of this

article, additional ways any form of exercise can promote weight control are that exercise helps manage stress and combat depression; both which often lead to overeating. Take certain forms of yoga as an example. There are types of yoga that are relatively passive in nature (i.e. very meditative, not highly metabolically demanding—heart and respiration rates do not increase significantly, muscles are not put under great stress). Nevertheless, including this form of exercise in one's overall activity plan can definitely contribute to weight control and weight loss.

Clients hire personal trainers to help them get the most out of their exercise time. Clients want and expect trainers to help them not only select exercises that address their particular needs, but to help them train at an intensity level that they would be less likely to achieve without the encouragement of their trainer. Furthermore, while exercising on a daily basis is one of the most effective ways of reducing body fat and maintaining a healthy weight, many people unfortunately do not make time every day for exercise. This is all the more reason why clients want to choose the best form of exercise to achieve their goals, and why trainers most often advocate high-intensity training. At One To One we want to give our clients the greatest bang for their buck that we can. We want our clients to feel as if they not only worked smarter but also worked harder than they would without us. So our quick answer to the "what's the best type of exercise to promote fat loss" question is high-intensity training that includes things like heavy resistance training, high-intensity anaerobic intervals, metabolics, and the like. But an even better answer, not to the exclusion of these most valuable and proven training styles, is that an activity plan that includes many different types and intensities of exercise, so that we can exercise on most days, is the best.

Please call us at 703-848-0881, or contact us on line at www.1to1fitness.com so we can help you achieve your health and fitness goals.

VivaReston Lifestyle 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. ♦



BY RICK MUNDY

HIDDEN FACES IN *Hidden Places*

Cartersville Baptist Church holds honored place in history

The little church stands unobtrusively on Hunter Mill Road just off the Dulles Toll Road. It maintains a small congregation of older parishioners, many of whom are descendants of the original members of the church.

The historical marker outside the church reads “according to tradition-free African-Americans established a religious congregation which met in private homes, in this area as early as 1863.” However it was in 1846 that that Bethia Fairfax, herself a free slave, became the first documented owner of the land where the Cartersville Baptist Church would eventually stand.

Upon Fairfax’s death, each child received one-seventh of the land, and a daughter, Rosie Carter, lived on her land with her family and other free blacks. Construction of a church began in 1863 and in 1903 the church purchased its land from Carter for \$5. She remained an active member of the church until her death in 1906 and the church bears her name today.

The church served the residents of Cartersville and nearby Woodentown. As a gathering place for African-Americans of the area, they used a part of the land for a cemetery, for both members and non-members. After 1927, the church became a segregated school for local African-American children until 1939 with the teacher paid by Fairfax County.

In 1939 the Colored School of Vienna opened and still exists today as Louise Archer School. At the time the community of Cartersville had to arrange transportation for their children to attend the new

school. Some of the students took the train to the Hunter Mill Post Office and then walked. Some members of the current congregation attended that new school in its early years.

Over time, portions of the land where the church stands were sold, dividing the property. The result is that two cemeteries now exist. One lies under the parking lot next to the church. The other, which includes the gravesite of Rosie Carter is in the midst of a housing development. The church members were not allowed to cross the new owner’s land to visit the graves of Carter and other parishioners.

The church maintained records of those buried in each area but those records were lost in the church’s first fire in 1951. The church was rebuilt but again caught fire in 1972, burning completely to the ground. The fire occurred under suspicious circumstances that were not investigated. The church was rebuilt a third time.

Because of the historical significance of the church property there is great interest in preserving and renewing the integrity of the burial areas. Because of many years of use, largely by non-church members, the parking lot over one cemetery is in great need of repair and resurfacing. It has been used as a commuter lot because of its proximity to the toll road, and recently has been used by public works departments to park their heavy equipment while working in the area. Potholes are getting dangerously close to graves. Through the efforts of Virginia Delegate Ken Plum, some money is being given through the Virginia Department of Transportation as partial restitution, but much more is needed.

The other burial site is unmarked, overgrown, and in need of rejuvenation as well. These areas are hallowed ground, but in their current condition are not proper burial places. With some guidance from local businesses, the church is seeking support from area residents who wish to preserve the history and integrity of the area. The hope is that there can also be a renewed effort to identify the remains of the residents who were buried there.

The current congregation—just ten members—does not have the resources renovate the church. They hope increased exposure in the community will yield new interest in the church’s history and restoration. A Go Fund Me campaign has been established to provide support for these efforts. The church will also continue to run fundraising events throughout the year to continue to draw attention to their plight and encourage area residents to get involved. Go to gofundme.com and search for Cartersville Baptist Church to make your donation and watch local calendars for upcoming events.



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Annual List of the Worst Business Clichés

By Robert Deigh, RDC Public Relations

Every year at this time, as a public service, we bring out our list of the worst business clichés, those fetid phrases that dull our otherwise-brilliant conversations and writing.

We've added some new ones from 2016, a year when—for some reason—starting every sentence with the word “So” became a thing.

Here we present The Annual RDC List of Worst Business Clichés” for 2017 (and their clearer substitutes):

- It is what it is (*the facts are*)
- Circle back (*discuss again*)
- Touch base (*contact*)
- Close the loop (*tell everyone involved*)
- At the end of the day (*ultimately*)
- The perfect storm of (*bad combination*)
- Brainchild (*invention, idea*)
- Brain dump (*briefing*)
- Pick your brain (*get your advice*)
- Brainstorm (*discuss*)
- No brainer (*easy*)
- Slam dunk (*see “No brainer”*)
- Get my head around (*understand*)
- Granular (*more detailed*)
- Take it offline (*talk after the meeting*)
- The elephant in the room (*unavoidable issue*)
- Win-Win (*mutually beneficial*)
- On the same page (*agree*)
- Task force (*working group*)
- Drink the Kool-Aid (*this refers to a 1978 mass suicide; let's retire this one*)
- Leading or cutting edge (*innovative*)
- Mission critical (*essential*)
- Crunch time (*near deadline*)
- On their radar screen (*we have their attention*)
- Paradigm Shift (*a change*)



AUTHOR: Robert Deigh is a communications professional with more than 25 years of experience in PR, public affairs, marketing and journalism.





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10 Popular Home REMODELING TRENDS

BY ANALIESE KREUTZER

Trends can be a tricky thing. Is something a trend because a manufacturer decides to unveil it as a new product? Is something a trend if you see a photo of it in a magazine? One expert might say a certain style has had its day while another says it's what everyone will be asking for this year. The truth is, trends can take time to catch on, and something that is all the rage in one part of the country might not be so popular in another.

One thing everyone seems to agree on is that when people make changes to their homes, they want the result to make their lives easier and to make their homes a little more luxurious. Kitchens and bathrooms continue to be the most sought-after renovations nationwide, with basements, mudrooms and additions close behind. Here, we take a look at 10 of the most popular home remodeling trends in our area.

1. Kitchen Cabinets.

White persists as the most popular color for kitchen cabinets, but homeowners also are opting for two-toned kitchens featuring white or light-colored upper cabinets and painted or darker wood-grained lower cabinets or islands. Amy Bryan, design consultant for Rendon Remodeling & Design, says several of her recent clients chose navy blue for their lower cabinets.

Islands do more than just offer extra counter or cabinet space these days. They have become kitchen workhorses with prep sinks, open shelving, seating, drawer-style dishwashers, wine chilling cabinets or small snack or beverage refrigerators built in.

2. Energy Efficiency and Sustainability.

Earth-conscious homeowners want products that are kind to the planet. They're cutting back on artificial light and taking advantage of natural light with windows and skylights. They're also installing tankless water heaters, which use less energy by delivering hot water on demand instead of maintaining a storage tank full of hot water. Several newer models even let you set the temperature over Wi-Fi. Water-saving appliances and fixtures like dual-flush

toilets that let you control the amount of water used are seeing a rise in popularity. Reclaimed wood and renewable bamboo and cork also fall into the earth-friendly products trend.

3. Built-In Organization.

Pantries, mudrooms and customized closets are just some of the ways storage and organization are playing a role in home remodeling. Mudrooms don't have to be dedicated rooms. A nook with some creative storage solutions or cubbies in a hallway create an organized entryway. "Many of the older homes in our area were not designed with any kind of mudrooms or 'drop zones,' so we're often trying to carve some space out somewhere to accommodate this," said Bryan.

Closet makeovers not only organize your belongings but make your home more



attractive to buyers when it's time to sell. Pull-out waste and recycling bins, cookie and sheet tray organizers, built-in hampers and garage storage systems all aim to add order to busy lives by giving everything a place.



4. Spa-Like Bathroom Features.

When it comes to tubs and showers, if homeowners have the space, they're keeping these elements separate, opting for deep, freestanding, architecturally interesting tubs in their master bathrooms. Some people do away with the tub all together and just focus on building a spa-like shower. Walk-in showers with frameless or semi-frameless glass doors or no doors at all add elegance to the room and show off the beautiful tile work in today's bathrooms. Walk-in showers also make it easier for older homeowners to stay in their homes longer even if they have mobility issues as they age. Today's showers feature benches, multiple shower heads and recessed nooks. Shower heads that imitate rainfall remain popular. At the Kitchen and Bath Industry Show in January, Kohler introduced its Real Rain shower head, a 19-square-inch ceiling-mounted shower head that uses gravity instead of pressure to send water cascading through 700 nozzles.



5. Home Automation.

In addition to setting the temperature of your hot water heater remotely, smart home features include controlling your home's temperature, lights, security systems and entertainment systems from your phone or tablet. Smart house technology can also monitor your energy use and turn off the water if you have a leak. Refrigerators that tell you when to buy milk have been around for some time, but more and more manufacturers are developing smart features for their other appliances as well.



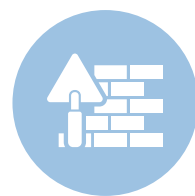
6. Countertops.

Homeowners, particularly Millennials who are entering the market, want low maintenance, high design features. As a result, they are turning away from granite and marble and opting for quartz, which maintains its sleek, like-new look years after installation without the maintenance. Engineered quartz, like Silestone and Caesarstone, comes in a wide variety of patterns and colors, and newer designs look more like natural stone. Note, however, that quartz and quartzite are not the same thing. Quartzite is a natural stone that requires maintenance similar to granite and marble and is prone to chipping and denting. According to Bryan, butcher block, soapstone and concrete countertops also are gaining traction in our area.



7. Neutral Colors.

When it comes to indoor paint colors, neutrals reign supreme, with gray tones leading the way in both cool and warm variations. According to the Houzz Kitchen Trends Study for 2017, 26 percent of renovators choose gray for their walls. Expect to see pops of jewel tones cropping up in furniture and home accents.



