

VIVA

RESTON | HERNDON | CHANTILLY | STERLING | LEESBURG | ASHBURN

RESTON

May/June 2017 | vivareston.com | \$3.⁹⁵

Lifestyle
MAGAZINE

BEST *of*
RESTON
AWARDS
NOMINEES

CHOOSE *your*
own DINING
ADVENTURE

EXPERIENCE ASSISTED LIVING LIKE YOU'VE NEVER SEEN BEFORE!SM

In Ashburn!



TRIBUTE
ASSISTED LIVING | MEMORY CARE



Welcome Center Address

20618 E Hampton Plaza

Community Address

20335 Savin Hill Drive
Ashburn, VA

(571) 252-8292

TributeatAtOneLoudoun.com

Hello@TributeatAtOneLoudoun.com

Love your Body

Yoga Festival



SUNDAY, JUNE 11, 2017

10 am-5 pm ~ Reston Town Center ~ Pavilion

Join us to participate and learn ways to **love your body**. Yoga studios and wellness centers of Northern Virginia will be offering classes, providing services and sharing information to educate you on ways to care for your body. **Yoga for all ages and abilities!**

JOIN US
FOR THIS
FREE
EVENT!



Major Sponsors for the
2017 Love Your Body Yoga Festival:

Southgate
COMMUNITY CENTER

DULLES MOTORCARS
LEESBURG
DullesSubaru.com



RESTON
TOWN CENTER

JOIN US TO LAUNCH
VIRGINIA YOGA WEEK
GIVING BACK TO COMMUNITY:
proceeds from this event
will benefit **SOUTHGATE**
COMMUNITY CENTER

VIRGINIA
YOGA
WEEK

Visit www.loveyourbodyyogafestival.com
to view the schedule.



FEATURES



14

RESTON'S FOUNDER'S DAY FOUNDER >

by Peter McCandless

Charles Veatch had been impressed by a special UVA tradition that dated back 178 years. To honor the university's founder Thomas Jefferson, the first graduating class of 1825 inaugurated Founder's Day. Instead of a more common birthday celebration for Bob Simon, Veatch suggested that this event take on a more exceptional tradition: the creation of Reston's very own Founder's Day!



24

A CULINARY DESTINATION: EPICERIE PLAZA >

by Elaine Anne Watt

A new mixed-use residential and commercial center in Sterling, Virginia, called Epicerie Plaza in Cascades Overlook has taken shape over the past year. Developed by Meladon Group and featuring condo living with the convenience of a variety of supportive local businesses, the treat is to discover the range of dining options available for us to enjoy.

< CORNERSTONES OF OUR COMMUNITY—BEST OF RESTON AWARDS NOMINEES

by Alexandra Rossi

On April 16, at the 26th Cornerstones of Our Community Best of Reston Awards Gala held at the Reston Hyatt Regency Hotel, seven awards were given to recognize the great body of work of the many fine people, businesses, and organizations involved in giving back to the greater Reston/Dulles corridor.



20

< HUNTERS WOODS AT TRAILS EDGE SENIOR LIVING COMMUNITY COMING TO RESTON

by Peter McCandless

Presiding over the March ground breaking ceremonies at the site of the United Christian Parish Church on Colts Neck Road, David A. Ross, Atlantic Realty Company's (ARC) founder and president, realized the fruition of a decades-old dream.



62

FELT

BAR & LOUNGE

FRIDAYS | A |
SATURDAYS

LIVE
DJ SETS
AT 10PM



FOR GUEST LIST OR TABLES VISIT
MGMNATIONALHARBOR.COM/FELT

f t i s @FELTMGM

FELTMGM.COM/DRESSCODE STRICTLY ENFORCED



DEPARTMENTS

IN EVERY ISSUE

- 12 LETTER FROM THE PUBLISHER
- 30 SELECTED EVENTS
Discover who's playing at local music venues along with other hyper-local events.
- 82 FROM OUR LEADERS
Civic Engagement by Delegate Kenneth R. Plum



30



54

COMMUNITY

- 26 HONEY BAKED HAM
An exceptional team

PERSONALITIES

- 42 ROBERT GOUDIE

BUSINESS

- 67 HELGA'S CATERERS
- 138 SIP 'N' SWIRL
Area Wineries
- 139 CHEERS
Area Breweries



42

ARTS

- 46 RADCLIFFE BAILEY
The Great Dismal Swamp at Grace
- 47 LEAGUE OF RESTON ARTISTS EVENTS
- 48 RESTON ART GALLERY ARTISTS RECEPTIONS
- 49 ART NEWS
Arts Herndon Appoints 3 New Directors
- 50 MYTHS & MONSTERS OF RESTON, VIRGINIA.
A new book.
- 52 ARTS CRAWL in Herndon



52

THEATRE

- 41 RESTON COMMUNITY PLAYERS
Presents Private Lives

FOOD

- 54 CHOOSE YOUR OWN DINING ADVENTURE
- 71 RESTAURANTS TO TREAT MOM
on Mother's Day
- 116 IT'S PARTY TIME
Catering Ideas



46

TASTE of RESTON

Produced by



**GREATER
RESTON**
CHAMBER OF
COMMERCE

June 16-17 • Reston Town Center, VA



LIVE ENTERTAINMENT

FRIDAY 3 - 11PM
SATURDAY NOON - 11PM

**FAMILY FUN
ZONE!**



SATURDAY NOON - 6PM

WINE 'n DINE Wine tastings & cooking demos
SATURDAY NOON - 6PM

FOOD • WINE & BEER • FAMILY FUN ZONE
WINE 'n DINE • LIVE ENTERTAINMENT • COOKING DEMOS

Tickets on sale at www.RestonTaste.com

facebook.com/restontaste

twitter.com/restonchamber

Instagram.com/restonchamber



DEPARTMENTS



UPCOMING EVENTS

- 28 SPRING FESTIVAL
at the Walker Nature Center
- 118 CHALK ON THE
WATER AT LAKE ANNE
- 120 LOVE YOUR BODY
YOGA FESTIVAL
- 122 NORTHERN VIRGINIA
FINE ARTS FESTIVAL
- 124 TASTE OF RESTON

REAL ESTATE

- 140 RESTON PREMIER



SEASONAL

- 68 HOW TO PAMPER
DAD ON FATHER'S DAY
- 70 ORIGINS OF MOTHER'S
AND FATHER'S DAYS
- 72 MOMS IN RESTON
- 148 SUMMER GETAWAYS

HEALTH & BEAUTY

- 83 LE NOUVEAU MOI
The Makeover Issue

SENIORS

- 126 SENIOR LIVING
OPTIONS



WINE

- 150 RED, WHITE...
AND GREEN

AND MORE...

- 142 LIFT YOUR SPIRITS
Murlarkey Distilled Spirits, LLC
- 144 WOMEN IN BUSINESS
- 152 RESTON UPDATE
Marcia McAllister reports on how
the Phase 2 of the Silver Line is
progressing steadily.



AROUND TOWN

- 133 SHELTER HOUSE
Benefit Breakfast
- 134 MAKERS FAIRE
- 137 LEADERSHIP FAIRFAX

HEALTH

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

PETS

- 155 LEPTOSPIROSIS
Should not be ignored.
- 156 FURRY NEIGHBORS
- 158 DOG PARKS

ENTERTAINMENT

- 76 KIDS ACTIVITIES
- 159 FUN & GAMES
- 162 HOROSCOPES

The perfect pair – a BEAUTIFUL and HEALTHY SMILE

ORTHODONTICS FOR ADULTS, TEENS & CHILDREN

- Invisalign®
- Traditional Metal Braces
- Clear (Ceramic) Braces
- Accelerated Orthodontics



Christine M. Kim, DDS, MSD, PC

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

Take the first step toward achieving your beautiful smile.
Schedule a complimentary exam and consultation today!



RESTON
ORTHODONTICS

(703) 939-8000
www.restonortho.com

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



EMPTY TABLES?

We have a plan that WORKS!



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

Reston Community PLAYERS 50th

SEASON ON STAGE

MAY 5 - MAY 20, 2017

PRIVATE LIVES

Get your Tickets Now at: www.restonplayers.org
or Order by Phone: 703-476-4500 x3

Performances held at the Reston Community Center
2310 Colts Neck Road Reston, Va 20191

 *Come Play with Us!*

 The Reston Community Players is supported by the Arts Council of Fairfax and the Reston Community Center

Arts Council of Fairfax County
Nurturing the Future of the Arts

**Space
LARGE
or small.
We have it all.**



Flexible suite sizes to accommodate your immediate & future needs

On-site property management for accelerated decision making

Access to several commuting routes including I-495, I-66, Rt 7, Rt 50, and Dulles Toll Road

Shopping, dining, entertaining — all just minutes away!

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

Tysons Corporate Center
8229 & 8245 Boone Boulevard

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

Prosperity Business Campus
2700-2751 Prosperity Avenue



PSBUSINESSPARKS.

www.psbusinessparks.com

VIVA
RESTON
Lifestyle MAGAZINE

THE MAGAZINE FOR RESTON
HERNDON • CHANTILLY • STERLING • LEESBURG • ASHBURN
MAY // JUNE 2017

PUBLISHERS	Johnny Hanna and Alexandra Rossi
ART DIRECTOR / PRODUCTION MANAGER	Mary Jeanne Cincotta
EDITORIAL DEPARTMENT	Peter McCandless Donna Schmidt Ryanne Wright Julie Snee
VICE PRESIDENT BUSINESS DEVELOPMENT	Elaine Watt
MARKETING MANAGER	Lisa Shapiro
GRAPHIC ARTIST	Robin Long
VIDEOGRAPHY	Kari Cannistraro
ADVERTISING / CLIENT ADVOCATES	Juanita Baptiste Sarah Fleishman Tonya Harding Christy Jones
DIRECTOR OF HUMAN RESOURCES	Dr. Liliana Calkins
CONTRIBUTING AUTHORS	Robert Deigh Jeffery Detwiler Ashleigh Dorfman Rick Mundy Carol Nahorniak Analiese Kreutzer Keith Loria Marcia McAllister Terace Patti Dave Ryan Doug Vasiliadis Elaine Watt
SPECIAL CONTRIBUTOR	Delegate Kenneth Plum
DINING EDITOR	Renée Sklarew
FASHION EDITOR	Lauren Simmons

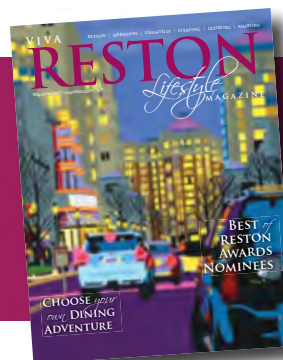
VIVA RESTON LIFESTYLE MAGAZINE | 703.462.4030 | FAX 703.249.4672 | 1818 Library St #500, Reston, VA 20190
www.restonlifestylemag.com
[Facebook.com/RestonLifestyleMag](https://www.facebook.com/RestonLifestyleMag)

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

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

Volume 2, issue 3. Copyright © 2017 by Viva Reston Reston Lifestyle is a community magazine distributed bi-monthly in the Reston and the surrounding communities. The acceptance of material, advertising or contributions does not constitute an endorsement of the information or products.

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



ON THE COVER:
From an original serigraph by Joseph Craig English.

“My tastes are simple, I am easily satisfied with the best.”

—Winston Churchill

The creator of the modern-day mattress, Vispring has been handcrafting the world's most luxurious sleep solution for more than 110 years. Vispring uses only certified natural fibers and a patented support system to cradle you to sleep and keep you asleep.

A Vispring bed is guaranteed for life and can be a life-changing experience. Available exclusively at Urban Mattress.



VISPRING

Luxury Beds - London 1901

**urban
mattress**

545 E Market St Suite A
Leesburg, VA 20176
571-529-5458

229 Maple Ave E
Vienna, VA 22180
703-261-4585

urbanmattress.com



Alexandra Rossi. Photo credit: Rob Litchfield

We are very fortunate to be part of a community where we care so much about each other.

We can see it in the many nonprofit organizations that have sprouted in Reston since its inception. Bob Simon's vision of an inclusive community with plazas to bring people of all backgrounds together and affordable housing for those who need it, has remained throughout all these years. We can see how Restonians spread their kindness through volunteering work, fundraisings, walks, donations, and awareness.

In this edition, we have the nominees of the 2017 Cornerstones Of Our Community - Best of Reston Awards. All of the nominees have demonstrated their selfless dedication and service to our community and are a model for all of us in making this community better.

In our pages you will also find an exclusive article about the origins of Founder's Day and how the bronze statue of Bob Simon at Lake Anne Plaza was revealed.

To celebrate Mother's Day, we have a special section where leaders of our community share with us what they admire the most about their moms. Their stories will touch your heart.

And to pamper Mom and Dad on their special days, we have a list of recommended restaurants where you can bring Mom to enjoy a special Mother's Day menu, and a list of places where you can take Dad to make him feel special.

Learn about the interesting origins of Mother's and Father's Days and why we celebrate those days today.

Our personality in this edition is Robert Goudie, Best of Reston finalist, who tells us about his contributions to the arts, planning, and future of Reston.

For those who want to learn how to excel, both professionally and personally, our article about Leadership Fairfax is a must read.

Now that the weather is warm, Reston gets busier with many events going on every weekend. Learn all about the Northern Virginia Arts Festival, the Spring Festival, Taste of Reston, Love Your Body Yoga Festival, Chalk on the Water at Lake Anne, the concerts at the Reston Town Center, and the Reston Association's Home Expo. Read also about the many art exhibits and events organized by the Reston Art Gallery, ArtSpace Herndon, League of Reston Artists, Arts Herndon, Reston Community Players, Reston Community Center, and Greater Reston Arts Center, among others.

Also, get to know the friendly faces behind our very own Reston's Honey Baked Ham, and don't miss the always interesting article by Virginia Delegate Ken Plum.

To enjoy the summer days, we have a list of recommended places for a getaway weekend that are within driving distance, a list of kid-friendly outings, and a list of dog parks to bring your furry babies outdoors. Our section of photos of our furry neighbors is also back—check it out!

As summer days start and we look into a warmer season, this edition is full of warm stories that I hope you will enjoy. As a Restonian who loves this community, I am very proud to be a part of it and to be able to deliver local content to contribute a little bit to this wonderful community.

Alexandra Rossi



RESTON EXPO

HOME, GARDEN & MORE

FREE ADMISSION



*A one-stop shopping event for home improvement and more!
Join us for food, music, kids tent events and workshops.*

Saturday, May 13, 2017 • 10 a.m.–4 p.m.
Reston Association Headquarters



For more information, go to www.restonwebtrac.org.



SYNERGY
DESIGN & CONSTRUCTION





BY ALEXANDRA ROSSI

- 1) Rowdy Batchelor, Amber Batchelor, and Charlene Wheelless
- 2) Pam Tobey, Phil Tobey, Jim Cleveland and Maggie Parker
- 3) Vincent and Gillian Sescoc received the The Vade Bolton – Ann Rodriguez Legacy Award
- 4) Del. Ken Plum, Sup. Cathy Hudgings, Jane Plum
- 5) Theresa Goudie, Robert Goudie, and Jinny Friend
- 6) Carol Nahorniak and Katie Shaw
- 7) Wolf Trap Foundation received the Civic-Community Organization Award.



Congratulations to the 2017 Best Of Reston Honorees FOR MAKING RESTON A BETTER PLACE

On April 16, at the 26th Cornerstones of Our Community Best of Reston Awards Gala held at the Reston Hyatt Regency Hotel, seven awards were given to recognize the great body of work of the many fine people, businesses, and organizations involved in giving back to the greater Reston/Dulles corridor.

The annual event has been presented in partnership for 26 years by Cornerstones and the Greater Reston Chamber of Commerce to raise funds for Reston's premier, nonprofit social services organization while showcasing community and corporate involvement.

Honorees were selected from a group of 22 finalists (check our March-April edition to see the list of finalists) announced on February 9. Once again, Phil Tobey (2001 Best of Reston Honoree) was the Master of Ceremonies while Charlene Wheelless, Bechtel (2016 Best of Reston Honoree), and Doug Bushee, CORE Foundation (2013 Best of Reston Honoree), were the Gala Chairs. Kerrie Wilson, CEO of Cornerstones, and Mark Ingrao, president of the Greater Reston Chamber of Commerce, shared the podium to express their gratitude for all the selfless contributions the finalists and nominees have made to the community which have changed the lives of many underprivileged people.

"We believe that our job is to END homelessness – not just manage it – by developing housing that is affordable for people over their lifetime. We are so grateful for the incredible support that helps Cornerstones and its partners reduce homelessness in our community by 47 percent in the past eight years." said Wilson.



"On behalf of the Greater Reston Chamber of Commerce's 670 business organizations, I want to say that we are overwhelmed by the generosity of this community as we set out to raise contributions to help end homelessness and assist Cornerstones in accomplishing its mission," added Ingraio. "We are known as a Chamber with a social conscience and our members, through their time, talent, and treasure, help us live up to that moniker every day. The Chamber treasures the powerful partnership that is alive today with Cornerstones. As we look at the future, we are excited about the possibilities and about the next generation of leaders."

A \$515,435 check—funds raised through this year's Best of Reston event—was presented to Cornerstones to support the organization's strategies of starting individuals on a pathway to sustainable living-wage employment, and to identify and address other barriers to move from surviving to living prosperous, healthy lives.

2017 Best of Reston Honorees (in order of presentation):

SMALL BUSINESS LEADER AWARD

The first award of the evening was presented to CST Group, CPAs, PC, for making quiet contributions that count. CTS Group employees quietly and humbly help move organizations to greater success by supporting various community efforts with pro-bono advice and other contributions. CST Group partner, Mark Watts, for example, supports Cornerstones and recently helped raise more than \$800,000.



Photos credit: Chip McCrea



10



11



12

LARGE BUSINESS SERVICE AWARD

Odin, Feldman and Pittleman, P.C., for their belief that if you do what is right, then you have done what is best. They are mentors for local students at Dogwood Elementary School and board members for many nonprofits, including Cornerstones and Life With Cancer.

INDIVIDUAL COMMUNITY LEADER AWARD

Bill Keefe was awarded for his generous gifts of time, talent, treasure, and lifelong devotion to this community, which make him the quintessential Restonian. He has been both a coach and a referee for Reston Youth Basketball and Reston Youth Baseball; he has served as board member for Reston Community Center and Reston Association; he has served on Reston's Planning and Zoning Committee, giving his knowledge of planning and his steadfast commitment to the Reston values of inclusion and the celebration of both natural and human-made beauty.

FAMILY SERVICE AWARD

This award went to Vincent and Gillian Sescoc. Knowing that self-sufficiency begins with self-confidence, these two teach by example with love. Gillian coaches those seeking to become citizens, and has helped more than 100 people from 22 countries become part of our national tapestry. Vince has volunteered nearly 20 years in programs that provide people with job search and interview skills.

- 10) Mark Ingrao, John Thomas, Mike Coogan and Robert Scott.
 11) Cate Fulkerson and Anne Delaney
 12) Larry Butler, Cheryl Terio-Simon, Vicky Wingert and Rebekah Wingert-Jabi
 13) Ashleigh Dorfman, Charles Kaput, Alicia Liddle and Cynthia Hyland
 14) Karen Cleveland, Herb Williams-Baffoe, Celeste Williams-Baffoe and Izaiah Williams-Baffoe
 15) L-R: Leila Gordon, Michelle Moyer, Margo Moyer, Lisa Sechrest-Ehrhardt, Linda Ifert and Eileen Boone

CIVIC-COMMUNITY ORGANIZATION AWARD

This award was given to two organizations: to Women Giving Back for helping women dress for success no matter where they are on life's journey. They serve approximately 23,000 women and over 15,300 children with personal service, boutique attention, and the encouragement of 800 active volunteers.

And to Wolf Trap Foundation for sparking creative fires for lifelong enrichment of children. Through its education programs and nationally-recognized Early Childhood STEM Learning through the arts program, they have demonstrated that arts learning had a statistically significant positive impact on math achievement.

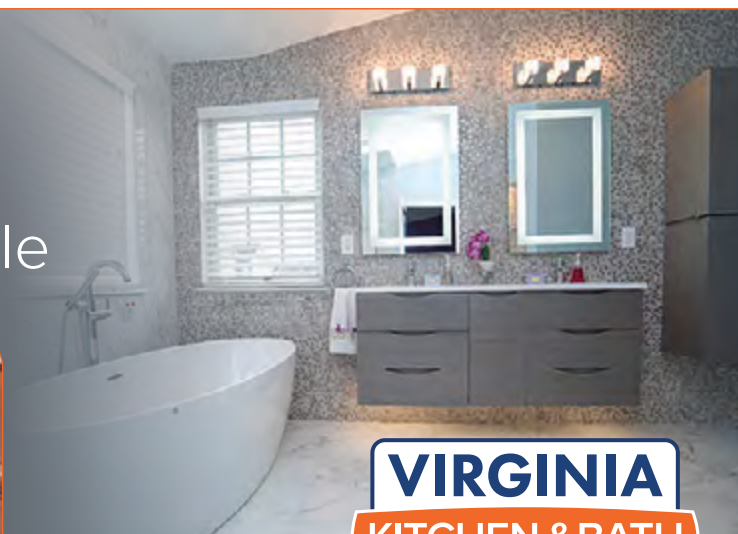
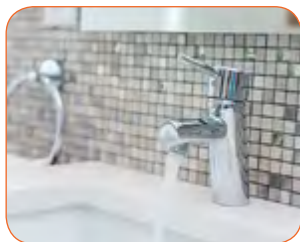


THE VADE BOLTON – ANN RODRIGUEZ LEGACY AWARD

This award was presented to Herb Williams-Baffoe. Given to only three individuals since its inception, this award honors acts of volunteerism and leadership that motivate and inspire a new generation of leaders and create a legacy of service. Herb was recognized because he inspires us all, and his actions illustrate the power of believing in our youth and what that does for their self-belief. Herb doesn't just counsel and mentor young people, he gives them confidence, tools to achieve, skills to become stronger, and the unconditional love that all children need to feel completely at home in the world. Herb sticks with the kids he leads and coaches.



Delivering a Level of
Sophistication
 to your Kitchen and Bath that
Never Goes Out of Style



VIRGINIA
KITCHEN & BATH
 ONE STOP SHOPPING

NEW SHOWROOM IN LEESBURG COMING SOON!

Virginia Kitchen and Bath's associates produce a finished product with superior craftsmanship and unwavering attention to detail. You can count on Virginia Kitchen and Bath for being the one-stop resource for your granite, marble, tile, cabinet or a complete make over of your kitchen and/or bath. Their experienced experts make your remodeling experience hassle-free—you'll be delighted with the results.

703.793.1993 | 2465 Centreville Rd, Herndon, VA 20171 | virginiakitchenandbath.com



- 16) Matthew and Sheila Brennan
- 17) Casey Veatch and Jennifer Banga
- 18) CST Group, CPAs, PC received the Small Business Leader award
- 19) Odin, Feldman and Pittleman, P.C., received the Large Business Service Award
- 20) Women Giving Back received the Civic-Community Organization Award
- 21) Bill Keefe received the Individual Community Leader Award

ROBERT E SIMON LIFETIME ACHIEVEMENT AWARD

The final award of the evening was presented to Vicky Wingert for her lifetime commitment to Reston values, for cementing the legacy of Bob Simon, and for capturing the history and future of Reston. A Restonian since 1973, she has been active in a variety of community organizations. In her younger years she coached girl's softball, soccer, and basketball teams, and for many years she worked for the Reston Association as Day Camp Director, Open Space Director, and as a CEO. She has also served as President of the Reston Historic Trust, a founding member of the Friends of Reston Board, on the Reston Association Board of Directors, and on the Reston Community Center Board of Governors, among others. ♦



Photos credit: Chip McCrea

JENSMITH

PERSONAL TRAINING

Exercise that is fun, educational, and tailored to your needs and abilities.

IN-HOME PERSONALIZED TRAINING

- Certified • Insured
- All Fitness Levels
- Ages 18-90
- Injury Recovery
- Weight Management • Well-being

571.926.4109

RISE TO PERFECTION





Patient's Choice Winner 2015

Orthodontics for Children and Adults
 TMJ Treatment & Diagnosis with MLS Laser Therapy
 Orafacial Myofunctional Therapy (OMT)
 Insignia™ Invisalign™ & Invisalign Teen™
 Lingual & Aesthetic Clear Braces
 Cleft Lip & Palate Repair
 Sleep Apnea Treatment

Sunrise
ORTHODONTICS

Member of American Association of Orthodontists • American Cleft Palate Association American Academy of Dental Sleep Medicine • Northern Virginia Dental Society
 Piper Education and Research Center • The Dawson Academy

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

POND
ROOFING & EXTERIORS
Trusted Since 1964

Comprehensive Services for Every Exterior Need

- 👍 *Five Star Rated* by Home Services Review
- 👍 *Washingtonian* 2011 & 2013 Top Roofing and Siding Companies
- 👍 *2011 & 2014 Virginia Roofing Contractor of the Year*
- 👍 Maintains a ✓ with *Washington Consumers' Checkbook*
- 👍 Better Business Bureau "A+ Rating"

50 YEARS
1964-2014

Roofing | Siding | Windows | Doors

703.573.8000
www.pondroofing.com
 2987 Prosperity Avenue, Fairfax, VA 22031

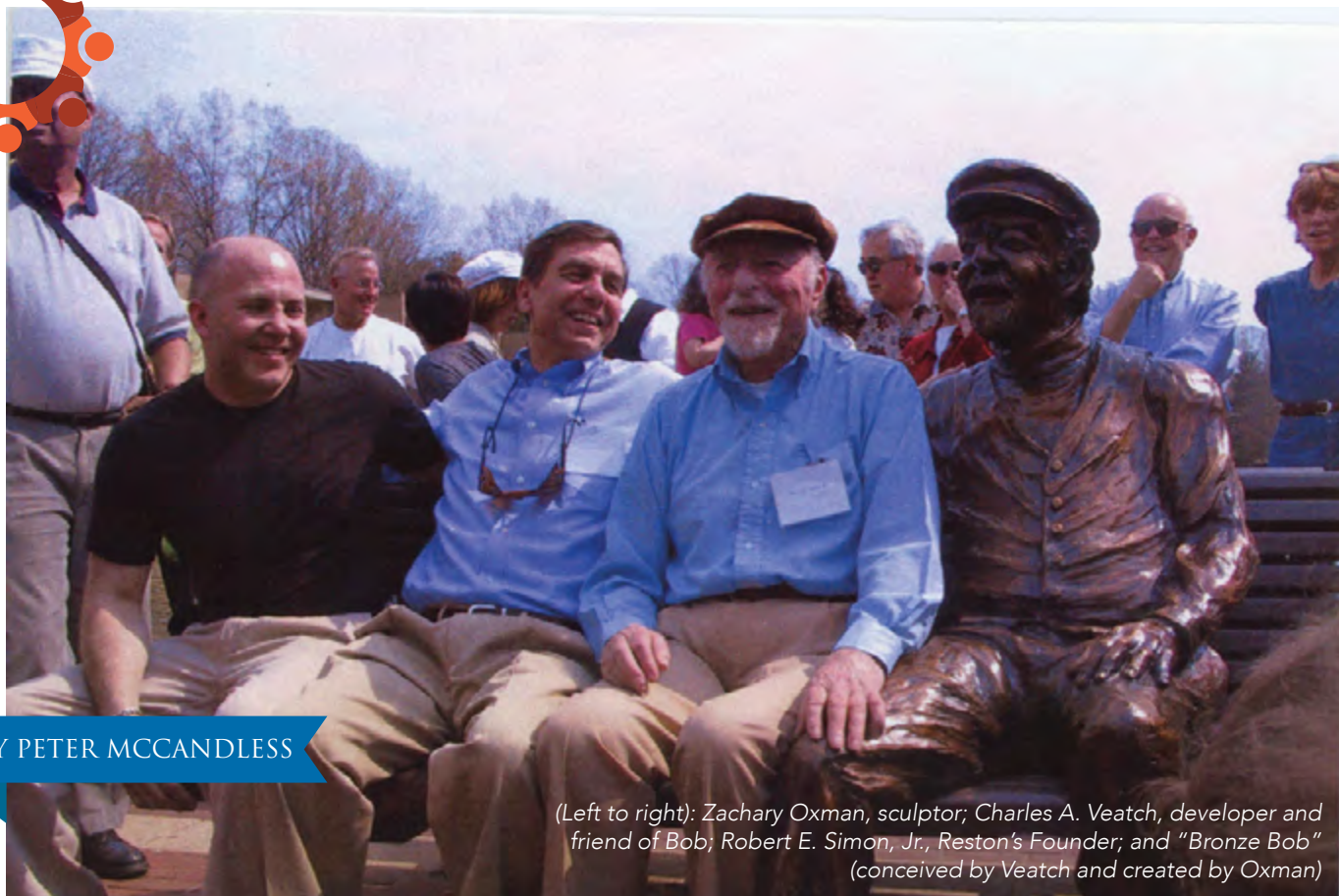
Named one of the Best Contractors in the DC Area by Washingtonian Magazine.

VIVA
RESTON
Lifestyle MAGAZINE

WE COULD BE THE BEST PART OF YOUR MORNING ROUTINE.

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

vivareston.com/
subscribe



BY PETER MCCANDLESS

(Left to right): Zachary Oxman, sculptor; Charles A. Veatch, developer and friend of Bob; Robert E. Simon, Jr., Reston's Founder; and "Bronze Bob" (conceived by Veatch and created by Oxman)

FOUNDER: a person who establishes a whole new field of endeavor; creator, founding father, originator, designer, innovator, inventor, builder, developer, pioneer

RESTON'S FOUNDER'S DAY FOUNDER

2004: First Founder's Day Surprise

Bronze Bob, named "Untold Stories," is Reston's Iconic, Most-Visited and Best-Loved Public Art

April 10, 2004 was going to be Bob Simon's 90th Birthday and the Board of the Reston Museum and Historic Trust (RHT) wanted this milestone to be especially memorable.

In April 2003, they called RHT board director Charles Veatch, a member of Reston's first residential sales team (1964), close friend of Reston's founder and an active member of the Reston community.

A graduate of the University of Virginia's McIntire School of Commerce, Veatch had been impressed by a special UVA tradition that dated back 178 years. To honor the University's Founder Thomas Jefferson, the first graduating class of 1825 inaugurated Founder's Day.

Instead of a more common birthday celebration, Veatch suggested that this event take on a more exceptional tradition: the creation of Reston's very own Founder's Day!

Furthermore, recalling the Jefferson statue on the grounds of The University in Charlottesville, Veatch proposed that the Historic Trust Board create a Bob Simon statue



as a very special, fitting gift to the Reston community.

The Board liked this idea, so Veatch called the Zachary Oxman Studios in Bethesda, Maryland. Oxman grew up in Reston and was now on the world stage having had his work added to The White House art collection.

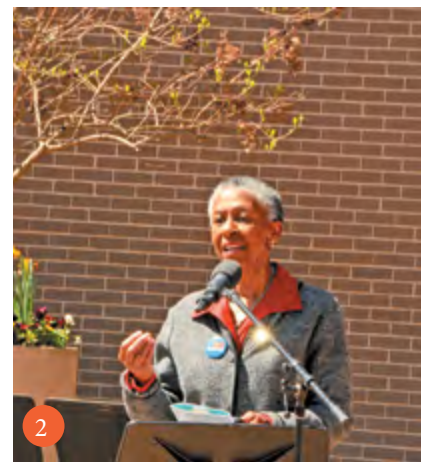
Oxman loved the concept and came out to Reston to brainstorm with Veatch. Eventually, the board agreed that a Jefferson-like statue was much too traditional. Instead, they wanted a statue to capture one of Simon's best known characteristics—his love of engaging with members (especially the children) of the Reston community.

It was decided that Simon should be seated on a bench overlooking his beloved Lake Anne Village Center. The statue's "attitude" should be one of inviting a visitor to sit down and have a chat with the founder.

Bob would love this concept. But how to keep it a secret? The board went into "stealth mode!" Bob's wife Cheryl had just purchased a new camera, and she lured Simon to strike a welcoming pose seated on the bench. She shot 30 images so that Oxman could develop a perfect clay model replica that would be bronzed at a foundry.

But keeping this quiet was a monumental (pun intended) undertaking. First, to pay Oxman's fees, Veatch opened his extensive Rolodex and made calls to 40 Restonians to open their wallets and contribute \$1,000 each. The response was immediate! Veatch dubbed these faithful Reston friends "The Founder's Day 40."

Next, the statue concept had to be approved by both the Lake Anne and Reston Association Architectural Review Boards. The now clandestine approval process was greatly aided by local architect Mike Miller.



1) Left to right: Ellen Graves, Pat Hynes, Sup. Cathy Hudgins, Del. Ken Plum, and Sen. Janet Howell

2) Supervisor Cathy Hudgins

3) Letteri family pointing out at their brick at Lake Anne. Aaron, Joseph, Raba and Paul.

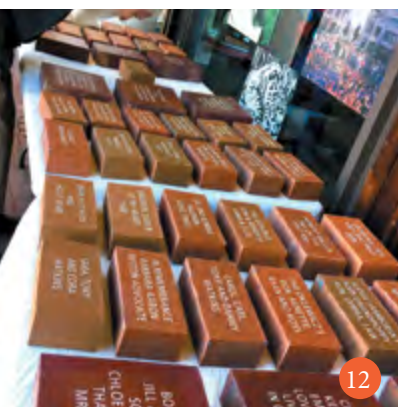
4) Leila Gordon, Cheryl Terio-Simon, and Alex Robbins



10



11



12



13



Everyone involved was sworn to secrecy and Bronze Bob (BB—nicknamed “Untold Stories”), at the apex of the new Founder’s Day, was unanimously approved

However, there was a huge problem.

For BB to fit perfectly on the bench, feet touching the Plaza bricks, the real bench (bolted firmly onto the deck of Washington Plaza) had to be taken to Oxman’s studio without Simon suspecting that something was going on.

This bench had to be unbolted and secretly abducted!

And the men for this job were Oxman and Veatch. Oxman drove his van up to the bench and the two removed the bolts holding the bench. Just as they were finishing this task, the founder himself started walking toward them from Heron House on his way to a bank meeting.

Veatch and Oxman threw the bench into the van and dove onto the floor. They prayed that Simon wouldn’t stop and look in. Like two skilled jewel thieves, the two men lay perfectly still. Fortunately, a woman engaged Simon as he was walking up to the van and the crisis was prolonged as Simon chatted on and on with the visitor. Finally, he moved on to his meeting at the bank.

The bench made it to Oxman’s studio without being missed. The statue was successfully cast and bolted to the bench. “Untold Stories” was finally reinstalled on Lake Anne Plaza the night before the first

10) Chuck Veatch and Claudia Thompson-Deahl

11) Andy Sigle and Cheryl Terio-Simon

12) Commemorative bricks

13) Pat Hynes, Karen Cleveland and Alex Robbins

14) Maggie Parker, Carol Nahorniak and Mike Leone

15) Lynn Lilienthal and Peter McCandless

16) Karen Cleveland, Anne Delaney and Maggie Parker



14



15



Founder's Day. Covered by a tarp, BB was watched over by a man hired to make sure no mischief occurred overnight. To Simon's gratifying and total surprise Bronze Bob was finally unveiled at the first Founder's Day celebration on April 10, 2004.