8. Tile.

Tile remains a major design feature in both kitchens and bathrooms. According to Bryan, "Most people are opting



for porcelains or ceramics in kitchens, with fresh updates on classics like subway tiles and herringbone patterns. Cement tile, which comes in beautiful patterns, is gaining in popularity.” Elongated, beveled and larger format subway tiles are extremely popular in our area.

The choice of colorful backsplashes and decorative bands of tile in kitchen and bathrooms is giving way to backsplashes that focus on more monochromatic patterns

and decorative, framed tile features used as an accent on a shower wall or in a niche.

Large 12 x 24-inch tiles have become a new standard on both floors and walls in bathrooms, but expect to see even larger formats in newer remodels. Larger tiles also mean less grout, giving bathrooms a smoother, cleaner look. “The technology of tile has come a long way in recent years with inkjet printing,” Bryan said. “Very large areas can be printed, and then the tile

is cut in various directions, which allows for a very large repeat. You can conceivably tile an entire bathroom without using two identical tiles. This provides a much more natural look when using tiles that are meant to look like stone.”

Other homeowners are turning to classic penny round, hexagonal and retro basketweave patterns on floors, walls or even ceilings. Wood-look porcelains are also popular in flooring.

9. Kitchen Appliances.



In the Houzz survey, 72 percent of respondents listed classic stainless steel as their top choice for appliances. Black stainless also had a solid showing, and is catching on in our area as well. KitchenAid’s black stainless provides a soft, warm finish that resists fingerprints even better than traditional stainless. Preferences for cabinet-front appliances reflect a growing trend toward a seamless kitchen, where the function disappears and the style blends into the home’s aesthetics.

10. Bathroom Fixtures.



The most popular finishes for bathroom fixtures these days are chrome and polished nickel. “In traditional spaces, it’s a very retro look and gives a bright pop on sleek contemporary fixtures in more modern rooms. People also like that polished fixtures are easier to keep looking clean than satin ones,” said Bryan. In very high-end baths, she sees homeowners choosing more specialty metals like aged and oxidized finishes. ♦

AUTHOR: Analiese Kreutzer is a contributing writer for VivaTysons, VivaReston and Le Nouveau Moi. As a long-time resident of the area, she is passionate about the communities, people and businesses our publications cover. She can be reached at AnalieseKreutzer@gmail.com.



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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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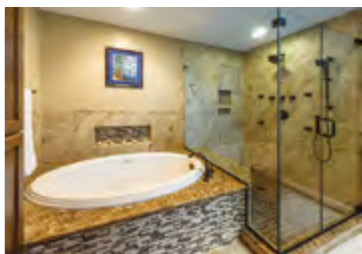
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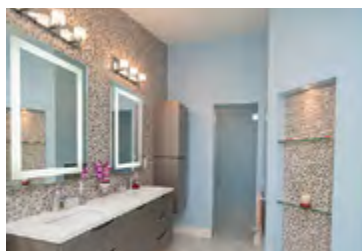
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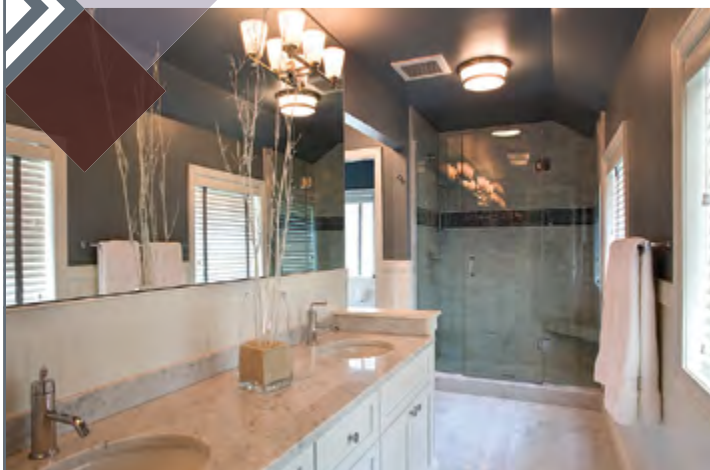
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Closet **MAKEOVER TIPS** for Every Budget



BY ANALIESE KREUTZER

CLOSET FEATURES WORTH GETTING EXCITED ABOUT

Today's closets are more than just a place to store stuff. Sometimes a spare closet becomes a small home office and a master bedroom closet becomes a dressing room. If you're designing your dream bedroom closet, a number of features to consider are highlighted throughout this article like this:



THINK ABOUT
Pull-down rods
that maximize
space and
accessibility.

If you vowed to get more organized in the new year, reconfiguring your closets can go a long way toward achieving your goal. Installing a system where everything has a place and things are easy to take out—and put back—makes staying organized effortless. Lots of companies offer solutions to help you create a more functional closet. Here's what you need to know before you begin.



CLOSETS 101

Closet makeovers can be expensive, but industry insiders report that, in addition to renovated kitchens and bathrooms, home buyers want updated closets. When it comes time to sell, your redesigned closet might make the difference. Master bedroom closets are the top candidates for makeovers, but children's closets, pantries, linen closets and hall closets also benefit from better organization.

All closets fall into two categories: reach-in or walk-in, and either type can be customized to suit your needs. In both cases, you want to position the things you use most frequently in the most accessible places. For walk-in closets, that means at eye level. For reach-in closets it's in the center, since the corners of these closets are harder to get to.

Your goal is to maximize the space in your closet, and that means using all the vertical space as well the horizontal space. Store less-frequently used items in drawers, bins, shelves or racks below eye level and items you reach for least often on high shelves.



EVALUATE WHAT YOU HAVE

Before you do any closet makeover, you need to assess what's in there. Sometimes things migrate in that don't belong, like sports equipment that would be better stored in the garage or serving pieces that don't fit in your dining room sideboard. First decide what you need to store and where you want to store it.

Once you know what belongs, evaluate what you have. Most professional organizers suggest taking everything out of your closet and sorting it into three piles: keep, toss and donate. Be tough on yourself. If another resolution was to lose weight, and you've been hanging onto a pair of pants for when you fit into them again, ask yourself if you might not want to buy a new up-to-date style when you get in shape instead, and get rid of the old ones. You don't want to design your new closet around things you never use, so as painful as it may be, force yourself to do this step before you go any further.

As you put things back into your closet, think about how you like to store things. For example, do you prefer to fold your clothes, but you hang them because you don't have enough shelf or drawer space? These are things that are important to know as you enter the next phase of your closet transformation.



CHOOSE YOUR SYSTEM

Once you know what you're dealing with, you need to explore the different types of closet systems and vendors available. It's a good idea to get referrals from friends and neighbors regardless of which of the three types you choose.



Photo by becnyc www.flickr.com/photos/brianclarlock/2496396082

THINK ABOUT
Jewelry trays
and Hampers

Out of the Box. Available from companies such as Rubbermaid, ClosetMaid and Martha Stewart, these do-it-yourself systems are sold through retailers such as Home Depot, Lowe's, Target and IKEA. They offer the least expensive option, ranging from about \$90 to \$250, depending on the size, configuration and materials in the kit. Keep in mind that some of your cost savings with these systems will be balanced out by having to do your own measuring and installation, but if you are comfortable with that, these systems get the job done without blowing your budget.

Many of these use wire shelving, which can leave marks on folded clothes and allow small items to slip through. Some out-of-the-box systems use solid shelving, which avoids these problems and provides a more sophisticated look, but you will pay more for these kits, up to \$600, and they are not the same quality as semi-custom or custom shelving.

You need to determine which system will work best for what's in your closet and measure your clothes to make sure you buy an adequate system. Measure your longest items to make sure you have rods high enough to hang them and measure the width of your clothes on hangers so you know how much rod space you need. Don't plan to stack folded clothes any higher than 6 to 10 inches or you risk them toppling over, and allow 14 inches of shelf space for each stack. Allow 7 inches of shelf space for each pair of women's shoes and 9 inches for men's shoes.

Semi-Custom. These systems can cost a little or a lot more than the out-of-the-box options, but the quality is better, the options greater, and you can get help deciding what works for you. Semi-custom options include Elfa, available from the Container Store, and online retailers Closets

THINK ABOUT
A bench so you
can sit down to
put on socks or
shoes.

THINK ABOUT
A fold-down
ironing board.

THINK ABOUT
An extended valet
rod for hanging
dry-cleaning or
assembling
outfits.



THINK ABOUT

Good lighting to help you find things as well as see the difference between navy and black.

To Go and EasyClosets, which promise custom results for less.

These companies have online tools to help you design your closet and online or in-store design help if you need it. With these systems, you install it yourself, or most of them also have professional installers available to do the work for you if you prefer. Expect to pay approximately \$500 to \$3,000 or more for a semi-custom closet.

Debra Mastronardi of Vienna installed Elfa systems in most of the closets in her home. "The best thing about Elfa is it is configurable," she said. She has been able to change her kids' closets as they have grown and their needs have changed. Her advice for people going this route is to "measure twice, do research into the features that Elfa offers, block off enough time to spend at the store configuring the closet and wait for the annual Elfa sale in January."

THINK ABOUT
Slide-out racks for pants

Custom. As the name implies, these closets are completely designed for your needs and to your tastes. A representative will meet with you, take measurements of your closet, count your shoes and handbags, measure your hanging and folded clothes and design appropriate storage for your dream closet. You pick the colors, finishes, drawer handle styles and features you want. These companies use computer-aided design programs to configure your closet on the spot and show you a 3-D rendering. After you finalize your design, the company returns to install it for you.

THINK ABOUT
Tie, belt or scarf racks.

The Closet Factory, Eco-Nize Closets, Capitol Closet Design and California Closets are just a few of the companies that create custom closets in our area. Visiting the showroom of the company you plan to use to familiarize yourself with the styles offered will help your design process go faster. Most companies offer the design estimate for free, but be prepared to pay from \$700 for a reach-in closet, more than \$2,000 for a small walk-in with basic features or \$7,000 to \$8,000-plus, depending on the size of your closet and the finishes and details you choose. Custom closets generally use better materials such as laminate shelving or even wood, which is the most expensive option.

Former area resident Jennifer Ross went with a custom closet for her master bedroom. "Working with a professional really takes the guesswork out of planning a closet. They ask all the right questions and are so good at helping choose what works best."

THINK ABOUT
An island that provides counter space as well as additional drawers.

No matter what type of system you install, and whether you have a small reach-in or a large walk-in, a closet makeover will help you be more organized and increase the resale appeal of your house.