During the intervening 13 years, thousands of visitors, especially the children that Simon so loved, have come up to BB to share their colorful stories. Flowers and candles festooned BB when Simon passed at age 101. Hundreds of thousands of family photos and videos have been taken with BB over the course of the past 13 years.

"Founder's Day and Reston's birthday will be forever linked and celebrated each year," said Lynn Lilienthal, past chairman of the Reston Historical Trust. The RHT, together with the Reston Community Center, Reston Association, and other community organizations are happy to sponsor the event. All who live here can learn about Reston's history, listen to Bob Simon's stories, and tell him a few of theirs." ❖

Celebrating 40 Years of Excellence

FAMILY OWNED AND OPERATED SINCE 1976

The Wiygul Story

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

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

Visit us at our locations in

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



www.wiygul.com

WWW.SMILEWONDERS.COM



Beautiful smiles begin here!



Dr. Rishita Jaju

Board Certified Pediatric Dentist
Advanced Proficiency Laser Dentist

- ⦿ Routine and Emergency Visits
- ⦿ Laser Dentistry-Shot Free & Pain Free
- ⦿ Dental Fillings
- ⦿ Tongue-Tie / Lip-Tie Release
- ⦿ Special Needs Dentistry
- ⦿ In-office IV Sedation
- ⦿ Hospital Care at Children's Hospital, DC

11790 Sunrise Valley Dr. Suite 105,
Reston, VA 20191



(571) 350-3663



BY PETER MCCANDLESS

(Left to right): Tony Crooks, AEW Global; Hunter Mill District Supervisor, Cathy Hudgins; David Ross, Partner and President of Atlantic Realty Companies; VA State Delegate Ken Plum; Adam Schulman, Partner and Vice President of Atlantic Realty Companies; Ellen Graves, President of the Board of Directors for Reston Association; Rick Irwin of IntegraCare.

Ground Breaking

FOR HUNTER'S WOODS AT TRAILS EDGE

Senior Living Community: Fulfilling Bob Simon's Dream

Presiding over the March ground-breaking ceremonies at the site of the United Christian Parish Church on Colts Neck Road, David A. Ross, Atlantic Realty Company's (ARC) founder and president, realized the fruition of a decades-old dream.

No stranger to planned communities, Ross in the 1980s had earned his developer stripes with rival new town Columbia, Maryland developer James W. Rouse. From Rouse, Ross understood the value of delivering a wide range of housing types and amenities that make planned communities exceptional.

When he established ARC in 1992, Ross knew that to make his commercial real estate development firm successful, he needed to be involved with the communities he was helping develop. Over the years, he served as President/Chairman of the Greater Reston Chamber of Commerce and the National Capital Region of the Easter

“That it be possible for anyone to remain in a single neighborhood throughout his life...by providing the fullest possible range of housing styles and prices... at a variety of income levels, and at different stages of family life...this results in the heterogeneity that spells a lively and varied community.”

Goal 2 of the seven lofty planning goals of Robert E. Simon, Jr. [1964]

Seals Society, Chairman of the Steering Committee for Reston Interfaith, and was selected as Reston's Citizen of the Year by the *Times Community Newspapers*, to name a few.

When ARC purchased the United Christian Parish site in 2007, Ross wanted to bring to Reston a unique, state-of-the-art senior living community. He carefully chose partners who understood the growing needs of seniors in a rapidly expanding, maturing healthcare-provider industry.

He looked for a team of professionals who value a deep sense of satisfaction gained from the knowledge that their work will play an important role in enriching the experiences of those who live, work, learn, and play in the buildings they design and build.

For his Hunters Woods at Trails Edge team, Ross called on some old friends who had helped him design and build the highly successful Plaza America office and retail complex in north Reston.



“Hunters Woods at Trails Edge will provide a choice for those growing older in our community and who wish to remain here. We, 50-plus years old in Reston, know that for those of us who want to stay here, you have to provide a place for us...This is a really great facility in that it meets those needs and it really serves the community.”

Cathy Hudgins, Fairfax County Supervisor

For his architect, he called on the Fairfax office of Moseley Architects, a full service architectural, engineering, planning, and interior design firm. In 2012, Moseley merged with senior living specialists BeeryRio, one of the nation's leading architectural firms in the field.

For his builder, Ross selected 80-year-old Balfour Beatty Construction Services US, cited by Engineering News-Record as a Top 10 Domestic Building Contractor and Top 10 Green Builder. For financial services, Ross reached out to Boston-based AEW Capital Management, a provider of real estate investment management services to investors worldwide. AEW Global manages \$57.4 billion of real estate assets and securities.

For the heart of this Hunters Woods operation, Ross searched for the region's most exceptional operator. He found his answer in IntegraCare, manager of 14 successful senior living communities in Pennsylvania, Maryland, and Virginia.

“The addition of this senior-living community to Reston is a promotion of founder Bob Simon's vision of providing for people throughout their entire lives. This project supports this by providing the fullest range of housing, styles and prices.”

Ellen Graves, president, Reston Association Board of Directors

“We are proud to bring this leading-edge amenity to the community, the first of its kind in Reston,” Ross said. “Between now and January 2019, we will transform this 4.3-acre United Christian Parish site into the finest state-of-the-art facility in the mid-Atlantic.”

The IntegraCare facility will have 210 senior-living units — including 90 independent living units, 81 for assisted living, 24 for memory care, and 15 for special needs. This includes a unique memory care garden, dining rooms, family/living rooms, activity rooms, fitness centers, an art studio, salon, and underground parking.

An aspect of this project that Ross is particularly excited about is the proximity to a host of stimulating recreational opportunities for the active residents—like the 50 programs targeted to seniors and venues offered by the Reston Community Center located across Colts Neck Road. In addition, the property is connected by an underpass to the Hunters Woods Village Center with its diversity of shopping, grocery, drug stores, and eateries.

As part of its partnership with the community, Ross has offered to contribute \$81,300 to improve pedestrian trails and pathway lighting within a half-mile of the facility; as well as \$60,000 to target improvement of the facade of the Colts Neck pedestrian underpass, in coordination with Public Art Reston and Reston Association. Lastly, \$20,000 is being provided for capital improvements to the Reston Association's Nature House.

“This is really a once-in-a-career opportunity, to be involved in a project that has the nature of this program,” said Rick Irwin, IntegraCare's CEO. “We are grateful for all the possibilities offered by the Reston and Southgate Community Centers next door, where our residents can feel our support and care, maximize their independence, and have such good access within the fabric of the Reston Community.” ♦





BY ALEXANDRA ROSSI



(Above, left to right): Brittany Cook, Larry King and Roxie Curtis



HoneyBaked Ham of Reston: An exceptional team behind an exceptional store

HoneyBaked Ham of Reston is exactly what a small business should be. It is a fundamental part of Reston's cuisine community and has become a prime commercial destination, particularly during the holidays and in the winter months. Its products are what many families use as a centerpiece for their special occasions and celebrations.

HoneyBaked Ham of Reston is a 100 percent woman- and minority-owned, with Roxie Curtis at the helm.

With a team of seven people, the Reston store has operated under Roxie's ownership since 2009, and from that date forward customer satisfaction has been the store's mantra.

Under Roxie's management, HoneyBaked of Reston has a net worth that positions the Reston location among the top franchises in the national HoneyBaked Ham Companies. The Reston location has also been honored as the "HoneyBaked Ham Franchise Sales Leader," "Franchise of the Year," and with the "HBH Excellence in Product Quality Award."

Roxie Curtis, who has been in the ham business for more than 20 years, personifies what makes an exceptional leader. She is constantly strengthening her and her staff's business acumen and preparing to reach new and higher levels every day. She makes motivation to do better a daily covenant.

Brittany Cook is the store manager and has been with HoneyBaked Ham of Reston since 2012. She has been a mentee, receiving tutelage from Roxie since she was very young. HoneyBaked is a family store, and Brittany is an example of "growing up in the family."

Brittany grew up in Northern Virginia, and attended Park View High School and James Madison University. She has a Master's degree in elementary education. She is also active with the Susan G. Komen Breast Cancer Foundation, the most widely known, largest, and best-funded breast cancer organization in the United States. She participates in the education,

research, advocacy, health services, and social support programs.

Brittany oversees the daily operation of the different departments of the business, and she loves the company.

Larry King is the corporate sales and catering manager for Reston HoneyBaked. He is probably the most visible person of HoneyBaked to the Reston community. Larry is an "out of retirement" associate who loves the public and loves to market the HoneyBaked product. When you speak to him about catering, it's like talking to a male version of "Auntie Mame" talking about "glorious foods" (like in the movie "Auntie Mame"), and in that regard, the possibilities are endless! He is a retired restaurateur, caterer, and a constantly active fundraiser for civic and charitable causes. He has a Master's degree in business and hopes to encourage personal esteem and collaborative community support with every person he talks to. This type of energy and enthusiasm translates the HoneyBaked of Reston's business character and philosophy to the community.

With these three professionals at the helm, it is no wonder that HoneyBaked Ham of Reston marks every occasion with the taste of quality and perfection.

For more information about HoneyBaked Ham of Reston, please visit www.myhoneybakedstore.com/reston. ❖

Exploring Lifestyle and Living Options in Reston?

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

703-966-4609

RIA DOUGHERTY
Real Estate Consultant
6820 Elm Street
McLean, VA 22101



kw.

WWW.RIAREALTYGROUP.COM

Reston Art Gallery & Studios

Exhibits in May-June



Chicory by Pat Macintyre



Seascape by Gail Axtell-Erwin

Pat Macintyre & Gail Axtell-Erwin

"Two Views"

Exhibit: May 4 – June 1

Reception: Sunday, May 14, 2–4pm, Public Welcome

Group Show

"Summer Works"

Exhibit: June 1 – July 6

Reception: Sunday June 11, 2pm–4pm, Public Welcome

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

703-481-8156 ∞ RestonArtGallery.com

Classical Learning, Real Life Experience, Global Impact!



Capable, Ethical, Articulate Citizens

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

JUNIOR KINDERGARTEN – 12 COLLEGE PREPARATORY SCHOOL

A COMMUNITY OF POSSIBILITIES.

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



Wakefield School

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

MAIN – 540.253.7500 ADMISSIONS – 540.253.7600

www.wakefieldschool.org

4439 Old Tavern Road | The Plains, VA 20198

**Space
LARGE
or small.
We have it all.**



Flexible suite sizes to accommodate your immediate & future needs

On-site property management for accelerated decision making

Access to several commuting routes including I-495, I-66, Rt 7, Rt 50, and Dulles Toll Road

Shopping, dining, entertaining — all just minutes away!

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

Tysons Corporate Center
8229 & 8245 Boone Boulevard

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

Prosperity Business Campus
2700-2751 Prosperity Avenue



PSBUSINESSPARKS.

www.psbusinessparks.com



Photos courtesy of NoVA Outdoors

Spring Festival

AT THE WALKER NATURE CENTER ON MAY 6

All ages are welcome at the Walker Nature Center's biggest event of the year! Enjoy entertainment, live animals, craft-making for kids, displays and information from local environmental groups, canoe/kayak rentals on Lake Audubon (\$5/half hour), fishing activities, a native plant sale with Nature by Design, and more.

Ride your bike or walk to the event for a free drink. Parking is available along Glade and Soapstone Drives as well as at Glade Pool.

Entertainment Sponsored by Reston Community Center:

1:30-2:15 PM: The Goodlife Theater presents "The Recycling Pirates," a puppet show.

4:00-4:45 PM: Wildlife Ambassadors presents "American Wildlife," a live animal show.

1:00-5:00 PM: Acoustic music on the front porch with Tom Bodine, Song Garden, and more.

Event is free. Rain or shine. More information: www.Reston.org ♦



Walker Nature Center



GREENHILL
WINERY & VINEYARDS

Experience the Authentic

Open Daily, Noon 'til Sunset
23595 Winery Lane
Middleburg, Virginia 20117
greenhillvineyards.com

Photo by 22gates.com



JUNE 2
MORRIS DAY & THE TIME
 The Filene Center
 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

**HERNDON
TOWN GREEN**
 777 Lynn Street, Herndon
www.herndonrocks.com

**RESTON TOWN
CENTER**
 11900 Market Street
 Reston, Virginia
 703.579.6720
www.restontowncenter.com

MAY 5-20

"PRIVATE LIVES" BY RESTON COMMUNITY PLAYERS

Performances held at the
 Reston Community Center,
 2310 Colts Neck Road, Reston,
 Va 20191. 703-467-4500 [www.
restonplayers.com](http://www.restonplayers.com)

MAY 6

PET FIESTA

*10am - 4pm, Pavilion and streets
 of Reston Town Center*
 Super pet adoption,
 entertainment, exhibitors, pet
 rescue, and non-profit groups.
 Presented by GoodDogz.org.
 All on-leash pets welcome.
 Free admission, rain or shine.
petfiesta.org

MAY 12

LAURALEA & TRIPP FABULOUS

Friday Night Live

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

LauraLea & Tripp Fabulous is
 one of The E. Coast's premiere
 cover bands, performing songs
 across every genre. Hailing
 from Philadelphia & South
 Jersey, LauraLea & Tripp
 Fabulous has been winning
 fans from NY to FL with her
 excellent vocals, charming
 personality, & some of the
 most talented musicians on the
 scene today.

MAY 16

XEB - ORIGINAL MEMBERS PERFORM ENTIRE DEBUT ALBUM "THIRD EYE BLIND"

Jammin Java, 7:30pm, \$18-25
 XEB brings together ex
 original members of Third Eye
 Blind. Kevin Cadogan, Tony
 Fredianelli, and Arion Salazar's
 contributions span 17 years of
 the band's history. Cadogan,
 who was a signatory to Third
 Eye Blind's Elektra record
 deal, performed lead guitar
 and composed the music to 10
 of the 14 songs on 3eb's 1997
 self titled debut album which
 sold 6x platinum. Fredianelli
 composed the music to many
 songs on the certified gold

CONTINUED ON PAGE 32

RESTON COMMUNITY CENTER PRESENTS

2017 Free Summer Concert Series

Thursdays: Take a Break Concerts

June 15 – September 14 • 7:00 p.m. – 9:00 p.m. • Lake Anne Plaza

WWW.RESTONCOMMUNITYCENTER.COM/TAB

Fridays: Summerbration

June 2 – August 25 • 7:00 p.m. – 9:00 p.m. • Plaza atop Wiehle-Reston East Metro

WWW.RESTONCOMMUNITYCENTER.COM/SUMMERBRATION

Saturdays: Family Fun Entertainment

June 17 – August 5 • 10:00 a.m. – 10:45 a.m. • Reston Town Square Park

WWW.RESTONCOMMUNITYCENTER.COM/FFE

Sundays: Sunday Art in the Park with Shenandoah Conservatory

June 18 – August 13 • 7:00 p.m. – 8:00 p.m. • Reston Town Square Park

WWW.RESTONCOMMUNITYCENTER.COM/SUNDAYS



Lake Anne Plaza



Plaza atop Wiehle-Reston East Metro



Reston Town Square Park



RESTON COMMUNITY CENTER

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





JUNE 2
The Filene Center
at Wolf Trap

KOOLHAAS & THE GANG

Photo courtesy of Wolf Trap



Photo courtesy of Wolf Trap

7:30 P.M.

LANDAU EUGENE MURPHY, JR.

11900 Market Street, Reston, Virginia (in the pavilion!),
7:30pm – 10:00pm, rain or shine

Enjoy the Free Outdoor Summer Concerts sponsored by the Reston Town Center Association and Boston Properties with Jazz crooner/former America's Got Talent winner *Celebrating the Great American Songbook*.

CONTINUED FROM PAGE 30

album "Out Of The Vain." His co-authored radio hits include "Blinded," "Non-Dairy Creamer," and 2009's "Bonfire" from the #1 selling album "Ursa Major." Salazar is credited as a producer on Third Eye Blind's "Blue" and "Out Of The Vein" albums and is known for his signature use of double/effect bass tracking and vintage keyboards.

MAY 19

2U & ALMOST JOURNEY + SOUTH BAY

Friday Night Live

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

2U - The U2 Tribute Band and the world's second best U2 band which is a full-time occupation for all of 2U's band members.

MAY 19

GRACE'S FESTIVAL LAUNCH PARTY

6 - 9 pm, Pavilion

Reston Town Center Pavilion,
11900 Market Street, Reston Town
Center, Reston, VA 20190

Join in the party to launch the 26th annual Northern Virginia Fine Arts Festival. Enjoy artsy beverages, savory creations, and a silent auction to benefit GRACE. Cocktail chic attire. Get tickets at restonarts.org.

MAY 26

THE JUMP OFF BAND + JERX

Friday Night Live

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

Friday Night Live is FREE and held on the beautiful Town Green in Downtown Herndon, VA featuring the most popular local and regional acts from up and down the east coast. Most of the bands play rock and roll covers from classic to modern rock and some variety with a little reggae, funk and original music thrown in. FNL is brought to you by the title sponsor Volkswagen Group of America.

MAY 20

MCLEAN DAY 2017

**Produced by the McLean
Community Center**

11am – 5pm
Lewinsville Park, 1659 Chain
Bridge Road, McLean, Va. 22101

Governing Board Elections:

10:30 am – 5pm

Admission: Free

Join the fun! Bring the family and enjoy McLean's biggest annual event. This event draws approximately 13,000+ patrons throughout the day. Vote for your favorite MCC candidate and enjoy the free live entertainment, exhibitors, sponsors, food trucks, large and small carnival rides, amusements, games, balloon animals, tennis clinic, and more. Please see our website for more information.

MAY 21

ISRAEL FEST 2017

*The J, 8900 Little River Turnpike, Fairfax,
Noon-4pm*

Hosted by the J and The Jewish Federation of Greater Washington, the entire community is invited to come celebrate Israel @ 69! Engaging events and interactive activities will run throughout the afternoon.

Hands-on activities, food for purchase, entertainment, Israeli dancing, Israel-style shuk (market), exhibits, and more!

MAY 20-21

26TH ANNUAL NORTHERN VIRGINIA FINE ARTS FESTIVAL

*Reston Town Center, Saturday 10am-6pm,
Sunday 10am-5pm, \$5 donation*

Free parking is available on Friday, Saturday, and Sunday of festival weekend, courtesy of Boston Properties. The festival is the largest annual fundraiser for GRACE and attracts over 30,000 visitors from across the region.

Participating artists uniformly view the event as one of the "top five" outdoor art festivals in the country, extending high praise to the level of hospitality they receive from volunteers and involvement from a community that appreciates the high quality of the art presented.

Festival attendees will enjoy inspiring and innovative art in a wide variety of media, interacting directly with artists from around the country and exploring their own creativity in the Family Art Park. Thanks to a dynamic partnership with Reston Town Center Association and Boston Properties, all interior streets in Reston Town Center are reserved for pedestrians only during the Festival. The resulting 11-block art walk features more than 200 of the nation's best artists and offers visiting art enthusiasts the opportunity to view and purchase original art directly from the participating artists.

The festival is free and open to the public, although \$5 donations per adult in support of GRACE are encouraged and appreciated. In return for the donation, each patron receives a robust festival program containing more than \$50 worth of dining certificates, a map of the festival, and a complete artist listing. The festival will also include the performing arts, with innovative dance performances sponsored by the Reston

CONTINUED ON PAGE 34



How would you describe the perfect assisted living lifestyle? Tall Oaks offers the freedom you desire and the care you need.

Call today to schedule your visit.

703.834.9800

Tall Oaks

A S S I S T E D  L I V I N G

12052 N. Shore Dr. • Reston, VA 20190

www.TallOaksAL.com



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



Photo courtesy of Wolf Trap



Community Center presented throughout the weekend. You can be a direct part of the Northern Virginia Fine Arts Festival by supporting the Adopt-an-Artist campaign, or by joining the five-hundred (500) volunteers who help make this event happen.

MAY 25

MARY J. BLIGE

The Filene Center at Wolf Trap, 8pm, \$45-\$145

"The queen of R&B" (SPIN) known for her Grammy-winning, soulful tunes like "Family Affair," "Real Love," and "Thick of It" (from her upcoming album, *Strength of a Woman*) takes the Wolf Trap stage for a heartfelt and forceful performance.

MAY 27

STAR-SPANGLED SALUTE PRESENTED BY THE RESTON CHORALE

7 pm, Reston Town Center Pavilion, 11900 Market Street, Reston Town Center

Bring a lawn chair and enjoy patriotic music performed by The Reston Chorale and Brass of the Potomac. Free. Donations of items for troop care packages are welcomed. restonchorale.org

MAY 27

FIFTH HARMONY

Wolf Trap Debut

The Filene Center at Wolf Trap,

8pm, \$35-\$65

The former The X Factor contestants now dubbed "America's most popular girl group" (*Rolling Stone*) continually climb the Billboard charts with undeniably catchy hits like "Work From Home," "Worth It," and "That's My Girl."

JUNE 2

KOOL & THE GANG MORRIS DAY & THE TIME

Wolf Trap Debut

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

"After 50 years and 23 albums, the legacy of Kool & the Gang has become so much a part of our national fabric it's hard to remember a time when their music wasn't a perpetual party anthem source" (*Variety*). "Get Down On It" and come to the "Celebration" as Kool & The Gang returns to Wolf Trap with Prince collaborator Morris Day & The Time.

JUNE 7

AN EVENING WITH TWO-TIME GRAMMY WINNER LAURENCE JUBER

Jammin Java, 7:30pm, \$20-23

Laurence Juber, lead guitarist from Paul McCartney's Wings, is a world-class guitar virtuoso solo performer, recording artist, composer, and arranger. His playing fuses folk, jazz, blues, pop, and classical styles, creating a multi-faceted performance that belies the use of only one instrument. He has released over 20 albums, including *LJ Plays The Beatles*, which was voted one of *Acoustic Guitar Magazine's* all-time Top Ten.

JUNE 1-4

HERNDON FESTIVAL

Historic Downtown Herndon - 777 Lynn Street, Herndon, VA Thursday 6pm-10pm; Friday 5pm-11pm; Saturday 10am-

11pm; Sunday 10am-6pm, Admission is free!

The Annual Herndon Festival attracts an average of 80,000 people each year. This outdoor festival provides a fun-filled experience by combining the joy of an outdoor concert with the thrill of a summertime carnival. There's something for everyone: Three entertainment stages, Kids' Alley & Children's Hands-on art, 10/5K Races and Fitness Expo, Food Vendors, an Arts and Crafts show, and Fireworks.

The free shuttle buses are located at Herndon High School: 700 Bennett St, Herndon, VA 20170 and Worldgate Shopping Center: 13037 Worldgate Dr., Herndon, VA 20170. For more information visit: www.herndonfestival.net.

JUNE 9

FOR THE WIN

Friday Night Live

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

For The Win is a high energy party band bringing a fun mix of hiphop, rock, go-go, pop, oldies, reggae, etc and is sure to get you dancing and rocking out. Front man, Schwartz, has performed for years at the area's biggest clubs and festivals and has jumped up with bands like Mr Greengenes and Cherry Crush Band and was often heard rapping on the Sports Junkies radio show.

JUNE 9-11

CELEBRATE FAIRFAX

Fairfax Government Center, \$10-15, www.celebratefairfax.com

Presented by Celebrate Fairfax, Inc, the annual festival hosts tens of thousands of visitors during the three-day run. The 25-acre site of the Fairfax Government Center

CONTINUED ON PAGE 36

GreaterRestonArtsCenter
Northern Virginia
FineArts
FESTIVAL

May 20–21, 2017
RESTON TOWN CENTER



Image Credit: Julie Keaten-Reed, Exuberance (detail), 2016

Featuring

WORKS FROM 200+ JURIED ARTISTS
DANCE PERFORMANCES
CHILDREN'S ACTIVITIES & MORE!
\$5 REQUESTED DONATION

Get Involved Today!

ADOPT-AN-ARTIST

For \$100 you can make a personal connection to the Festival by sponsoring an artist. Sponsors receive program recognition and a discount on Festival party tickets.

VOLUNTEER

The festival wouldn't be possible without the help of our volunteers. Students will earn community service hours. Sign up for a shift today.

restonarts.org

FESTIVAL PARTY

FRIDAY, MAY 19, 6–9 PM

Join us as we kick off the Festival weekend! Featuring a silent auction of must have items. Catering generously provided by The Counter Custom Burgers, tickets on sale now.

FREE GARAGE PARKING

FRIDAY, SATURDAY, & SUNDAY





Photo courtesy of WolfTrap



MAY 27
The Filene Center
at Wolf Trap

FIFTH HARMONY

Virginia (in the pavilion!),
7:30pm– 10:00pm, rain or shine
Enjoy the Free Outdoor
Summer Concerts sponsored
by the Reston Town Center
Association and Boston
Properties with this Beatles
tribute band.

JUNE 11

LOVE YOUR BODY YOGA FESTIVAL

10am – 5pm, Pavilion & Market
Street

Yoga studios and wellness
centers of Northern Virginia
will be offering classes,
services, and information
on ways to care for your
body, along with live
entertainment and activities
for children. Donations to
participate in classes benefit
Cornerstones. Presented by
Beloved Yoga.
belovedyoga.com

JUNE 16–17

TASTE OF RESTON

Reston Town Center, Friday,
June 16, 3 - 11 pm and
Saturday, June 17, 12 - 11 pm
Greater Reston Chamber of
Commerce presents Northern
Virginia's largest outdoor
food festival featuring
samplings from the region's
eateries, live music, beer
and wine gardens, and much
more. Free admission; tasting
tickets purchased on site or in
advance at restontaste.com.
703.707.9045
restontaste.com

JUNE 16

GYPSY WISDOM + 8 TRACK JONES

Friday Night Live

Herndon Town Green, 777 Lynn
Street, Herndon, VA, 6:30pm–
10:30pm, Free

Gypsy Wisdom is a four piece
band based out of Philly with
music in the soul, rages on
the calendar, and energy to
light you up in a city near
you. We cover most genres

CONTINUED ON PAGE 38

CONTINUED FROM PAGE 34

is magically filled with
fascinating sights and sounds
of more than 300 exhibitors,
food vendors, and interactive
activities. Celebrate Fairfax!
showcases live concerts on
eight stages, Innovation
Health Children's Avenue, a
petting zoo, the Fairfax County
Karaoke Championship,
carnival rides, and great festival
foods. Another fun free activity
for kids is the Fairfax Express
Trackless Train Ride.
Nightly fireworks, presented
by Leidos, are a highlight of
the festival, and one of many
great family programs. This
year's Bud Light Main Stage
will feature top national
headline performers: Bush and
Everclear.

For more information on any
of the festival's programs,
or to become a part of the
festival as a volunteer, sponsor,
performing artist, or simply
to attend, please browse
our website, or contact the
Celebrate Fairfax, Inc. office at
703-324-FAIR (3247).

JUNE 10

HARD DAY'S NIGHT

11900 Market Street, Reston,



**JUN
22**

7:30 P.M.

ELVIS COSTELLO & THE IMPOSTERS IMPERIAL BEDROOM TOUR

The Filene Center at Wolf Trap, 7:30pm, \$35-75

For over 40 years, this Rock and Roll Hall of Famer has
flipped genres like rock, punk, and new wave on their heads
becoming both a "Liverpool legend" (The Washington Post)
and an enduring American favorite.

Students soar here.



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

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

Honors, AP & College Courses | Flight Program
100% College Acceptance Rate | Chorus
Drama | Speech & Debate | Band | Art
Sports Teams for All Grade Levels

Randolph-Macon Academy

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

www.rma.edu

540-636-5484

BRIGHT HORIZONS: WHERE ACADEMIC EXCELLENCE BEGINS



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

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

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



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


Bright Horizons®
Early Education & Preschool

© 2016 Bright Horizons Family Solutions LLC



MATUTO

including: pop, rock, R&B, alternative, and a lil bit o' country. Our goal is to make the crowd forget about a bad day, celebrate a great day, and provide the soundtrack to an unforgettable night anywhere and everywhere.

JUNE 17

SLIGHTLY STOOPID

Sounds of Summer Tour
Iration
J Boog

The Movement

The Filene Center at Wolf Trap, 7pm, \$35-55

Jam to the signature SoCal sound of Slightly Stoopid as they create feel-good vibes reminiscent of "90s-era Sublime—some hip-hop loops, sing-rapping, laid-back guitar riffs and a healthy dose of reggae" (*Relix*).

JUNE 21

SHERYL CROW LUKAS NELSON

The Filene Center at Wolf Trap, 8pm, \$39.50-\$74.50

A crossover rocker since the '90s, the singer-songwriter known for hits like "All I Wanna Do" and "If It Makes You Happy," returns to her roots while also performing new songs off her forthcoming album *Be Myself* (2017) to be released this spring.

JUNE 23

BURNT SIENNA

Friday Night Live

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

The band known for covering a wide variety of genres, such as modern and classic rock, '80s, and dance/party tunes. It is a Dewey Beach/DC favorite.

JUNE 23

Classic Albums

Live Presents:

THE BEATLES

Sgt. Pepper's Lonely Hearts Club Band 50th Anniversary

The Filene Center at Wolf Trap, 8pm, \$25-45

"Sgt. Pepper's Lonely Hearts Club Band is the most important rock & roll album ever made, an unsurpassed adventure in concept, sound, songwriting, cover art and studio technology by the greatest rock & roll group of all time" (*Rolling Stone*). Experience the prolific album played in full note for note, cut for cut (sitar, orchestra, and kazoos included) by some of the world's best musicians.

JUNE 24

MAHLER'S FOURTH NATIONAL ORCHESTRAL INSTITUTE PHILHARMONIC

Asher Fisch, conductor

Madison Leonard, soprano

The Clarice-Dekelbom Concert Hall, 8pm, \$25

A frequent guest of the National Orchestral Institute + Festival, conductor Asher Fisch returns to lead Bartók's tempestuous ballet score to *The Miraculous Mandarin* and Mahler's Fourth Symphony. Wolf Trap Opera Filene Young Artist Madison Leonard is the featured soprano soloist.

JUNE 24

MATUTO

11900 Market Street, Reston, Virginia (in the pavilion!), 7:30pm-10:00pm, rain or shine

Enjoy the Free Outdoor Summer Concerts Sponsored by the Reston Town Center Association and Boston Properties with Brazilian, roots-rock, and funk.

JUNE 30

CRAZY IN STEREO

Friday Night Live

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

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

JULY 1

DEANNA BOGART BAND

11900 Market Street, Reston, Virginia (in the pavilion!), 7:30pm- 10:00pm, rain or shine

Enjoy the Free Outdoor Summer Concerts sponsored by the Reston Town Center Association and Boston Properties with this Boogie-woogie and jump blues band.

JULY 3

JOHN MELLENCAMP

Wolf Trap Debut Sad Clowns & Hillbillies Tour,

Emmylou Harris, Carlene Carter

The Filene Center at Wolf Trap, 7:30pm, \$45-104.50

"One of the best band leaders in pop music" (The Washington Post) known for his Americana and folk rock hits "Jack & Diane," "Hurt So Good," and "Small Town," John Mellencamp makes his Wolf Trap debut in promotion of his latest album, Sad Clowns & Hillbillies (2017). A full night of folksy fun as Emmylou Harris and Carlene Carter open the show!

JULY 5

WHEELS OF SOUL

2017 Summer Tour

Tedeschi Trucks Band
The Wood Brothers
Hot Tuna

The Filene Center at Wolf Trap, 7pm, \$30-75

Founded by husband and wife duo Derek Trucks and Susan Tedeschi, this Grammy-winning, 12-piece "vanguard of modern roots music" (Austin City Limits), has been hailed as "a deeply skilled groove machine," (Los Angeles Times).

JULY 6

NATALIE MERCHANT

Summer Tour 2017

3 Decades of Song

The Filene Center at Wolf Trap, 8pm, \$30-75

The former singer of 10,000 Maniacs found early solo success with her debut album Tigerlily (1995) and hasn't slowed down since. Merchant is plainly "an artist who has never compromised, but instead evolved with integrity, thought and meaning." (The Telegraph).

JULY 7

TURTLE RECALL + DARCY DAWN & CO

Friday Night Live

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

Turtle Recall is an energetic and versatile DC area band specializing in alternative pop folk rock. The crew's unique sound stems from soaring electric fiddle, playful harmonies, and a punk inspired rhythm section. In their 2012 debut LP, Thanks Anyway, Turtle Recall toys with dramatic tempo changes and antiphonal story telling.



Photo courtesy of the artist

DEANNA BOGART

JULY 8

CHUCK REDD & THE INTERNATIONAL JAZZ ALL-STARS

11900 Market Street, Reston, Virginia (in the pavilion!), 7:30pm- 10:00pm, rain or shine

Enjoy the Free Outdoor Summer Concerts sponsored by the Reston Town Center Association and Boston Properties with this group featuring vocalist Maucha Adnet (Brazil); bassist/vocalist Nicki Parrott (Australia); pianist Rossano Sportiello (Italy).

JULY 9

NEIL GAIMAN

Wolf Trap Debut

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

"I make things up and write them down," is the way Neil Gaiman describes his varied art. His popular and acclaimed

works, including Coraline, The Sandman, American Gods (television adaption coming in 2017), and The Graveyard Book have reached audiences of all ages and made Gaiman one of the most celebrated writers of our time. This live event will be fun and odd and not like any other evening with Neil Gaiman.

DAILY

FREE MARGHERITA PIZZA

Spazio Italian Kitchen and Bar, 3pm-7pm

Visit Spazio Italian Kitchen and Bar during the work week Happy Hour and your party of 6 or more can get a FREE 14-inch Margherita Pizza.

CREATURE FEATURE AT ROER'S ZOOFARI

Zoofari, 1228 Hunter Mill Rd., Vienna, VA 22182
Animal Care staff at Roer's



SPAZIO

Zoofari in Vienna introduce a small animal to guests in a close-up and informal atmosphere. Creature Feature takes place at 10am, 12pm, and 2pm at no extra charge, but zoofari admission is required.

SAFARI WAGON RIDE AT ROER'S ZOOFARI

Zoofari, 1228 Hunter Mill Rd., Vienna, VA 22182

Animal Care staff provide a guided tour of the 18-acre safari that features bison, water buffalo, zebra, emu, deer, llamas, and many other animals. Visitors that purchase feed in advance can hand-feed these amazing animals. The Safari Wagon Ride takes place daily at 11am, 1pm, and 3pm at no extra charge, but zoofari admission is required.