AUTHOR: Analiese Kreutzer is a contributing writer for VivaTysons, VivaReston and Le Nouveau Moi. As a long-time resident of the area, she is passionate about the communities, people and businesses our publications cover. She can be reached at AnalieseKreutzer@gmail.com.

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- Did you know that even laser hair removal is classified as a "cosmetic medical procedure?"
- Did you know that medi-spas employ technicians that have very little training and work on commission?
- Did you know that some states, including Maryland, impose a \$50,000 fine on non-physicians who use cosmetic medical devices? In fact, many states still mandate that physicians either do the treatments or be present to supervise.

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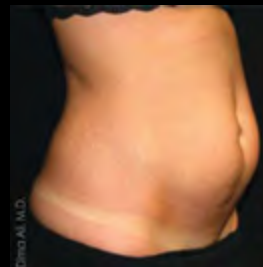
BEFORE



AFTER

ULTRASHAPE

Non-Surgical Permanent Fat Reduction



BEFORE



AFTER 2 TREATMENTS



Photo credit: Anna Kulyk



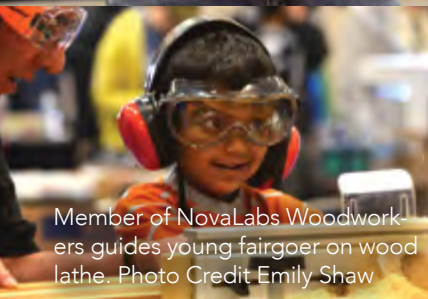
Nova Labs learn to solder



Chris Vo of DC Area Drone User Group



A dress with LED lights by Sally Byers of Threadwitch Light & Fabric. Photo Credit: Jeanne Loveland



Member of NovaLabs Woodworkers guides young fairgoer on wood lathe. Photo Credit Emily Shaw



Photo credit: Anna Kulyk

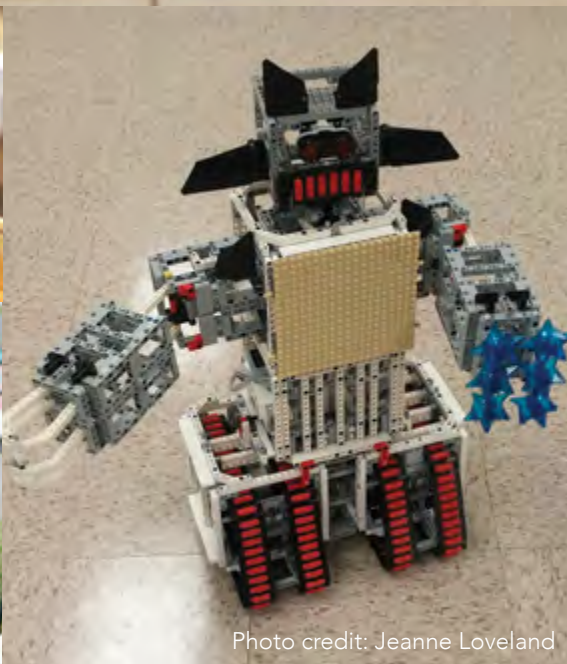


Photo credit: Jeanne Loveland



The Chaos Machine by Craig Trader

4TH ANNUAL

Maker Faire

NOVA SET FOR MARCH 19

Tech enthusiasts, inventors, entrepreneurs, educators and curious minds will gather on Sunday, March 19 as the 4th annual Maker Faire NoVa, organized by Nova Labs, comes to South Lakes High School and Langston Hughes Middle School.

Previously known as NoVa Mini Maker Faire, the event is upgraded to the status of community faire with a new name and a new website, nova.makerfaire.com.

Maker Faire NoVa is a gathering of fascinating, curious people who enjoy learning and love sharing what they can do. From engineers to artists to scientists to crafters, the Maker Faire provides an opportunity for “makers” to show off hobbies, experiments, and projects. Tagged “The Greatest Show (& Tell) on Earth,” this glimpse of the future and inspiration is a family-friendly showcase of invention, creativity, and resourcefulness.

At Maker Faire NoVa, more than 100 makers will share their knowledge through hands-on projects, demonstrations, workshops and a speaker series in areas of art, engineering, robotics, drones, 3D printers and more. Students and schools will also share how making and innovation occurs in education. New makers include: “The Wave Extinguisher” by George Mason University engineers Seth Robertson and Viet Tran; “The Green Club”, home-made juggling clubs from Erin Riley; and “Drone Zone” from DC Area Drone User Group. The list of makers can be found on the Maker Faire NoVa website.

Returning makers will have new activities including a Cardboard Challenge by South Lakes High School STEAM Team;

Engineering Bioplastics from The Children's Science Center; and a human-powered vehicle from Makersmiths makerspace. The ever-popular Craig Trader's Chaos Machine (a large automated marble machine) and Nova Labs Learn to Solder will return. A variety of food trucks will also be available. A speaker series will include Jason Romano of Lake Anne Brew House and a panel discussion on “Monetizing What You Love to Make: Launching a Kickstarter Campaign”.

New this year is the NoVa Maker Educator Meetup, which provides an opportunity for Maker Educators to network and learn from their peers in the region. A group of experienced Maker Educators will share brief presentations describing their maker programs. Then participants can explore the Faire to see making in action.

Participants can network with other maker educators with the goal of creating an ongoing NoVa Maker Educator Meetup.

To find more information please visit nova.makerfaire.com or call NoVa Labs at 703-437-5780.

Tickets are now on sale online at nova.makerfaire.com/tickets

Event Details:

4TH ANNUAL MAKER FAIRE NOVA
Sunday, March 19, 2017, 11:00 a.m. – 5:00 p.m.

Locations:

South Lakes High School, 11400 South Lakes Dr., Reston, Virginia and Langston Hughes Middle School, 11401 Ridge Heights Rd, Reston, Virginia

Tickets:

Early Bird until February 17: Adults \$9; Children \$1, Senior \$7

Advance from February 18 to March 18: Adults \$13; Children \$2, Senior \$7, Family (5) \$29

At the door on March 19: Adults \$15; Children \$5, Senior \$12, Family (5) \$40

NoVa Maker Educator Meetup:

Sunday, March 19, 2017

Program: 10:00 a.m. - 12:30 p.m.

Faire: 12:30 p.m. – 5:00 p.m.

Langston Hughes Middle School, 11401 Ridge Heights Rd, Reston, Virginia

Must register and purchase Faire ticket. Register at goo.gl/forms/BntakH8oMyMcWgQS2

Transportation:

Free shuttle bus service will be provided from the Wiehle-Reston East Metro parking garage to South Lakes High School and Langston Hughes Middle School. Only handicapped and event personnel parking is available at the schools. ❖



EDUCATION



Plan a Summer to Remember

CAMPS GIVE KIDS
LOTS OF OPTIONS
FOR SUMMER FUN



Photo courtesy of Congressional Camp.

BY ANALIESE KREUTZER

As spring emerges and the weather turns warmer, summer plans begin to take shape. You may picture warm, lazy days with relaxed schedules. But with public schools out for 10 weeks and some private schools even longer, kids get restless and parents need safe, reliable options to keep their kids occupied. Our area's many summer camp programs provide a range of activities to keep children active and engaged all summer long.

If your child likes sports, area organizations offer fun sports variety camps or weeks dedicated to specific sports. Camps for soccer, lacrosse, baseball, softball, basketball, tennis, golf, archery, football, gymnastics, and more let kids try a new sport without a big commitment or hone the skills they've already learned.

Not into sports? No problem. Other camps focus on the performing arts, nature, gaming, cooking, technology, math, and more, including traditional day camps with a variety of activities each day.

The Fairfax County Park Authority is the largest camp provider in Northern Virginia, offering more than 1,800 weeks of camps for preschoolers to teens. Other providers include the Reston Association, the YMCA in Reston, the McLean Community Center, and George Mason University. In addition, many private schools offer summer camps such as Congressional Camp, located at the Congressional School in Falls Church, Chesterbrook Academy in Vienna, and Summer on the Hill at Flint Hill in Oakton.

If your child has a particular interest such as music or art, places like Harmonia School of Music and Art, Levine Music, and the Greater Reston Arts Center offer specialty camps throughout the summer. For math enthusiasts, Mathnasium in McLean holds summer math camps. For adventurous kids, there are camps that provide daily field trips to amusement parks, local attractions such as zoos, or to go river tubing.

Camps may be half or full-day and typically last one week or two. Many camps provide before and after care for an extra fee so parents can maintain their work schedules without having to arrange for an additional caregiver. Some camps offer discounts for registering early or sibling discounts. If you don't live in Reston or Fairfax County, you can still take advantage of their camp offerings, but nonresidents pay more than residents.

Working parents who don't want to juggle different start times and drop-off locations



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

Photo courtesy of Congressional Camp.



dancing and learning about the care, feeding and grooming of horses.

Older kids don't always have as many camp choices as younger kids, but they can take advantage of programs that train them to be lifeguards, babysitters or camp counselors. The Fairfax County Park Authority, Reston Association and the YMCA, among others, offer these types of camps.

It's not too early to start exploring summer camp options for your children. With all the choices available, you may need some extra time to decide how to fit in all the camps your kids want to attend. ♦

AUTHOR: Analiese Kreutzer is a contributing writer for VivaTysons, VivaReston and Le Nouveau Moi. As a long-time resident of the area, she is passionate about the communities, people and businesses our publications cover. She can be reached at AnalieseKreutzer@gmail.com.

Camp Resources

Camp Levine

LevineMusic.org/camp

Chesterbrook Academy

ChesterbrookAcademy.com

Congressional Camps

CongoCamp.org

Fairfax County Park Authority

FairfaxCounty.gov/Parks

Flint Hill School

www.FlintHill.org/summer-on-the-hill

George Mason Summer Camps

SummerCamps.gmu.edu

Greater Reston Arts Center

RestonArts.org

Harmonia School of Music & Art

HarmoniaSchool.org

Jumping Jack Sports

JumpingJackSports.com

McLean Community Center

McLeanCenter.org

Reston Association

reston.org/Parks,RecreationEvents

Summer Math Camp at Mathnasium of Vienna

mathnasium.com/Tyson

YMCA Fairfax County Reston

YMCAdc.org

throughout the summer can take advantage of programs like the ones at the private schools. Parents enroll for as many weeks of the program as they want, and kids participate in traditional day camps with a variety of activities each week. These locations offer specialty camps as well.

At Chesterbrook Academy, campers can take swimming lessons or participate in sports camps. Flint Hill's camp offers options for STEM or sports camps. Congressional Camp has some of the most varied options, with specialty camps in farm-to-table cooking, drone racing, hula



Photo courtesy of Congressional Camp.

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THIS SPRING... Plant and Nurture Native Plants

BY RYANNE WRIGHT

Exotic plants may be beautiful, but in a delicate ecosystem with ongoing construction projects, Northern Virginia's native wildlife is in serious danger. To have a healthy ecosystem, an abundance of plant and grass varieties must first be available before any insect or animal species will inhabit an area for a healthy ecosystem. Exotic plant species are oftentimes invasive and bring with them a host of other nuisance insects, such as stink bugs and Japanese beetles that, in time, destroy native plants.

Before you know what plants work best in our ecosystem of Northern Virginia, you must determine what type of plants you would like to have in your yard, as well as the requirements those plants need. The greater variety of native greenery you plant, the more you will enhance the natural ecosystem.

There are four natural plant communities in Northern Virginia: Oak/Heath Forest, Acidic Oak-Hickory Forest, Basic Mesic Forest, and Basic Oak-Hickory Forest. Once you determine which geology and soil you have to work with in your garden, the more success you will have in planting your native beauties. A soil test is always recommended before planting any garden, and the tests can be picked up at your local county or city offices. Soils in Northern Virginia are quite fickle due to geologic variability, but all Northern Virginia jurisdictions of Alexandria, Arlington, Fairfax, Falls Church, Loudoun, and Prince William range from USDA Plant Hardiness Zones 6b to 8b.

Planting greenery and flowers that are native to Northern Virginia allows the ecosystem to thrive. A wide variety of butterfly, bee, and hummingbird species are some of the many groups that benefit greatly from planting native perennials. Swamp Milkweed, Butterfly Weed, Wild Indigo (blue and yellow), Columbine, Wild Bleeding Hearts, and Geraniums are just a few flower options that are a great nectar source and serve as hosts to butterfly larvae. Many plants such as the Cardinal Flower and Turk's-cap Lily may be more difficult to plant, but they are a large attraction for birds, which add to the diversity and health of your overall ecosystem.

Grasses are one of the most invasive species if dealing with exotic varieties, so it is important to know the four main grasses that work best for your garden filler or lawn décor. Purple Love Grass is a very tolerant plant that produces a seed that is consumable by birds and by other wildlife. Pennsylvania Sedge is easy to care for, enriches soil, and makes lovely groundcover, in addition to attracting birds. Indian Grass produces small fruits that provide birds with an important source

of nutrition through the winter months. Last but not least, Little Bluestem provides a gorgeous attraction to your yard, changing from blue-green in late summer to a vibrant mahogany-red with small white tufts of seed-heads in the fall, providing shelter and nesting material to small birds.

Ferns tend to be best for shady areas and typically need to stay moist. This makes them difficult to plant in many yards and very difficult to keep alive during times of drought. Testing your soil and ensuring you watch where shade falls on your home before planting will allow for greater success rate with ferns.

Terms:

FORBS are small, non-woody plants with showy flowers, generally pollinated by insects. Typically, these plants are labeled as "perennials" at your garden center.

GRASSES, including sedges and rushes, have upright, strap-like leaves.

FERNS reproduce using spores rather than flowers.

VINES can be woody or non-woody and do not support themselves.

SHRUBS are small, woody plants.

Light requirement:

FULL SUN: 6 or more hours of sun

PART SHADE: 2 to 6 hours of sun

FULL SHADE: 2 hours or less of sun

Soil moisture: How wet the soil is in any given area in the garden/yard

DRY: no signs of moisture

MOIST: looks and feels damp
Wet: saturated

Native vines and shrubs are excellent sources of nectar and color for your garden. Vines are very aggressive and need room to grow upwards—sometimes as much as 20 feet per year. Many gardeners do not account for this and ultimately end up removing vines from their gardens the following year. It is recommended to first establish your garden as a native ecosystem and gain experience in knowing what works best in your soil and shade environment before adding vinery. While vines grow upwards, shrubs tend to be fairly expansive in their spread. However, shrubs are easy to handle and many, such as the False Indigo Bush, are deer-resistant, making them excellent for gardens with pesky deer problems.

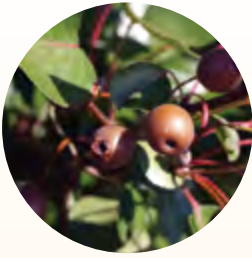
Trees are a beautiful and welcome addition to any yard. They provide nesting areas for birds, squirrels, and other small creatures, making them the final addition to your native ecosystem. However, trees are expensive and fragile in their early years due to disease and destruction by deer. It is crucial you meet with a local greenhouse or arborist to determine what tree species works best for the needs of your yard.

If you choose not to plant native plants or trees in your garden and yard, that's okay; however, it is crucial that you not plant invasive species. In fact, we strongly encourage you remove invasive species if you have them, as they can aggressively take

over your yard, kill your trees, and become a general hassle for any homeowner or renter.

If you just love the way they look, consider native options to replace them with! ♦

Photo credits (opposite page): Burning Bush: <https://1-maxpull-gdvuch3veo.netdna-ssl.com/wp-content/uploads/2012/05/burning-bush1.jpg> Norway Maple: https://www.itrees.com/media/catalog/product/cache/1/image/9df78eab33525d08d6e5fb8d27136e95/f/i/file_2_10.jpg Winter Creeper: <https://wintercreeper-plants.jimmekalandscape.com/Content/Images/Photos/F367-08.jpg> Wisteria floribunda: <https://photos.smugmug.com/Plantmad/Nursery/Plantmad-Blog-Pics/i-PN4wrQD/0/L/DSC03381-L.jpg> Akebia quinata: <https://plants.chaletnursery.com/Content/Images/Photos/F452-15.jpg> Japanese Barberry: <http://southburylandtrust.org/wp-content/uploads/2013/10/japanese-barberry-berries.jpg> Phyllostachys aurea: http://www.jacksonsnurseries.co.uk/images/thumbnails/2/800/Phyllostachys_aurea3.jpg Liriope muscari: http://d17vst20mehj1i.cloudfront.net/3180_20101114T133017_0.jpg Miscanthus: <https://uconnladybug.files.wordpress.com/2015/11/miscanthus-pink-flowers.jpg>



PYRUS CALLERYANA—
Bradford Pear

NoVA Native Alternatives:
Serviceberries, Hawthorns,
Redbud, Dogwood



HEDERA HELIX—
English Ivy

NoVA Native Alternatives:
Virginia Creeper, Golden
Ragwort, Ferns, Creeping
Phloxes, Wild Ginger



EUONYMOUS ALATUS—
Burning Bush

NoVA Native Alternatives:
Blueberries and Bayberry



EUONYMUS FORTUNEI—
Wintercreeper

NoVA Native Alternatives:
Virginia Creeper and Golden
Ragwort



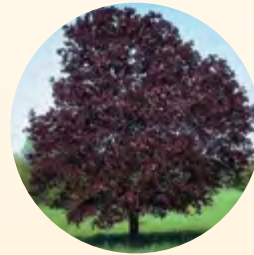
LONICERA JAPONICA
VAR. HALLIANA—
*Japanese (Hall's)
Honeysuckle*

NoVA Native Alternatives:
Trumpet Honeysuckle, Yellow
Jessamine, Crossvine



WISTERIA FLORIBUNDA
Wisteria sinensis

NoVA Native Alternatives:
American Wisteria



ACER PLATANOIDES—
Norway Maple

NoVA Native Alternatives: Red
Maple, Oaks, Basswood



AKEBIA QUINATA—
Chocolate Vine and
Ampelopsis brevipedunculata
Elegans – Porcelain-Berry

NoVA Native Alternatives:
Carolina or Yellow Jessamine,
Trumpet or Coral Honeysuckle,
Crossvine



BERBERIS THUNBERGII—
Japanese Barberry

NoVA Native Alternatives:
Inkberry Holly, Winterberry
Holly, Arrowwood Viburnum,
Virginia Sweetspire



PHYLLOSTACHYS AUREA—
Golden Bamboo,

Fishpole Bamboo,
Walking Stick Bamboo
NoVA Native Alternatives:
Eastern Red Cedar



LIRIOPE MUSCARI—
Liriope

NoVA Native Alternatives:
Pennsylvania and Blue Wood
Sedge, Virginia Wildrye and
Bottlebrush Grass



MISCANTHUS SINENSIS—
Miscanthus

NoVA Native Alternatives:
Little Bluestem and Indian Grass

If you'd like to see some Northern Virginia native ecosystems before deciding to plant, you can visit Meadowlark Botanical Gardens in Vienna, which has extensive woodland and meadow plantings and signage. Fairfax County's Green Spring Gardens also has a native plant trail and hosts the local chapter of the Virginia

Native Plant Society's propagation beds. Arlington's Potomac Overlook Regional Park and Bon Air Park, featuring sunny and shady gardens maintained by Master Naturalists and Master Gardeners, respectively, offer year-round interest. For more information, visit <https://www.novaregion.org/DocumentCenter/View/10615>. ♦



AROUND TOWN

BY ALEXANDRA ROSSI

10TH ANNUAL VIRGINIA POLAR DIP *'Freezin' For a Reason*

Event raised \$75,000 to send severely ill children and their families to Camp Sunshine

The 10th Virginia Polar Dip 'Freezin' For a Reason held on February 4th at Lake Anne, Reston, was a success! Every year, the event raises funds to send children with life-threatening illnesses to Camp Sunshine in Casco, Maine.

Hundreds of brave folks jumped into the freezing waters of Lake Anne with one purpose: Send 40 local families to Camp Sunshine for a week.

Camp Sunshine provides programs free of charge for severely ill children and their families in a retreat-style camp, combining respite, recreation, and support.

Gail Toth, organizer and director of the event, said: "We have raised more than \$623,000 in nine years, so now my goal is to eventually reach the million-dollar mark for Camp Sunshine."

Toth originally became involved with Camp Sunshine after her daughter, Jennifer, was diagnosed with cancer when she was two and a half years old. Camp Sunshine proved to be a life-changing experience for her.

"We had such a great time the first time we went to Camp Sunshine," Jennifer recalls. "I had a blast playing on the beach with other kids and in the tot lot. I think it was great for [my parents] to see me having fun at Camp

while also getting support for themselves.”

Fortunately, Jennifer got well, but Toth and her family continued to volunteer for many years at Camp Sunshine.

CAMP SUNSHINE: A HOPE TO LIVE

Camp Sunshine was founded in 1984 by Larry and Anna Gould, who owned a resort in Maine.

“The Goulds had seen a story on television about a little boy who had cancer and had gone to a camp, and they thought ‘we can do that!’, so they started this camp and started hosting families,” explained Toth. “It was so well received and popular that they did it again, and they donated land [to] build a permanent facility right next door to the resort.