PRISON (RE)FORM

Through December 2017 the exhibit Prison (Re)Form will feature a limited number of sculptors on the outside grounds of the Workhouse—artwork grounded in the rich and layered history of the Workhouse prison. The outdoor sculptures will engage in conversations of current and historic significance related to the penal system, the Suffragists, the use of labor and the contemporary state of prisons in the United States. Visitors will experience how artists represent that interpretation on the historical grounds, pregnant with the memories of prisoners, Suffragists, artists, and laborers all hoping for a better tomorrow. The exhibit is located on the Workhouse Quad & Campus Grounds at 9601 Ox Rd, Lorton, VA 22079.

HAPPY HOUR SPECIALS

Spazio Italian Kitchen and Bar, 3pm-7pm

Spazio Italian Kitchen and Bar offers a number of their appetizers like their Italian Nachos and Jumbo Wings at a special price during the work week Happy Hour. Bud Light and Miller Lite drafts are offered at \$3 and Specialty drafts for \$4.

MONDAYS

TRAIL AND ALES RUNNING CLUB

Caboose Brewing Company, 6pm sign in, run begins 6:30pm

Caboose Brewing Company is proud to partner with Grass Roots Fitness and DC Capital Striders for our "Trail and Ales" fun run each Monday evening! This club is a way to bring the community together safely and promotes active lifestyles and social interactions.

Run will be 3-5 miles with options to go shorter or longer on the WO&D, beginning at Mile Marker 12 - Caboose Brewing Company. You can walk or run. Dog and stroller friendly! All paces welcome! Club Members Get: \$1 off all pints after Monday Runs. Get a point for every run. After 10 points, you can buy an exclusive "Trail & Ales" T-shirt for \$10.

MR. KNICK KNACK! PERFORMANCES FOR CHILDREN

May through October, 10:30 – 11:15 am, Pavilion
Free performances of heart-centered

music for children. No performance on Memorial Day, May 29. Visit restontowncenter.com/events.

THURSDAYS

HERNDON'S FARMERS MARKET AND HERNDON'S FARMERS MARKET FUN DAYS

Located on Town Hall Square at 730 Elden Street, Herndon, VA 20170, free outdoor children's shows are performed during the Farmers' Market every Thursday through August 24th. The Herndon Farmers Market features fresh produce, baked goods, meats, and more sold directly by local growers and producers and runs every Thursday at 8am to 12:30pm through November 9th.

SATURDAYS

RESTON CONCERTS ON THE TOWN – 27TH ANNUAL SERIES

June through August, Reston Town Center Pavilion

The weekly summer concert series presents live bands performing a variety of music genres from around the nation. Bring lawn chairs or picnic blankets for seating. Free. Rain or shine. Presented by Reston Town Center and Reston Town Center Association. Alcohol permitted at restaurants only. Full schedule for 2017 will be available at restontowncenter.com/concerts.

SUNDAYS

\$20 OFF YOUR DINNER CHECK

Zeffirelli Ristorante Italiano, 4:30-10:00pm

Enjoy lunch or dinner at Da Domenico on Sunday and receive \$20 off your check of \$100 or more when you mention *VivaReston Lifestyle Magazine*. ♦



RESTON COMMUNITY PLAYERS
present Noël Coward's comedy
PRIVATE LIVES

The Reston Community Players will close their 50th season with a sparkling comedy classic, *Private Lives* by Noël Coward, onstage May 5 – 20, 2017.

The New York Times called the Tony and Olivier Award-winner “an enduring marriage of wit and lust . . . one of the funniest comedies of the 20th century.” This quintessential comedy of manners was written in just four days by Coward, a prolific playwright, composer, director, actor, and singer.

Elyot and Amanda, once married and now honeymooning with new spouses at the same hotel, meet by chance, reignite the old spark, and impulsively elope. After days of being reunited, they again find their fiery romance alternating between passions of love and anger. Their aggrieved spouses appear, and a circle dance of affiliations ensues as the women first stick together, then break ranks, and new partnerships are formed. Come see an enduring work from a man *Time* magazine hailed for “a sense of personal style, a combination of cheek and chic, pose and poise.

“Plays like *Private Lives* may seem flippant and even superficial,” said Adam Konowe, director of the production. “Look closer and appreciate how Coward skillfully embedded critiques in rapier-like dialogue.”

The cast includes Richard Isaacs (Elyot Chase), Rachel Hubbard (Amanda Prynne), Andy Gable (Victor Prynne), Caity Brown (Sibyl Chase), and Lisa Young (Louise).

“Plays like *Private Lives* may seem flippant and even superficial,” said Adam Konowe, director of the production. “Look closer and appreciate how Coward skillfully embedded critiques in rapier-like dialogue.”

The creative team includes Adam Konowe (director, lighting designer, and stage combat choreographer), Suzanne Johnson (assistant director), Laura Baughman (producer), Mary Ann Hall (stage manager), Eileen Mullee (assistant stage manager), Tel Monks (dialect coach), Michael O’Connor (master electrician and light board operator), William Chrapcynski (sound designer and sound board operator), Maggie Modig (set design and set painting), Doug Rolston and Scott Birkhead (master carpenters), Sara Birkhead (technical consultant), Bea and Jerry Morse and Julie Cherundolo (set decoration), Lilya Eberle (running crew chief), and Mary Jo Ford (props design).

The production plays on the CenterStage at the Reston Community Center. Evening performances are May 5, 6, 12, 13, 19, and 20 at 8pm, with one matinee performance on May 14 at 2pm. For tickets and information, call the box office at (703) 476-4500 ext. 3 or purchase tickets online.

Private Lives is presented by special arrangement with SAMUEL FRENCH, INC.

Reston Community Players (RCP), wrapping up its 50th season, is a 501c3 nonprofit organization that has been producing high-quality theatrical productions since 1966. RCP is partially funded by grants from Fairfax County, in cooperation with the Arts Council of Fairfax County. RCP welcomes all and offers something for everyone. Visit RCP online at restonplayers.org. ♦



ROBERT GOUDIE:

“It was the job that brought me here, but it’s the sense of community that kept me here”

BY ALEXANDRA ROSSI

Originally from Massachusetts, Robert Goudie moved to Reston from New York City in 1998 for job purposes. Being a general counsel for an international high tech company based in Europe, he purchased a townhouse at the West Market so that he could walk to his office at the Reston Town Center. Little did he know that this move would be the beginning of a life-changing experience for him and for the community of Reston.

Inspired by his parents’ philosophy of “those who can, should”, Goudie got involved with and became president of the home owners association at West Market, improving the community he was very proud of. He got involved with Cornerstones, the arts, and the big planning effort to grow the community of Reston about six years ago.

“I was one of the people appointed by the supervisor to the special master plan study task force, that was looking at how we were going to re-plan Reston with the Metro coming,” he said. He served as the Town Center residential representative, and later he co-chaired a committee on that task force with Peter Otteni from Boston Properties, creating a report that the Board of Supervisors ultimately adopted. “We focused a lot on jobs to household ratios so that we could try to mitigate traffic, and what it takes to create dynamic communities,” he explained.

Art is a Necessity of the Good Life

Goudie has also been involved with the Greater Reston Arts Center (GRACE) for the last four years as board chair.

“What GRACE is doing is not only consistent with Reston Founder Bob Simon’s original view of the Reston community, but no less than two of seven of his founding principles had to do with art; specifically, that art is a necessity of the good life,” said Goudie. “What we’re doing is not only furthering his vision, but also helping fulfill his notion of Reston being a complete community.”

After being in a difficult financial situation a few years ago, GRACE has rebounded and, for the first time, the arts center has reserves.

“We have completely reshaped the vision for the center, so we’ve built what we call the ‘Destination GRACE Vision,’” said Goudie.



(At left) Patrick Dougherty's Bird in hand has become a key spot for the community
(Below) Aerial view of how RTC West is going to look.



Destination GRACE is an effort to add internationally recognized artists to the arts center in order to bring new audiences to the exhibits and the Reston Town Center. The first artist was the internationally acclaimed artist Patrick Dougherty, who put together his monumental sculpture "Bird in Hand" at Town Square Park at the Reston Town Center. The second was "Synthetic Transformations," an exhibit by multi-media artist and 2014 TED Talk Fellow Shih Chieh Huang.

"We just smashed attendance records at the gallery when the show came up because it was interactive. When you walked into the gallery space, the sculpture could sense your presence, and it became animated," Goudie said.

A third exhibit, "The Great Dismal Swamp" by the nationally recognized painter, sculptor, and mixed-media artist Radcliffe Bailey, opened April 21 and will be on exhibit until July 8.

"Bailey is in the Metropolitan Museum of Fine Art in Manhattan, N.Y., he has a piece that's a part of the inaugural collection at the newly opened African American Museum in D.C., he had a solo exhibition at the High Museum of Art in Atlanta—one of the leading art institutions in the country—so we're incredibly lucky to get him," he said.

GRACE is also responsible for the Northern Virginia Fine Arts Festival, which will take place at the Reston Town Center on May 20-21.

"We bring more than 220 top artists from across the country," said Goudie. "Last year, it rained quite a bit, but on a good year we generate more than 30,000 visitors over the course of the weekend. So, it's not only the major fundraiser for the arts center; it's a marquee cultural event on the region's calendar."

The arts center is also committed to bringing art to the elementary classrooms through its GRACE Art Program, where parents volunteer to present a different artist profile every month, and the children create a piece of art based on the artist's style. The program is currently in 40 schools reaching 20,000 kids.

"At a time where art budgets are under pressure because public dollars are under pressure, we think this is a way to efficiently deliver art education and art history through enrichment experience to our elementary-aged kids," he said. "We're also really excited to be partnering with the Reston Association to provide the art summer camps through their summer camp programming."

Planning Reston for the Future

Besides his contributions to Reston's master plan and GRACE, Goudie works as the executive director of the Reston Town Center Association.

"We maintain the covenants in the town center, we maintain certain common areas, we're involved in promoting the town center, and we're very involved in putting on programming here," he said.

Through partnership with Boston Properties, Goudie works to put together a number of civic events at the RTC, including the Northern Virginia Fine Arts Festival, and he partners with the Greater Reston Chamber of Commerce to make events like the Taste of Reston and Oktoberfest a reality. He also works with the Reston Community Center to deliver a concert series of classical chamber music at the Town Square Park with the Shenandoah University Conservatory.

"We do the Washington West Film Festival. We also are involved with the holiday parade and the holiday events on Black Friday, ice skating at the pavilion, and the 5K runs," he added.

Goudie said that the Reston Town Center will grow even bigger with the new RTC West, being built on Sunset Hills Road and Town Center Parkway by JBG Companies.



RTC West—Master plan renderings

“With Metro coming out here, and as places grow in density, one of the consequences you’re going to see is an impact on the parking resource, which is scarce,” he said.

Goudie is very excited about the growth Reston is experiencing: “We have the Signature site being built at the RTC, we have RTC West, and we have Lerner’s redevelopment of Spectrum that is already approved by the County. That’s still several years away from what I understand, but that’s going to be terrific redevelopment.”

Goudie explained that the redevelopment of Spectrum will include 60 percent residential and 40 percent commercial spaces, a hotel, and a series of open spaces and pathways to get in and out of the site. Soon to be announced will be the RFP (request for proposal) for the redevelopment of Town Center North, to be located where the Inova Emergency Care, the Reston Library, and the Embry Rucker Shelter are currently located. “They’re ready to send out the RFP for that, which is going to involve creating a new library, new homeless shelter, all as part of the plan there,” Goudie said.

“Bob always expected that Reston would continue to grow; he was very much an urbanist at heart, he was a pro-growth person,” he said. “Bob was a part of the task force to his great credit, he served with all of us side by side, went to almost all the meetings, participated actively as only Bob Simon can throughout the taskforce process, and ultimately, he voted for the recommendations that we made to the board of supervisors to change the comprehensive plan.”

“With Metro coming here in 2020, we projected that over the next decade or two, the existing ‘town center’ will double in size. This is an incredibly exciting time—just as I think Town Center is stronger and more interesting today than when I moved here 20 years ago, so do I also think that it will be stronger and more dynamic still as we embark on this new phase of Metro-related growth.” ♦



“Cooper’s Hawk Winery and Restaurant is coming as an anchor tenant, and other organizations have already signed, [including] a Mediterranean restaurant and retail opportunities,” he said. “The developers are putting in a one-acre central plaza that’s going to act as a main anchoring space.”

RTC West will be a 13.78-acre campus with three newly-renovated Class A office buildings and two multi-story parking garages.

Goudie said that the open parking lot on the corner of Sunset Hills and Town Center Parkway will eventually become an extension of downtown.

“I’ve seen some preliminary drafts, and I can tell you that they’re exciting,” he said. “The buildings are empowering. The architecture is beautiful, and it’s going to be great. It’s part of why I’m so excited to be here—we’re going through this transformation of Town Center 2.0 in a sense.”

“It will have the highest densities in all of Reston with buildings taller than [the ones] here in the RTC,” he said. “According to the plan [that] we helped put together, the idea is that this will be the densest of the three transit station areas along the Silver Line that are part of Reston/Herndon, including the Wiehle-Reston, the RTC and the Herndon/Monroe Metro stations.”



GATHER. SAVOR. SPECTATE.

LATE NIGHT BLUES?

Greenhouse Bistro, is Tysons' **NEW AFTER HOURS SPOT** offering late night dining specials 'til the wee hours of the morning! We offer international entertainment, free and plentiful parking, and a place for friends to meet right here in the heart of Tysons. **Come join us today!**



GREENHOUSE



2070 CHAINBRIDGE RD VIENNA VA | 703 537 5700 | GREENHOUSETYSONS.COM



67/68, 2016 Wood cabinet
including various objects



Madagascar 1, 2016 mixed media: collage
elements, paint, glass on panel



Untitled, 2010
Glitter, felt,
feather, wood



Blue Black,
2016 Glass, ink

Radcliffe Bailey: THE GREAT DISMAL SWAMP AT GRACE

The Greater Reston Arts Center (GRACE) is presenting Radcliffe Bailey: The Great Dismal Swamp, through August 18.

Radcliffe Bailey 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 D.C. metro area. He has previously participated in group exhibitions at the Smithsonian Institution, the Corcoran Gallery of Art, and the David C. Driskell Center at the University of Maryland.

Bailey has long treated issues of race and the historical experiences of African-Americans in his work, exploring his personal ancestry as well as the history of slavery. At GRACE, Bailey will present a selection of mixed-media works mining historical themes, including the Underground Railroad and the legacy of slavery in Virginia's Great Dismal Swamp, a federally designated national wildlife refuge in southeastern Virginia. The Swamp concealed and sheltered communities of slaves fleeing captivity on the Underground Railroad.

"Viewing Radcliffe's work is like digging through strata of history, encapsulated in lush layers of paint, embodied within evocative objects, or reflected in found images of African-Americans," observed guest curator Holly Koons McCullough, formerly of GRACE and now executive director at the Arlington Arts Center. "This body of work is underpinned in part by the artist's own family history in Virginia, which was the home of both his father and grandfather. Although

deeply rooted in his personal and cultural heritage, Bailey's work ultimately addresses universal themes of identity and ancestry, hurt and healing, displacement and endurance."

GRACE's executive director and curator, Lily Siegel, adds, "We are thrilled to be presenting Bailey's first monographic exhibition in the D.C. area. It is a perfect fit for the Greater Reston Arts Center as we continue to grow and present excellence in national and international contemporary art that has deep relevance for the region."

Bailey received a BFA in 1991 from the Atlanta College of Art. His work is included in the collections of the Metropolitan Museum of Art, New York; the Smithsonian Museum of American Art, Washington, D.C.; the Art Institute of Chicago; the Museum of Fine Arts, Houston; the Nelson-Atkins Museum of Art, Kansas City, Missouri; the Denver Art Museum; and the High Museum of Art, Atlanta; among many others. The artist is represented by Jack Shainman Gallery, New York. Born in 1968, in Bridgeton, New Jersey, he now lives and works in Atlanta.

Radcliffe Bailey: The Great Dismal Swamp is funded in part by the Arts Council of Fairfax County. ♦

OTHER EVENTS: Curator's Talk: Holly McCullough

May 6, 4:00 pm, free and
open to the public

Greater Reston Arts Center is located at
12001 Market Street, #103, Reston, VA
20190. For more information
please visit restonarts.org or
call 703-471-9242.



Photographers Invited to Enter Lake Anne Exhibit

The Reston Photographic Society, a special interest group of the League of Reston Artists, invites photographers to enter photographs in the RPS at Lake Anne show by June 2 through the website. Entries will be judged and \$1,000 in prizes will be awarded at the reception on Sunday, June 11, from 2 to 4pm at the gallery.

The exhibit runs from June 5 through July 2 and is free and open to the public. It is open from 9am to 8pm daily at the JoAnne Rose Gallery, Reston Community Center at Lake Anne, 1609 Washington Plaza, Reston, VA 20190.

Visit the LRA website at www.leagueofrestonartists.org for more information on these and other events. ♦

LEAGUE OF RESTON ARTISTS EVENTS

Photographers Invited to RPS Meetings

The Reston Photographic Society (RPS) invites photography enthusiasts of all skill levels to attend meetings on the third Monday of the month, from September to November and January to May. RPS is a special-interest group of the League of Reston Artists. Share information and enjoy guest speakers, workshops and group critiques. Nonmembers are welcome.

Join fellow photographers from 7:30 to 9:30pm in Room 6 at the Reston Community Center Hunters Woods, 2310 Colts Neck Rd., Reston, VA 20191.

NVS REMODELING & DESIGN

DIFFERENT BY DESIGN

Not all remodeling companies are the same. If you are thinking about a major remodeling project and are looking for a company that has the depth and experience needed to deliver the project of your dreams, we should talk. Visit our 6,000 sq. ft. showroom for inspiration or speak to one of our experienced designers. You will soon realize what makes us Different by Design.

Showroom: 8982 Hornbaker Road, Manassas, VA 20109

Website: www.nvsrd.com

Email: info@nvsrd.com

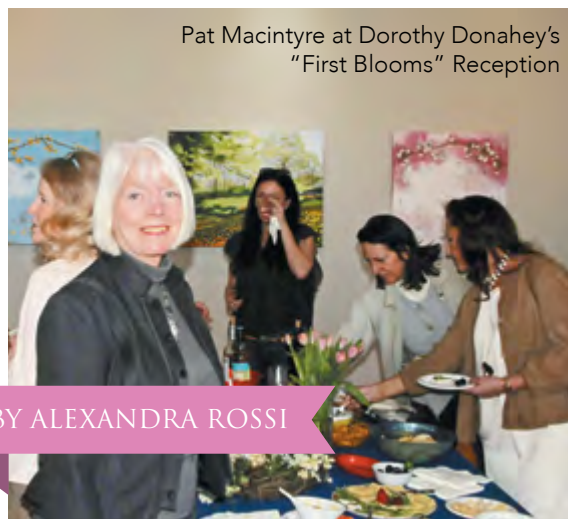
Phone: 703-378-2600

Houzz: houzz.com/pro/nvsrd



Joan Kelly

Joan Kelly's "New Directions" reception

Pat Macintyre at Dorothy Donahey's
"First Blooms" Reception

BY ALEXANDRA ROSSI

Dorothy Donahey and her
sister Melinda Dohaney

RESTON ART GALLERY

Artists Receptions

Reston Art Gallery, located at the heart of Lake Anne Plaza, held its monthly artists reception on March 12, which was open for art lovers and the general public.

The March reception highlighted the "New Directions" exhibit by Joan Kelly and displayed a beautiful, colorful selection of paintings.

Joan said in her statement: "Intuitive painting surprised me! All I had to do was appear for class. All the supplies were there. I felt such energy and excitement when I saw all the colors, brushes, and paper. I picked up a brush without thinking, and I let the brush and colors lead me. I added more paper as my shapes grew. I never knew what would happen. When I saw the painting after a week, I didn't always recognize it. I have enjoyed the freedom of accepting what appears. It is always an adventure and feels like a wonderful gift!"

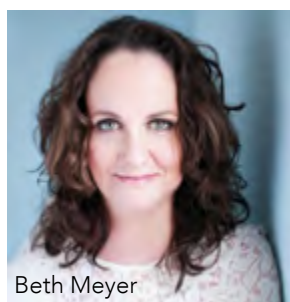
On April 9, Dorothy Donahey held the reception for her exhibit "First Blooms," where the public enjoyed refreshing and happy

spring-themed paintings with vivid colors and flowers.

"I usually paint landscapes, but rarely flowers," said Dorothy in her statement. "Flower painting, I always thought, was for little old ladies and considered an anathema in the art world. But this year ... it's different. With the news stories being so depressing and then our cold spring that nearly destroyed the cherry blossoms, I decided to bring a little sunshine into the garden. Enjoy the show and let the sunshine in!"

The Reston Art Gallery's next exhibits will include "Two Views," by Pat Macintyre and Gail Axtell-Erwin in May, as well as the group show "Summer Works" in June.

For more information about the Reston Art Gallery, please visit www.restonartgallery.com/default.html. ❖



Beth Meyer



Mike Lloyd



Megan Dubois

ARTS HERNDON *Appoints 3 New Directors*

The Board of Directors of Arts Herndon (AH) is expanding by three. At the monthly board meeting on March 8, directors approved the appointment of Megan Dubois of George Mason University's Center for the Arts; Michael Lloyd, of Kaiser Permanente; and Beth Meyer, owner of Green Lizard Cycling in downtown Herndon.

Megan DuBois grew up in Northern Virginia, and lived in Herndon for much of her life. A graduate of Washington and Jefferson College, Megan received a master's degree in arts management at Carnegie Mellon University. Her professional background included management and administrative work at The Barns at Wolftrap and the Maryland Symphony Orchestra, before she settled at George Mason University as front of the house manager and volunteer coordinator. Megan is a violinist and lover of all things historical.

With her husband, Dave, Beth Meyer owns Green Lizard Cycling and Espresso Bar in Herndon. A veteran fundraiser, her passion for the arts and for her adopted town of Herndon has led her to Arts Herndon, where she is already planning bike-a-thons, opens her shop doors for Third Thursdays (the new monthly outdoor summer arts event in Herndon's historic downtown), and loves to provide Lizard-themed children's crafts for the Herndon Festival. She can usually be found serving coffee and beer at the Green Lizard or riding her bike on the W&OD Trail.

Michael Lloyd grew up in Bridgeport, WV, and attended West Virginia University. He received his master's degree from the University of Notre Dame, and holds CPA and CCIM certifications. Most of his career has been in health care finance, from his job as a bill collector in rural West Virginia hospital, to becoming a hospital administrator in Pennsylvania.

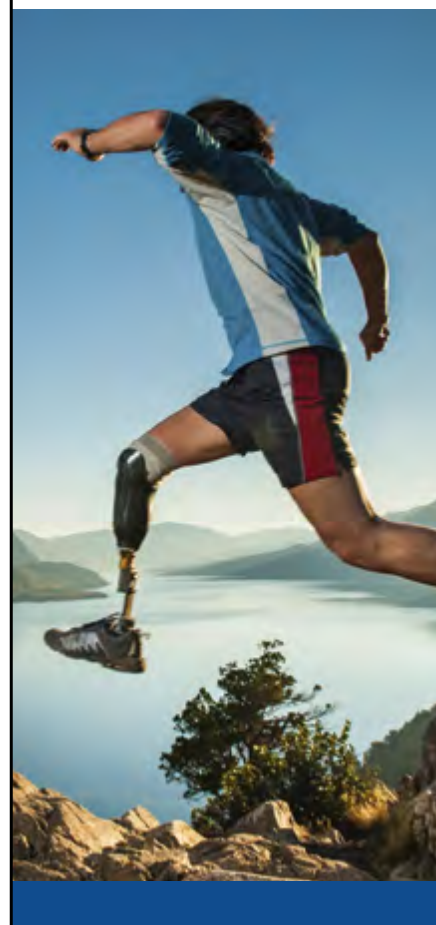
Subsequent positions included CFO of insurance companies in Washington, DC and Chicago, Illinois.

He moved back to the D.C. area to join Kaiser Permanente in 2007 and oversees financial, administrative and operational activities at Kaiser Permanente's 10 Northern Virginia medical centers.

Michael Lloyd also spent several years in the commercial real estate industry while in Chicago where he gained experience in building sales and purchases, construction and leasing.

He has been a Herndon resident since 2009 and his dog River is included in the Town of Herndon mural commissioned by Arts Herndon, which was completed in 2014 on one side of the Dominion Animal Hospital. (River is the dog with the soccer ball.)

Michael O'Reilly, of the O'Reilly Law Firm and president of the Arts Herndon Board, is delighted to welcome such a talented pool of volunteers to the Arts Herndon Board. "We have spent some time considering what skills and talents would best serve our mission and augment the talents we have on our seasoned board. These professionals bring new skills and insights to Arts Herndon." Executive Director Signe Friedrichs noted, "We are delighted and honored that these three new board members have volunteered their time, skills, and their passion for Herndon and the Arts." ♦

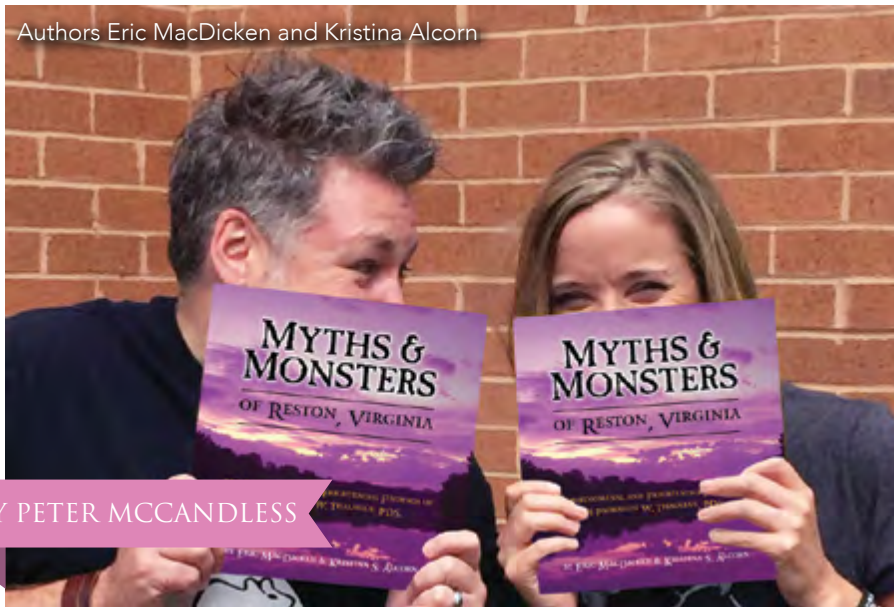


QL+ engineers develop unique solutions and assistive devices for our nation's wounded warriors.

DONATE TODAY!
QLPLUS.ORG

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

Authors Eric MacDicken and Kristina Alcorn



BY PETER MCCANDLESS

From the Introduction of Myths & Monsters of Reston, Virginia:

"Ripe for exploration and best enjoyed with a sense of wonder, MacDicken and Alcorn encourage new generations to get outside, search for critters, peek into hiding places, and let their imaginations soar..."

—Katie Shaw, Walker Nature Center Manager and Restonian since 1968

RESTON HAS ALWAYS INSPIRED *a Sense of Wonder*

Myths & Monsters of Reston, Virginia, written by two Reston friends who grew up listening to tales of the Bunny Man, the Nudist Colony, and other mysteries helps us discover our own inner child.

"Bob [Simon] was a visionary who never lost faith in big ideas," opined Judy Scott Feldman, founder and chair of the National Mall Coalition.

Thanks to the curiosity, energy and determination of longtime Reston resident and author Kristina S. Alcorn, the world has now

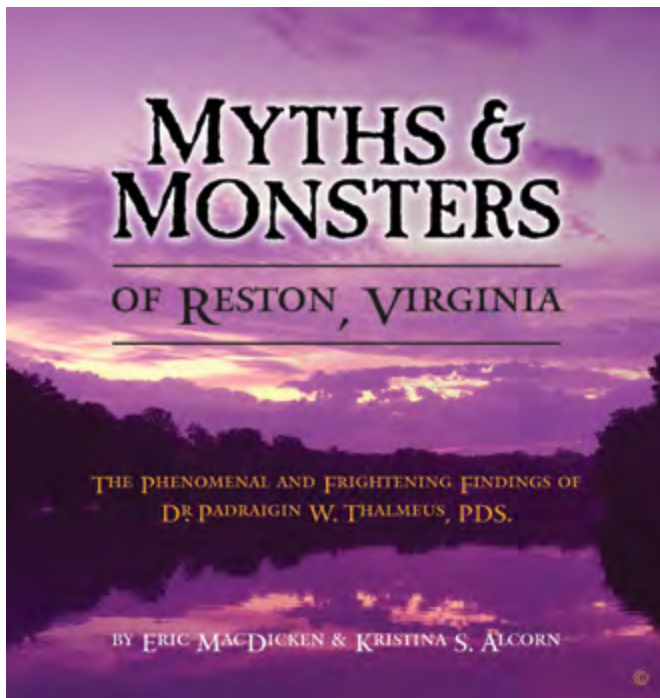
been treated to the extraordinary life and big ideas of Reston's founder. In her 2016 book *In His Own Words*, Alcorn invites us to listen in to hundreds of hours of intimate interviews with Reston's larger-than-life creator, taped over a period of many years.

Those of us who thought we knew him well discovered intimate stories that we had never known ones that provided rich—and often rare—insights into what shaped Reston's exceptional culture and renowned quality of life.

One who knew him better than most is Vicky Wingert, longtime Reston resident and former CEO of the Reston Association. "In his own buoyant voice, Bob Simon tells us vivid stories about his culturally rich Manhattan childhood, his trepidation at becoming president of Carnegie Hall at age 23, and his passion for creating an urban New Town from scratch in the woods and fields of Northern Virginia."

Bob Simon loved children and was a colorful storyteller! Although he passed away [at age 101] as *In His Own Words* was being written, he would have clapped with delight at the imagination and creativity that *Myths & Monsters of Reston* delivers. He would have applauded the authors' goal to encourage families to get outside and enjoy the natural beauty of Reston. It was one of the seven, original goals of his master plan: "Beauty is a necessity of the good life."

He said that Reston was meant to be a place where nature would not just coexist with humans, but would thrive. Today, Reston residents and workers enjoy more than 1,900 acres of parks and permanent natural areas. Sixty-nine miles of pathways and underpasses wind through forests and wetlands, connecting homes to schools, shops,



swimming pools, stores, ballfields, tennis courts and offices.

Authors Alcorn and MacDicken grew up along these pathways, playing as children in these woods and wetlands. So, it was natural for both to “search for critters, peek into hiding places, and let their imaginations soar,” as quoted in the book’s introduction.

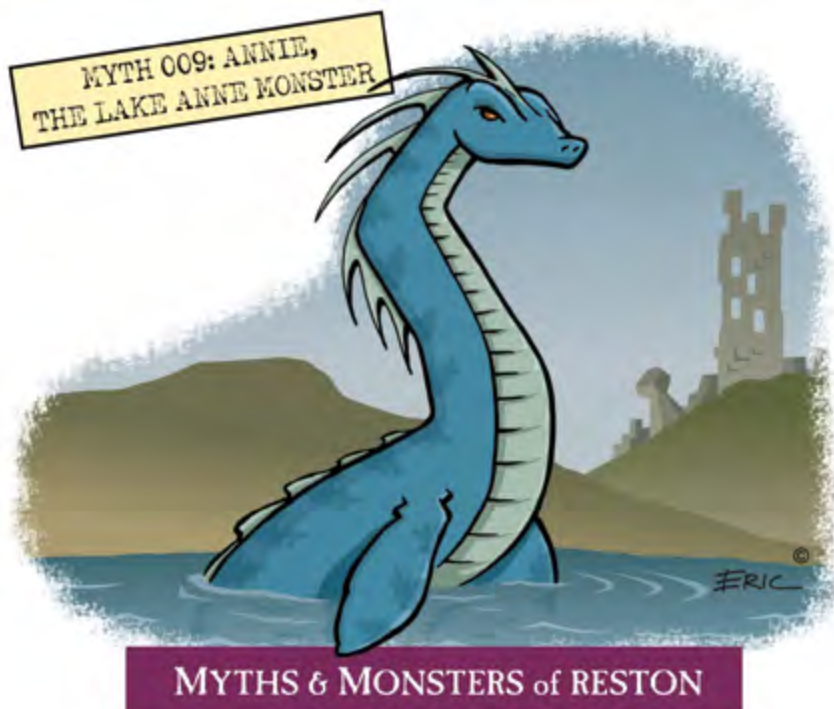
“*In His Own Words* would not have been published if fate hadn’t intervened on a gloomy January day,” Alcorn recalls. “During a writing break, I found myself pushing an empty shopping cart around Target, pondering how to turn my unwieldy collection of digital files and photos into an actual, coherent, visually pleasing book.

“I found my answer in the cleaning supplies aisle. There, I ran into Eric MacDicken, a dear friend since our days at Langston Hughes Middle School. It had been a few years since we’d seen each other, but what could have been an awkward, ‘So, what have you been doing the last decade?’ conversation instead felt like no time had passed and led to a beautiful partnership.”

MacDicken, a writer, art director, designer, creative consultant and illustrator, helped Alcorn produce *In His Own Words* in time for Founder’s Day 2016. “We found working together such a joy that even in the thick of production we charted our next collaboration—*Myths & Monsters*,” MacDicken said. Alcorn adds, “As we talked, Eric had a seemingly inexhaustible enthusiasm for all things mythical and monstrous, as well as a love of nature.”

The two authors worked around the clock, especially MacDicken, who, in addition to writing, created the book’s illustrations and design. For both authors, inspiration to write the book appeared throughout Reston—the forests and hollows, the miles of walking paths, the dark-water lakes and mysterious creatures that must lurk below the surface, the troll immortalized in a woodcut on the Reston Museum’s window, and the ghost stories told to children to make sure they don’t stay out too late on Halloween—to name a few. Such an environment helped MacDicken and Alcorn bring to life some amazing yet little known creatures rarely seen in Reston, including the Tree Hole Troll, Zombie Cows, and Annie the Lake Anne Monster.

A quote in the Introduction, by Gigi Thibodeau, a writer and adjunct professor of English at the University of Massachusetts Lowell, provides readers with an intriguing opening for the book: “Myths explain the



inexplicable: they give us meaning and purpose; they bind us to one another. The heroes and creatures of myths are as essential to our survival as the fires we light against dark and cold.”

Today, Alcorn and MacDicken are working on their next project—book two of the *Myths & Monsters* series. They can’t wait to share the continuing adventures of the book’s characters with readers, the young and young-at-heart. ❖

ARTSPACEHERNDON.COM

An Artful Mother's Day Tea

May 13, 2017 2-4 pm

Join us at the Crowne Plaza for a special
Mother's Day Tea to Benefit Arts Herndon's Scholarships and Programming.

Jazz in the City
Kristine Kellen & Robert Gilbert
Painting
ON EXHIBIT:
June 13 - July 8

Slam Allen Back by Popular Demand
Blues & Soul
Saturday, June 24 7-9pm

MARK YOUR CALENDARS!
April - September 6-9 pm

Arts Herndon partners with local Downtown Herndon businesses. Come feel the beat of the arts in the heart of Herndon. All leading up to Arts Week October 8-14.

Arts Herndon is an independent 501 (c) 3 nonprofit organization that serves as the official arts agency of the Town of Herndon and operates Artspace Herndon. All Arts Herndon exhibits and programming are made possible in part by generous contributions, sponsors, supporters and volunteers.

Artspace Herndon is produced by Arts Herndon, that recognizes the generous support provided by The Nelson J. and Katherine Friest Post Foundation, and

Arts Council of Fairfax County



Concerts, Exhibits and Events

AT ARTSPACE HERNDON

MIND, HEART, VISION — HIGH SCHOOL MULTIMEDIA

On exhibit: May 9 - May 20

Reception: Wednesday, May 10, 6-8 pm

Multimedia works from Herndon High School students.

ART + TECHNOLOGY = NOW

On exhibit: May 23 - May 31

Reception: Wednesday, May 24, 6-8 pm

Works by High School students from Fairfax County Public Schools.

JAZZ IN THE CITY

On exhibit: June 13 - July 8

Reception: Saturday, June 17, 7-9 pm

Paintings by Kristine Keller and Robert Gilbert

GETTING DIRTY WITH CLAY — DESIGN AND WINE EVENT

With Mercia Hobson

Tuesday, May 16, 7-9 pm

No experience necessary. Beginners and experts alike will experience an enjoyable evening with like-minds creating a work of art to take home. Registration is required. **Price:** \$35 in advance includes all supplies and two glasses of wine.

SLAM ALLEN — BLUES AND SOUL

Saturday, June 24, 7-9 pm

Back by popular demand, American Showplace Music recording artist Slam Allen is one of the most dynamic and original blues and soul artists on the scene today.

For more information please visit www.ArtSpaceHerndon.org



Third Thursday Arts Crawl IN DOWNTOWN HERNDON

Every third Thursday of the month, April through September, from 6 to 9pm, the heart of downtown Herndon is filled with artists, artisans, performers, and art lovers at Art Crawl, produced by Arts Herndon in partnership with local downtown businesses.

Join in the festive atmosphere, purchase one-of-a-kind, handcrafted items, try a dance or instrument lesson, watch an art demonstration, or listen to great live music. Admission is free, and most participating businesses offer complimentary food samples with a cash bar for drinks. Stay for dinner at one of Herndon's great restaurants, or ask for your food "to go" and sit at one of the umbrella tables at the Town Hall Plaza.

For more information, please visit www.ArtSpaceHerndon.org ❖





Locally sourced and
handcrafted in Bristow, VA

Ask for it by name at your local ABC store

COME VISIT US!

7961 Gainsford Court | Bristow, VA 20136 | (571) 284-7961 | (571) 284-7982 | murlarkey.com

**Winner 2017 American Distilling Institute's
Annual Craft Spirits Awards**

Divine Clarity Vodka

GOLD – Grain-to-Glass Vodka - Neutral Character

ImaGINation Gin

BRONZE – Contemporary Grain-to-Glass Gin

Brutality Special Reserve Single Barrel Whiskey

BRONZE – Corn Whiskey

Cincerity Whiskey with All-Natural Cinnamon

BRONZE – Flavored Whiskey

Justice White Whiskey

BRONZE – White Whiskey



CHOOSE YOUR OWN DINING ADVENTURE

You and a friend are supposed to go out for some food and libations this weekend. Why not mix it up a bit and let us funnel you into a restaurant that has just what you're looking for? Find out more details about the restaurant you chose in our Selected Area Restaurant Listing on page 58.

What kind of dining experience are you looking for?

I want to go someplace where you can really talk with a great wine list!

Budget concerns?

I'm looking to have some good food and hang out and be casual.

Go to page 56

He's paying

What kind of Cuisine are you in the mood for?

French

American

Italian



L'Auberge Chez Francoise

The Wine Kitchen

Dante Ristorante



Zeffirelli's

Finances are solid.

What kind of Cuisine are you in the mood for?

Korean/American

American

Italian

Mokomandy



Tuscarora Mill

Piero's Corner
Ristorante Italiano

I'm a little low on cash.

I don't wanna have to change and I'm just looking to hang out and eat some good food.

What kind of Cuisine are you in the mood for?

American

The Mellow Mushroom

Mediterranean



Kalypso's Sports Tavern

Thai



Thai Luang Restaurant



Tara Thai



Busara Thai Cuisine



Angeethi
Authentic Indian Cuisine

Try Our Highly-Rated Lunch Buffet!
Weekly 11:30 am - 2:30 pm

"THIS buffet is my favorite for the selection and quality."
-Yelp Review

(703) 796-1527 | 645 Elden St, Herndon, VA 20170 | www.angeethiindian.com





Zeffirelli
Ristorante Italiano



SUNDAY NIGHT SPECIAL!

Mention *Reston Lifestyle Magazine* and we'll take \$20 off your dinner check of \$100 or more.

An Elegant Setting

For Any Occasion



Italian



Spazio's Italian
Kitchen and Bar

Indian



Angeethi
Indian Cuisine

Zeffirelli Ristorante Italiano has been preparing delicious Italian food for the community for over 20 years. We bring our special entrees just for you! Zeffirelli Ristorante has a phenomenal selection of wine to go with the food. Since 1991, we have been bringing the finest authentic dishes of Italy to Herndon, VA. We are located in the one of the most historically rich areas and offer a scrumptious selection of food for the whole family.

703.318.7000

In Old Town Herndon
728 Pine St, Herndon, VA 20170

www.zeffirelliva.com

LET US HOST YOUR SPECIAL EVENT

An upstairs balcony overlooks the restaurant where private parties up to 30 are welcomed. An intimate and gracious atmosphere sets the mood for your business affair, rehearsal dinner, birthday, or romantic dinner. Whatever the occasion may be, we are prepared to help you make lasting impressions. Our staff looks forward to serving you in the near future. Buon appetite!



SELECTED AREA RESTAURANTS

RESTON

ARIAKE

Reston | Japanese | \$\$

Arguably one of the best Japanese restaurants in NoVa, Chef Aoki brings 35 years of experience straight from Tokyo, and it shows. Serving the best sushi rolls around, Ariake is a great place for large parties, kids, and families with seasonal outdoor seating.

12184 Glade Dr. Reston, VA | 703-391-9006
www.ariake-restaurant.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 D.C. area "institution," 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, you can find Il Fornaio locations throughout the U.S.

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 | \$\$

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 located on Lake Anne of Reston, Kalypso's is a fully stocked sports bar with 30+ HDTVs, gorgeous lounge with separate bar, and a full service indoor dining room. A weekend brunch menu is offered every Saturday and Sunday until 2pm.

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

NOT YOUR AVERAGE JOE'S

Reston | American | \$\$

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

1845 Fountain Dr. Reston, VA | 571-234-8200
www.notyouraveragejoes.com/reston/

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, bargain entrees are 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 who 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 Chef Kermit Griffin's 15 years of experience, it's no surprise locals love this hotspot. The former chef of South Carolina's Beaufort Inn honed his craft there and at several other southern restaurants.

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 year-round. Saturday and Sunday brunch available until 3pm. 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.

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. A popular lunch buffet is offered daily, with brunch on Saturday and Sunday.

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

GRANADA

Herndon | Mediterranean | \$

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

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 the most of his 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

SPAZIO

Italian Kitchen & Bar

**NOW
OPEN!**
Free Parking

**Happy
Hour!**

3pm-7pm, Mon-Fri

Parties of 6 or more
get a FREE

14" Margherita Pizza

(other Food & Drink Specials
also available)

On the menu at Spazio you will find traditional Italian dishes whose recipes have been passed down through generations, but you will also discover some modern interpretations with a lighter, healthier composition.

This strong family influence also goes beyond cooking skills and recipes, extending to the ingredients and produce themselves. At the heart of Italian cuisine is the high-quality, fresh, and often seasonal ingredients that make up the tasty dishes.

Spazio Italian Kitchen & Bar is the perfect "space" where family and friends can gather together to enjoy great food and fun times!

703-437-3700

SUN - THURS 11AM-10PM | FRI-SAT 11AM-11PM

13005 Worldgate Drive • Herndon, Virginia 20170



www.SpazioItalianKitchen.com



Full Menu Online for Carryout - Delivery Coming Soon!

homesick, which is why you will find predominantly Indian clientele at every table.

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

RUSSIA HOUSE

Herndon | Russian | \$\$\$

The Darugars, the owners, say that the Russia House aims to cultivate “the warm feeling that you are dining at your aristocratic grandmother’s table.” Since 1992, they have combined fine dining with a homey attention to detail and a commitment to addressing every guest as “Czar.” Guests may also witness Russia House’s flair for culinary drama; many entrees are prepared tableside.

724 Pine St. Herndon, VA | 703-787-8880

www.russiahouserestaurant.com

SPAZIO ITALIAN KITCHEN & BAR

Herndon | Italian | \$

At the heart of SPAZIO Italian cuisine is the high-quality, fresh, and seasonal ingredients that make up the their traditional Italian dishes whose recipes have been passed down through generations. You will also discover some modern interpretations with a lighter composition. SPAZIO Italian Kitchen & Bar, “Home of the Malto Meatball,” is the perfect space where family and friends can gather to enjoy great food and fun times!

13005 Worldgate Drive, Herndon, Virginia 20170

703-437-3700

www.spazioitaliankitchen.com

TURCUISINE

Herndon | Turkish | \$

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

13029 Worldgate Dr, Herndon, VA | 571-323-3330

www.turcuisine.com

ZEFFIRELLI RISTORANTE ITALIANO

Herndon | Italian | \$\$\$

This upscale, white-tablecloth Tuscan-Italian restaurant serves pasta, seafood & popular veal chops. If you are looking for a quiet Italian dinner in Herndon, this is the place. They have great food, amazing service and make wonderful cappuccino.

728 Pine St, Herndon, VA | 703-318-7000

zeffirelliristorante.com

LEESBURG

AIYARA THAI

Leesburg | Thai | \$

A favorite with the locals, this family-owned and operated, full-service Thai restaurant with a friendly staff, offers fantastic food at a great price. It’s very kid-friendly, so bring

the whole family. Enjoy patio seating, a full bar, and of course, authentic Thai cuisine.

5 Catotcin 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 hyperlocal 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 fresh made-to-order specialties as well as traditional Irish fare. Breakfast is served daily next door in Katie’s Coffee House. This Great Falls institution has 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

- **Sports Bar**
- **Private Lounge**
- **Family Dining**
- **Lakefront Patio**

Now booking corporate parties, Happy Hours, Family celebrations, and Networking functions.

Telephone 703 707 0660

1617 Washington Plaza N.
Reston VA 20190

Email

Info@KalypsosSportsTavern.com



www.KalypsosSportsTavern.com



**TRIVIA
TUESDAY
8-10PM**

Kalypso's



SPORTS TAVERN

**KARAOKE
WEDNESDAYS
9:30PM**



Kalypso's Live

Friday

Acoustic (Patio/Dining)

5:30-8:30pm

Bands (Sports Bar)

9:30pm-1:30am

Saturday

Acoustic (Patio/Dining)

5:30-8:30pm

DJ (Sports Bar)

9:30pm-1:30am

Sunday

Acoustic (Patio/Dining)

4:30-7:30pm

NIGHTLY ENTERTAINMENT | SPECIAL EVENT GATHERINGS | HAPPY HOUR | LARGE LAKEFRONT PATIO & MORE



BY ELAINE ANNE WATT

CULINARY DESTINATION:

Epicerie Plaza

Sterling, Virginia

A new mixed-use residential and commercial center in Sterling, Virginia, called Epicerie Plaza in Cascades Overlook has taken shape over the past year. Developed by Meladon Group and featuring condo living with the convenience of a variety of supportive local businesses, the treat is to discover the range of dining options available for us to enjoy. Clustered near an open air plaza complete with fire pits and casual seating, you can find everything from the fresh appeal of the new Cava Grill for a quick bite, to upscale restaurants Burtons Grill & Bar and Ocean Blue, a one-of-a-kind island-themed seafood delight.

BURTONS GRILL & BAR

Burtons originated in Massachusetts, but is gradually moving southward as they spread their philosophy of sourcing the best local ingredients, creating innovative dishes and exceptional cocktails to tempt the palettes of their guests, and delivering impeccable service for a complete dining experience. The ambiance is bold, inviting, and casual enough while still having distinctive character. With a range of dishes for paleo, gluten-free, vegetarian,

or allergen-specific diets, their menu changes frequently to include the seasonal selections ripe for exploration. Libations include specialties such as pomegranate martinis, their sour cherry manhattan, or singular mai tai made with Bacardi Black, amaretto, Gran Gala, fresh lime, pineapple juice, and a mango-pineapple ice sphere. Whether shaken, crushed, or stirred, these varying menus of crafted drinks are sure to impress! Beer lovers or those preferring nonalcoholic options will find plenty to appeal to them as well.

Appetizers, soups and salads highlight Burtons' focus on healthy, tasty and fresh ingredients from farm to table. Full of flavor, try their superfood salad with quinoa, baby spinach, dried cranberries, feta, grape tomatoes, avocado, julienne vegetables, grilled lemon and lemon vinaigrette. You also can find comfort food like Buffalo chicken dip with grilled chicken, blue cheese, cheddar, and corn tortilla chips. Ordering one or more appetizers to share is a great way to start date night! Entrees include carefully selected hand-cut Angus beef steaks aged to perfection, market catch or seafood specialties, vegetarian risottos and Asian-inspired dishes with herbed



Opposite page: Epicerie Plaza
Top Left: Mini pita with protein, sumac radishes, and spicy leek dressing at Cava Grill
Above and below: Salmon and signature wings by Burtons Grill & Bar.
Bottom Left: Bar at Burtons



jasmine rice, or sandwiches such as their scrumptious short rib grilled cheese or street tacos. Be sure to save room for dessert, as they offer a chef's trio of miniature creamy delights in glass mason jars or a seasonally inspired featured dessert of the day. Family-friendly and perfect for special occasions as well, they open at 11am, and we're betting that they'll soon become a favorite. With outdoor seating and service during the warmer weather, you'll want to "sip, eat, savor, repeat," just like their corporate mission statement proclaims.

OCEAN BLUE

Next door also adjoining the plaza and with indoor/outdoor dining as weather allows is Ocean Blue. Opened by a local Loudoun entrepreneur who wants to share his love of Island cuisine and the best catches from around the world, Ocean Blue has a central aquarium filled with gorgeous fish, including a young striped bamboo shark awaiting naming by their customers. Surrounded by a flowing current filled with freshly prepared sushi selections, this main attraction sets the theme of the restaurant. With choices such as fresh marlin caught by their own captain and flown in from Hawaii and prepared within 36 hours of leaving the water, they care about the quality of their offerings. Maine lobster, Maryland crab, Norwegian salmon, Hawaiian poke rolls, and a fresh ramenbar with no less than 20 choice toppings await your discovery. South Pacific seared ahi with Asian influences is one of their specialties.

With so much to choose from, you'll want to consider ordering as a group and sampling the various signature rolls and international tastes. For larger gatherings, there is a private room available by reservation. Not a seafood lover? They have just enough chicken dishes and a grilled Kobe burger to satisfy the landlubbers amongst us. Younger patrons are sure to appreciate the orange and mango smoothie or the appealing dessert selection, including a chocolate Nutella wrap with cinnamon syrup, toasted hazelnuts and a scoop of vanilla ice cream. With the advent of warm weather, their garage door windows open to create a festive biergarten atmosphere in which to enjoy your meal.

COLADA SHOP

Colada is an all-day favorite featuring everything from specialty coffees to late-night cocktails to sip in their cozy shop or outside at seating in the plaza. Indulge in their delicious pastries, tortillas filled with ham and Swiss or potato and sofrito, house-made mango and coconut granola with yogurt, or their tostada, a traditional toasted Cuban bread with butter to start your day. Also featuring Cuban-style empanadas, croquetas, and sandwiches, or fresh snacks and greens



Pastelitos from the Colada Shop are Caribbean-style pastries filled with tropical flavors ranging from sweet to savory: guava, guava and cheese, sweet cream cheese, picadillo-Cuban meat pie.

on the go, another taste of the Islands can be found here. Their granitas, roasted coconut piña coladas and mojitos will sure to be a big hit this summer. With other savories and sweets on their menu, this might just become a frequent stop for a quick indulgence.

CHOOLAH INDIAN BBQ

Coming soon is the third Choolaah Indian BBQ restaurant. First opened in Cleveland in 2014, the only other restaurant in this chain is in Fairfax's Mosaic District. Using custom-built tandoor clay ovens that cook food at 700 degrees, savory Indian spices infuse lamb, chicken, and salmon dishes with delightfully nuanced flavors sealed in by the high

temperatures. On trend, Choolaah offers up a variety of gluten free and vegetarian options, including a cheesy paneer, tikka masala, black and yellow lentil daals, and tofu laden BBQ bowls. Beer, wine, Choolaah chai, and mango and salted lassis should be on tap, as at their Mosaic location. You'll have to learn more for yourselves once their doors open!

CAVA GRILL

Cava Grill, on the other hand, is off to a great start. With traditional Greek ingredients on hand, you can build your favorite salads, grains, pitas, and proteins into a quick feast. Their spicy lamb meatballs, chicken, falafel and roasted seasonal vegetables pack a

tasty punch, with plenty of healthy greens, toppings, and dressings to compliment whatever combination you desire. The sriracha Greek yogurt and lemon herb tahini dressings are particularly nice.

CHUYS TEX-MEX RESTAURANT AND ZOUP!

Not far from the plaza and part of Cascades Overlook are a Chuys Tex-Mex restaurant and Zoup!, offering up a selection of 12 fresh soups daily along with salads and sandwiches. And if all these options aren't enough, there is a convenient Harris Teeter right there for whatever else you might be looking to eat! ❖





Salona Jewelers

Quality Jewelry and Watches

Custom Engagement Rings
Jewelry & Watch Repairs
Appraisals • Necklace Restringing
Custom Engraving

Authorized
CITIZEN
Watch
Jewelry Dealer



1333 Chain Bridge Road
McLean, VA 22101

703.848.2660
www.salonajewelers.com



**ONE-ON-ONE PERSONAL TRAINING
PARTNER PERSONAL TRAINING
SMALL GROUP PERSONAL TRAINING**

TRY US OUT!

**NO COMMITMENT. NO PRESSURE.
JUST AN OPPORTUNITY
TO IMPROVE YOUR LIFE!**

www.1to1fitness.com

7900 Westpark Dr | Suite A030 | McLean/Tysons Corner, VA 22102 | (703) 848-0881

1800 Presidents St (in the Hyatt Regency) | Reston, VA 20190 | (703) 709-6100

MAX YOUTH PERFORMANCE | 1137 Walker Rd | Great Falls, VA 22066 | (703) 759-9110

METRO CENTER | 555 13th Street NW | Washington, DC 20004 | (202) 383-8765

K STREET | 1750 K Street NW | Washington, DC 20006 | (202) 452-1861

Design • Build • Enjoy

703.574.5353 | FosterRemodeling.com

Additions • Kitchens • Master Suites • Bathrooms • Entertainment Areas • Generators • Electrical Services

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

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

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

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



- General and Cosmetic Dentistry
- Porcelain Veneers
- Full Mouth Reconstruction
- TMD & Headache Treatments
- Teeth Whitening
- Orthodontics
- Implants
- Sedation Dentistry
- Sleep Apnea Appliances



BY STEPHANIE OPPENHEIMER



helga's caterers

Many of Northern Virginia's most successful small businesses share a similar story: They were founded by immigrants who pursued the American Dream and hit gold.

At Helga's Caterers—an award-winning, full-service catering company founded in McLean 30 years ago—a similar story can be told.

In 1957, Dr. Peter and Helga Evans emigrated with their two young children from Germany, leaving behind the struggles of World War II and a hard life that sometimes meant existing solely on bread and butter. The couple settled in Falls Church and went on to grow their family of four to nine, while Peter became a doctor and professor of ophthalmology and chairman of ophthalmology at Georgetown University. Helga helped out by catering events at the university and in their home for her husband, and the experience helped crystallize her realization that she was looking for a new challenge. Backed by a love of cooking, some formal culinary training, and the irreplaceable experience of constantly experimenting in the kitchen for her large family, she decided that launching a catering business would be an exciting new option.

Around the same time, one of her sons, Michael, was at the Georgetown school of business, gearing his studies toward marketing a catering business while also serving an apprenticeship in Philadelphia for a leading caterer. Mother and son soon opened Helga's in McLean in 1981, a dual-operation with sit-down restaurant service and a catering service.

"We started the restaurant together," said Michael, now chef-owner of Helga's

Caterers, "thinking it would be a great way to simultaneously serve customers and market our catering business. McLean was the perfect place to start."

The venture almost immediately became a family affair, with grandmother Omi joining brothers and sisters to pitch in and help. In 1990, Helga retired, and Michael continues to grow the legacy of three generations to four.

"We decided to sell the restaurant and focus solely on catering," Michael explained, "committing ourselves to exceptional personal service and outstanding cuisine. We never forget that while we may have catered hundreds of weddings, it may be our client's first ... so our attention to personal service is paramount. Many of our staff have been with us since the start, and we share a strong passion for and love of the catering business. Food is an art, and it needs to be presented beautifully ... but service and attention to detail is equally important. We're proud of the fact that praise for our staff is as common in our reviews as is praise for our food."

Helga's caters events of all sizes, ranging from small, private family gatherings to large, corporate events; graduations, weddings and bridal showers; summer picnics; and cocktail parties, galas, and formal dinners.

"Our menus are so diverse that we can offer all-American BBQs to Hawaiian luaus to ethnic menus. Continental cuisines got us

started, and German and Hungarian foods are our roots, but we do it all today, including being sensitive to dietary restrictions such as gluten-free, vegan, and paleo diets.

"In the mid 1980s," Michael added, "we partnered with the Diet Center and had a contract with the American College of Cardiology. Recipes had to be reviewed by nutritional consultants for cholesterol, fat, sodium, and calories to ensure that they were heart-healthy. We even published a cookbook, Food for Your Health, that includes nutritional counts. Today, that might not seem like much, but back then, we were ahead of our time. Our focus on nutrition since our founding has also helped differentiate our service."

Peter and Helga, now 91 and 81, are still enjoying the fruits of their family's labor, joined by seven children, 16 grandchildren, four great-grandchildren, and countless nieces and nephews who take active roles in the business.

Helga's Caterers has been voted one of Washington's Top Five Caterers by WUSA Channel 9; was awarded TheKnot.com's "Best of Weddings" every year since 2012 and has been repeatedly recognized by WeddingWire and Brides & Weddings as a top caterer. ❖

www.helgascatering.com/index.html

How to Pamper Dad on FATHER'S DAY

BY RYANNE WRIGHT

Dad works hard. Either at an office job or as a stay-at-home dad, coping with the stress and responsibilities of fatherhood every day is not an easy task.

Make sure Father's Day is a special moment for him! Dads have many interests, so make sure you cater to your special man's interests. Northern Virginia has a wide variety of places and activities to treat your dad—you just have to take advantage of all that the area has to offer!



Golf

Reserve a tee time at Dad's favorite course, and have his clubs waiting for him in the car! Let him relax for a few hours on the course, either alone or with the entire family!



Breweries

If Dad loves beer, you have to take him to a brewery! Good options are Lake Anne Brew House in Reston (lakeannebrewhouse.com), award-winning Lost Rhino Brewing Company (lostrhino.com) and Old Ox Brewery in Ashburn (oldoxbrewery.com), Corcoran Brewing Company in Purcellville (corcoranbrewing.com), and Caboose Brewing Company (caboosebrewing.com) in Vienna.



Baseball

Does Dad love sports? Grab some Washington Nationals tickets for an upcoming game! Make sure you buy him a beer and soft pretzel while you're there.



Camping & Fishing

Is Dad more of an outdoorsy guy? No problem! Get him a tent or a new fishing pole, and set up a camping trip! Luckily, Father's Day is always in warmer weather, so plan for a dry weekend and enjoy the fresh air!



Father's Day Cigars

Dad loves cigars? Stop by Bogati Winery (bogatibodega.com) at 35246 Harry Byrd Highway in Round Hill, VA, on Father's Day from 1 to 5pm for a free cigar with the purchase of a bottle or glass of wine. ♦

Your Studio.
Your Clients.
Your Future.
**New Year
New You!**

Studio Rentals

For Licensed Beauty, Health & Wellness Professionals

Design Your Studio • Set Your Schedule • Be Your Own Boss

Call for a tour today!



CIRQUE SALON
STUDIOS®



301.655.3308

**384 ELDEN STREET
HERNDON, VA**

[FACEBOOK.COM/CIRQUESALONHERNDON](https://www.facebook.com/CIRQUESALONHERNDON)

CIRQUESALONSTUDIOS.COM/LOCATIONS/HERNDON-CENTRE



Don't forget!
Father's Day
is Sunday,
June 18

Celebrating Mom and Dad

The Origins of Mother's and Father's Days

By Donna Schmidt

It's that time again! Time to celebrate mothers and fathers everywhere, stepparents, foster parents, adopted family and all of those individuals who have stood in as a mother and father to make an impact on another's life. This year Mother's Day will be observed on Sunday, May 14, and Father's Day will be marked on June 18.

Have you ever wondered how these holidays came to be? You probably already knew that both are considered to be official national holidays, but you may be surprised at their respective origins.

Mother's Day

Wikipedia probably defines Mother's Day the most eloquently: "[It is] a celebration honoring the mother of the family, as well as motherhood, maternal bonds and the influence of mothers in society." A wonderful, and very true, sentiment.

The tradition of celebrating mothers, motherhood and a mother's bond goes back to ancient times, when the Greeks and Romans would perform great elaborate ceremonies for goddesses Rhea and Cybele. Over time, the observation of Mothering Sunday, the fourth Sunday of Lent, evolved, but focused more on an individual's return to their mother church than any recognition of one's mother figure. (It is still celebrated as such in many countries, including the United Kingdom.)

Mother's Day, as it is known today, really got its start in 1908, when a woman in Grafton, West Virginia, wanted to hold a memorial for her mother at the town's St. Andre's Methodist Church. Anna Jarvis, who had lost her mother in 1905, said she wanted to continue honoring her mother every year and worked to set aside a day each year to honor all mothers. The southern West Virginia church is now home to an International Mother's Day Shrine.

Don't forget!
Mother's Day
is Sunday,
May 14

While the United States Congress initially rejected Anna's proposal in 1908, by 1911 every state was marking the day. West Virginia was the first, and soon many towns across the nation considered the yearly holiday an official one on a local level.

Mother's Day was made a national holiday in 1914 with a proclamation by Woodrow Wilson, just two years after Anna trademarked the phrase "Mother's Day" as well as "second Sunday in May" and established the Mother's Day International Association. Many mothers today didn't ever actually give birth to those

that refer to them as mothers; in many cases there is not even a relation between someone and the individual they call Mom. The day has come a long way, and now means more than it ever has!

Father's Day

The Father's Day holiday has just as much of a storied history, and a tie once again to President Woodrow Wilson. However, its start was not here in America.

A celebration of fathers, the paternal bond and a recognition of the influence of fathers in society has been marked in some way since the Middle Ages by Catholic tradition, though much earlier in the year (March 19, St. Joseph's Day). In the U.S., the first Father's Day was marked on July 5, 1908, at the Williams Memorial Methodist Episcopal Church South in Fairmont. The remembrance also stemmed from the death of a loved one, in this case the father of Grace Golden Clayton, who had been killed six months earlier in the Monongah mine disaster that took 361 lives. At least 250 fathers were lost and 1,000 children were left fatherless, so Grace urged her pastor to honor the entire group.

The observance of Father's Day did not start with the same enthusiasm as that of Mother's Day, and other subsequent attempts to establish Father's Day on a wider scale ultimately failed. Two others in 1911 and 1915 proclaimed they had established the day and were met with varying levels of success.

Enter a young woman in June 1910, Sonora Smart Todd, who organized a celebration of Father's Day in Spokane Washington, to recognize her single-parent father William Jackson Smart after learning of Anna Jarvis' sermon in West Virginia. Many years later in the 1930s, when Sonora completed her education, she began pushing for a national-level recognition of Father's Day.

A bill was proposed before Congress in 1913, and three years later President Wilson spoke at a ceremony in Spokane to say that his wish for the passage of the holiday had been met with fear by legislators that the day would be taken over by commercialization. In 1924, President Calvin Coolidge recommended the nationalization of Father's Day, but never issued a proclamation. It was not until 1966 that the proclamation would finally be made by Lyndon B. Johnson, and it took another six years after that for Richard Nixon to sign the bill into law to permanently make the third Sunday of each June Father's Day. Whew! It was a long 60-year road to an annual day we now feel like has been around forever. In many ways, it has. ♦



Restaurants to Treat Mom ON MOTHER'S DAY



By Ryanne Wright

Mom has taken care of the family all year. It's time to treat her to a lovely meal. Whether it's brunch or a late night dinner, we know she'll love it! Check out a few of these ideas for the perfect Mother's Day meal.

Kalypso's Sports Tavern

1617 Washington Plaza North,
Reston, VA 20190
www.KalypsosSportsTavern.com

Treat mom to a special authentic Greek-style grilled lamb - cooked on the spit! Kalypso's Sports Tavern is also offering its full brunch menu until 2pm. Sit on the lakeside patio or inside in its full-service dining room. They will have local, live music from vocalist Tula on the patio beginning at 1pm. Reservations are recommended.

Blue Duck Tavern

1201 24th Street NW,
Washington, DC 20037
places.singleplatform.com/blue-duck-tavern/menu?ref=google

Take mom to Blue Duck Tavern for a three-course, market fresh menu. Feast begins with first-course starters set throughout the open kitchen, including fresh salad, meats, breads and cheeses, followed by choice of entree from the main menu, along with seasonal desserts to complete the experience. \$125 per person, \$60 for children 6-12

Härth

Hilton McLean Tysons Corner, 7920 Jones Branch Drive, McLean, VA 22102
www3.hilton.com/en/hotels/virginia/hilton-mclean-tysons-corner-MCLMHHH/dining/harth-mclean.html
Please join Härth for a lavish Mother's Day brunch buffet from 10:30 a.m. to 2 p.m. Adults \$45, kids 3-10 \$25. Add endless mimosas for only \$10!

City Tap House

901 9th Street NW,
Washington, DC 20001
www.citytap.com

Show your mom you really care and treat her to City Tap Brunch. Dessert specials, half off bottles of champagne, and a flower for mom will make her day. Serving brunch from 11 a.m. to 3 p.m. Make your reservations today!

Mon Ami Gabi

Reston Town Center, 11950 Democracy Drive, Reston, VA 20190
www.monamigabi.com/home/?loc=reston

Their new brunch menu features classic quiche Lorraine, salmon hash brown benedict, waffle bananas foster, crème brûlée French toast and more. They've got DIY sparkling cocktails to toast to Mom, and a full kids' menu if you're bringing the whole family. Plus, all moms will leave with a sweet treat!

Magnolias at the Mill

198 N 21st Street, Purcellville, VA 20132
www.magnoliasmill.com

Treat Mom this year to a lovely brunch buffet. Dinner will begin at 4pm with special dinner features. \$45/Adults, \$19.95/children, 5 and under free.

The Red Fox Inn & Tavern

2 East Washington Street, Middleburg, VA 20117
www.redfox.com

Celebrate Mother's Day at the Red Fox! They will be serving a three-course brunch from 10:30 a.m. until 2:30 p.m. Reserve your table today! \$38 per person, children under 10 are \$15. Taxes, gratuity, and beverages are not included in the price per person.

Il Fornaio

Reston Town Center, 11990 Market Street #106, Reston, VA 20190
www.ilfornaio.com/reston

Treat the moms in your family to a special day at Il Fornaio filled with authentic Italian elegance, a deliciously creative menu and memories for a lifetime!

Seasons 52

Tysons Corner Mall, 7863L Tysons Corner Center, McLean, VA 22102
www.seasons52.com/Tysons-Corner/Fresh-Grill

Not just any mom, not just any brunch. On Mom's special day, treat her and the family to pasture-raised egg brunch entrées and refreshing cocktails that let her know she's the best. Join them on Sunday, May 14, for brunch from 10am to 1pm.

703 bar + kitchen

11787 Lee Jackson Memorial Highway, Fairfax, VA 22033
www.703barandkitchen.com

Celebrate Mom at the 703 bar + kitchen for their brunch buffet on Sunday, May 14 from 11 am to 2pm. Executive Chef Peter McCall will put together a selection of breakfast and lunch items including a delicious dessert buffet. Make your reservation today! \$45/adult and \$20 per child (ages 4-12)

M&S Grill

Reston Town Center, 11901 Democracy Drive, Reston, VA 20190
www.mccormickandschmicks.com/mandsgrill.aspx

Spoil Mom with family, friends and our delicious brunch! Every mother will be treated to a complimentary chocolate-dipped strawberry!

Eddie Merlot's

20350 Bashan Drive, Ashburn, VA 20147
www.eddiemerlots.com

Enjoy an elaborate brunch including roasted beef tenderloin, glazed ham, roasted turkey breast, pork loin, shrimp cocktail, crème brûlée French toast, an omelet station and much more! Adults \$42.95/\$52.95 with mimosas or bloody Marys, \$14.95 for children 4-12, free for children under 3.

Moms in Reston

And why we admire them so much

By Alexandra Rossi

Moms do everything for us. Their children are the reason they smile during nine not-too-comfortable months, and why they still smile after a painful delivery. Even for those moms who may not have gotten pregnant in their bodies, they did in their hearts, and their children were delivered out of the sweetest desire to become a mother.

This month of May, when we celebrate Mother's Day, we want to honor all the moms out there who give it all for their children. Long nights when they are sick, happy meals at home that only mom can cook a favorite way, unforgettable vacations, memorable birthdays, and the warmest hugs are just some of the things only a mom can make special.

Their love transcends time, distance, suffering, sacrifice, and, in some cases, sadly, forgetfulness from their offspring. As cliché as it might sound, the love of a mother is not comparable to any other feeling. They have the ability to multitask to make their family happy.

Leila Gordon and her mom, Betsy El-Bisi

"My mom remains my most admired example of a woman who perseveres. Betsy El-Bisi raised six children, was an artist and advocated passionately for progressive causes her entire life. Her skills and talent were boundless; she could paint, build, sew, wallpaper, slip-cover, plant and grow anything. Every house we moved into became a beautiful home filled with art and color. With her creative instincts, she transformed places and things that most people just overlooked – whether it was an old beat-up chair or a run-down house – and turned them into objects of desire. We moved often – every time we did, the value of the house we sold far exceeded its purchase price because of what she did to it. When we said goodbye to one home, her artwork going up on the walls of a new one was the first sign to us that we'd be happy and comfortable, even if we felt displaced by the move.

"More than all of these admirable qualities though, what I found the most remarkable about my mom was her resilience. She wasn't relentlessly happy – in fact, she battled depression and her life was never easy. Regardless, she found the energy and will to love her children, to release her emotions on canvas and in paint, to make things that needed making, and to see the humor and absurdity in life.