“Every week, Camp Sunshine brings in 40 families that have a similar diagnosis so that they’re with other families that know what they’re going through and understand,” she added. “It’s a year-round camp, and every session is geared toward a specific disease.”

In 2007, Toth felt the urge to host a local event that would help more families attend Camp Sunshine. The event participation has increased over the years with the first year consisting of 33 jumpers to 2017 consisting of over 200.

“The money we raise sends families from the Mid-Atlantic area to the camp, including from Virginia, West Virginia, Delaware, Pennsylvania, DC, Maryland, and North Carolina,” said Toth. “We expanded a few years ago because we raised more than enough money for families from the immediate Northern Virginia area, so now we strive to support the entire Mid-Atlantic region.”

“It’s really rewarding to be able to give back to Camp Sunshine because they helped our family so much, and knowing that we’re giving other families an opportunity to experience the camp is really meaningful for us,” said Toth’s daughter, Jennifer.

Jennifer and her sister, Julianna, always bring a large group of friends to the polar jump, while their dad, Bill, serves as emcee.



Jennifer and Julianna Toth



A FULL CIRCLE

Today, Jennifer works as a pediatric oncology nurse at the Children's Hospital of Philadelphia, where she was treated 20 years ago.

"It's kind of a full circle experience coming back here as a nurse," she says. "I love my job. It's obviously incredibly difficult and there are really hard days, but it's also just really rewarding to be able to work with amazing kids and their amazing families, and be able to support them through a really terrible experience and a really terrible time in their lives."

Jennifer strives to make a positive impact on the children who are being treated, just as the nurses made a big impact on her.

"I see myself in a lot of my patients, especially the ones who are the same age I was when I was going through treatment," she added. "I remember what a big impact the nurses had on me and my family, so it's really cool to think that I may have a similar impact on them and their parents."

JUMP AND HAVE FUN WHILE HELPING KIDS

"The first thing we have is the Chicken Dip, so anyone who can't do a full jump—whether they're on the younger side or the older side or for health reasons—they can still participate by sitting on the dock and dipping their toes in the water, and then we start with the full jumps after that," said Toth.

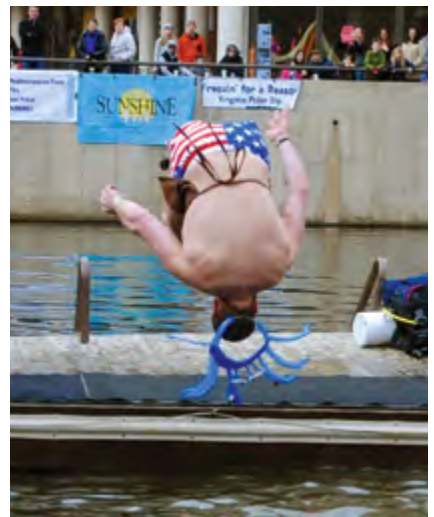
"It's a really fun event," she adds. "A lot of people come because they are drawn to the cause, and a lot of people come because they want to do something crazy and want to show their friends they can jump in a freezing cold lake ... but whatever your reason for coming, it really is a great event. It's tons of fun, so come watch and cheer us on—you'll be glad you did!"

The event is held every year during February. For more information and to donate or to help, please visit www.freezinforareason.com. ❖



Gail and Bill Toth







New Sunoco Food and Fuel Complex OPENS AT DULLES INTERNATIONAL

On January 12, Washington Dulles International Airport and Sunoco LP celebrated the Grand Opening of the airport's new fuel, food and convenience store complex, signifying a new and improved era of service for airport customers and businesses. Officials from the Metropolitan Washington Airports Authority and Sunoco showed off the new, world-class fueling facility, which opened to the public December 22, 2016.

The Grand Opening included a ribbon cutting ceremony, a display of the Dale Earnhardt Jr. 2016 No. 88 Nationwide Chevy SS Simulator and live mariachi music to welcome Laredo Taco Company, the Mexican food restaurant now at six APlus locations in Northern Virginia.

The new on-airport gas station and convenience store includes 28 fueling positions, with auto diesel at every pump, while the 8,600-square-foot APlus convenience store features both Laredo Taco Company and a Subway sandwich shop. Customers inside can check flights on live monitors, charge devices with USB power and use free Wi-Fi to get work done. The newly developed three-acre complex is located just off the Dulles Airport Access Highway, adjacent to the former airport gas station and the Economy parking lot.

The site of the new station, 44950 Rudder Road, is also along the rental car return route for many vehicles entering the airport. Customers will benefit from competitive fuel pricing and other

(Above left to right): Rich Bensinger, Loudoun County Department of Economic Development Business Development Manager; Jeff Shields, Sunoco LP Communications Manager; Christel Hair, Capital Area Food Bank Senior Director of Strategic Partnerships and Community Engagement; Chris Beausoleil, Dulles International Airport Project Manager; Scot Knox, Sunoco LP Regional Operations Director; Patrick Dillon, Sunoco LP Director of Retail Operations; Ruth Clauser, Sunoco Foundation President; Jack Potter, Airports Authority President and CEO; Jim Poff, Airports Authority Director, Real Estate; Bill Jenkins, Airports Authority Real Estate Analyst; Russell Ramsey, Sunoco LP Area Operations Manager; Jerome L. Davis, Airports Authority Executive Vice President and Chief Revenue Officer



(Left to right): Christel Hair, Capital Area Food Bank Senior Director of Strategic Partnerships and Community Engagement; Jeff Shields, Sunoco LP Communications Manager; Ruth Clauser, Sunoco Foundation President

driver-friendly features including a drive-through automated car wash and 75 parking spaces.

The expansive APlus store has seating for 51 people inside, plus 38 outdoors, to enjoy the restaurant-quality food available at Laredo Taco Company and Subway. "We welcome all Dulles customers to this spacious, new facility that was built to serve their travel needs for years to come," said Jerome L. Davis, Airports Authority executive vice president and chief revenue officer.

At the Grand Opening event, Sunoco officials presented a \$5,000 donation to the Capital Area Food Bank, as part of Sunoco's continuing relationship to support the fight against hunger in the Washington, D.C. area. ♦

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BY ELAINE WATT

PenFed Credit Union Chairman Ed Cody, PenFed Credit Union Board Member Ron Spear, US Rep. Barbara Comstock (VA 10th District), PenFed Credit Union President/CEO James Schenck

Talk of Tysons

PENFED CREDIT UNION JOINS THE TYSONS COMMUNITY IN A BIG WAY

Several hundred prominent local business, political, military, and community leaders gathered Tuesday evening, January 24, to celebrate the official opening of PenFed Credit Union's new headquarters on Jones Branch Drive in Tysons Corner. The \$180 million state-of-the-art LEED Gold certified facility will be home to the country's second-largest federal credit union. With 750 current employees throughout Northern Virginia, their headquarters can accommodate up to 500 employees as they continue their rapid growth in our region.

PenFed manages \$21.3 billion in assets and offers superior services in market-leading mortgages, automobile loans, credit cards, checking, wealth management and a variety of customized financial tools to meet its members' needs. PenFed serves a diverse population, and no military service is required to join. They are committed to expanding their exceptionally talented team of

employees, positively impacting the economic growth and future of our community.

In addition to becoming a major employer and serving the financial needs of more than 180,000 Virginians, PenFed generously gives back to our community, contributing more than \$4 million in the past year alone to veteran programs in Northern Virginia, including the Northern Virginia Technology Council's Veterans Employment Initiative.

President & CEO James Schenck expressed his vision for the company as follows: "Having a world-class headquarters where people are inspired to come to work with other teammates who care about something bigger than themselves is what sets PenFed apart and makes us one of the best places to work." ♦



PenFed Credit Union President/CEO James Schenck, former US Air Force Secretary Deborah Lee James, Frank Beatty, Secretary James' spouse; PenFed Credit Union Chairman Ed Cody



Lieutenant General Roger Schultz (former Director of the US Army National Guard), General Eric Shinseki (34th Chief of Staff of the Army), PenFed Foundation Chief Operating Officer Bruce Kasold

TOP RESTON *Professionals*



by Dr. Liliana Calkins
SUNRISE ORTHODONTICS

What causes orthodontic problems?

What is the importance of correct tongue posture? Why should children and adults breathe through their nose?

At some point, the majority of children will develop crowded teeth and incorrect jaw alignment.

Research over the last 27 years has shown that mouth breathing, tongue thrusting, incorrect swallowing and thumb-sucking habits are major causes behind a developing malocclusion or an alteration in facial growth.

These habits limit the development of the child's jaws and face, resulting in orthodontic problems—problems that can be addressed as early as 2 years of age.

Why start so early?

The main reason is function. When children swallow and breathe properly beginning in infancy, the face, jaws and teeth will develop properly. However, functional habits cannot be corrected with fixed braces alone in the later years of development.

Why choose Sunrise Orthodontics?

Sunrise Orthodontics is an exclusive provider of myofunctional training. As a Myobrace® certified doctor, I'm able to correct facial growth that has been altered due to incorrect function or breathing patterns.

My vision as physician of the masticatory system is to diagnose and treat poor oral habits that will have a significant impact in the incorrect facial development.

With the correct function as a starting point, an appliance system will effectively treat and provide stability to the developing face and dentition.

MYOFUNCTIONAL ORTHODONTICS:

Why start so early?

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



11490 Commerce Park Drive, Suite
430, Reston, VA 20191



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www.sunrise-orthodontics.com

Dr. Jennifer Sims

BLUE SKY HEALTH AND WELLNESS

Dr. Jennifer Sims has been practicing in the Northern Virginia area for over 14 years. She graduated as a Doctor of Chiropractic from the National University of Health Sciences in Lombard, Illinois. Dr. Sims is a certified Applied Kinesiologist by the International College of Applied Kinesiology and also holds her C.A.C.C.P by the International Chiropractic Pediatric Association. In addition she is a certified Webster Technique Practitioner and an Integrative Nutrition Health Coach. Her passion is caring for children. Her clinic provides a true wellness center that focuses on the health of children.

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AESTHETICA

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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.

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Easter

ACTIVITIES FOR THE FAMILY

.....

Spring Festival & Easter Egg Hunts at TICONDEROGA Farm

March 25 through April 23

26469 Ticonderoga Road
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Families come from near and far to take part in multiple outdoor activities and weekend Easter egg hunts. You can find the Golden Egg and visit the Easter Bunny all in one fun-filled day on Saturday or Sunday from 11 a.m.-2 p.m. There will be local on-site food vendors, so come hungry!

.....