Alexandra Rossi and mom, Gloria Morell

An example is my mom, Gloria Morell, who passed away 17 years ago. She was a single mom with a full-time job, who also made time to cook gourmet dinners for me, sew my clothes, help me with homework, clean the house, and smile even when things were not going very well. I didn't appreciate her discipline back then, but I give thanks for it now, as I am the person I am today because of her.

We asked a few Restonians who greatly contribute to the community on a daily basis to share with us their admiration for their moms. In their testimonials, we can see that their moms, through their love and encouragement, played a vital role in the outstanding individuals they have become now.



Her laugh was like a burst of sunlight in a forest – sparkly, welcoming, bright and nourishing. I miss her and love her still every day."

– Leila Gordon, executive director, Reston Community Center

Chuck Veatch and his mom, Nona



Shown in the picture ca.1947 in Arlington, Chuck, 5; John, 8; Jim, 12; and mother. Bitsy, the new puppy, would survive 18 years.

"My mom was smart, funny, energetic, and totally devoted to our family. She grew up on a hardscrabble farm in rural Colorado with four sisters and a brother and no indoor plumbing. She had near photographic memory, graduated from high school at 16, and left home at 17 to attend nursing school in Denver, paying her way working as a substitute teacher. She married my dad and started a family, and in 1941, they moved to Virginia, where I was born a year later. From my earliest memories, our house was the 'clubhouse' for every kid in the neighborhood. Think 'little rascals,' which later became 'big rascals,' and my mom was in the middle of all the action. If a child was missing, the parent generally called our house first. It wasn't just boys—the girls would come and talk to her about things they couldn't talk about with their mothers. She was a great listener.

"Long after my brothers and I were out of the house, friends of ours would stop by to say hello or introduce wives and girlfriends to Mrs. Veatch.

"My mother hated cruelty in any form. We were always taught to be kind and generous to 'those less fortunate.' There are many stories of her quiet but, on at least two occasions, direct physical intervention when someone was being abused. As a true stay-at-home mom of her generation, she never had a driver's license. The world she most cared about came to her. Happy Mother's Day!"

- Chuck Veatch, Reston's first residential sales manager (1964)



Karen Cleveland and her mom, Jeanne Kelly

"I love spending time with my mom and helping her check things off of her bucket list. She has always been there for me and is the reason I've dedicated my life to helping the underserved. My mom taught me to never judge others, always be true to myself, and remember that nobody is better than me. I am better than nobody and will always be there for those around me."

- Karen Cleveland, president, Leadership Fairfax



Maggie Parker and her mom, Peg

"My mom was an accomplished woman of great intellect, warmth, and compassion. Peg and my dad, Tom, were terrific, raising and educating five children and contributing to all aspects of societal and civic change in post-World War II New England.

"Always one to entertain, to bring people together, and to share, she left this message to us, found in her cookbook, 'Always remember there's room at the table for one more, whether hungry or just lonely. Love to all.'"

– Maggie Parker, director of communications and public outreach, Comstock

Joe Crawford and his mom, Maggie

"I believe my mom, like all moms, represents the best part of who our family is. My mother Maggie is hard-working, loving, and caring beyond all measures. She is hands-down the most selfless person I know. She brings positive and meaningful change to individuals all around her 365.25 days a year and I wish her only the best this 2017 Mother's Day!"

– Joe Crawford, executive director, YMCA Fairfax County Reston



Kerrie Wilson and her mom, Bonnie Bunting

"Growing up in a military family, the oldest of five Navy 'brats,' instilled in me early the importance of service and the power of community. My father was out to sea up to six months of the year, and my mother and the other Navy wives filled the void with potluck suppers and movie nights. They shared carpooling and babysitting, and they kept a watchful eye on each other's children. I'm not sure how my Mom did it all—raising five children nearly on her own while still finding the time to volunteer at church and at school, and teaching literacy on the base. As an officer's wife, my mother was counselor to younger wives struggling to take care of babies and manage finances on their own—just as she had been mentored. Moving every two years, saying goodbye to friends and starting over in a new place was not easy. My mother worked hard to help us adjust, unpacking boxes to surround us with familiar items and traditions that quickly made every place the home we remembered. When we moved to Virginia after my father's final tour, my mother went back to teaching and still runs into former students who tell her how much she meant to them. Today, she is as important to my children's and grandson's lives as she is to mine. My mother—Bonnie Bunting—exemplifies love of family, service, and sacrifice, and she taught me what community is all about."

–Kerrie Wilson, CEO, Cornerstones





Pat Macintyre and her mom, Florence Holt

"I was nine when I became an artist. My mom was in the hospital, and I drew a picture of a cartoon character—Woody Woodpecker—as a get-well card for her. All the doctors and nurses raved about it, and when she came home, she encouraged me to become an artist. Always listen to your mother!"

- Pat Macintyre, artist and owner, Reston Art Gallery



Mark's parents Leonard and Jean Ingrao

Mark Ingrao and his mom, Jean

"What I admired the most about my mom was her work ethic. I learned from her that if you wanted something bad enough, you had to put in the time and effort to achieve it. My mom exemplified that because she became the first woman elected to an officer position in the AFL-CIO with a little more than a high school education. For those who knew her, she was direct and suffered no fools. She was successful in male-dominated business and knew how to navigate the political waters of the labor movement. She accomplished all this while being a wonderful mother to my brother and me and a loving wife to my dad. My parents were married for 42 years until her untimely death at age 64, and to this day, I still draw from her strength and think of her every day!"

- Mark Ingrao, president, Greater Reston Chamber of Commerce





Hotter Summer

BY RYANNE WRIGHT



Local Summer Activities *for Kids*

During summer vacation, sometimes you still have to keep the kids entertained, even between vacations, camps and pool days – and it's not always easy. We're here to help!

All of these activities are local and age-friendly for most. However, we encourage you to use parental discretion and go to the websites we've provided to plan your activities.

Museums: *Perfect for a Rainy Day!*

Air and Space Museum, Udvar-Hazy Center

The Steven F. Udvar-Hazy Center near Washington Dulles International Airport is the companion facility to the Smithsonian Air and Space museum in Washington, D.C. Hundreds of historically significant aircraft and spacecraft, along with thousands of small artifacts, are on display in an open, hangar-like setting. Other features of the Center include the Donald D. Engen Observation Tower, the Airbus IMAX Theater and the Mary Baker Engen Restoration Hangar, where visitors can watch museum specialists at work restoring artifacts.

For more information, visit www.si.edu/museums/air-and-space-museum-udvar-hazy-center

14390 Air and Space Museum Parkway, Chantilly, VA

10 a.m. to 5:30 p.m. daily

American Indian Museum

The National Museum of the American Indian houses one of the world's largest and most diverse collections of its kind. The museum's sweeping curvilinear architecture, indigenous landscaping and exhibitions, all designed in collaboration with tribes and communities from across the hemisphere, combine to give visitors from around the world the sense and spirit of Native America.

For more information, visit www.si.edu/museums/american-indian-museum

4th Street and Independence Avenue, SW Washington, DC
10 a.m. to 5:30 p.m. daily

National Zoo

Always free and open 364 days a year, the Smithsonian's National Zoo is one of Washington D.C.'s, most popular tourist destinations, with more than 2 million visitors annually from all over the world. The zoo instills a lifelong commitment to conservation through engaging experiences with animals and the people working to save them.

For more information, visit www.si.edu/museums/national-zoo

3001 Connecticut Avenue, NW Washington, DC
March 15–September: 9 a.m. to 6 p.m. daily
(Grounds 8 a.m. to 7 p.m.)

Natural History Museum

The National Museum of Natural History (NMNH) is part of the Smithsonian Institution, the world's preeminent museum and research complex. The museum is dedicated to inspiring curiosity, discovery and learning about the natural world through its unparalleled research, collections, exhibitions and education outreach programs. Opened in 1910, the green-domed museum on the National Mall was among the first Smithsonian buildings constructed exclusively to house the national collections and research facilities.

For more information, visit www.si.edu/museums/natural-history-museum

10th Street and Constitution Avenue, NW
Washington, DC
10 a.m. to 5:30 p.m. daily

Postal Museum

The Smithsonian's National Postal Museum is in the historic City Post Office Building, which was constructed in 1914 and served as the Washington, D.C., post office from 1914 through 1986. The museum occupies 100,000 square feet of the building, with 35,000 square feet devoted to exhibition space. It also houses a 6,000-square-foot research library, a stamp store and a museum shop.

For more information, visit www.si.edu/museums/postal-museum

2 Massachusetts Avenue, NE Washington, DC
10 a.m. to 5:30 p.m. daily

Parks: *for when the warmth is irresistible!*

Lakefront Parks

Lake Accotink

Lake Accotink Park's 493 acres include a 55-acre lake, wetlands and streams offering unique views of waterfowl and marsh life. Facilities and activities vary with the season and include bike rentals, canoe and pedal boat rentals, a boat launch, tour boat rides, fishing, a nine-green double-holed miniature golf course, antique carousel, snack bar, pavilion shelters and picnic areas with grills, restrooms, playground, sand volleyball court and a basketball court. For more information, visit www.fairfaxcounty.gov/parks/lake-accotink/.

Burke Lake

A 218-acre lake with fishing, boating, rowboat rentals, camping, a miniature train, a carousel, outdoor volleyball courts, open fields, an 18-hole par-3 golf course, clubhouse with snack bar and driving range, disk golf and horseshoe pits. It also features an ice cream parlor, picnic areas with grills, three playgrounds, trails, an amphitheater and a miniature golf course. For more information, visit www.fairfaxcounty.gov/parks/burkelakepark/.

Lake Fairfax

For recreation and fun in western Fairfax, this 476-acre park includes a 20-acre lake with fishing, the Water Mine family Swimmin' Hole, boat rentals, a carousel, athletic fields, picnic shelters and picnic areas with grills, a playground, restrooms,

campgrounds, trails and a skate park. The Water Mine Family Swimmin' Hole features tubing on the Rattlesnake Lazy River, a tot pool at Tenderfoot Pond, slides, tunnels and interactive play features designed for young children. The Water Mine is open Memorial Day weekend through Labor Day. For more information, visit www.fairfaxcounty.gov/parks/lakefairfax/.

Other Major Parks

Clemyjontri Park

Clemyjontri Park features a unique playground where children of all abilities can play side by side, and where every child is welcome. This park is a place where children who use wheelchairs, walkers or braces, or who have sensory or developmental disabilities, can have a parallel playground experience of fun and exploration. For more information, visit www.fairfaxcounty.gov/parks/clemyjontri/.

Frying Pan Farm Park

Frying Pan Farm Park is part of the Floris community in western Fairfax County, known as Frying Pan from 1726 to 1892, when the name was changed to Floris. Today, the park preserves and interprets a 1920s through 1950s farm, agricultural process, rural community life and landscape for the educational, cultural and recreational enrichment of citizens and visitors of Fairfax County. For more information, visit www.fairfaxcounty.gov/parks/fryingpanpark/.

Green Spring Gardens

Green Spring Gardens is a "must visit" for everyone in the metropolitan Washington, D.C. area. It's a year-round gold mine of information and inspiration for the home gardener, as well as an outdoor classroom for children and their families to learn about plants and wildlife. It's also a museum, a national historic site that offers glimpses into a long, rich history with colonial origins. For more information, visit www.fairfaxcounty.gov/parks/greenspring/.

Scott's Run Nature Preserve

Scott's Run Nature Preserve is one of only a few nature preserves in the Fairfax County Park Authority's holdings. It is a remarkable place of rare plants and splendid beauty. Yet, that beauty is challenged by urban pollution and human destruction. It is a classic clash of land use between suburban sprawl and natural areas. For more information, visit www.fairfaxcounty.gov/parks/scottsrn/.

The Turner Farm

This peaceful and serene 52-acre park is on the site of a former dairy farm. Its rolling pastures and dairy barn complement the semi-rural community of Great Falls, Virginia. The land was saved from development by a public/private partnership started in 1994 to "Save the Farm." For more information, visit www.fairfaxcounty.gov/parks/turnerfarm/.

Recreation Centers: *For Keeping Active*



Cub Run



Oak Marr



South Run

Photos credit: www.fairfaxva.gov

Audrey Moore

Audrey Moore RECenter at Wakefield Park is approximately 76,000 square feet and houses a 50-meter pool with one 3-meter and two 1-meter diving boards. The natatorium also contains spectator seating, doors that lead to a spacious outdoor sundeck and locker rooms with saunas and showers. In addition to the various racquetball/wallyball and squash courts, the center has a large gymnasium with six basketball hoops and volleyball nets. It also contains a cycle studio, dance room, pottery lab and kiln, an arts-and-crafts room, three multipurpose activity rooms, and a senior

center. For more information, visit www.fairfaxcounty.gov/parks/rec/moore/.

Cub Run

The Cub Run RECenter is a 65,000-square-foot facility that includes a 4,860-square-foot leisure entertainment pool featuring two water slides and a water playground, a 25-yard-by-25-meter swimming pool and a 9,600-square-foot fitness center. It also houses two multipurpose rooms, one at 3,000 square feet that can be divided in half, and the other measuring 1,700 square feet, along with a 270-square-foot party room. For more information, visit www.fairfaxcounty.gov/parks/rec/cubrun/.

George Washington

The George Washington RECenter has a heated indoor 25-meter pool with a poolside spa, beach and wading area, saunas, showers and fully equipped locker rooms. The fitness area includes two treadmills and both recumbent and stationary bicycles. This completely accessible facility (curb cuts, dressing stalls, pool ramp) also features newly resurfaced, lighted tennis courts and a picnic area. For more information, visit www.fairfaxcounty.gov/parks/rec/geowash/.

For All Your Real Estate Needs



the
YERKS
team




TTR | Sotheby's
INTERNATIONAL REALTY

6723 Whittier Avenue, #100 | McLean VA 22101
(703) 760-0744 | Penny@Yerks.com
www.yerks.com

*Steeped in Tradition —
Dedicated to Results*

- Over 35 Years Experience & Over 2 Billion in Sales
- One of the Highest Producing Teams in the Country Listed on The Wall Street Journal

**Whether Listing Or Buying
Let The Yerks Team Help You!**

Lee District

The Lee District RECenter, at approximately 83,600 square feet, is comprised of three major areas: the natatorium, the gymnasium and the fitness center. In addition to these main features, the RECenter also contains racquetball/wallyball courts, two mirrored dance/fitness rooms, three multipurpose rooms, a mezzanine and a preschool. The surrounding 193-acre park has one soccer field with two overlay T-ball fields, two football fields with two overlay softball fields, four basketball courts, an amphitheater, a playground and tot lot, four lighted tennis courts, a tennis practice wall and walking trails. For more information, visit www.fairfaxcounty.gov/parks/rec/leerec/.

Mount Vernon

The Mount Vernon RECenter has a 25-meter heated indoor pool with poolside spa, a beach area with play features, locker rooms with showers and a sauna, a fitness center with Cybex VR2 equipment, a pro shop, dance room, multipurpose rooms and a year-round 200-foot-by-85-foot indoor ice arena. For more information, visit www.fairfaxcounty.gov/parks/rec/mtvernon/.

Oak Marr

The new two-story fitness center at Oak Marr features all new exercise equipment and lots of natural light. In addition to the expanded fitness center, Oak Marr's new amenities include treadmills with personal television viewing screens; a hardwood fitness studio for classes, including ballet-inspired barre; a dedicated stretching area; three new multipurpose rooms for fitness classes and other activities; a new spin studio with a projector and pull-down screen; a new supervised babysitting area, and a vibrant new lobby and sitting room with wireless Internet access to further enhance the customer experience. For more information, visit www.fairfaxcounty.gov/parks/rec/oakmarr/.

Providence

The Providence RECenter's facilities include a heated indoor 25-meter pool with two spas, saunas, a shower and locker rooms, three racquetball and wallyball courts and a fitness center along with more than 20 cardiovascular machines and a Pilates studio. There is an arts-and-crafts room, dance room and several multipurpose rooms where classes are held. These rooms are also available for parties and meeting rentals. For more information, visit <http://www.fairfaxcounty.gov/parks/rec/providence/>.

fairfaxcounty.gov/parks/rec/providence/.

Spring Hill

There is a new regulation-sized gym at the Spring Hill RECenter with an elevated, three-lane track for walkers and runners; a new, two-story fitness center that is four times the size of the old one, featuring a new line of Cybex weight training machines; a custom-built TRX suspension system; five family changing rooms; plenty of space for additional fitness classes and lots of natural light. For more information, visit www.fairfaxcounty.gov/parks/rec/springhill/.

South Run

South Run RECenter's fitness center is a beautiful two-story structure overlooking parkland. With cardio and strength training equipment, entertainment features and expansive views, this 7,000-square-foot facility is home to many satisfied members. Other features include a spin and mind body studio, heated indoor pool (25-yards-by-25-yards) with ramp access, two one-meter diving boards, a beach/wading area and poolside spa. An outdoor sundeck, family changing room and locker rooms with showers and saunas complete the natatorium. For more information, visit <http://www.fairfaxcounty.gov/parks/rec/southrun/>.



**Design Center+ Furniture Gallery
= Your Perfect Room**

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

THE GuestRoom
FURNITURE & DESIGN

Historic Sites: *To Look Back in Time*

Colvin Run Mill

Bring your family, friends, or a whole group and explore the beautifully wooded and landscaped grounds around historic Colvin Run Mill and General Store. You'll find something fun for everyone. For more information, visit <http://www.fairfaxcounty.gov/parks/colvinrunmill/>.

Sully

An oasis of the past, Sully reflects the history of Fairfax County. Completed in 1799 by Richard Bland Lee, the main house at Sully combines aspects of Georgian and Federal architecture. Richard Bland Lee was northern Virginia's first Representative to Congress, as well as General Robert E. Lee's uncle. For more information, visit <http://www.fairfaxcounty.gov/parks/sully-historic-site/>.

Historic Green Spring

The historic house, set amid the gardens at Green Spring, was built in 1784. Visitors can enjoy changing art exhibits, enjoy tea with a tour or presentation, and visit the unique museum shop. For more information, visit <http://www.fairfaxcounty.gov/parks/greenspring/manor.htm>.

Historic Huntley

Historic Huntley is on the National Register of Historic Places, the Virginia Landmarks Register and the Fairfax County Inventory of Historic Sites. Since the Park Authority obtained the house and its surrounding 2.5 acres in 1989, it had been open only during semiannual events and for school and scout tours until it underwent recent renovations. Now the buildings are open for scheduled programs and tours as well as Saturday tours between the months of April and October. For more information, visit <http://www.fairfaxcounty.gov/parks/huntley-meadows-park/historic-huntley.htm>.

Nature Centers: *For Inquisitive Minds*

E. C. Lawrence

Located in western Fairfax County, Ellanor C. Lawrence Park was established to preserve large areas of open space, protect natural and cultural features and provide a wide variety of recreational opportunities for the public. Visitors will find a unique experience whether visiting to bird watch, hike and exercise, discover the natural and cultural history of the land, picnic, participate in organized sports, attend an educational program or just relax. For more information, visit www.fairfaxcounty.gov/parks/eclawrence/.

Hidden Oaks

Located in the 52-acre Annandale District Park, the Hidden Oaks center is nestled among woodland trails and creeks with gardens and a nearby playground. Inside the nature center, facilities include live animal displays, a climbing "tree" loft/puppet stage, a resource library, and the Urban Woodlands interactive exhibit. Don't forget to see the nature center rain garden. For more information, visit [/www.fairfaxcounty.gov/parks/hidden-oaks/](http://www.fairfaxcounty.gov/parks/hidden-oaks/).

Hidden Pond

Acres of undisturbed woodland, quiet trails, splashing streams, and a tranquil pond are just a few of the reasons to visit Hidden Pond Nature Center. Tucked away in Springfield, Hidden Pond is a neighborhood haven filled with natural wonders. Hidden Pond's 25 acres lie adjacent to the 700-acre Pohick Stream Valley Park. A 2,000-foot trail and bridge connects the two sites so that neighbors and guests can visit the Hidden Pond Nature Center as well as the pond, streams, wetlands, woods, and quiet places that these parks offer. For more information, visit www.fairfaxcounty.gov/parks/hidden-pond/.

Huntley Meadows

Nestled in Fairfax County's Hybla Valley, Huntley Meadows Park is a rich, natural, and historical island of over 1,500 acres in the suburban sea of northern Virginia. It harbors a nationally significant historic house, majestic forests, wildflower-speckled meadows, and vast wetlands bursting with life. Some of the best wildlife watching in the

Washington metropolitan area is enjoyed here. From the half-mile wetland boardwalk trail and observation tower visitors will have excellent views of beavers, frogs, dragonflies, and herons. Huntley Meadows is well known as a prime birding spot, with over 200 species identified in the park. Whether you come to hike, wildlife watch, or simply to relax, Huntley Meadows Park will provide you with a premiere nature experience. For more information, visit www.fairfaxcounty.gov/parks/huntley-meadows-park/.

Riverbend

Tucked away in a remote river setting, Riverbend Park has over 400 acres of forest, meadows, and ponds. Trails include a 2.5-mile portion of the Potomac Heritage Trail, linking national and regional parkland. Kayakers and canoeists can enjoy exploring many islands in the Potomac River. Serious anglers and families can bring a boat or fish from the shady riverbank. Nature highlights include spectacular river views, beautiful wildflowers, and birds. For more information, visit www.fairfaxcounty.gov/parks/riverbend-park/. ❖



ADDITIONS
KITCHENS
CUSTOM HOMES
BATHROOMS
OUTDOOR SPACES

EXPERIENCE The MAC Difference

We consider it a privilege to have the opportunity to work on your home. With this mindset, we seek to create an inspired design, based on your dreams and our ideas for your space. Then we develop clarity from concept in every aspect of the project. We sketch and brainstorm, we suggest and select, we draw and render, until the plans and the dreams align. Then, we build. With collaborative inspiration and clarity of purpose, beautiful success is assured.



Contact Us Today to Set Up a Free Consultation
703.852.8825 | www.buildwithmac.com



BY DELEGATE KENNETH R. "KEN" PLUM

CIVIC ENGAGEMENT

Spring has always been the time when we break out of the doldrums of winter and the confines of the house and scratch in the soil, take on new projects, and feel more hopeful! This spring is like that only more so. Breaking out of the doldrums of life with a renewed sense of urgency started earlier this year. Well before the change of the seasons people were asking "What can I do?" in their lives and in their communities to preserve what they may have temporarily taken for granted and to advance what they consider important.

Never in my long political career have I received more emails and read more social media accounts of people seeking answers about the direction of our country and what they can do to influence it. People who confess to me that they have never been involved in civic affairs want to volunteer, contribute, and make a difference. Veterans of volunteering in the community are heartened by the new energy to work on issues.

This sense of urgency comes primarily from events at the federal level; however, it has led to a closer examination of what goes on at the state, local, and community levels of governance. The response has been some of the largest gatherings of recent times. I took part in the Million Women's March; it could not have been more uplifting. It turned out to be more of a protest than a march as there were too

many people attending to be able to move around or walk.

Others have joined newly-formed organizations. Indivisible of Reston-Herndon that did not exist several months ago is drawing crowds of as much as 400 people willing to get involved in the community. A spin-off of that group—Community Matters—is determined to make a difference in the lives of people in the Reston Community. Established groups like the American Association of University Women and the League of Women Voters are realizing new interest and members.

In response to questions I receive as to what individuals can do, in March I set up a "What Can I Do: Civic Engagement Workshop." Nearly 300 people came out to a middle school cafeteria to talk with representatives of 22 different organizations about what they could do to become involved. All organizations left with new volunteers.

Time to get out of the house for sure with the spring season! In addition to enjoying the outdoors and working to preserve it, join with the many others who will be working to make our community life better for everyone. Both experiences will make you feel better and raise your sense of hope. ❖

LE NOUVEAU Moi

May/June 2017

The Makeover Issue

wellness ❧ beauty ❧ fashion



EXPERIENCE A TRANQUIL,
TRANSFORMATIONAL ENVIRONMENT

massage | facials | body treatments | sleep treatments
manicures | pedicures | waxing | gifts | events



THE WOODHOUSE
day spa®

America's Favorite Luxury Spa™

1603 VILLAGE MARKET BLVD. SE, SUITE 116 | LEESBURG, VA 20175
LEESBURG.WOODHOUSESPAS.COM | 571.577.2775



TABLE OF CONTENTS



MAKEOVERS
by Lauren Simmons

90



SPOTLIGHT ON
FASHION BLOGGERS
by Julie Holland

98



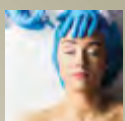
SPARKLE
by MaryCarolyn Becker

100



ULTRASHAPE
by WellMedica

102



ASK AN EXPERT
by Lorena Popp, MD

104



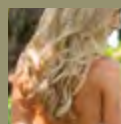
ROCK HARD BODY
by Julie Buckley

106



ROAR: TRUE TALES OF
WOMEN WARRIORS
by Jessica Piscitelli

108



PERFECT WEDDING
HAIRSTYLES
by Noufal HairColor Salon

110



LE NOUVEAU MOI
Beauty Directory

112



Tysons Premium Hair and Colour Salon

**CAPTURE DREAMS | CREATE BEAUTY
MAKE A DIFFERENCE**



8100 Boone Boulevard, Suite 115
Vienna, VA 22182
703.848.2000
www.colourbarstudio.com

**Voted Best
Coloring Salon
by Readers Choice in DC**

Best of the City | Open Sunday 11-5
Couture Color | Balayage | Extensions | Blowout Bar
Professional Makeup Artist | Jane Iredale Skin Care Makeup



The Berman Cosmetic Surgery and Skin Care Center

MELT YOUR FAT IN 25 MINUTES

with SculpSure® Laser

NO SURGERY | NO ANESTHETIC | NO DOWNTIME

**\$200 OFF YOUR FIRST
SCULPSURE TREATMENT***

Call 703-406-2444

LET YOUR OUTER BEAUTY REFLECT YOUR INNER BEAUTY

If you've been considering plastic surgery for a while, you've probably heard of Dr. David E. Berman. He has been in practice in Sterling for over 20 years, becoming internationally famous in the 1990s for successfully reattaching John Bobbit's "missing part." Dr. Berman offers the SculpSure laser, the newest noninvasive laser from Cynosure that melts up to 24 percent of the fat in your targeted areas. Four palm-sized paddles are placed on top of the areas where the fat is located, and a laser light heats the underlying fat through the skin. This only takes 25 minutes per treatment, and you can treat multiple areas in one session. Berman Cosmetic Surgery & Skin Care Center offers the most advanced lasers for SmartLipo, hair removal and tattoo removal plus a full array of skincare services, including facials, picosure laser facial, microdermabrasion and peels.

DAVID E. BERMAN, MD

Board Certified Plastic Surgeon

703-406-2444

bermancosmeticsurgery.com



***OFFER EXPIRES JUNE 30, 2017**

Makeovers

SMALL CHANGE, **BIG IMPACT**

BY LAUREN SIMMONS





(Above) Natalya Anderson, Varvara Orlova, and Gustavo Mottola

NEW LOOK *Makeover*

Redefine your total appearance with a combination of the many services offered by Noufal Haircolor Salon. For this makeover, Natalya Anderson (hair stylist) and Gustavo Mottola (makeup artist) used their expert skills to transform Varvara Orlova's shoulder-length hair and minimal makeup into a beautiful new look.

Temporary clip-in extensions were colored to match Varvara's own hair and inserted to add volume as well as length. Natalya frequently uses this technique while styling her many clients for weddings and special occasions.

To create a timeless and natural look, Gustavo used his own line of Gustavo Organic Skincare and mineral makeup on Varvara. Along with his expert application techniques, he provides useful makeup tips and secrets for everyday use. Gustavo also offers makeup lessons so you can duplicate your look quickly and easily.



noufal
haircolor salon

NOUFAL HAIRCOLOR SALON

8605 Westwood Center Drive; Suite 160
Vienna, VA 22182
703-893-7711
www.noufalhaircolorstudio.com

Noufal HairColor Salon specializes in color formulation and application. Color care is a science and all stylists receive extensive color training and participate in a continuing education program in color concepts and theory. Your hair and makeup will be in excellent hands at Noufal HairColor Salon.

G
Gustavo™

703.908.9620
gustavo.llc.usa@gmail.com
www.gustavollc.com

DON'T SECOND GUESS YOURSELF.
YOU NEED A SECOND PAIR.



\$199
*for a complete pair
of designer sunglasses**

*Valid on second pair purchases. Frame and lens purchase required. Includes single vision polarized lenses. Cannot be combined with insurances or other offers. Some restrictions apply. Expires: 6/30/2017

When the sun is out, so are harmful UV rays. Protect your vision with a fabulous second pair of designer prescription sunglasses. Choose a complete pair from brands including Valentino, Flexon, DVF, Dragon, Nine West and Nautica, for only \$199.

myeyedr.
myeyedr.com | 866.693.9336

WE WELCOME ALL INSURANCES



D. DENNIS FALUDI, MD

Cosmetic Medicine

Dr. Faludi has decades of experience in reconstructive and microsurgery, with additional training in advanced facial aesthetic procedures. His expertise in the delicate techniques required for working with small vessels, nerves, soft tissue, and bone flow naturally into Aesthetic Medicine. He now uses his surgical skills to perform minimally invasive cosmetic treatments, including Botox and other injectable neuromodulators, dermal fillers, and laser therapy for a variety of skin and vascular conditions over the face, hands, and body.

Dr. Dennis Faludi is a Diplomate of the American Board of Orthopedic Surgery with the Certificate of Added Qualifications in Hand Surgery. A native of northern New Jersey, Dr. Faludi graduated Albany Medical College in Albany, NY with an M.D. degree, followed by an orthopedic surgery residency. He completed a fellowship in orthopedic surgery at Johns Hopkins University, where he trained further in reconstructive arthritis, hand, plastic, and microscopic surgery. After finishing the San Francisco Hand Surgery Fellowship, he settled in Northern Virginia to practice reconstructive orthopedic, hand, and microsurgery. He pioneered the intraoperative use of lasers in orthopedic surgery.

Dr. Faludi is a member of the American Society for Surgery of the Hand and the American Society of Laser Medicine and Surgery.

AESTHETIC MEDICAL CENTER

703.992.7979

8150 Leesburg Pike, Suite 820

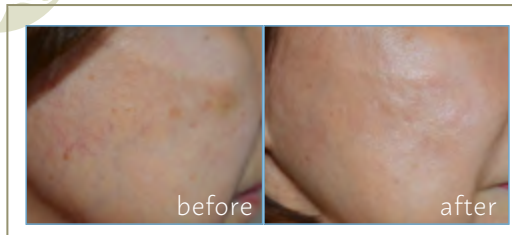
Tysons Corner, VA 22182

www.aestheticmedctr.com

MINI FACE Makeovers

EXCEL V LASER TREATMENT

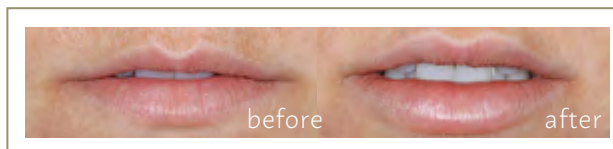
The advanced Excel V laser is an excellent treatment for a variety of vascular and dermal conditions. It incorporates the latest technology in long and short pulse laser light energy, and because it can be tuned to either hemoglobin or melanin, it is highly effective for treatment of vascular conditions such as spider veins, as well as for brown spots or removal of dark face and body hair.



LIP ENHANCEMENT

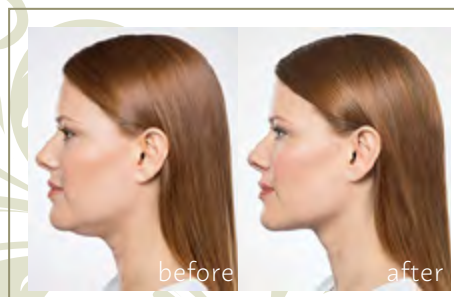
WITH NEW RESTYLANE® SILK

Restylane® Silk is now FDA approved to add volume and fullness to your lips and smooth fine lines around your mouth area. When used by a surgical expert like Dr. Faludi, you can expect superb results. Call our office today for a complimentary consultation!



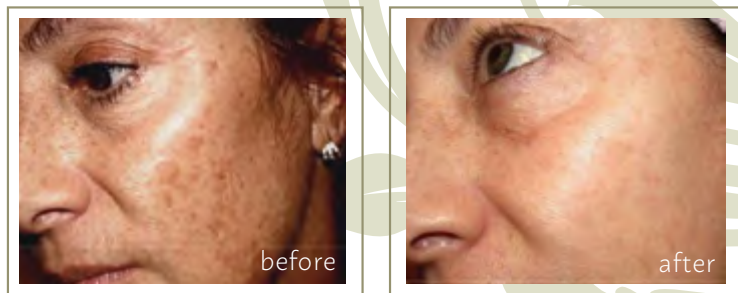
KYBELLA®

Kybella® is the only FDA- approved injectable treatment that destroys fat cells under the chin to improve your profile without the need for surgery. When injected into the fat beneath the chin, Kybella® destroys fat cells, resulting in a noticeable reduction in fullness under the chin. Once destroyed, these cells can no longer store or accumulate fat, so further treatment is not expected once you reach your desired aesthetic goal.



HOW FRACTIONAL LASER *Treatment Works*

Think of your skin as a digital photo that is delicately touched up one spot at a time. Fractional treatment, likewise, affects a fraction of tissue at a time with thousands of microscopic laser columns—each just one-tenth the diameter of a hair follicle. Your body takes care of the rest. The laser columns stimulate a natural healing process that works from the inside out, replacing damaged tissue with younger, smoother, healthier skin.



NO NEED TO GO UNDER THE KNIFE

Fractional Pixel treatment uses pinpoint laser beams that penetrate beneath the skin's surface to eliminate old, damaged skin cells. It stimulates the body's own natural healing process that replaces damaged skin with fresh, glowing, healthy skin. You can expect two levels of results, immediate and progressive. Immediately after initial healing is complete, the surface of your skin will feel softer, look brighter, and tone will start to become even. Progressive results occur over the next three to six months as the deeper layers of skin continue to heal.

Fractional Pixel treatment
uses pinpoint laser beams that penetrate
beneath the skin's surface to eliminate **old,
damaged skin cells.**



ASTORIA LASER CLINIC & MED SPA

Nuha Handoush
Licensed LME Clinician/LT

703.992.9290

2106 Gallows Road,
Suite B, Vienna, VA 22182
www.astorialaserclinic.com

SMILE *Makeover*

Smile makeovers will highlight your natural beauty by bringing your smile into harmony with your unique facial characteristics: skin tone, facial proportions, and eye color and shape. Smile design by Han and Ahn is a distinctly personal process, intended to showcase your inner beauty. No detail is overlooked, and their team invests the time and planning required for the best, most eye-catching outcome possible.



HAN & AHN DMD, PC

Dr. Ahn is a board-certified orthodontist and Dr. Han holds board certified dual specialties in cosmetic gum surgery and implants (periodontics) and prosthodontics (advanced cosmetic dentistry). Their outstanding dental training and an uncompromising dedication to artistry allow them to deliver gorgeous results. Their services include: Full mouth rehabilitation, cosmetic makeover, teeth in one day with dental implants, comprehensive dental care for the family, dental implants/surgery (periodontics), and fixed prosthodontics (periodontal prosthesis). They also feature an Invisalign center for Dr. Ahn for kids.

703.356.7001

6845 Elm St #450, McLean, VA 22101
www.mcleandmd.com





MERLE NORMAN

401 Maple Ave E
Vienna, VA 22180
703-938-6644
Www.MerleNorman.com

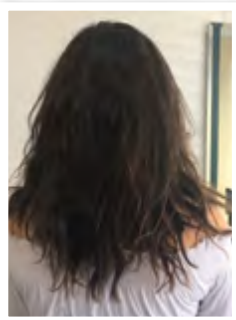
Merle Norman is so sure that you'll love their products, they provide free Express Makeovers to encourage you to try before you buy so you can touch, feel, and experience the products first hand.

With 15 foundation *formulas*, 5 *finishes*, and nearly 200 *shades*, the product offerings are *very extensive*

MAKEUP *Makeover*

Merle Norman has been a fixture in Vienna, Virginia for many years—their repeat customers are a true testament to the business and excellent product offerings. One of their primary tenets is not only selling exceptional products, but showing clients how to apply them while ensuring your skin is properly prepped. The low-key atmosphere puts customers at an ease not found with many busy makeup counters at large malls.

While our model, Cristina Rivera, was beautiful before, she's even more amazing after her makeover. Our makeup artist, Bellina Lambdin, provided a skin assessment and was able to target specific problems with Cristina's skin. She then designed a skin care and makeup regimen around those needs. With 15 foundation formulas, 5 finishes, and nearly 200 shades, the product offerings are very extensive.



HAIR *Makeover*

Salon O Tony provides the best option for your hair in dealing with the summer's heat and humidity. The salon specializes in Keratin Treatments (Brazilian Blowouts) which rebuild damaged areas of your hair while increasing shine, lessening frizz, and making the overall styling process easier.

Your hair is made up of keratin, so the treatment puts back the protein in the hair that's often lost due to age and chemical services.

Our model, Cristina, has thick, coarse, wavy hair that is unmanageable and frizzy, especially in summer months. After the Keratin Treatment was completed, her hair is now straight, soft, and supple while easy to maintain and manage. Sulfate-free shampoos and conditioners are key ingredients to look for in order to prolong the results. The treatment should last at least two months, possibly more depending on your hair type and how often you wash your hair.

Salon O Tony offers free consultations to determine whether your hair is a candidate for receiving the Keratin Treatment and, if so, the best formula for treatment.



SALON O TONY – KERATIN TREATMENT/ BRAZILIAN BLOWOUT

130 Maple Avenue West
Vienna, VA
703-281-3191
www.SalonOTony.com

Keratin Treatment Center Maximize Your Exposure

The Science
of Smooth
Relaxed Hair



703-651-1483

130 Maple Ave. West | Vienna, VA 22180
www.keratintreatmentcenter.com

The New Laser Restoring Female Sensuality

No Pain • No Downtime • 92% Satisfaction Rate

diVa
LASER VAGINAL THERAPY
improves:

- Urinary incontinence
- Vaginal dryness
- Vaginal wall laxity
- Painful intercourse



AESTHETICA
Cosmetic Surgery & Laser Center
www.gotobeaauty.com

Schedule your private consultation and save

\$200 off first treatment

703•729•5553
Lansdowne



Destination:
GORGEOUS

SUMMER 2017
COLOR COLLECTION

**Escape the ordinary
with a FREE Makeover.**

401 Maple Ave E

Vienna, VA 22180-4700

Phone: 703-938-6644

Hours: Mon-Sat 10am-5pm
Thursday 10am-7pm

MERLE NORMAN
cosmetics

merlenorman.com/ViennaVA

BODY *Makeover*

SCULPSURE

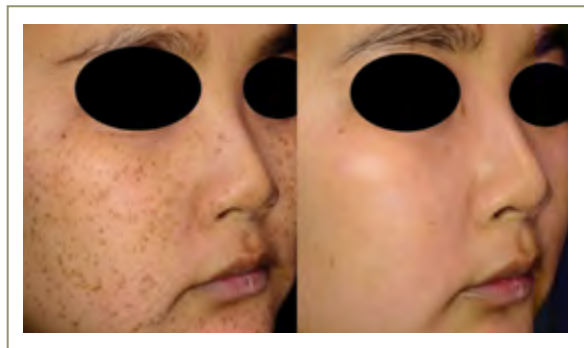
Don't you wish there was a way that you could magically melt your fat without having any surgery, anesthesia or any incisions? Well now you can. SculpSure is the newest laser in the war against fat. Four phone-sized paddles are attached anywhere you want the fat melted (stomach, flanks, back fat, muffin top, arms, thighs, knees, etc.) and laser light travels through the skin (safe for all skin types and colors) and heats the underlying subcutaneous fat. It does not damage underlying organs. It can melt up to 24% of the fat in 25 minutes. There is no down time. The fat is gradually broken down and excreted. You should plan two treatments six weeks apart.



SKIN *Makeover*

PICOSURE LASER FACIAL

Almost all women over the age of 35 will develop areas of irregular pigmentation on their face. As they age further, they will develop irregular pigmentation on their neck, decollete, hands, and arms. Until now, the only treatments have been variations of a CO2 laser, IPL, or Fraxel lasers. These work but cause a great deal of intense redness that lasts for days. In certain ethnic groups these treatments can actually make the hyper-pigmentation worse. The Picosure laser is a new laser that pulses 1,000 times faster than any other laser. This laser is so fast that there is little to no redness or inflammation. You can return to work in a few hours and certainly the next day. It is a very quick treatment that can be done on all of the above areas. This laser is revolutionary and is a true game changer. You should plan three treatments, each a month apart. It will also help with fine lines and is actually beneficial to acne scarring—a very difficult problem to improve.



SculpSure can melt
up to **24% of the fat**
in 25 minutes.



BERMAN COSMETIC SURGERY

Dr. Berman offers a full array of the most advanced and cutting-edge cosmetic surgical techniques ranging from minimally invasive procedures to extreme makeover surgeries. Dr. Berman will take the time to fully explain and go over all your options and tailor an individualized and unique treatment plan for you. Call today for a complimentary consultation

703.406.2444.

14 Pidgeon Hill Drive, Suite 100
Sterling VA 20165

www.bermancosmeticsurgery.com

The ***Picosure***
Laser is so fast
that there is little
to no redness or
inflammation.
You can return
to work in a
few hours and
certainly the
next day.

Spotlight on FASHION BLOGGERS

BY JULIE HOLLAND

As we slip into the warmer months, you may find yourself looking for summer style tips and suggestions on fun events around the D.C. area. That's where these five fashionable and fun local bloggers come in—Bon & Chic Style, Simply Sylvia, The Caroløve, The Vero St., and Styled by Megan. And be sure to check out the previous issue of *Le Nouveau Moi* for Part One of this handy blogger edition. To all bloggers, photographers, and fashion lovers reading this, please feel welcome to join the monthly blogger meet-ups, so aptly named "Bubbles & Bloggers," created by Blondinthedistrict.com (more info on her site).

Photo taken at beautiful Rocklands Farm, on the October Bubbles & Bloggers event—a two part day of bubbly, blogger fun that included a hayride at the Butler's Orchard pumpkin patch and wine tasting at Rocklands Farm winery.



thecarølove.com

The Caroløve is a style and lifestyle blog that celebrates mixing fun and quirky with classic staples. Caroline's favorite feature on her blog is her #wcw (Woman Crush Wednesday) where she interviews women she admires. She believes in community over competition above all else. She has also been posting a lot of wedding-related content in preparation for her own nuptials next spring.



bonchicstyle.com

Bon & Chic Style is a French lifestyle blog written by Christine Besen. A French native and northern Virginia resident, she writes about her French chic style and jewelry, and shares her homemade French recipes and favorite travel spots.

simplysylvia.com

Simply Sylvia is the eponymous style diary of a former Parisian who brings that effortless “je ne sais quoi” touch to life and style in the nation’s capital. Her blog showcases the fashion, lifestyle, and travel subjects that inspire her.



theverost.com

The Vero St. is a lifestyle blog written by Veronica Ardaya. Based in Virginia and Washington, DC, Veronica writes about her adventures exploring local, must-go food spots (including her cherished matcha and coffee shops), art exhibits, and vacation destinations. When she is not out and about, Veronica shares lifestyle tips on minimalist fashion and DIY projects (she has a thing for succulents).



styledbymegan.com

Styled by Megan is a blog written by Megan Haney which covers all things fashion, beauty, and travel related. The focus of the blog is achievable and relatable fashion for today’s young woman.



Mary Carolyn Becker

Name and occupation.

Mary Carolyn Becker, Wife, Mother, Statistician

What skincare product do you use that are you most happy with?

Food-grade coconut oil and olive oil. I use it for my skin and also on my nails.

What did you formerly do (beauty-wise) that you realized wasn't worth the money?

Too many manicures when I can just paint and care for my own nails.

What is your biggest beauty splurge that you deem necessary?

If I really want long hair for a special event, then hair extensions are really fun to get and keep for a couple months, but after that I think they can damage your hair.

Where do you find happiness?

I love spending time with my husband, children, and dog, Gypsy. I find happiness in my kitchen, garden, and yoga room. I love cooking with my kids—trying new recipes. I like “hanging around,” doing aerial yoga too—very relaxing!

What was your favorite vacation?

Probably Canyon Ranch in Arizona tops my list.

What is your beauty secret?

I'm not sure I have a beauty “secret,” but I try to eat mostly organic fruits and vegetables, keep weight down, exercise, and avoid chemicals. I think it is better that anything that goes on your skin can also safely be ingested so I only use natural products, no parabens, and mostly olive and coconut oil.



Photo by Sean Harris, wonder101.com
Hair by Lucy at Urban Hair Salon

ARE YOU READY FOR THE BEACH THIS SUMMER?



UP TO 50% OFF

Astoria Laser Clinic is offering the **Next Generation CoolSculpting** Technology. Uniform Cooling with more Fat treated and more comfortable with new applicators. **Dual Sculpting** better results, two areas in **only 35 min from 60 min before.**

FREEZE YOUR FAT AWAY, NO SURGERY NEEDED!



**BUY 3 APPLICATORS GET 1 FREE
PLUS 2 VENUS FREEZE, SAVINGS: \$1,550.00**

Microdermabrasion with Celluma reg. \$220.00 **NOW \$110.00**

Venus Freeze/Legacy Body, Face, or Neck & Jaw tightening treatment reg. \$350.00 **NOW \$245.00**

Dermapen Needling & infusing a cocktail of Hyaluronic Acid, Skin brightener, anti-oxidants, etc. reg. \$390.00 **NOW \$312.00**

Fractional Laser Pixel reg. \$1,200.00 **NOW \$700.00**

IPL Laser reg. \$580.00 **NOW \$290.00**

NEW: Non Laser Tattoo Removal reg. \$1,080.00 **NOW \$864.00**



703-992-9290 | AstoriaLaserClinic.com
2106-B Gallows Road | Vienna, VA 22182

REVEAL A SLIMMER YOU

ULTRASHAPE POWER
FDA CLEARED FOR
32% FAT REDUCTION

**Treatments now take
as little as 30 minutes!**



UltraShape
POWER

**THE ONLY PROVIDER IN
THE DC METROPOLITAN AREA**

Permanent fat reduction—3 treatments, 2 weeks apart



WellMedica Aesthetic & Anti-Aging Medicine

WellMedica is a designated teaching center dedicated to the standardization and advancement of Aesthetic Medicine

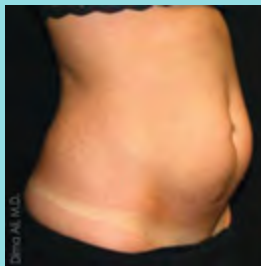
1801 Robert Fulton Dr., Suite 540, Reston, VA

703.787.9866

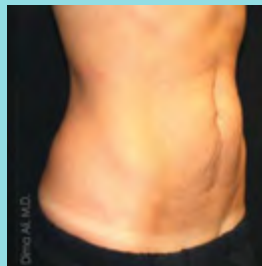
www.WellMedica.com

HOW DOES ULTRASHAPE POWER PERMANENTLY DESTROY FAT?

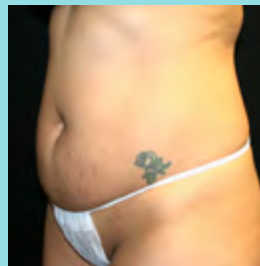
Using ultrasound energy, UltraShape is able to target fat cells, destroying them instantly, so patients can see visible results within two weeks. Because the ultrasound energy is pulsed and focused, UltraShape is able to target the fat cells mechanically, without heating them and without damaging surrounding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



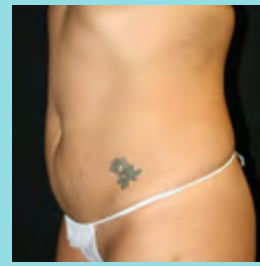
BEFORE



AFTER 2 TREATMENTS



BEFORE



AFTER 3 TREATMENTS



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



ASK AN EXPERT

Why an Internal Medicine
Doctor Chooses Aesthetics



Written by
Lorena Popp, MD

**ASTORIA LASER
CLINIC & MED SPA**

During my training, many of my friends became mothers—myself included. Many of them forgot about caring for themselves as they became busy with nighttime feedings, nursing their babies during lunch breaks, and always making the rest of the world a priority. I even found it challenging to juggle being a doctor, wife, and mother. When I started attending medical aesthetics courses, many of my closest friends became my first clients. I felt empowered by making them feel happy, rejuvenated, and more relaxed.



Experience the invigorating art of skin rejuvenation like never before! The staff at **Astoria Laser Clinic** is trained to provide skin laser rejuvenation and photo rejuvenation patients with unsurpassed customer service in a friendly and caring environment.

Ask them about FDA-approved procedures like BOTOX®, Laser Hair Removal, Photo Rejuvenation, Fraxel, Clear & Brilliant, Microdermabrasion, Cool Sculpting, Skin Tightening and other Services.

Beauty Starts Within

As an internist specializing in medical cosmetics, I believe that beauty starts from within and every person looks his or her best when they are happy. It's imperative to follow a healthy lifestyle, including getting enough rest and exercise. It is also important to feel good about who you are, how you look and be able to enjoy little things in life. The key is to find a physical and emotional balance. There is more and more clinical evidence that stress and depression can exacerbate illnesses from cardiac to obesity and even cancer. So, I urge my patients to modify their diet and try to reduce as much as possible on carbohydrates and saturated fats and shift towards a protein-rich, whole food diet.



Botox Can Fix More Than Wrinkles

Every individual has a unique concern when coming in for a consultation. Age has nothing to do with it, once that unique concern arises. Botox can clearly prevent fine lines from forming. I have many clients who started getting Botox in their late 20's and early 30's. It's a wrinkle preventive treatment that also helps patients with chronic migraines have less frequent attacks.

Natural Looking Results

Many patients strive for "pillow lips," during enhancement procedures. Typically, this is inspired by celebrities. For lip enhancement, I suggest using an injection that can be used to give very natural looking results for enlarging the lips. Most fillers are a synthetic form of a naturally-occurring compound in our bodies called hyaluronic acid. It is able to hold a large number of water molecules which allows it to hydrate tissue as well as augment it.

Customized Fillers

There are different types of fillers which will achieve different results. Some have a much firmer consistency and require that the physician molds it correctly. Others will diffuse into the injection site easily, which negates the need to manually shape it. Choosing between a thicker or thinner injection solution depends on the final appearance the patient wants. More dramatic results require a filler with a firm and more viscous consistency. The lip shape desired by the patient is largely determined by where the injections are placed. Obviously, physicians must strive for balance and symmetry across the length of the lips. But additionally, they can modify the contour of the lips by choosing strategic injection sites.

Astoria Laser Clinic & Med Spa

2106-B Gallows Road
Vienna, Virginia 22182
(703) 992-9290
www.astorialaserclinic.com

SERVICES

NanoFractional
SmartScan Technology
Multipolar Radio
Frequency
Vi Peel Precision Plus
Tattoo Removal

Coolsculpting®,
Cryolipolysis Fat
Removal
Advanced Oscillating
Vertical Needling
Skin Tightening



SESSION 5: SHRINKING NUMBERS, ROCK HARD BODY

Julia Buckley has created the Ignite series of workouts and her workouts have helped thousands of people across the world get lean, hard, power-packed bodies. If you want lean hard thighs and a firm, lifted booty now's the time to put in the grind!

Join Julia's online gym at:
www.juliabuckleyfitness.com

REPS: 10 - 8 - 6 - 4 - 2

In this session you'll be counting repetitions (reps) of the exercises rather than using a timer. Start by doing each of the four exercises for 10 reps then repeat the set doing two fewer reps each time until you get down to doing each exercise for two reps. So you'll be doing 10, 8, 6, 4, and finally 2 reps. What I love about this session is how the last circuit of only two reps feels pretty easy at the end, so you finish feeling energized while knowing you've smashed a hardcore session.

EXERCISES

- | | |
|---------------------------|----------------------------|
| 1. WIV Abs | 3. Surrender Squat |
| 2. Spider Press Up | 4. 180° Squat Jumps |

WIV ABS



- 1.** Lie flat on your back with your arms straight by your sides.
- 2.** Lift your body up, pulling with your abs and pushing your arms straight forward.
- 3.** At the same time, bring your knees to your chest. This is your "W."
- 4.** Return to the starting position.
- 5.** Lie on your back, with your legs and arms extended up. Keeping your legs and arms straight, raise your upper body while trying to touch your fingers to your toes. This is your "I."
- 6.** Return to the starting position.
- 7.** Lie on your back, with your legs and arms extended up. Keeping your knees and elbows locked, simultaneously raise your upper body while driving your arms between your legs. This is your "V."

SPIDER PRESS UP



1. Start in a push up position with your hands planted on each side of your mat and your legs wide.
2. As you lower your body down to the floor, lift one knee up to the side and touch the knee to your same side elbow.
3. As you push back up, bring the leg back to starting position.
4. Repeat on the other side.

SURRENDER SQUAT

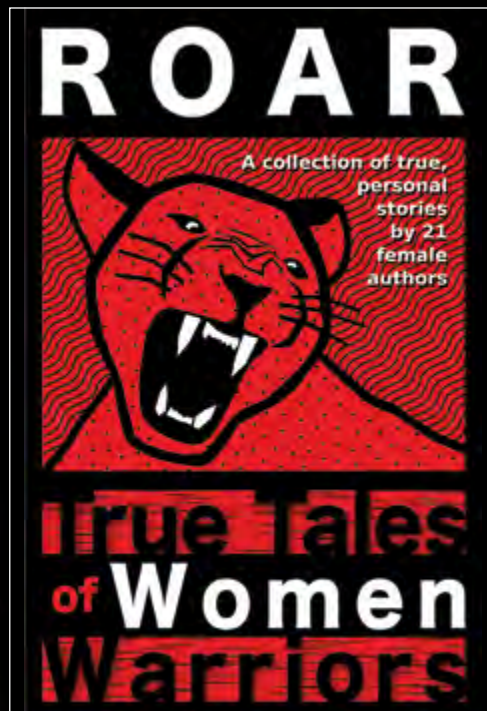


1. Start standing up straight with your arms up, elbows bent and your hands behind your head and shoulders to ceiling.
2. Drop one leg back to the floor into a kneeling position. Keep as much weight as you can on the working leg. The other leg is just being used for support.
3. Stand back up without using your arms, then alternate, moving the opposite leg back to the floor.
4. Continue alternating legs.

180 DEGREE SQUAT JUMPS



1. Get into a squat position with your right hand touching the ground.
2. As you jump up out of the squat turn your body to the right so you land facing the opposite way.
3. Land in a squat position and touch the ground with your left hand.
4. Repeat, this time turning to the left as you jump. Continue alternating sides.



STORIES OF OBSTACLES, SURVIVAL, AND EMPOWERMENT

Better Said Than Done Publishes Stories About the Challenges Women Face



Jessica Robinson

Better Said Than Done is publishing an anthology of stories, *Roar: True Tales of Women Warriors*, to benefit the National Network to End Domestic Violence. The book features true, first-hand stories from 21 female authors about the challenges that women encounter in their lives. *Roar: True Tales of Women Warriors* will be released on Sunday, April 30, 2017 at the Better Said Than Done storytelling show of the same name, performed at Jammin' Java, 227 Maple Ave East, Vienna, Virginia 22030, at 7:30 PM. The book will be available for purchase in print and e-book on Amazon starting on April 30, 2017. The goal of both the show and published anthology is to empower women to share stories of obstacles they have overcome, to inspire those who may share in similar struggles, and to help others understand the obstacles women still face, even in 2017.

"I launched *Roar*, the show and the book, because I know I'm not the only woman with a story to share," said Jessica Robinson, of Fairfax, Virginia,

founder of Better Said Than Done. "Storytelling is powerful: by hearing a personal story, we learn from that person's experience, empathize with that person, and, often, change our own thoughts after sharing in their experience."

Roar: True Tales of Women Warriors includes 21 stories written by women. The authors reside throughout the US, including the DC area and Canada. Select author credits include The Washington Post, The New York Times, The Seattle Times, Ladies' Home Journal, The Huffington Post, Medium, journals, and other anthologies. Stories were written by bloggers, radio and podcast hosts, storytellers, performers, novelists, memoirists, and first-time authors, as well as doctors, public health professionals, lawyers, a former elected official, and more.

Books will be available for sale on Amazon and at the storytelling show hosted by Better Said Than Done in April: *Roar: True Tales of Women*

Warriors will feature ten female storytellers sharing their true, personal stories on April 30, 2017, at Jammin' Java, 227 Maple Ave East, Vienna, Virginia 22030, at 7:30 PM. Doors open at 6:30 PM. Tickets are \$20 per person and can be purchased in advance at www.jamminjava.com or at the door. All proceeds from tickets sales benefit the National Network to End Domestic Violence. Full bar and dinner menus are available at Jammin' Java and seating is limited to first come, first served. (The stories are intended for an adult audience. Some of the stories in this show include portrayals of sex, abuse, and traumatic events.)

Courtney Crane of Studio City, California, one of the book's authors, explained her experience writing this story, "Dredging up this 40-year-old story and putting it on paper, was definitely healing. I was finally able to stop blaming myself for what happened to 12-year-old me. As a mother of a teenage daughter, I have more understanding and compassion for that little girl me, and just want to wrap some love and gratitude around her. I hope there's a woman out there who might read my story and be inspired to bring her own hidden story to the surface. Hopefully, she could forgive herself, too."

"One of the best ways we can extinguish the stigma and judgment with which so many women facing already-difficult issues around reproductive health, inequality, and gender-based violence are met is to tell our stories honestly, in human, personal terms," added contributor Elizabeth Futrell, of Chicago, Illinois. "In doing so, we not only create community and encourage dialogue, but we also honor ourselves and the experiences that have shaped us. And if we're lucky, we inspire others to do the same."

"We've come a long way, but we have a long way to go," said Robinson. "If women are to be treated as equals, with respect, under the law, and under our professional, domestic, and medical roofs,

women need to share their stories. So many of us have experienced inequality, abuse, and varying degrees of mistreatment based around our gender. It is both sad and comforting to know other women have been through the fire and come out the other side, with scars, yes, but as survivors. And for those who have been lucky enough not to share in some of the worst situations in this book, they need to know that these things do happen, often. We have a long way to go, but we will get there, together."

Proceeds from both the show and book will benefit the National Network to End Domestic Violence (NNEDV). "At the center of our work are survivors' experiences and stories," said Kim Gandy, NNEDV President and CEO. "We are thrilled to partner with Better Said Than Done to lift up women's voices and stories of empowerment. We urge every person to speak out for survivors and build stronger communities together."

Sandra Hull, of Arlington, Virginia, shared a similar sentiment. "For far too long, I felt that my experiences were unique, but not in a good way, as if I failed at 'human-ing.' When I started telling my stories on stage, I was amazed when people approached me after shows to say how much they identified with what I'd talked about. That newfound connection empowered me to share a painful story from my childhood that I'd previously felt too ashamed to tell. I'll consider it a win if just one woman identifies with the story and knows she's not alone in her pain."

Purchasing tickets to the storytelling show in advance at www.jamminjava.com is recommended as the show is expected to sell out. More information about the book, the book launch, and the contributing authors can be found at www.betersaidthandone.com. ♦





At SALON MARK ANTHONY, we specialize in custom color and highlights and provide clients with the utmost care and attention. Please visit our gift gallery featuring Moorcroft Pottery, high end costume jewelry and vintage jewelry.



MARK CIAVERELLA
OWNER/STYLIST

703.893.9655 • 6845 ELM ST • SUITES 100-103 • MCLEAN, VA 22101



Perfect Wedding Hairstyles

by Linda Barrett

With summer weddings ahead, a bride's thoughts are consumed with plans, and one of her biggest concerns is how she will look on her wedding day—especially with her hairstyle.

"The soft, classy look is still in style for brides," said Irina Russu, hair stylist and wedding specialist at Noufal HairColor Studio near Tysons Corner. "In addition to soft, big curls and waves worn loose, this year we are seeing a trend toward the higher bun. Balayage highlights and ombre coloring are also in style this season for everyone."

Brides should book an appointment months in advance of their actual wedding day to try out various styles. "We often see brides about 2 months before their wedding, but some book a half year in advance to try us out as well as their style," Russu said.

If you have pictures of hairstyles you like, bring them to your appointment. This gives the stylist a visual of how you would like to look. If you don't have a picture, your wedding hair specialist can recommend flattering styles and let you try different looks. Bring along a friend if you like to help you choose.

Also bring your veil and any hair accessories (including extensions) you wish to wear. You want to try out your hair style exactly as you will wear it on your wedding day. Wear a buttoned shirt for ease of changing clothes.

"What you don't want to do is experiment with your hair right before your wedding," Russu advised. "If you want to change your hair color, perm your hair, or get a new cut, do it a month or two ahead."

Be sure to reserve your stylist for the day of your wedding, for hairstyling either at the salon or your location, for you and your bridesmaids. For more than 5 people, a second stylist is recommended.

Most of all, be true to who you are. You want to feel beautiful on your wedding day, not overdone. With the perfect style, you will radiate as the lovely bride you are.

Joey Noufal and
Noufal HairColor
Salon are featuring
Irina as top
stylist and colorist



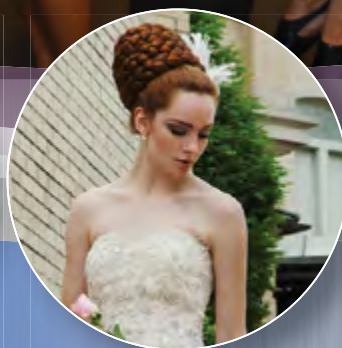
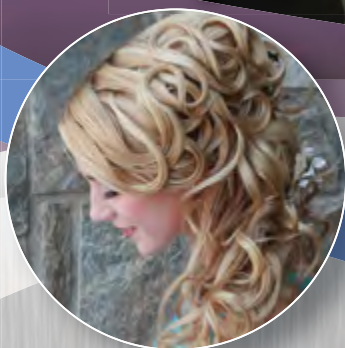
Irina attends international and national beauty shows to provide clients with the latest styles and trends. She has had her training by Joey Noufal. Irina has been published in Passion hair books. Her expertise services are **haircutting and styling, highlighting, hair coloring, perms, wedding up-do's and make-up application.**

Irina is licensed and experienced to provide the **Brazilian Keratin Treatment.**

703.893.7711
8605 Westwood Center Drive, Suite 160
Tysons, VA 22182
NoufalHairColorStudio.com



Experience a Superior Level of Expertise



Joey Noufal and
Noufal HairColor
Salon are featuring
Natalya
as top hair stylist

Natalya's work has been published in various hair books and magazines internationally and locally. At Noufal HairColor Salon, Natalya specializes in: **wedding style, multiple color highlights, precision cutting, perm and Keratin Treatment.**



BEAUTY *Directory*

COSMETICS

Merle Norman
703.938.6644

(Please see ad on page 96)

401 Maple Ave. E., Vienna, VA 22180

www.merlenormanstudio.com

For years, women have relied on Merle Norman to meet their Skin Care and Color needs, because there really is a difference. Their Staff is carefully trained and dedicated to helping you select the products that are right for you. Their long-term commitment to personalized service and a unique philosophy of "Try Before You Buy" is your assurance of satisfaction.

HAIR

Colour Bar Studio
703.848.2000

(Please see display ad on page 87)

8100 Boone Boulevard, Suite 115,
Vienna, VA 22182

www.colourbarstudio.com

Their team of hair artists will create a style that is uniquely yours. It all begins with the consultation: hair type and texture, face shape, stature and even lifestyle are considered as we design a new you.

Noufal Haircolor Salon
703.893.7711

(Please see article on page 110 and display ad on page 111)

8605 Westwood Center Dr, Ste 160
Vienna, VA 22182

www.noufalhaircolorstudio.com

At the Noufal HairColor Studio in Vienna they like to give back! That's why they've created the Noufal Loyalty Point Reward System where you can have a chance to earn free gifts and more. As a member, you will be able to take advantage of all the extra perks Noufal HairColor Studios have to offer.

Salon Mark Anthony
703.893.9655

(Please see display ad on page 109)

6845 Elm Street, Suites 100-103
McLean, VA 22101

Specializing in custom color and highlights and providing clients with the utmost care and attention. Also visit their gift gallery featuring Moorcroft pottery, high-end custom jewelry and vintage jewelry.

Toka Salon
703.759.5700

9867 Georgetown Pike, Great Falls, VA
22066

www.tokasaloon.com

Whether you're looking for a haircut and color or total skin care, massage or manicure and pedicure services, Toka is one of the premier and top rated day spas in the Washington D.C. area. It is their privilege to pamper you and provide you with the look and feel that reflects your personality and lifestyle.

FITNESS

Flex N Tone
703.242.8663

370 Maple Ave, West, Unit 1, Vienna, VA
22180

Spice up your routine and experience the latest trends in full body workouts. Flex n Tone is a unique studio that offers diverse fitness styles, ranging from yoga to dance, suitable for all fitness levels and body types. Sculpt, build strength, and increase flexibility while having fun!

SKIN & BODY

Aesthetica
703.729.5553

(Please see ad on page 96)

Riverside Office Park at Landsdowne

19500 Sandridge Way, Suite 350,

Leesburg, VA 20176

www.gotobeaauty.com

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

Astoria Laser Clinic & Med Spa
703.992.9290

(Please see article on page 104 and display ad on page 101)

2106 Gallows Rd, Vienna, VA 22182

www.astorialaserclinic.com

Ask us about FDA-approved procedures like BOTOX®, laser hair removal, photorejuvenation, fraxel, Clear & Brilliant, microdermabrasion, Cool Sculpting, skin tightening and other services.

Aesthetic Medical Center
703.992.7979

8150 Leesburg Pike, Suite 820

Tysons Corner, VA 22182

www.aestheticmedctr.com

The Aesthetic Medical Center is committed to providing our patients with the most advanced techniques, products, and technology in aesthetic medicine and laser surgery. They offer a wide range of injectable and laser treatments for skin and soft tissue renewal.

Berman Cosmetic Surgery
703.406.2444

(Please see ad on page 88)

14 Pidgeon Hill Drive, Suite 100, Sterling VA
20165

www.bermancosmeticsurgery.com

Dr. Berman offers a full array of the most advanced and cutting edge cosmetic surgical techniques, ranging from minimally invasive procedures to extreme makeover surgeries. Dr. Berman will take the time to fully explain and go over all your options and tailor an individualized and unique treatment plan for you.

Plastic Surgery & Associates
703.790.5454

1300 Chain Bridge Road

(at Dolly Madison Blvd)

McLean, Virginia 22101

www.plasticsurgerymclean.com

Dr. Csaba L. Magassy is one of the Washington area's best-known and most highly regarded plastic surgeons. Specializing in surgical and non-surgical procedures, Dr. Magassy has helped thousands reach their cosmetic goals. With over twenty years of experience, Dr. Magassy has achieved the ability to reflect nature's most beautiful work in each of his patients.

WellMedica Aesthetic & Anti-Aging Medicine
703.787.9866

(Please see article on page 102)

1801 Robert Fulton Dr. Suite 540 Reston,
VA 20191

www.wellmedica.com

Offering a diversity of treatments and services, WellMedica is dedicated to providing you with the latest technologies available today. Dr. Dima Ali, President and founder of WellMedica, combines artistry with medicine and a deep commitment to your satisfaction. She concentrates exclusively on nonsurgical procedures to enhance, shape and improve the face and body. Dr. Ali believes that looking good should be pleasurable and affordable.

Woodhouse Day Spa
571.577.2775

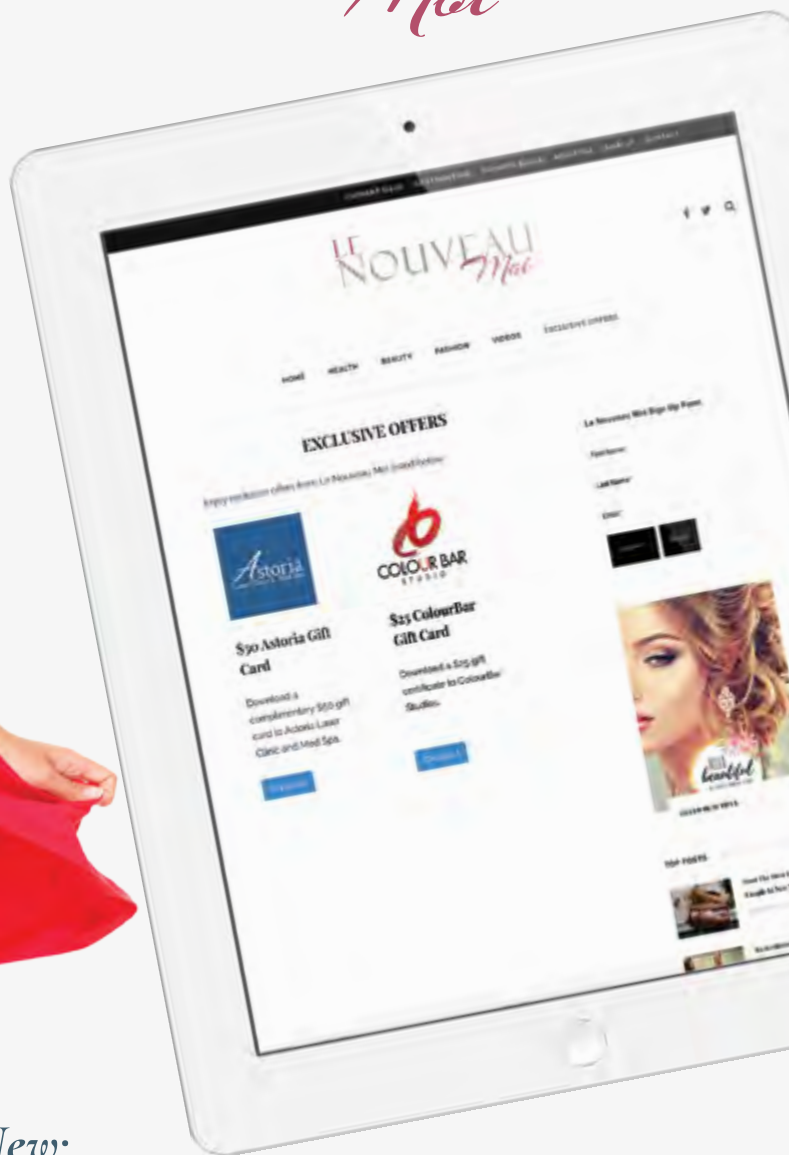
(Please see display ad on page 84)

1603 Village Market Blvd., Suite 116
Leesburg, Virginia 20175

Leesburg.WoodhouseSpas.com.