Fabergé Egg Family Festival

at HILLWOOD ESTATE,
Museum & Gardens

April 8-9

4155 Linnean Ave NW
Washington, DC 20008

From 10 a.m. to 5 p.m. each day, families can view imperial eggs and other Fabergé creations collected by Marjorie Post, the daughter of the famed Post Cereal empire. There will also be various entertainment options to enjoy including folk music, spirited dancing and a family play featuring stories of Russian Easter traditions. Children can also take part in a traditional Russian egg-rolling game and decorate their own Fabergé-inspired egg in the Fabergé Workshop!



Easter is just around the corner! Before you know it, you'll be dyeing eggs and stuffing plastic shells full of candy and coins into the corners and nooks or your backyard for Easter morning. Here are a few ways to spice up your Easter routine and keep the kids excited this year!

How to Make Marbled Eggs

- **Prepare the egg dye according to the package**, or make your own using natural food colorings. If you plan to eat the eggs, make sure to use food-grade dyes. Add a teaspoon of vegetable oil to each container of dye. If you want to dye some eggs normally or give them a base color before marbling, do that first. Once the oil is in the dye, you can't go back! Experiment by adding a bit more oil to the dyes; different amounts create different marbling effects.
- **Dip quickly.** Using a spoon or the dipper that comes with a kit, lower the egg completely into the dye and remove it quickly. Because oil and water don't mix, you'll get color on some parts of the egg, and none on others, creating a marbled effect. Keep dipping to get a brighter color.
- **Dry the eggs on a paper towel.** Lightly pat the just-dipped eggs with a paper towel, or the color may become muddy. If you want to dip them in another color, wait until they're completely dry before dipping into the next container.
- **Add some shine.** Moisten a paper towel with vegetable oil and lightly wipe down the finished eggs to add a nice shine.

You can also float droplets of a concentrated mixture of food coloring and vinegar (for colorfastness) on a bed of shaving cream, or float droplets of an oil-based immiscible food coloring on water, rake the color into a loose pattern, and dip the egg briefly to marble it as one would marble paper. You may need to dip one end or side of the egg at a time (A great tip to make them even better: a pair of tongs with loop-ended jaws would hold the egg securely and mask very little of its surface.) If you use shaving cream, let the egg dry before rubbing off the excess foam. With either method, be prepared for the possibility that the color may stick to you or what you're wearing better than the egg, even after it's dry.

Decorate each egg before you dye them if you intend to add features. You can draw on the eggs with crayon, or place rubber bands or dot stickers on the egg. Covering parts of the egg with tape, stickers, crayon wax from drawing or rubber bands will result in the covered parts of the egg not being coated in the dye you are about to dip the egg, and the result will be a cool effect all their own. You could also dye an egg a light color, mask off parts, and dye the rest a darker color. Of course, you can add decorative effects after dyeing as well. It's really up to you! A good way to find out what you prefer is to try decorating both before and after dipping in the dyes. ❖

ACTIVITIES FOR THE FAMILY (CONTINUED)

White House Easter Egg Roll

April 17, 8 a. m.-5 p. m.

White House Lawn, 1600
Pennsylvania Ave. NW, Washington,
DC 20500

Bring the kids to hunt for Easter Eggs
and enjoy a morning of storytelling as
well as a visit with the Easter Bunny.

This is a special Washington, DC
tradition that dates back to 1878.

Eggstravaganza at Tudor Place

April 8, 14 and 15, 10 a.m.-noon

1644 31st St. NW
Washington, DC 20007

Children of all ages enjoy an Easter Egg
Hunt and a thrilling Egg Roll Contest.

After the exciting games, spend the
morning decorating festive eggs and
building a spring basket. Visitors can
also enjoy a self-guided tour of Tudor
Place's gardens. Bring your own basket,
spoon and one hard-boiled egg per
child. Admission: Member Children
\$7; Non-member Children \$10; Adult
Chaperones \$3.

Morven Park's Eco-Friendly Easter

April 15, 10 a.m.-noon

17263 Southern Planter Ln.,
Leesburg, Virginia 20176

Romp and roll in Morven Park's
expansive lawn! Activities include story
time, natural egg dying, basket making,
an egg hunt and learning about healthy
Easter treats, topped off with an Easter
egg roll on the Mansion lawn. \$10/
adult; \$5/child.

Photo credit: Sunjee Chon



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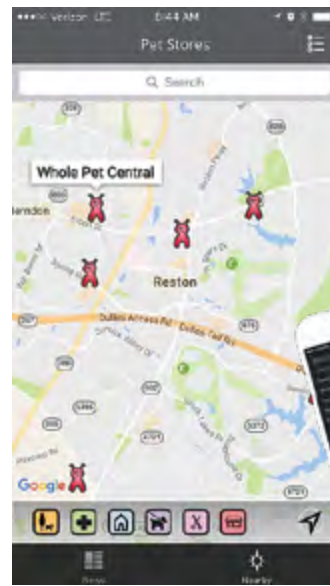
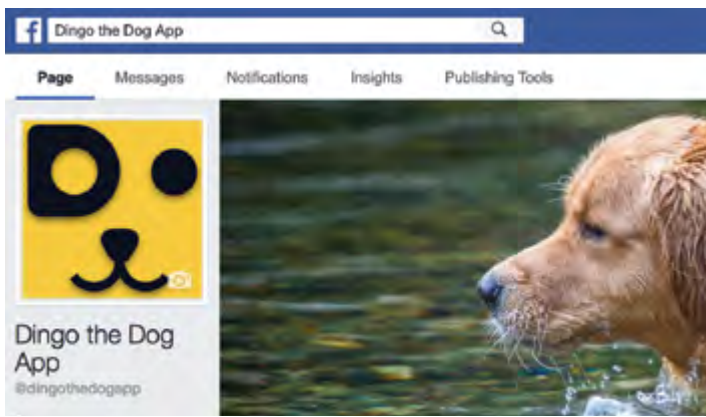
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New App for Dog Lovers: Dingo the Dog App

BY RYANNE WRIGHT

Goplas Santhan and his wife, Rama, long-time Northern Virginia residents and passionate dog lovers, have recently launched Dingo the Dog App, focused on connecting and informing the dog owner community. They are caring dog parents who fully share their lives with their Golden Retriever, Gnocci, and have found a strong sense of community in friends and neighbors who share their care, interests and concerns regarding dog parenting. For a while, it has been Goplas' and Rama's desire to use technology to enable and empower this informal social network.

Dingo the Dog App helps you to: Learn more about your dog, learn more about events that affect your dog, discover the businesses that support your dog, and connect with a community of dog owners. It discovers and presents content about dogs and dog-care, locates dog-related services easily, and alerts pet parents to problems such as pet food recalls—all in one place. It also allows users to engage with businesses and will eventually enable them to connect, socialize and interact amongst themselves.

Bringing Dingo the Dog App to fruition has depended on the right combination of passion and talent coming together at the right time. While Rama is the muse and advocate for the features and capabilities of the app, Goplas is the force behind making the app's capabilities a reality. The couple has also teamed up with Devesh Satyavolu, an experienced professional helping with marketing, and with Sri Jagan, an IT professional who has helped launch the app. The free version of the app is available for iPhones, iPad and Android devices.

Dingo the Dog app is a labor of love from dog parents who share a deep bond with their dog. Rama and Goplas are constantly discovering new dimensions to their relationship with Gnocci, and the app is an effort to share what they learn with the broader community. In the process, they hope to learn more from other dog parents who use the app. Goplas and Rama strongly

believe that well-informed dog parents will have more fulfilling experiences and provide better care. This app aims to support that.

For more information, visit the Dingo the Dog App's Facebook page at: www.facebook.com/dingothedogapp/ or their website at www.dingothedogapp.com. ♦



Goplas, Rama and Gnocci



The Woodhouse Day Spa

BY ELAINE WATT

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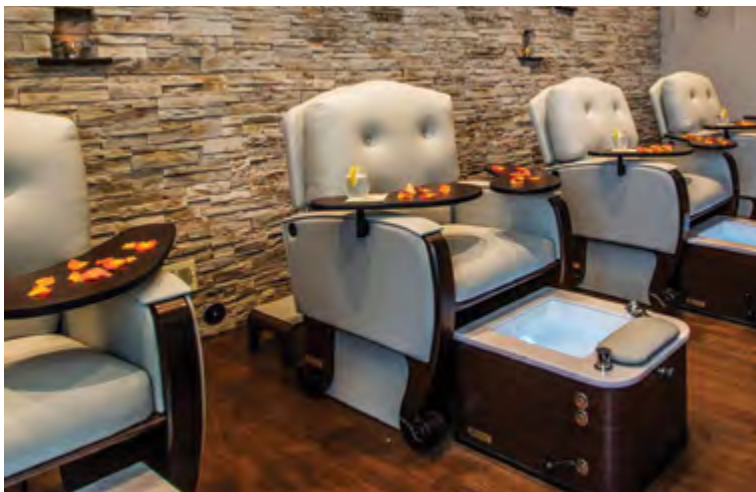
Don and Beth Weeks want to welcome you to their luxurious new undertaking, The Woodhouse Day Spa, located in Leesburg's Village Marketplace. You know you have found something special when you walk in their doors and are surrounded by elegance and comfort everywhere you look. With professionals eager to immerse your mind, body and spirit in all aspects of health and wellness, it takes only moments to shift gears and start your journey. Offering an array of over 70 rejuvenating spa treatments, this ultimate retreat is designed with privacy and relaxation at the forefront.

The Woodhouse Day Spa experience is new to our area and is one of several franchises operating on the east coast. As Don and Beth thought about their next chapter after exceptionally demanding corporate careers, they knew that they wanted to devote their energy and passion to something they really believed in. With true entrepreneurial spirit, they explored many business opportunities, but they couldn't find anything that rivaled the total wellness expertise offered by Woodhouse. Originating in Texas, Woodhouse has become synonymous with personalized excellence in advanced body and skin care treatments. Having gone through the selective process of receiving ownership rights to three locations, they chose to open their flagship spa in Leesburg to serve the growing needs of Northern Virginia.



Since relocating to the area, the couple are dedicating themselves to their clientele and employees. "We want to be hands on, giving our employees the quality environment and support to do their best work, and to provide our guests with the ultimate in client service and satisfaction. We are committed to be active and accessible partners in the Woodhouse experience, and we hope to become an integral part of our greater community as well."