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.

LE NOUVEAU *Moi*



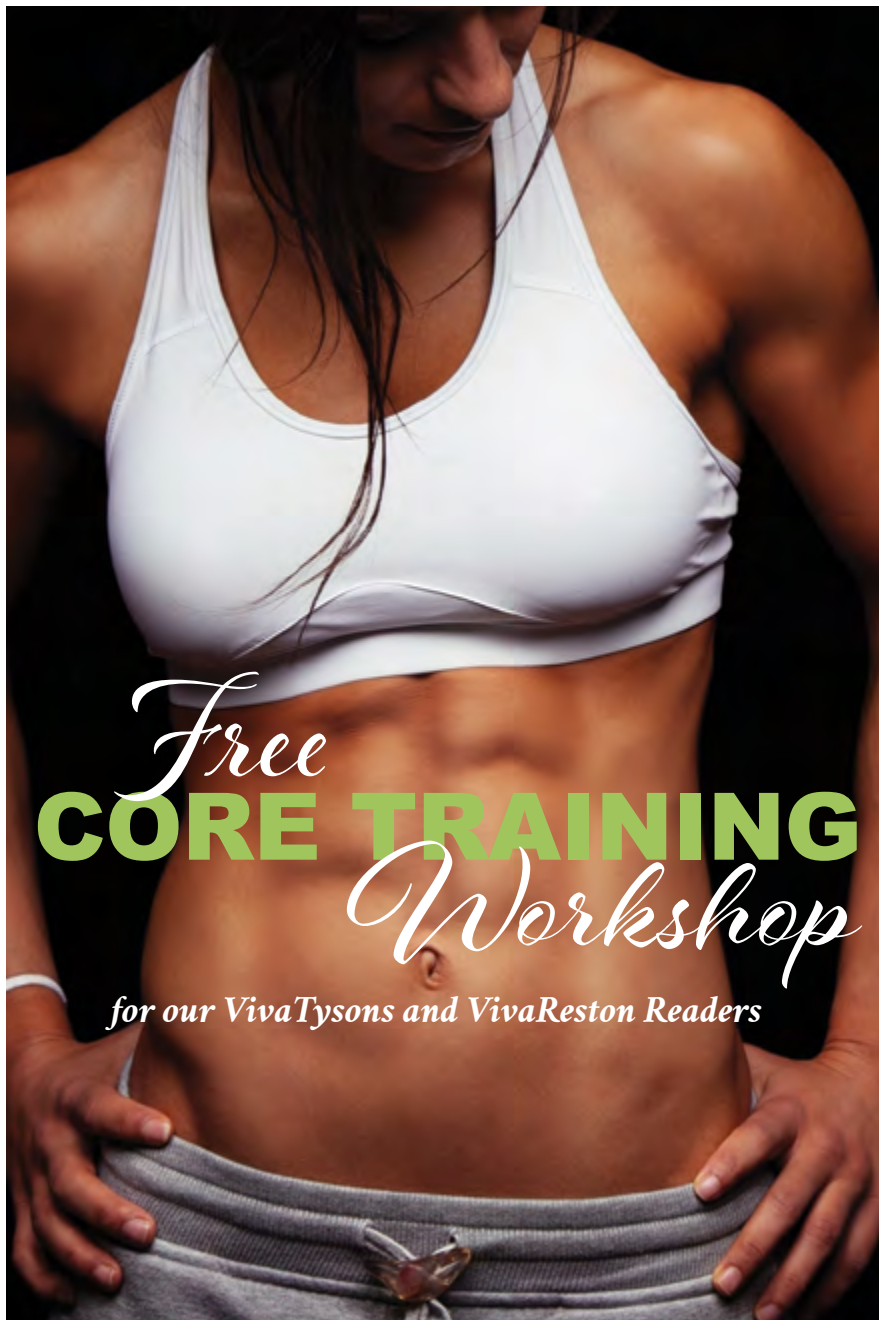
All New:

EXCLUSIVE OFFERS!

Le Nouveau Moi Magazine now provides a unique online space where readers like you can get exclusive special offers from our advertisers—for *FREE!*

Visit our website to get started.

lenouveaumoi.com/exclusive-offers



Free
CORE TRAINING
Workshop
 for our VivaTysons and VivaReston Readers

“CORE” TRAINING BY PAT MCCLOSKEY AND DOUG VASILADIS OF ONE TO ONE FITNESS

We have received many questions about training the “core.” Doctors want us to keep our core strong to help protect our lower back and alleviate lower back pain. Coaches want our core strong so we can be more resilient to injury and enhance our athletic performance. Gym goers train their core to feel healthy and fit and for some to strive for the elusive “washboard abs.” Yet while the “core” is one of the most popular terms in fitness and athletic conditioning, many people do not have a clear understanding of what “core” means and how we train it most effectively.

Most people equate the core to abdominal muscles, especially the rectus abdominis which is close to the surface of our body and that gives those with very little body fat their “six-pack” look. While the abdominals are a component of our core musculature, our “abs” and our “core” are far from one-in-the-same. Our core musculature also includes many other internal muscles closer to our spine and pelvis, in addition to posterior muscles of our lower, mid, and upper back, our pelvic floor muscles, and many muscles surrounding our hips. However, while some may define the core as our entire mid-section, trunk, or torso (excluding the legs, arms and

head), the human body is meant to function as a unit and this unit also includes nerves, ligaments, tendons, and fascia. Fascia is like our natural Spiderman suit; a vast web of connective tissue that is interwoven and wrapped around our muscles, joints, and internal organs, often with strands or sheaths that are integrated or connected from toe to head.

“Core” classes at your local health club and popular “core” workout videos are dominated by more isolative instead of entire-body integrative exercises, the vast majority of which are performed on the ground in a supine (on our back) or prone (facing down) position instead of standing on our feet. Doing things like sit-ups, crunches, scissors, and cycles certainly make us feel the burn in our abs, and the variety of planking variations do enable us to involve the entire body in a more integrated fashion, but these are incomplete. The fundamental movement that we perform in activities of daily living and in athletics (walking, running, bending, squatting, rotating, pushing, pulling, reaching, etc.) are accomplished with not only muscle contractions but with the integrated, coordinated involvement of our nervous system and connective tissue, and do not occur laying down on our backs, or flexing our spine (like with crunches), or even in planking positions. The most beneficial core exercises are done on our feet and include movements that involve and place demand on the entire body from toe to head and treat the body as an entire unit with all of our tissue working together as a coordinated “symphony,” not with specific muscles “playing solos.”

The One To One Fitness center will hold complimentary workshops for all Viva Tysons and Viva Reston members who would like to learn an entire spectrum of core conditioning exercises. If you would like to attend please contact us through our web site using URL: 1to1fitness.com/try-us-out/ and indicate in the message section that you would like to attend the Viva Tysons Core Conditioning workshop. Simple observation is welcome, but participation is encouraged. If you would like to participate bring exercise clothing. It will not be a strenuous workout so you will not need to shower if you will be going back to work after the workshop. ♦

THE DOCTOR IS IN!



WellMedica is an internationally respected teaching center dedicated to the advancement and standardization of Aesthetic Medicine. The quality of care you receive from Dr. Dima is unsurpassed in the industry. From medical skincare and non-invasive rejuvenation and body contouring services to state of the art minimally invasive surgical procedures, your positive experience at WellMedica is our ultimate goal. At your Premiere Consultation, we focus intently on your desires and expectations. After conducting a thorough examination, Dr. Dima will then discuss all of your options and recommend a personalized treatment course. Together, we can help you achieve the most natural and best version of your desired results.

Who do you trust your skin to?

When deciding where to go for your cosmetic needs, think about whether that Groupon is worth the risk of a burn or a scar. The exponential growth of the cosmetic industry has resulted in a plethora of medi-spas that have a medical director in name only. It seems almost anyone can purchase a laser and start using it without proper protocol and procedures.

- 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.

You won't have to worry about that at WellMedica because the doctor is always in.

Dr. Dima personally assesses and examines each individual before devising a customized treatment plan. At WellMedica, you can have peace of mind that your skin, and your wellbeing, is in the best of hands.



Dr. Dima is an award winning Board Certified Cosmetic Laser Surgeon with over 15 years of proven excellence in her field. She is committed to

empowering each patient to look and feel his or her best.

THERMISMOOTH

Non-Invasive Wrinkle Reduction



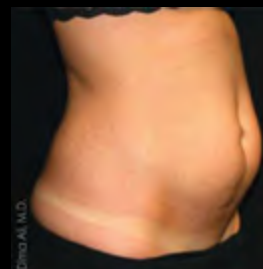
BEFORE



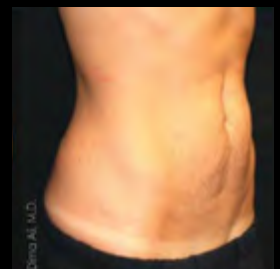
AFTER

ULTRASHAPE

Non-Surgical Permanent Fat Reduction



BEFORE



AFTER 2 TREATMENTS



BY MICHAEL EVANS

IT'S PARTY TIME!

With summer right around the corner, it's time to reconnect with friends and family, relax more, and let loose a little! What better way to do that than host the party of the summer your friends and family will still be talking about years from now? With warm weather abundant and the cold drinks plentiful, we don't really need to give you an excuse to celebrate—but we will anyway!

HOLIDAYS: Since Memorial Day Weekend is the unofficial kick-off for summer and opening weekend for most pools, it's a great time to get outside and barbecue. Gather your friends and family for some poolside hot dogs and burgers, or grill up some steaks for surf and turf in the backyard. Enjoy each other's company and toast those who have made the ultimate sacrifice for such freedoms. Similarly, 4th of July and Labor Day weekend are other great opportunities to host a get-together, because of the long weekends for travelers. You could opt for an appropriately themed All-American Barbecue, or mix things up with another fun menu of your choosing (keep reading for some exciting ideas!). Good food, good drinks, and good friends are always a winning recipe!

GRADUATION PARTIES: Celebrate your favorite graduate and their

accomplishments in style with a bash to remember! Decorating with their school colors or themed paraphernalia of their profession can add a little extra spirit and excitement for what's to come. Keep in mind that this is a busy time of year for fellow grads and their families, so you'll want to choose your date and time carefully. Some guests may have several parties to attend that day, so depending on when you choose, you may be able to get by with mostly heavy hors d'oeuvres, drinks, and desserts. However, if your party spans the lunch or dinner hours, you'll want to make sure you have enough options for those who are planning to celebrate with your grad all day.



THEME PARTIES: Theme parties are a great excuse to celebrate whenever you want, just because! With the warmer weather, we love the idea of a Hawaiian Luau complete with tiki lights, Hawaiian leis, piña colodas, grilled pineapple, and a pig roast. Or, how about a South of the Border Fiesta with margaritas, grilled fajitas, black bean and corn salad, chips, salsa, and fresh guacamole made in the mortar as an entertainment display? Need some other ideas? Try a Crab Feast or Low Country Boil with fresh seafood, and other favorites like hush puppies, shrimp and grits, or potato salad. Serve it up with sweet tea, fresh-squeezed lemonade, and ice-cold beer!

COMPANY PARTIES AND PICNICS:

Summer is a great time to host a company party the whole family can enjoy! From picnics in the park, to renting out activity spaces, formal cocktail receptions, or keeping things local and hosting at work, this is a great way to boost employee morale and let everyone spend some time together outside of the 9-5. Have fun choosing a theme that best fits your company and its people. Some corporations choose to carry their theme all the way through for the annual party—from decorations, menu, drinks, location, etc.,—while others offer a little bit of everything so that there's sure to be something for everyone! Either way, employees appreciate the effort and a chance to get to meet those significant others or little ones they hear about all the time in the break room (and show off their own, too!).

While these are just a few ideas to get you started, the possibilities for summer entertainment are endless. No matter what type of party you choose, rest assured knowing everyone always loves a chance to have a good meal with good company! ♦

AUTHOR: Michael Evans is chef-owner of Helga's Caterers, a family-owned, full-service catering company with over 35 years of experience in providing fine food and excellent service for all of your catering needs throughout the D.C. Metro Area.



Receding gums can cause a slew of problems

NEW!

PAINLESS FIX FOR RECEDING GUMS



New technique repairs gums quickly with great results

Gum Recession Breakthrough Treatment: Pinhole Gum Rejuvenation

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

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

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

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

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



VOTED AS ONE OF AMERICA'S BEST DENTISTS 2014

GRANDE
Complete
DENTAL CARE

Grande Dental Care with Dr. Marcos Grande offers dental implants, exams, cleanings and a full range of expert dental services in beautiful Herndon.

20+ EXPERIENCE

Call for an appointment today!

703.471.7164

WWW.GRANDEDENTALCARE.COM

JUN
10-11

UPCOMING EVENTS



Unleash your Inner Artist!

CHALK ON THE WATER AT LAKE ANNE THIS JUNE 10-11

Once again, Chalk on the Water will fill Lake Anne Plaza with colorful chalk drawings by amateurs and professional artists, as well as families and kids of all ages. Organized by Public Art Reston (formerly IPAR), and Lake Anne, the event will take place on June 10 and 11 from 11:00 a.m. to 5:00 p.m. and will award prizes for each category: Professional, Amateur, Family/Junior/Senior, and Family/Elementary.

Individuals of all ages are welcome to let their inner artist shine and turn the plaza into a chalk art gallery.

Festival-goers can purchase a "plot" of brick space on the plaza and paint to their hearts delight whatever flows from their imagination.

Cost for spaces are \$10.00 for families and school-age children (Elementary – High School), and \$15.00 for amateur and professional artists. Professional artists must do a large piece. Prizes are awarded based on jury selections.

The Virginia LOVE sign will be at this year's Chalk on the Water at Lake Anne, so you can have your photo taken with the iconic sign!

For more information and registration, please visit Chalkonthewater.com. ♦



Find Your *VivaReston*
Lifestyle Magazine.

Live Like a Local.



YOU CAN FIND VIVARESTON LIFESTYLE MAGAZINE AT THESE LOCATIONS:

RESTON

Lake Anne Village Center
Reston Community Center
Reston Museum & Shop

Reston Town Center
Reston Visitor's Center
Hyatt Regency Hotel
Panera Bread
Starbucks
Box at the Green Garage

North Point Village Center
Giant
Starbucks

South Lakes Village Center
CVS Pharmacy
Safeway
Starbucks
7 Eleven Soapstone

Plaza America
Whole Foods Market
(cafeteria counter)
Starbucks
UPS
Gold's Gym
CVS

Spectrum Village Center
Harris Teeter
Red Door Salon

Hunters Woods
Reston Community Center
Safeway

Other locations in Reston
Silver Line Metro Station
Sheraton Hotel Reston
Reston Hospital waiting rooms
emergency lobby
Inova Reston
YMCA Reston
Greater Reston Chamber of Commerce
Reston Library
Marriot Suites

Residential and Office Buildings

Avalon Reston Landing
Stratford House
Fellowship House Hunters Woods
Paramount Reston Town Center
Heron House Lake Anne
Carr Workplaces RTC
Coldwell Banker building
Harrison Apartments
Cosmopolitan
Metropolitan

Avant
Hartke Building

STERLING

Starbucks Leesburg Pike
Giant
Shoppers
Inova Sterling
Wegmans
Claude Moore Rec Center

HERNDON

Fox Mills Shopping Center
Giant
Starbucks
Herndon Library

Worldgate Center
Starbucks
Mom's Organic

Elden Plaza
Panera

Woodland Crossing
Harris Teeter
Starbucks
Panera

OAK HILL

Franklin Farm
Starbucks
Giant

Dulles Park
Shopping Center
CVS Pharmacy
Starbucks
Giant

ASHBURN

Ashburn Library
Starbucks Pipeline Plaza
Starbucks Farm Market Center
Starbucks Broadland Village Center
Wegmans
Harris Teeter Ashbrook Commons
Plaza
Giant Ashburn Village Center

LEESBURG

Starbucks Bellwood Commons
Giant Leesburg Plaza
Giant Marketplace at Potomac
Station
Ida Lee Park Recreation Center



BY ALEXANDRA ROSSI



9TH ANNUAL LOVE YOUR BODY YOGA FESTIVAL ON JUNE 11

Love Your Body Yoga Festival is back this year to “Celebrate YOGA, commUNITY and WHOLEness.” The free event will be held on Sunday, June 11 from 10 a.m. to 5 p.m. at Reston Town Center, 11900 Market Street.

The event also offers free activities and entertainment for the whole family, including live music, complimentary yoga classes, energy healing demonstrations, and healthy food and drink samples. Soothing therapies such as Reiki, chiropractic, and massage will also be featured, and yoga studios and wellness centers from across northern Virginia will offer classes, services, and share information.

Donations will be accepted for guests to participate in specific classes, and those donations will benefit Cornerstones, a local nonprofit organization that promotes self-sufficiency by providing support and advocacy for people in need. The kids’ tent will offer storytelling, laughter yoga, and more for all ages. There are some new highlights at this year’s event, and all are invited to enjoy the variety of activities, free prize drawings, and many booths on Market Street all day.



One of the new additions this year will be a new Bhakti Bliss Stage, at the corner of Library and Market streets, which will spotlight the art of mantra, music, and sound healing modalities. There will also be a Farm to Table tent with local farmers, distributors, and food artisans each with quality, healthy food.

The Love Your Body Yoga Festival event is the official start of the 10th Annual Virginia Yoga Week, June 11-18, when yoga studios and independent teachers will be offering Karma, free, and \$5 classes throughout the Commonwealth.

The festival is organized by Beloved Yoga, which has studios in Reston and Great Falls, and is presented with support from other local businesses and community volunteers.

"This event was born from the desire to create ease and accessibility for people to try yoga, and celebrates the diverse yoga community of northern Virginia," says Maryam Ovissi, owner of Beloved Yoga. "At Love Your Body Yoga Festival, everyone can learn about the many ways to take care of their bodies from the inside out – physically, mentally, and emotionally – to feel stronger and healthier."

Beloved Yoga has also created a Mind Body Fund, supporting yoga teachers to go into the Cornerstones community, making yoga accessible for all.

Love Your Body Yoga Festival classes and activities are available online. For more information, contact Beloved Yoga at www.belovedyoga.com or 703-860-9642, email maryam@belovedyoga.com, follow on Facebook www.facebook.com/LoveYourBodyYogaFestival and visit www.loveyourbodyyogafestival.com. ❖



Whether you're planning a corporate luncheon or a grand-scale gala, Helga's Caterers will help you make everything for your event absolutely perfect. Their over three decades of experience enable them to offer many ideas and options for creating exceptional corporate events, holiday celebrations, showers, and wedding receptions.

Helga's Caterers creates sensational celebrations to match your unique style and tastes: a Victorian feast, a casual buffet, a formal banquet or a country-western barbeque. Let us help you plan your next special event!

703-556-0780

6710 Old Dominion Dr
McLean, VA 22101

www.helgascatering.com



MAY
20-21

UPCOMING EVENTS



Heckendorn, ceramics



Keaten-Reed, painting



Volunteer



NVFAF Family art
Photo by K Alcorn

BY CAROL NAHORNIAK

It Takes a Community to Make It Happen NORTHERN VIRGINIA FINE ARTS FESTIVAL – 26TH ANNUAL

May 20 & 21 at Reston Town Center
Presented by Greater Reston Arts Center (GRACE)

The renowned Northern Virginia Fine Arts Festival has grown its reputation for many reasons, and now in its 26th year, it's a good time to take a look at why. This is not your average art and craft show – it brings a quality of art and a quality of life that makes Reston proud. Art Fair Insiders, a national publication for artists and art show aficionados, now ranks Northern Virginia Fine Arts Festival at #18 in their list of the best outdoor art festivals in North America – a rating derived from input from the exhibitors and thousands of attendees. What sets this event apart from other art fairs is the quality, accord, and community involvement led by Greater Reston Arts Center (GRACE). To select 220 artists for the festival out of more than 1,000 applicants from the U.S. and abroad, GRACE's juried system is controlled by a panel of independent professionals to ensure an outstanding experience at the Northern Virginia Fine Arts Festival each year.

To support the artists who travel so far to be here, and to assist with the event's success, GRACE enlists more than 500 volunteers—yes, five hundred—for essential tasks such as helping with artist hospitality, greeting festival visitors, promoting GRACE, encouraging creativity at the Family Art Park, and more. Providing a few hours to a full day of their time, individuals, families, and groups of friends from Reston and beyond make this event happen.

To operate the festival, GRACE relies on the infusion of funding from top tier sponsors all the way down to \$100 for the Adopt-An-Artist campaign. Reston Community Center, Reston Town Center Association, The M Group Architects + Interior Architects, Wegmans, The Counter, and the host venue, Reston Town Center, are among the valued sponsors who provide important services and funding. Viva Reston Lifestyle joins the ranks of those who understand the event's significance and provide their support.

Another essential component of the festival is fundraising for GRACE, a 501(c)(3) non-profit organization. Philanthropy sustains its extensive year-round programming that brings 80,000 people to the gallery and makes it possible to serve 40 schools in the DC region with "GRACE Art" education. Festival artists rent booth space to sell their original paintings, mixed-media, photography, sculpture, jewelry, and fine craft, but GRACE does not receive income from art sales. Instead, a \$5 per adult donation is requested at the Northern Virginia Fine Arts Festival,

and in turn GRACE provides the robust program that contains details, art images, and dining certificates for local restaurants.

Innovative Entertainment

Throughout the 2-day event, Reston Community Center presents exclusive dance performances in the parks at Reston Town Center. The professional dances are choreographed to respond to the public art sculptures, providing another unique experience, along with pockets of acoustic music throughout the 11 blocks of the festival. A big draw to the event is the free Family Art Park in the Pavilion, where all ages get the opportunity make their own creations while enjoying GRACE's acclaimed activities.

Let the Festivities Begin – Friday Night at the Pavilion

Before the weekend of exhibits and entertainment begins, GRACE starts the festivities on Friday night at the Festival Launch Party in the Pavilion. All are welcome to join in the fun of the “creative cocktail attire” friend-raiser celebration and mingle with the artists. The ticket price of \$50 benefits GRACE and includes beverages, a build-your-own-burger bar from The Counter, the festival program, and a silent auction of exciting getaways, culinary workshops, spa and golf packages, and more.

Garage parking at Reston Town Center is free every weekend, and also for the event on Friday, May 19.

GRACE's Mission – Community Enrichment through Participation

Based on results of University of Waterloo's 2016 research for the Index of Wellbeing, it's now more important than ever to make arts experiences accessible to all. “Like leisure time, cultural participation is beneficial because it can promote mental health, socializing, and learning.” For 43 years, GRACE has been in sync with this finding with their mission “to enrich community life by promoting excellence and involvement in the visual arts.”

About 30,000 patrons who come to the Northern Virginia Fine Arts Festival each year know it's the one to attend. Find out more by calling GRACE at 703-471-9242 or stop by their gallery at 12001 Market Street at Reston Town Center, and visit the GRACE website, restonarts.org. Click on Fine Arts Festival to learn about the artists, volunteering, how to Adopt-an-Artist, and everything else about this year's event. ♦



NVFAF artist Julia Gilmore booth
Photo by Amanda Lowe

FIND YOUR IDEAL HOME IN RESTON



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

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

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

RESTON
REAL ESTATE
THE NEW URBAN IS SUBURBAN



EVE THOMPSON REALTOR® | Long and Foster Realtors

13135 Lee Jackson Memorial Hwy | Fairfax, VA 22033

Main Phone: 703-798-9000 | Mobile: 703-582-6475

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



JUN
16-17

UPCOMING EVENTS



27TH ANNUAL TASTE OF RESTON SCHEDULED FOR JUNE 16-17

Two days you don't want to miss!

Voted as one of the best outdoor food festivals in Northern Virginia for the sixth year, Taste of Reston is back for its 27th year this June 16 (3 to 11pm) and June 17 (12noon to 11pm) at the Reston Town Center.

Produced by the Greater Reston Chamber of Commerce, Taste of Reston has grown from a handful of Reston Town Center restaurants to cuisine created from around Northern Virginia and typically attracts 50,000 attendees.

More than 25 restaurants are expected to participate from all over the region, promising something for every palate. Exhibit booths add to the fun with prize wheels, information and special promotions designed primarily for this event.

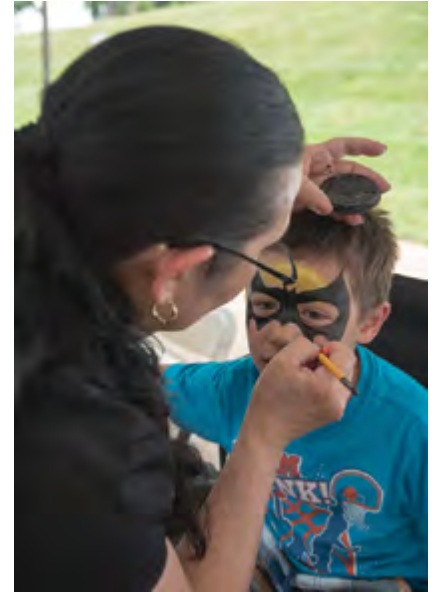
This year's Taste of Reston will have four stages with live music and DJs, the YMCA Family Fun Zone, Wine 'n Dine with chef cooking demonstrations, and samplings from regional vineyards.

The YMCA Family Fun Zone will have a construction theme to shadow the construction that is taking place at Reston Town Center. The stage in this area will feature local dance demonstrations and interactive games sprinkled throughout for families to enjoy.

"Local and Live" will be back by popular demand, where attendees will be able to enjoy some craft beer, listen to jazz, and kick back in the unique lounge area.

For more information, please visit www.restontaste.com.





Senior Living Options

*for Active Lifestyle, Assisted Living
and Memory Care Communities*



Tribute One Loudoun

By Analiese Kreutzer

Finding a senior living community for yourself or a loved one can be daunting. It usually represents a big change, which is never easy. Luckily, our area provides many choices. We've highlighted a few of those here to give you an idea of what's available and get you thinking about which features are important to you as you begin your search.

Tyson's Woods www.tysonswoods.com

Tyson's Woods takes a unique approach to assisted living by keeping its locations small and maintaining a higher-than-average staff-to-resident ratio of one to four. A maximum of eight residents in each of its two locations in Vienna allows for more of a family setting, where residents develop close relationships with their caregivers and with one another. This supportive, social environment focuses on good food, good health, and a family atmosphere in the belief that the elderly deserve our respect and understanding.

Tyson's Woods has the advantage of all-inclusive pricing with a flat monthly rate and no hidden fees. Your monthly rate will only increase three percent per year to adjust for cost of living or if a resident requires incontinence care. A free, pre-admission assessment helps create a tailored care program for each resident.

The Kensington www.TheKensingtonFallsChurch.com

Fostering independence and individuality, The Kensington is a state-of-the-art assisted living community in the heart of Falls Church. Opened in February 2017, The Kensington was designed to achieve the comfortable elegance of home. A full-time activity coordinator keeps residents engaged with a variety of events and programs.

Residents receive excellent care that evolves with their changing needs. The Kensington's best-in-class clinical program, developed by top gerontologists and memory care experts, includes an on-site physician's office with regular office hours as well as physical therapy, a fitness center, and licensed nurses available 24-hours per day. A Board-certified gerontologist, an internist, a cardiologist, and a neuro-psychiatrist partner with The Kensington and make regular visits.

In addition to its assisted living community, The Kensington also includes two memory care neighborhoods.

Tribute at One Loudoun

***www.TributeatOne
Loudoun.com***

Now accepting reservations and on pace to open later this summer is the brand new Tribute at One Loudoun, an assisted living and memory care community within walking distance of the new One Loudoun downtown area. The clean, modern design of this property provides a relaxing and elegant atmosphere throughout its common areas as well as in its nine different suite styles ranging from studios to one-bedroom units.

Tribute at One Loudoun provides individualized care based on each resident's needs. Keyless door locks, security cameras, senior-friendly exercise equipment, a movie theater with surround sound, fine dining service, a salon, and landscaped courtyards are just some of the features of this state-of-the-art property.

The memory care unit aims to serve the person within and includes a calming environment, family style meals, and sensory panels in the hallways to provide interest and tactile sensations for the residents.

Vinson Hall Retirement Community

ARLEIGH BURKE PAVILION
THE SYLVESTRY

www.vinsonhall.org

This community includes three different levels of senior living, providing residents continuity even if their needs change. Vinson Hall is an active community focusing on independence and individuality. The Arleigh Burke Pavilion provides assisted living and skilled nursing care, and The Sylvestry specializes in long-term care for those with Alzheimer's or dementia.

As a non-profit community supported by the Navy Marine Coast Guard Residence Foundation, residency in Vinson Hall is open to commissioned military officers and their immediate family as well as government workers of equal rank from select agencies. Residency in Arleigh Burke or The Sylvestry does not require military or government affiliation.



More than a century of caring.

Live life to the fullest in
the heart of the
Shenandoah Valley, the
foothills of the Blue Ridge
Mountains, or the warmth
of small town living.

Enjoy a few days at one
of our Life Plan
communities and see
for yourself if Sunnyside
Communities is right
for you. Plan your
complimentary
Staycation* today.

*Certain restrictions may apply.



SUNNYSIDE
800.237.2257
Harrisonburg, VA

KING'S GRANT
800.462.4649
Martinsville, VA

SUMMIT SQUARE
800.586.5499
Waynesboro, VA

www.sunnysidecommunities.com



The Reading Room at Vinson Hall

Vinson Hall residents choose from a range of floorplans for one- two- and three-bedroom apartments and enjoy a wide range of activities and on-site amenities including dining, hobbies, a fitness center, a chapel, outings, and social events.

Both the Arleigh Burke Pavilion and The Sylvestry received the rare five-star bronze rating from Medicare. Residents of Arleigh Burke enjoy a variety of pastimes and outings while getting the extra care they need. The Sylvestry includes new technologies to enhance everyday life such as a Sensory Oasis room, designed to help soothe and relax residents.

Chesterbrook Residences **ChesterbrookRes.org**

If cost is a concern, and it usually is, then add Chesterbrook Residences to your list of places to consider. The non-profit Chesterbrook is a mixed-income community that promotes itself as “Northern Virginia’s most affordable assisted-living community.” However, that doesn’t mean you won’t find plenty of comfort and amenities in this active, vibrant lifestyle community offering assisted living for adults age 62-plus.

Chesterbrook’s 109 residents live in 85 private one- or two-bedroom apartments with full baths and kitchens. The property features public spaces for chef-prepared dining, exercise, crafts, meditation, a hair salon, laundry and more.

Tucked back from the road on Westmoreland Street in Falls Church and bordered by Haycock Longfellow Park, Chesterbrook offers a safe, quiet, and picturesque setting for outdoor walks and recreation. Chesterbrook maintains an active calendar of events for residents to take advantage of both on the property and on outings to nearby attractions such as the National Gallery of Art and Mount Vernon.

The guiding principle at Chesterbrook is to enhance the dignity, independence, and individuality of each resident. Residents needing physical therapy, speech therapy, or occupational therapy can receive those services on site as well as assistance with daily living activities such as bathing, dressing, eating, and medication supervision.

Chesterbrook does not provide the intensive care of a nursing home.

*Sunnyside
Communities*
www.sunnyside.cc

If you’re looking to retire outside the DC Metro area but still stay nearby, Sunnyside offers three communities in Virginia: Sunnyside in Harrisonburg, King’s Grant in Martinsville, and Summit Square in Waynesboro.

All three communities offer independent living, assisted living, and nursing and memory care, so even if your needs change, you can remain a part of the community. All three communities also have achieved a five-star rating from the Centers for Medicare and Medicaid Services.

Sunnyside is situated on 100 picturesque acres, and residents choose from cottages, villas, and apartments with a host of comfortable amenities. King’s Grant’s 120-plus acres feature a wooded perimeter and two lakes and offer a choice of cottages, garden homes, or apartments. Summit Square shares the small-town charm of Waynesboro and gives residents a choice between patio homes or modern one- or two-bedroom apartments.

All three Sunnyside properties provide a full calendar of activities for residents to engage in their communities from day trips to life-long learning opportunities, wellness activities, crafts, games, and much more. ❖



Vinson Hall

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.

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



703.476.3969
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.

+ CHIROPRACTIC CARE, MASSAGE THERAPY, NUTRITIONAL COACHING, NUTRITIONAL AND MUSCLE RESPONSE TESTING, SKYPE/REMOTE COACHING, LOW LEVEL LASER THERAPY - (LLLT), ION CLEANSE, ULTRASOUND SCREENING

2944 Hunter Mill Road, Suite 104,
Oakton, VA 22124

(703) 975-9144
www.blueskyhealthandwellness.com



The Yerks Team

TTR SOTHEBY'S INTERNATIONAL REALTY

The Yerks Team is one of the preeminent residential real estate teams in the Northern Virginia/Washington home market. The team sells more real estate than any other agent, team, or company in the McLean - Great Falls market. The Yerks Team is consistently ranked as a top agent for the Northern Virginia Association of REALTORS® as well as one of the top 200 realtors nation wide.

6723 Whittier Avenue, #100
McLean VA 22101

703.760.0744
www.yerks.com | Penny@Yerks.com



Dr. Sandhya Pal

PAL FAMILY DENTISTRY

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

+ INVISALIGN CLEAR BRACES, PROPEL ORTHODONTICS, PORCELAIN VENEERS, SAME-DAY CEREC CERAMIC CROWNS/BRIDGES, ROOT CANALS, DENTAL IMPLANTS, AND SEDATION DENTISTRY.

11365 Sunset Hills Road
Reston, Virginia 20190

703.437.8337
www.palfamilydentistry.com





"The bags are gone, and I love my face. Dr. Chang, Angie, Karen and his entire staff are pleasure to work with. They are kind, very efficient, and professional. Everything went seamlessly."

"Dr. Chang is a true artist. Never for a moment do I doubt him. I love the way I look, my husband and all my friends tell me how good I look."