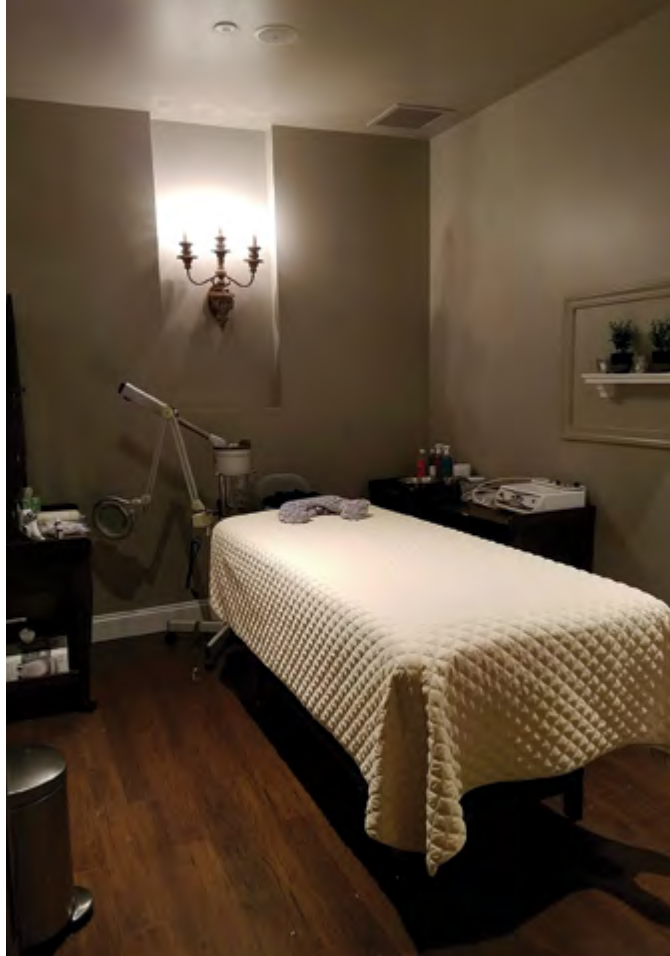
Holding a deep belief that health, wellness, and beauty are intricately linked, Woodhouse offers comprehensive spa services in massage, facials, body treatments, expert manicures and pedicures, sleep treatments and relaxation experiences. Couples can enjoy a dual massage, or make it a day out with your girlfriends and treat yourselves to one or more of their offerings. Relax in your



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BY LINDA BARRETT

Heartworm Prevention IS IMPORTANT YEAR-ROUND

A pet is an important member of your family, and loving them includes looking out for their health. Of particular concern to dogs and cats is heartworm, which can become a problem at any time of the year.

The American Heartworm Society describes heartworms as foot-long worms (up to 14") that live in the heart, lungs and associated pulmonary arteries of affected pets. Potentially fatal, they can cause severe lung disease, heart failure and damage to other organs that can affect an animal's quality of life even after the heartworms are gone.

Heartworm varies among species. Dogs are considered "natural hosts" for heartworm, which means that heartworms living inside the dog mature into adults, mate and produce offspring. If untreated, they can grow to hundreds. Cats typically host one to three adult worms, and since many cats do not have adult heartworms, the condition can often go undiagnosed. However, even immature worms can cause a condition called Heartworm Associated Respiratory Disease (HARD).

Treatment for heartworm also varies between cats and dogs. Medications for dogs cannot be used on cats, therefore it is important to prevent heartworms in cats in the first place.

HOW DO PETS GET HEARTWORM?

Mosquitos play the most significant role in spreading heartworm. Adult female heartworms live in an infected host, like a dog, coyote or wolf, and when a mosquito bites an infected animal, it picks up the baby worms, which then mature over a period of 10 to 14 days. When the mosquito bites another animal, the infective larvae enter the new host through the bite wound. They mature in approximately six months and can live for five to seven years in dogs, and two to three years in cats.

Heartworm is found in all 50 states, and most states have "hot spots" where the heartworm infection is significantly higher. A warmer-than-normal climate has increased the presence of mosquito breeding. Factors affecting the risk level for heartworm include temperature, humidity, the species and presence of mosquitos and mosquito breeding areas, and the proximity of infected foxes, dogs or coyotes.

Mosquito species constantly change and adapt to various climates. Some overwinter indoors, creating a potential year-round risk to pets. Others thrive in moist microclimates (ponds, golf courses, irrigated fields). Wildlife traveling to these areas can add to the spread of the parasite, or strong winds can blow mosquitos into new areas. Infection rates vary from

year to year, even within the same community.

HEARTWORM SYMPTOMS

In dogs, heartworm can produce a soft, dry cough as the parasites enter the lungs and surrounding veins. Other symptoms can include inactivity or lethargy, reluctance to exercise, fatigue after moderate activity, weight loss or anorexia, rapid or difficulty breathing, or bulging chest. A large number of heartworms can leave to caval syndrome, a sudden collapse due to blood flow blockage. Without prompt surgical intervention, few dogs survive.

In cats, symptoms can be subtle or dramatic. They can include coughing or asthma-like attacks, periodic vomiting, lack of appetite or weight loss. Occasionally, a cat may have difficulty walking, experience fainting or seizures, or suffer from fluid accumulation in the abdomen. In some cases, the first sign is collapse or sudden death.

HEARTWORM PREVENTION

"At VIP Petcare we recommend administering a heartworm preventative product to your pet every month for the duration of its life and conducting an annual test to ensure your dog is free from heartworm disease," said Medical Director Katryna Fleeer, DMV. She adds that in order to start a pet on heartworm prevention, proof of a negative heartworm test from the previous 12 months must be provided.

The earlier heartworm is detected, the better the chances of recovery. Since few early signs indicate heartworm infection, a heartworm blood test administered by a veterinarian is important.

HEARTWORM CARE

When dogs are diagnosed with heartworm, restriction of normal physical activities is recommended, since physical exertion can increase the rate at which heartworms cause damage to the heart and lungs, followed by stabilization of your dog's condition with appropriate therapy that may take several months. Once stabilized, heartworm treatment can begin. Six months after treatment is completed, your veterinarian will test again for heartworms, and put your pet on a regimen of monthly heartworm prevention.

There is no drug therapy program for cats, however, cats can be aided with good veterinary care and a long-term management plan. They may spontaneously clear heartworms on their own, or need additional care if symptoms are severe. Prevention is the key to a healthy cat.

VIP Petcare cares as much for your pets as you do, and wants to ensure that your pet stays happy and healthy. For more information about heartworm and pet health, refer to our website at www.vippetcare.com. ❖



BY MARCIA MCALLISTER

Silver Line Progress Steady

VISIBLE CONSTRUCTION AT ASHBURN; GIRDERS AND TRACK WORK ROLL ALONG AT DULLES AIRPORT

Construction of Phase 2 of the Silver Line is moving steadily along, according to rail project officials.

In recent weeks, Capital Rail Constructors, the project's design-build contractor, has reported significant progress on the aerial guideways that will carry the tracks at Washington Dulles International Airport.

According to John Kearney, project manager/construction manager for the of the rail project for the Metropolitan Washington Airports authority which is building the Silver line, the girders to support the future rail station at the airport are being put in along with



station framing precast. And only 47 of the girders to support the aerial tracks are still to be made.

Construction of the future Ashburn Station, at the end of the Phase 2 alignment, has ramped up. For example, excavations have been completed and a large tower crane, like those now in place along Dulles Toll Road at the Reston and Herndon stations, has been erected, creating a visual landmark for drivers along the Dulles Greenway, Kearney said.

In addition a huge straddle bent – required to carry the rail line across wide stretches where central columns cannot be placed – has been installed over the eastbound lanes of the Greenway and the first girders set.

Along both the aerial and ground level stretches of Phase 2, tracks are being laid.

In February, girder erection crews will move to the east side of the future Dulles Airport Station to begin setting girders.

In addition, Traction Power Substation 13, one of many facilities required to power the rail line along the alignment is expected to be delivered and erected just south of the new Herndon Station in early February. ♦



BRIDGE CLUB

HARLOW WINS AGAIN

♠ 7 6 4
♥ A 5 4
♦ Q 4
♣ A Q 7 6 3

♠ A K 9 2
♥ K 8 7 6 2
♦ 6 5
♣ K 9

West	North	East	South
			1 ♥
pass	2 ♣	pass	2 ♥
4 ♥	all pass		

West leads the ace of diamonds and another diamond to East's king. East shifts to the five of spades. Plan the play. Answer on page 160.

Excerpt taken from: *Frank Stewart's Bridge Club*.
Page 103.

BIDDING QUIZ

YOU HOLD:

♠ A K 9 2 ♥ K 8 7 6 2 ♦ 6 5 ♣ K 9

Dealer, on your right, opens one diamond. What do you say?

ANSWER: Experts once doubled on hands such as this, but back then they also over-called with skinny values. A soule might cause trouble: if partner responded two clubs, the hand wouldn't be strong enough to bid hearts next; hence you might lose a 5-3 heart fit. Bid one heart. If partner has spades, he may bid the suit over one heart.

Excerpt taken from: *Frank Stewart's Bridge Club*. Page 107.

THE BAD NEWS IS
TIME FLIES. THE
GOOD NEWS IS
YOU'RE THE PILOT."

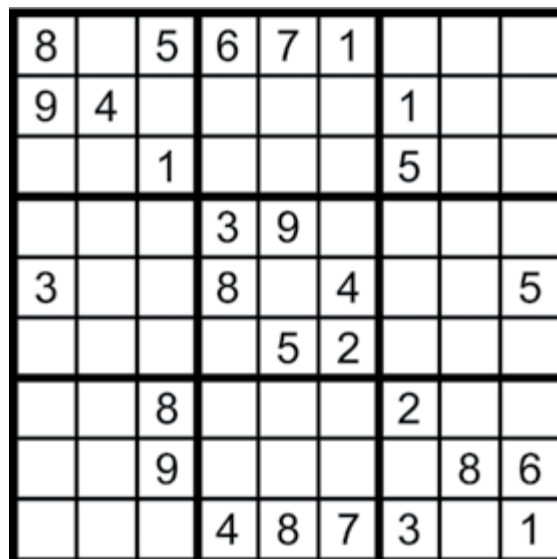
Michael Altshuler

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.



IF YOU LIVE TO BE 100, I HOPE I LIVE TO BE
100 MINUS 1 DAY, SO I NEVER HAVE TO LIVE
WITHOUT YOU.

Winnie the Pooh

CHINESE NEW YEAR ANIMAL JIG

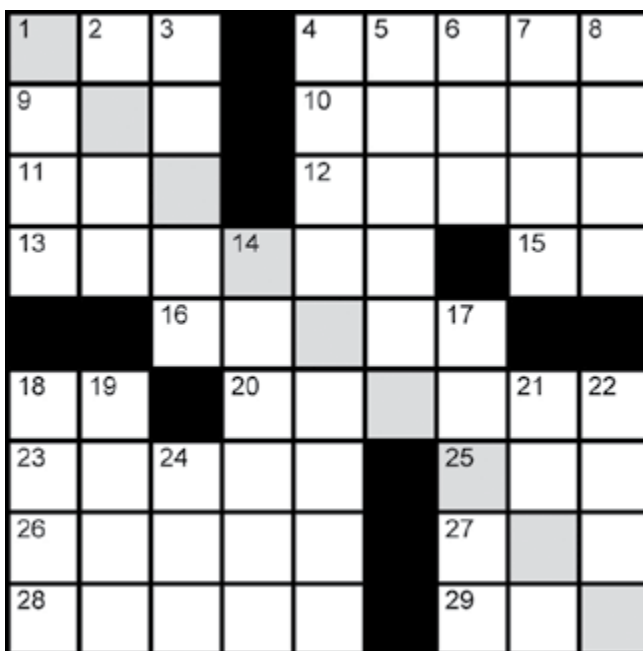
CROSSWORD CLUES

ACROSS

1. Chop (off)
4. String ties
9. Make public
10. Be crazy about
11. "Walking on Thin Ice" singer
12. Staircase post
13. Soundly defeats
15. "___ thee I sing"
16. Performed, per Shakespeare
18. FM alternative
20. Emotional shock
23. Dried coconut meat
25. Zero
26. Recurring theme
27. Rink surface
28. Legislate
29. Observe

DOWN

1. Neighbor of Cambodia
2. Sound on Old MacDonald's farm
3. Like a peacock



4. Check type
5. Black Sea port
6. Cattle call
7. Creme-filled cookie
8. Ego

14. Kind of acid
17. North African capital
18. Crowning point
19. Phobos, to Mars

21. "Of ___ and Men"
22. Away from the wind
24. "Harper Valley ___"



BRIDGE CLUB SOLUTION

HARLOW WINS AGAIN

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

West	North	East	South
			1 ♥
pass	2 ♣	pass	2 ♥
4 ♥	all pass		

Opening Lead: ♥ A

Harlow the Halo flourishes in my club like a week in a hothouse. While Unlucky Louie's key suits break 5-0, Harlow attracts good luck like flies to honey.

Moreover, his errors go unpunished. Louie, East, won the second diamond and led a spade. Harlow won, took the K-A of clubs and ruffed a club with his duce of trumps. West overruffed and led another spade, but Harlow won, drew trumps with the king and ace, and threw his low spades on the good clubs.

'He's got more luck than the phone company's got wrong numbers,' sighed Louie.

West has a chance if he doesn't overruff on the third club. Harlow can still succeed by cashing a second spade before taking the king and ace of trumps; then if West ruffs the queen of clubs next, he's endplayed. But Harlow does best to ruff the third club with the six of trumps. If West discards, Harlow takes the king, leads the seven to the ace and discards a spade on the queen of clubs.

West ruffs, but Harlow can reach dummy with the five of trumps to pitch his last spade on the last club.

Excerpts taken from: *Frank Stewart's Bridge Club*. Pages 107.

SUDOKU Answers

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

CROSSWORD Answers

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



"We can't afford a vacation. If you want to feel the sand between your toes, you're going to have to walk around in the litter box."

TO THE OLD, LONG LIFE
AND TREASURE; TO THE
YOUNG, ALL HEALTH
AND PLEASURE.

Ben Jonson

IF YOU THINK IN TERMS OF A YEAR,
PLANT A SEED; IF IN TERMS OF TEN
YEARS, PLANT TREES; IF IN TERMS OF 100
YEARS, TEACH THE PEOPLE.

Confucius

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MARCH



PISCES 2/19 - 3/20: You are feeling better about things this month. Money is a concern, but takes the back seat to other issues. Reading is your best escape.



ARIES 3/21 - 4/19: This is your month to celebrate. Permission is granted by the stars since you have been so hard-working lately. You will be a bit fussy over details for a time yet.



TAURUS 4/20 - 5/20: Bulls of the Zodiac find themselves on the move the first half of the month, calming down by the end of the month. There is room for romance. Mind and heart unite at the full moon.



GEMINI 5/21 - 6/20: Your mental energy is focused now. Avoid quarrels. If there have been any, now is the time to apologize. Making up can be great fun.



CANCER 6/21 - 7/22: The second week of March opens with an idea. Follow it through. It should work out quite well, but don't expect help from others.



LEO 7/23 - 8/22: Wow, do you have energy this month! Lions, you might need to roar at the beginning of the month, as the old cliché says about March. Complete any unfinished project early in the month.



VIRGO 8/23 - 9/22: A good month for you. If you need extra help or advice, it will be there for you. Be sure to ask because you will be busy. Take time to play.



LIBRA 9/23 - 10/21: Things will be a little tense at mid-month, afterward there will be time to relax a little. Use this time to be more assertive. It isn't often the stars give you that kind of go ahead.



SCORPIO 10/22 - 11/21: You are not feeling especially perky. It's wise not to work too hard or push yourself too much. Your body might need extra care. Look at the glass as half full, not half empty.



SAGITTARIUS 11/22 - 12/21: What you set your mind to do will be accomplished. You are strong and determined this month, especially the last two weeks. If you are too stubborn, expect to be challenged.



CAPRICORN 12/22 - 1/19: Your normal cautious attitude is thrown to the wind. You are ready to try something new and will surprise people with your adventurous idea.



AQUARIUS 1/20 - 2/18: Opportunities await you. Don't overlook anything since even small gestures can grow into something much bigger. After the 20th, things change course. Don't pressure yourself.

APRIL



ARIES 3/21 - 4/19: April powers bring May showers but what kind of showers? What you do and don't do this month dramatically changes your life in May. Best move: Stay optimistic.



TAURUS 4/20 - 5/20: The stars say quit staring at the numbers; that won't help. Take the bull by the horns and solve the problem. It's time to get a problem behind you. Do it.



GEMINI 5/21 - 6/20: Prepare. By the full moon on the 11th, an unexpected family issue arises. It should resolve by the new moon on the 26th if you act wisely. Encourage forgiveness.



CANCER 6/21 - 7/22: A text message is misunderstood. Before you react, seek out an in-person meeting.



LEO 7/23 - 8/22: Just when you begin to think no one laughs anymore, you find a receptive audience. Enjoy.



VIRGO 8/23 - 9/22: You appreciate exacting criticism but not everyone does. Try framing your thoughts so that criticism doesn't seem personal.



LIBRA 9/23 - 10/21: You require a response this month but you might not get one. Let it go. This issue dissolves with the waning moon, starting on the 15th.



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: You love truth, but this month you might not see it. A person you disrespect speaks the truth, if you are open to hear it. Listen and learn.



CAPRICORN 12/22 - 1/19: Take off your mask this month. Be sure you enter situations in transparency and honesty. You may even be asked to pretend to be something you are not. Reject this.



AQUARIUS 1/20 - 2/18: The rhythm of your life matches the moon this month. You may have lots of energy as the moon goes to full on the 11th, then relax as the moon wanes.



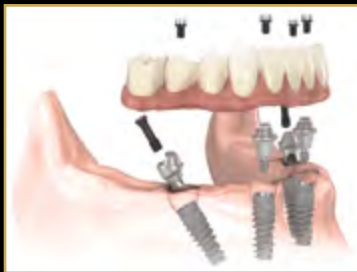
PISCES 2/19 - 3/20: The new moon on the 26th may bring uncertainty, but don't give in to distress. If you practice acceptance, you can see the world through new eyes.

Embarrassed to smile, teeth failing?

Loose Dentures or Partials?

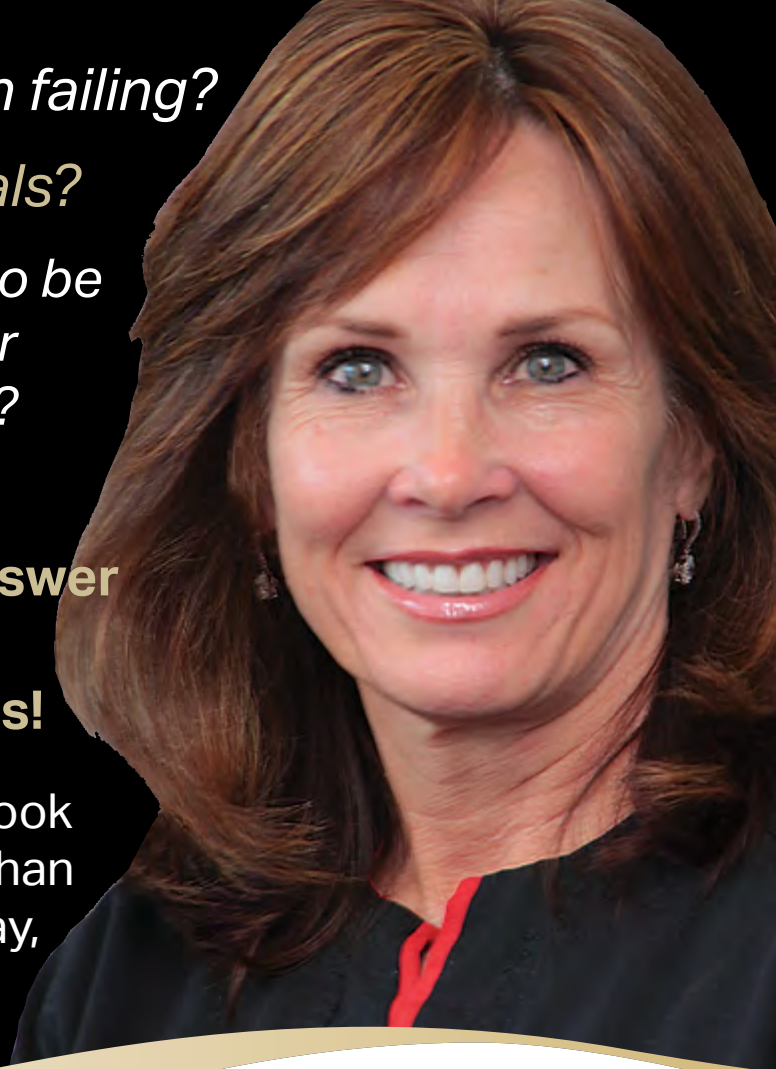
*Do your teeth continue to be
a problem year after year
with with no end in sight?*

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



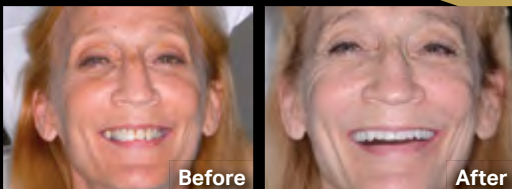
"All Teeth on 4 Implants"

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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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