"I highly recommend Dr. Chang. He is skillful, talented, trustworthy, and fantastic cosmetic surgeon."

Dr. Phillip J. Chang, MD

AESTHETICA

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

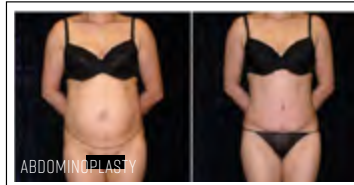
Dr. Chang grew up in the Washington metropolitan area. After graduating from the University of Rochester School of Medicine, he completed his general surgery training at the prestigious Loma Linda University Medical Center in Southern California, where he was fortunate to train with prominent cosmetic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

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

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



MINI-FACELIFT, EYELID SURGERY, MOMMY MAKE-OVER, BREAST AUGMENTATION, BREAST REDUCTION, BODY CONTOURING



ABDOMINOPLASTY



HAIR TRANSPLANT



19500 Sandbridge Way, Suite 350,
Leesburg, VA 20176



703.729.5553
www.GoToBeauty.com



Dr. Dima Ali

WELLMEDICA AESTHETIC & ANTI-AGING MEDICINE

Dr. Dima has a 15 year history of proven excellence in her field and doctors come to WellMedica to learn how to use the latest technological innovations. Dr. Dima, known for treating many of Washington DC's political elite, attended The George Washington School of Medicine, is Board Certified by the American Board of Laser Surgery, a Fellow of the American Academy of Laser Medicine and Surgery and is a Faculty Member of the American Society of Cosmetic Physicians. She is also a key opinion leader for several leading technology companies and is a regular contributor to *Life and Style Magazine*.



AESTHETIC LASER SURGERY, SKIN TIGHTENING/BODY SHAPING, VAGINAL REJUVENATION, BIOIDENTICAL HORMONE IMPLANTS, FAT GRAFTING, NEUROTOXINS, SOFT TISSUE FILLERS



1801 Robert Fulton Drive, Suite 540,
Reston, VA 20191



703.787.9866
www.WellMedica.com

Dr. Rishita Jaju

SMILE WONDERS

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



ORAL HEALTH EXAMS, PREVENTIVE DENTAL CARE, SEALANTS, FILLINGS, FLUORIDE TREATMENT, SPECIAL NEEDS DENTISTRY, LASER DENTISTRY, TONGUE AND LIP TIES, LASER INFANT FRENECTOMY, MOUTH GUARDS



11790 Sunrise Valley Drive, Suite 105
Reston, VA 20191



571.360.3662
www.smilewonders.com

**Dr. Allen S. Garai**

GARAI ORTHODONTIC SPECIALISTS

Dr. Garai has been practicing orthodontics for more than 15 years, and is privileged to have created thousands of individualized beautiful smiles. He has at least 15 years of experience in Invisalign® and has been recognized as an "Elite Provider" in 2014 and 2015. Dr. Garai has been teaching orthodontics, covering clinical and didactic studies, at Children's and Washington Hospital Center's orthodontic departments.



INVISALIGN, INVISALIGN TEEN, ORTHODONTIC TREATMENT FOR CHILDREN AND ADULTS, LINGUAL BRACES, ACCELEDENT® AURA, CORRECTIVE JAW SURGERY



9912D Georgetown Pike, Suite 101
Great Falls, VA 22066



571.483.8954
www.BracesVIP.com

**Casey Samson**

SAMSON PROPERTIES

Casey Samson is a Northern Virginia Realtor, specializing in the Vienna and Oakton and surrounding areas. He excels at listing, selling, and building. Casey is a lifelong resident of Vienna who has raised three kids and coached football with VYI where he is in the VYI Hall of Fame. Casey has 30 years of experience in real estate and the mortgage industry and is one of Vienna, Virginia's most experienced realtors. In 2016, he sold over \$100 million in real estate and sold his listings at 99.1% of the recommended list price in an average of 32 days. All of this with a listing commission of 4.5% saving sellers thousands.



703.508.2535
www.caseysamson.com





AROUND TOWN

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

BY TERENCE PATTI



SHELTER HOUSE INC.

Annual Changing Lives Benefit Breakfast

Shelter House Inc.'s Annual Changing Lives Benefit Breakfast was held on Tuesday, March 28 at the Westwood Country Club in Vienna, Virginia. Businesses, elected officials, and individuals came together to create awareness and visibility around family homelessness and domestic violence in the community.

The sold-out event of over 300 attendees generated much enthusiasm and support. Kathy Albarado, President and CEO of Helios HR, shared her story and spoke to family homelessness and domestic violence. In addition, two of Shelter House's former clients were kind enough to share their own success stories.

Shelter House was fortunate enough to receive two matching contributions from donors totaling \$30,000 – but help is still needed to fulfill its mission. By spreading the word and donating to Shelter House's cause, a caring and supportive community can continue to make a difference in the lives of those in need.

ABOUT SHELTER HOUSE, INC.

Shelter House, Inc. is a community-based, non-profit organization serving homeless families and victims of domestic violence. Our organization was formed in 1981, when several ecumenical groups came together to better serve Fairfax County's low-income population. In 1985, Shelter House's Patrick Henry Family Shelter facility was moved to its current location in Falls Church. In 2007, Shelter House was awarded Fairfax County's contract to operate the Katherine K. Hanley Family Shelter in Fairfax. In 2010, Shelter House became the first non-profit to operate Artemis House, Fairfax County's only 24 hour Domestic Violence Shelter. www.shelterhouse.org

Shelter House's **mission** is to prevent and end homelessness and domestic violence by engaging the community, building effective relationships, and providing crisis intervention, safe housing, and supportive services.

Shelter House **envisions** a community free of homelessness and domestic violence.

INTERESTED IN GETTING INVOLVED?

Contact Jennifer Dalessio, Director of Development, Jennifer.Dalessio@shelterhouse.org



BY ALEXANDRA ROSSI



4TH ANNUAL *Maker Faire* EXCEEDED EXPECTATIONS

On March 19, the 4th Annual Maker Faire, organized by Nova Labs, took place at South Lakes High School and Langston Hughes Middle School. At the event, children of all ages, as well as adults, enjoyed playing with hand-made robots; exploring the different physical laws through flying objects; learning about coding and programming their own robots; helping taking apart recyclable computer parts; making compounds using chemical reactions; creating works through wood, paint and Legos; and much more. A solar-powered BMW car was also on display, giving a glimpse of a more environmentally friendly future. ♦



Jeanne Loveland, MakerFaireNoVa and Anne Delaney, PublicArtReston



Virginia Delegate Ken Plum







BY ASHLEIGH DORFMAN

CONVENING FAIRFAX LEADERS TO MAINTAIN THE *Strongest Community for All*

On an early spring morning, approximately 50 executives from various sectors gathered at a prestigious law firm located at the Reston Town Center. They were participating in a community leadership program entitled “The Hidden Faces of Fairfax County.” It was not lost on the participants that high above the restaurants and retail stores, the conference room overlooked the Embury Rucker Community Shelter located in the other direction. Despite being a thriving community with highly-educated and highly-paid residents with access to the best public schools, attractive parks, and cultural activities, Reston, as well as the broader Fairfax County region, has significant challenges – homelessness, food scarcity, public safety, digital divide, and more.

Solving these community challenges is a tremendous task; it requires collaboration between government agencies, nonprofit organizations, and corporations. Since 1987, Leadership Fairfax has been the catalyst for this collaboration. This organization assembles diverse leaders, across sectors and experiences, to increase their knowledge and perspectives on key local and regional issues. Leadership Fairfax accomplishes its mission through three signature programs – Leadership Fairfax Institute (LFI), Emerging Leaders Institute (ELI), and Lifetime Leaders Program. To date, Leadership Fairfax counts more than 1700 community leaders as graduates. However, the work doesn’t stop at graduation. Graduates continue to serve the community, racking up volunteer hours each year. In the words of President & CEO Karen Cleveland (LFI ’05) “There is still much work to do.”

Celebrating its 30th anniversary this year, Leadership Fairfax has broadened its mission to provide an environment for challenging and strategic conversations, what Cleveland calls Leadership Fairfax 2.0. Already, Leadership Fairfax has brought leaders from all sectors to

the table to build and maintain the strongest community possible. One example is the Opportunity Neighborhood in Reston which launched last fall. Leaders from a variety of organizations such as Cornerstones, Reston Community Center, Reston Association, and YMCA Reston as well as many County departments, including Fairfax County Public Schools, came together to assess need, identify priorities, review existing resources, and determine strategies for filling the gaps, all with the intent of enhancing the quality of life for local underserved families and children.

One of the participants at the table was South Lakes High School PTA President Andy Sigle (LFI ’14). He credits Leadership Fairfax for preparing him for his role as moderator of the initial public meeting because “the LFI program emphasized how imperative it is for government, nonprofits, and businesses to work together to enable a community to thrive.” Further, as a Cornerstones volunteer, he is seeing the impact of creating an environment where all children have the resources they need to succeed. YMCA Reston Executive Director Joseph Crawford (LFI’15) agrees. “One of the most impactful pillars of the Y is youth development. Opportunity Neighborhood is the best collective partnership the Y has to serve our children in Reston and we support it wholeheartedly.”

If learning about local issues, sharpening your leadership skills and engaging in community conversations interests you, then apply for a Leadership Fairfax program and take a seat at the table. There’s still much work to do to maintain the strongest community possible ... for all! ♦

Author: Ashleigh Dorfman, CSEP (LFI ’14) is the events and development director at the Greater Reston Chamber of Commerce.

Sip & Swirl




Take in the breathtaking view and elevate your wine tasting experience!

Bluemont Vineyard is a country farm winery located 951 feet above elevation at the top of the Blue Ridge Mountains overlooking the Loudoun Valley. From the vines that cling to the sun-kissed mountainside to the orchards that spread out below, it is our terroir that makes our wines unique among Virginia Wineries. Our wines are graced with subtle overtones of cherries, apples, peaches, and black raspberries. We offer all kinds of wine for everyone's palate. Try everything from our dry to sweet whites, to our light to full bodied reds.

Open Daily!

11:00am-5:00pm (Nov-Mar)

11:00am-6:00 pm (Apr-Oct)

*Last Friday of the Month: Open until 9:00



540-554-8439

18755 Foggy Bottom Rd
Bluemont, VA 20135

www.bluemontvineyard.com



GREENHILL WINERY & VINEYARDS

Set amidst the foothills of the Blue Ridge Mountains, the Greenhill consists of 128 acres, including 20 acres under vine. The elegant, handcrafted wines produced here highlight the *terroir* of the estate.

The Tasting Room is open
daily, Noon 'til Sunset

540-687-6968

23595 Winery Ln | Middleburg, VA 20117

greenhillvineyards.com

CELEBRATE THE MIRACLES IN YOUR LIFE WITH CANA WINE.

Cana Vineyards is a family-owned winery designed to give visitors a comfortable place any time of year to enjoy Cana wines while taking in the beauty of the surrounding Bull Run and Blue Ridge Mountains.



Tasting Room

Live Music Saturday & Sunday

Available for Weddings & Events



38600 John Mosby Highway
Middleburg, VA 20117

(703) 348-2458 | www.canavineyards.com

"it's a smile, it's a kiss,
it's a sip of wine
...it's summertime!"

- KENNY CHESNEY



Oakton Wine Shop

Purveyor of Fine Wines, Beer & Cheeses

703.255.5425

www.oaktonwineshop.com

2952 - A • Chain Bridge Road • Oakton, VA • 22124




caboose
BREWING CO.

Serving up hearty, farm-to-table American fare (think rabbit pot pie and grass-fed beef burgers with candied bacon) and house-brewed craft beers.

703-865-8580
520 Mill St NE, Vienna, VA 22180
www.caboosebrewing.com

NO FARMS, NO BEER!

Dirt Farm Brewing is a family owned and operated Farm Brewery in Loudoun County. From plow to pint, our focus is small batch hand crafted beer from fresh ingredients grown on our family farm, Great Country Farms. Our 10bbl brewhouse delivers traditional brewing style ales and many farm fresh seasonals. With our newly established 3 acre hop yard, 10 acres in grain, and all the farms bounty we look forward to growing craft beer in Loudoun!



We offer flights & pints to enjoy here, also 32oz cans and growler fills to go!



COMFORTABLY NESTLED IN THE BLUE RIDGE MOUNTAINS 1 MILE OUTSIDE OF THE VILLAGE OF BLUEMONT

18701 Foggy Bottom Road
Bluemont, VA 20135
540-554-2337(BEER)
www.dirtfarmbrewing.com

MONDAY 12-6 • TUESDAY 12-6 • CLOSED WEDNESDAY
THURSDAY 12-6 • FRIDAY 12-8 • SAT & SUN 12-6



Céad míle fáilte!

Great folks. Great times.




**\$5
HAPPY
HOUR**
Monday-Friday
3PM-7PM

paddy & barry's
Irish Pub and Restaurant

Enjoy our huge selection of beers, fine whiskeys, specialty cocktails, wines and happy hour daily specials along with Mouthwatering Authentic Irish Cuisine at a great price and our Weekly Live Music!

(703) 883-2000 | www.paddybarrysva.com
8150 Leesburg Pike | Vienna, VA 22182

SEHKRAFT BREWING

YOUR DESTINATION FOR BEER, FOOD AND MUSIC

Sehkraft (pronounced "say-craft") means "vision," or "eyesight" in German. Sehkraft Brewing seeks to bring about the vision of what the craft beer movement is all about. The 9,000 square foot brewpub houses a 10-barrel brewhouse, a 200+ seat indoor restaurant offering hearty family fare, a 100+ seat beer garden, a retail butcher and cheese shop and a music stage featuring a variety of performing artists.

925 N Garfield St. | Suite A
Arlington, VA 22201
(703) 841-5888
www.sehkraftbrewing.com

RESTON *Premier*

SELECTED AREA LISTINGS

ENDLESS ENTERTAINING CAPABILITIES



The Yerks Team
Penny@Yerks.com
 Direct: 703.760.0744

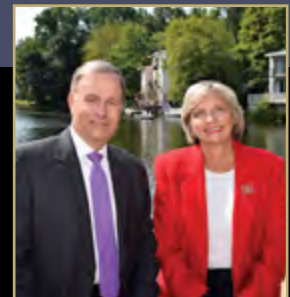


MCLEAN, VA

\$2,999,000

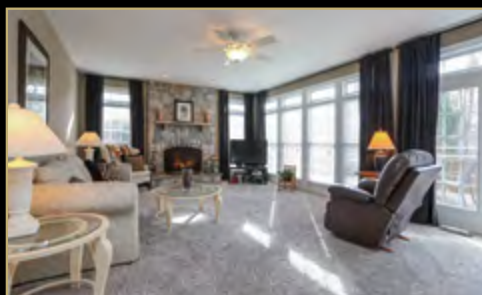
A masterpiece, privately sited on 1.3 acres, minutes from schools & DC! Features include gorgeous custom millwork & stonework, marble flooring, 3 car garage, large vaulted ceilings, wet bar & custom wine cellar. Impressive kitchen has marble counter tops, top-of-the-line appliances including Molteni stove & pizza oven. Endless entertaining capabilities with pool, spa & huge stone patio.

STUNNING COLONIAL IN CLIFTON



Dave and JoAnne Adams Group

www.JoanneAdams.com
 Cell: 703-963-4491
dave@joanneadams.com



CLIFTON, VA

\$924,900

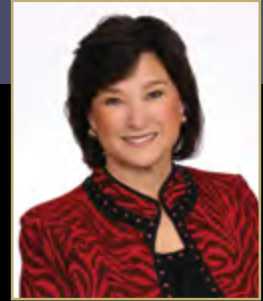
This captivating and stunning 5 bedroom, 4.5 bath, 6000 sq. ft. Pulte brick-front colonial, built in 2003, is sited on a professionally landscaped lot in Clifton, at the end of a cul-de-sac. Great for kids! This home sports a new roof, was freshly painted in 2017, has gleaming hardwood floors and a fabulous gourmet eat in kitchen adjacent to a beautiful bright sunroom. All the bedrooms have walk-in closets. The fully finished walk-out basement has tons of storage, a bedroom, full bath and a glass walled gym. A beautiful and unique home!



RESTON *Premier*

SELECTED AREA LISTINGS

EXQUISITE LIVING WITH RIVER & GOLF COURSE VIEWS



Laurie Mensing

www.LaurieMensing.com

Cell: 703-965-8133

Direct: 703-873-5193

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



LEESBURG, VA

\$1,495,000

The prestigious community of River Creek offers first class amenities such as: gated, secure entrance, tennis courts, fitness center, pool, and golf course membership. This exceptional property offers 5 BR/4.5 BA with 3 finished levels, built for entertaining. The family room offers dramatic floor to ceiling windows, with deck access and breathtaking views of the river and golf course. The kitchen is second to none, with high end appliances, granite, morning room and direct views through the family room windows. The expansive Master Bedroom suite offers a sitting area, custom closets, a double sided fireplace, and a private balcony. The lower level offers entertaining space and access to the additional kitchen with table area and fireplace with stunning stone surround. Enjoy the exquisite lifestyle of River Creek. For more details and photos, please visit www.43410CloisterPl.com.

BEST BUY IN THE NEIGHBORHOOD!



Ginger P. King

ginger.king@cbmove.com

Direct: 703.477.8793

Office: 703.938.5600

"When Experience Counts"



HERNDON, VA

\$729,900

Beautiful Colonial on Large .6 Acre Lot in Quiet, Sought-after Neighborhood. Minutes to Tysons, Dulles. 4 Bedrooms, 3.5 Baths, RENOVATED KITCHEN, Hard-wood Floors Main Level. Oversized, 2-Car Side-Load Garage. Huge Fenced Backyard with plenty of room for pool or games. Lots of updates too numerous to list. Best Buy in the Neighborhood!

BY ELAINE ANNE WATT



MurLarkey's® is open to the public on Fridays and Saturdays from 1:00-6:00 pm. Tasting options include up to six ½ oz. samples of spirits for \$15.00 or Signature Cocktails up to two cocktails containing 1.5 oz. of spirit for \$7.50 each. Tours are Fridays and Saturdays at 1:00, 2:00 and 3:00 pm. Groups of 10 and above need to call in advance. Tours and Tastings or Cocktails cost \$17.00 per person.

Private parties, corporate functions, rehearsal dinners, socials, fundraisers, and other special occasions can be celebrated in style at MurLarkey's® for up to 60 guests. Their team of dedicated professionals will help you coordinate your special event.

Two years from idea to fruition, the doors of MurLarkey Distilled Spirits, LLC opened just days into the new year of 2016 in Bristow, Virginia. Thomas Murray had completed a successful career as a high-tech executive and was thinking about his next best chapter.

His cousin, Mike Larkin, had been toying with the idea of opening a distillery. Descendants of the Kellys, an Irish family that immigrated to the United States in the 1930's, spirits were steeply ingrained in their family traditions. In fact, in Ireland whiskey is often called uisce beatha, meaning the "water of life." It's something the Murray, Larkin, and Kelly homes knew and loved. MurLarkey® was born, named for, and run as a family business.

A lot has changed in one short year. Licensed as only the 11th distillery in Virginia, there are now almost 50. But it is clear what started out as a small craft distillery is becoming something much bigger. On a whim, they entered their first competition, the 2016 Distilled San Diego Spirit & Cocktail Festival, one of the largest and most respected international competitions held each year in the U.S., with their Divine Clarity® Vodka taking the Bronze and their Justice™ handcrafted white whiskey taking the Silver against brands such as Crown Royal and Bulleit. They followed up with winning Virginia Moonshine Distillery of the Year for 2016 at the New York International Spirits Competition, as well as being the Bronze winner for their ImaGINation Gin™ and the Silver winner for Justice™ at that same competition. They were awarded five medals at the distinguished American Distilling Institutes (ADI) Craft Spirits Awards, taking Gold for Divine Clarity® grain-to-glass vodka, and bronzes for their ImaGINation™ Gin and three of their whiskeys.

Enter their doors and you're instantly aware that they are smart, savvy businessmen. The tasting room is all wood, metal, bar stools, and festive strung lights—modern yet grounded in tradition. Take a tour and you'll see their immigrant story and the history of potato vodka and distilled spirits come to life. You'll learn that when the Irish first came to America they did not have their beloved potatoes, which were not indigenous to Northern America. So they turned to corn and a new American spirits business was born. An old copper still has a place of honor in a corridor, while in the operations center, their modern European distillery equipment is clean and sleek, stainless steel lined with copper with their signature crest poised artfully above. In their retail section, their spirits are available for sale alongside some great merch that captures the fun of your adventure. I'll be sporting

a great tank this summer that says, "It's Just Not a Party, Without a Little MurLarkey ... Distilled Spirits."

But, the real heart and soul of the company is reflected in their products. Jesse Puckett, their Head Distiller, has mastered the task of using the finest locally sourced, 100% natural, gluten-free corn and barley, Idaho potatoes known for their optimal moisture and high starch content, and local waters to drive the fermentation process to mash tank, on to the 600 gallon still, through distillation to the cooling condenser to produce the 160-to-190 proof vodka, gin, or whiskey base. A typical vodka is distilled four to six times in a run. MurLarkey's® award-winning Divine Clarity® is distilled 16 times resulting in an incredibly smooth and pure spirit. The company is so focused on the quality of their ingredients and process that they have trademarked "Farm to Flask™."

George "Papi" Zwetkow, is the creative genius behind the art of product development. What happens when you put a love of food (we're talking gourmet cook here), fabulous "nose," and a discerning palate together with natural curiosity and a hint of mischief? Great spirits. Papi has mastered the difference between what enhances the flavor of a gin or whiskey and what competes to its detriment.

I received an amazing short course in the use of chardonnay oak wine barrels to bring out the flavor in Clemoncy™, their finest whiskey infused with the highest quality dried lemon peels and zest, to be

served chilled and neat or to form the base for a delightful array of crafted cocktails. Or the need for merlot oaken wine barrels to produce their cinnamon and brown whiskeys. Smoked or charred oak staves are added as needed to bring out the nuanced textures and flavors of their widening selection of spirits. Think gin is for old men or stuffy upper crust Englishmen? ImaGINation™ will change your mind. Forget any medicinal properties that might have lingered too long on your taste buds, this gin is delicately flavored with 12 botanicals including lavender, lemongrass, rosemary, juniper, ginger, and peppercorns amongst others, that delightfully grace your senses and can be served cold and up or mixed with grapefruit juice to form their "Floridian."

What I found consistent throughout the tastings was whether the spirits were served plain or as one of over 14 signature cocktails available for sampling, the character of the spirit itself was never overwhelmed or lost. A favorite was the Irish Red Head, their Cincerity™ Cinnamon Whiskey combined with orange juice and ginger beer. Another was the Cinnamule™, Cincerity™ with sweet cider and ginger beer. Served warm during the fall will bring cheer and cheers from any crowd. Justice™ is aptly named as it is perfect with just ice, or served with Zing Zang Bloody Mary mix, available at ABC stores and some local supermarkets. George suggests garnishing with crispy bacon for a truly Virginian cocktail experience. Looking for the perfect summer libation? Try Clemonade™, a blend of Clemoncy™

Lemon Whiskey, fresh squeezed lemon juice and a touch of simple syrup topped with club soda.

Over the last year, MurLarkey's® distilled spirits have become available at over 80 Virginia ABC stores and 70 restaurants from Fairfax to Virginia Beach. Several new whiskeys are in the approval process through the Treasury Tax Bureau and State Certification requirements, and they plan to launch their own line of bitters in the near future. As one of the fastest growing distillers in Virginia, they are not content to rest on their early success. The possibilities of every new batch, the thrill of discovery, and the satisfaction of their loyal and growing customer base drives them to expand on what can only be described as an astonishing year of accomplishment.

I really enjoyed getting to know everyone at MurLarkey's®, and the tasting experience was delightful. You feel like you're getting a wealth of knowledge on how to serve and savor each spirit in a relaxed and lively atmosphere. The familial pride and joy they take in making your visit a day to remember is evident at every moment. Make this part of your future plans. I know I will visit again very soon! ♦

MurLarkey Distilled Spirits
7961 Gainsford Ct.
Bristow, VA 20136
info@murlarkey.com
www.murlarkey.com
571.284.7961



Women in Business



Discover our area's finest and learn what sets each apart as a top leader in their field of expertise. The following Greater Tysons professional women are highly trained and known for their quality service.

Dr. Lourdes Ann Christopher

BOARD CERTIFIED PERIODONTIST

Dr. Christopher is a board certified periodontist and former U.S. Public Health dentist & faculty at 4 U.S. dental schools: University of Illinois- Chicago, The Ohio State University, University of Maryland-Baltimore, and Virginia Commonwealth University. Her philosophy is to meet and exceed her patient's expectations by rendering Prompt, Painless, Caring and Exceptional dental treatment. Her practice's state of art technology comprises some of the most advanced equipments and instruments used to perform dental implants and periodontal treatment.

703.237.3700

313 PARK AVE #103, FALLS CHURCH, VA 22046

WWW.DRPERIO.COM



PERIODONTOLOGY

Shira Harrington

CAREER COACH AND BRANDING STRATEGIST

Shira is a committed and compassionate career coach who connects deeply with the professional heart of her job-seeking clients. A recruiter by training, Shira fundamentally understands how to compete in today's tight job market. In addition to helping her clients identify their optimal career path, she develops a stand-out brand that showcases their unique value. A talented "word artist," Shira creates recruiter-friendly resumes, and compelling LinkedIn profiles. She also prepares her clients for interviews that land the offer. Her company's tagline speaks to the heart of her service: "For every hire, there is a higher purpose."

703.508.9573

SHIRA@PURPOSEFULHIRE.COM

WWW.PURPOSEFULHIRE.COM



CAREER COACH AND
BRANDING STRATEGIST

Rose Price, CFP®, AIF®

VLP FINANCIAL ADVISORS

Rose is a Certified Financial Planner™, a partner at VLP Financial Advisors, and a board member of the Financial Planning Association (FPA). She believes that strategic planning is the key to creating, protecting, and growing wealth. Rose works with individual and corporate clients to create well-designed financial plans and investment strategies and is committed to helping local people reach their financial goals and realize their dreams.

Investment advisor representatives offering securities & advisory services through Cetera Advisor Networks LLC, member FINRA/SIPC. Cetera is under separate ownership from any other named entity.



FINANCIAL ADVISOR

HAIR STYLIST



Tania Ferrel-Saldana

COLOUR BAR STUDIO

Ms. Ferrel is a member of a core group of master color specialists in the United States. As a certified MCE (Master Color Expert) and member of the ABCH (American Board Certification - Haircolorist), Ms. Ferrel is an artist that will customize your color and cut to enhance your individual style. She has a passion for making each client look their best, and trains all over the world in order to keep up with the demands of our high-paced region, making Colour Bar Studio a special place in Tysons. Ms. Ferrel is an important sponsor of the Lyme disease organization NatCaplyme, and is a key player in an annual fundraiser held at the salon on June 5th. Please do not hesitate to contact the salon for references.

703.848.2000

8100 BOONE BLVD #115, VIENNA, VA 22182

WWW.COLOURBARSTUDIO.COM

ORTHODONTIST



Dr. Lillian Calkins

SUNRISE ORTHODONTICS

Dr. Calkins is dedicated to providing patients with the highest quality and technology in orthodontic care. As an internationally trained orthodontist, she holds two degrees in dentistry and orthodontics. Dr. Calkins is a continuous student who has access to the best training centers in her specialty, such as the elite Dawson Academy and The Piper Research and Education Center. Dr. Calkins successfully combines the latest technology in her field with her education to better serve the oral health needs of her patients.

703.476.3969

11490 COMMERCE PARK DR #430, RESTON, VA 20191

WWW.SUNRISE-ORTHODONTICS.COM

HEALTH & BEAUTY



Dima Ali, MD

ANTI-AGING MEDICINE EXPERT

Dr. Dima has a 15 year history of proven excellence in her field and doctors interested in learning how to use the latest technological innovations come to her courses from all around the world. Dr. Dima is a graduate of the George Washington University School of Medicine and is Board Certified by the American Board of Laser Surgery, is a Fellow of the American Academy of Laser Medicine and Surgery and is a Faculty Member of the American Society of Cosmetic Physicians.

703.787.9866

1801 ROBERT FULTON DR., SUITE 540, RESTON, VA

WWW.VENUSFREEZEDC.COM

Emily Katz

EKTRUTH

Emily Katz, award-winning Make-Up Artist and Image Strategist, is known in the film and television industry for her informative and inspiring approach to natural beauty. An Elle Beauty Genius, the prestigious international award given those who've deeply impacted the global beauty/fashion world, Emily was cited for her innovative work on the iconic TV show "Lost." Emily presents nationally, encouraging business executives, professionals, politicians, and on-camera talent to achieve their best look and reach their full potential as leaders in their field. She educates her clients on how to "present the best version of yourself, remaining true to who you are." Emily is available for private and corporate consultation for Image Presence Personal Styling and Makeup.

202.760.0330

INFO@EKTRUTH.COM

WWW.EKTRUTH.COM



IMAGE CONCEPT & STRATEGY

Dr. Sandhya Pal

PAL FAMILY DENTISTRY

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

703.437.8337

11365 SUNSET HILLS ROAD, RESTON, VIRGINIA 20190

WWW.PALFAMILYDENTISTRY.COM



DENTISTRY

Laurie Mensing

LONG & FOSTER REALTOR

Laurie is nationally ranked in the top 1% of residential real estate professionals and is a Multi-Million Dollar Club Top Producer. She brings a refreshing perspective to the listing and purchasing of real estate, specializing in Fairfax and Arlington counties. Laurie represents her clients with sincerity and honesty, has great attention to detail, and delivers that extra effort at every step, treating each transaction as if it were her very own.

Laurie is a relocation specialist both internationally and domestically, and draws on her own experiences to empathize with and understand her clients needs.

703.873.5193

WWW.LAURIEMENSING.COM



REAL ESTATE



Not every family has the opportunity to take week-long vacations over the summer with busy schedules. The kids are at camp, and mom and dad are busy at work. You all deserve some relaxation and family bonding, but where do you go on your weekends? Do you want to go somewhere fun? Maybe your family enjoys soaking up some sun and relaxing. Education is important to maintain over the summer too, so maybe you could take a trip back in time at historical sites? No matter what your family loves, here are a few options with a little something for everyone for quick weekend getaways. Whether it's a short drive there and back or you want to stay the whole weekend, everyone will have fun and maybe learn a thing or two along the way!

THEME PARKS

Who doesn't love rollercoasters and carnival food? Below are a few fun, but close, amusement parks for the entire family to enjoy!



Hershey Park

Address: 100 W. Hersheypark Drive, Hershey, PA 17033

Hours: Hours vary depending on what day you visit; check www.hersheypark.com/park-info/hours.php for more details!

Entrance Fee for a one-day pass:

Ages 2-Younger: Free

Ages 3-8: \$41.95

Ages 9-54: \$64.95

Ages 55-69: \$41.95

Ages 70+: \$26.95



Six Flags

Address: 13710 Central Avenue, Upper Marlboro, MD 20721

Hours: Hours vary depending on which park you attend and what date you're attending; check www.sixflags.com for more details!

Entrance Fee for a one-day pass:

General Admission: \$65.99

Children under 48": \$45.99

Children 2-Younger: Free



Busch Gardens

Address: 1 Busch Gardens Boulevard, Williamsburg, VA 23185

Hours: Hours vary depending on what day you visit; check seaworldparks.com/en/buschgardens-williamsburg/park-info/park-hours?from=Top_Nav for more details!

Entrance Fee for a one-day pass are \$70 for ages 3-9 and \$80 for ages 10 and over.



Kings Dominion

Address: 16000 Theme Park Way, Doswell, VA 23047

Hours: Hours vary depending on what day you visit; check www.kingsdominion.com/explore/calendar-and-hours for more details!

Entrance Fee for a one-day pass (check online for special pricing! Rates vary depending the date you are planning to attend): Over 48" tall, ages 3-61 years old: \$67 at the gate

Junior (under 48") \$45

Senior (ages 62+) \$45



BEACHES:

Everyone loves a good beach trip! Unfortunately, popular beaches like the Outer Banks can be expensive and a long drive. Here are some closer beach destinations that are more affordable for a short weekend visit!

Ocean City, MD

Ocean City, Maryland, is one of the closest beaches to Northern Virginia. It has an expansive boardwalk with plenty of family-friendly fun, including museums, golf, and boardwalk games. Whether it's splashing around in the water on Jet Skis or relaxing in the warm sand, Ocean City has something for everyone! For more information, visit ococean.com/.

Chincoteague

Searching for a quiet relaxed beach town? Look no further! Chincoteague is part of Assateague Island and is the

perfect destination for the relaxed family. The beaches are known mainly for their quiet towns and wild ponies. For more information, visit www.chincoteague.com/.

Virginia Beach

Virginia Beach may be a slightly further drive, but it's worth it! There's golfing for dad, art galleries for mom, and plenty of beach fun for kids! From expansive shopping to large beachfronts, Virginia Beach is sure to please! For more information, visit www.visitvirginiabeach.com/summer/.

HISTORICAL ATTRACTIONS:

Avoiding "summer slide" can sometimes be a challenge. The best way to combat summer boredom and keep kids' education up-to-date is to inspire wonder with historical cites! Living so close to Washington, D.C., Northern Virginians tend to forget the rich history that surrounds us. Here are a few ideas to get the kids out of the capital and into some neighboring areas.



Gettysburg

You can tour battle grounds or a winery. There are paranormal tours for the brave and fresh air fun for those seeking a different adventure. For more information, visit www.destinationgettysburg.com/index.asp.



Philadelphia

Lay your eyes on the Liberty Bell or explore the Magic Gardens. Hungry? Grab a world-famous cheesesteak! For more information, visit www.visitphilly.com/.



Williamsburg

Want an authentic Colonial tour? Look no further! Williamsburg offers a rich experience for everyone, as well as outlet shopping for the end of your long day. For more information, visit www.visitwilliamsburg.com/.



BY LINDA BARRETT

Red, White...and Green

VIRGINIA'S WINERIES COMMIT TO ENVIRONMENTALLY-RESPONSIBLE OPERATIONS

Number five in the nation for wine production, but still number one in our hearts, Virginia wineries and vineyards offer a pleasant respite from busy lives. With such beautiful settings and delicious quaffs, one can only relax and enjoy without thinking of the cares of the world.

Not so for the winery owners and winemakers, for many view the earth as under their care, and an increasing number of Virginia wineries are making a voluntary commitment toward sustainability and protecting and preserving the precious earth from which their bounty flows, putting "green" atop their list of reds and whites.

Their efforts to lessen their environmental impact include:

- ✓ Recycling, composting, and waste reduction
- ✓ Minimizing use of fertilizers and chemicals
- ✓ Harnessing of alternative energy methods to reduce water and energy consumption
- ✓ Geothermal heating and air conditioning systems

- ✓ Stormwater collection for flushing toilets and irrigation
- ✓ Organic farming
- ✓ Promotion of green events

This move toward sustainability is supported by the Virginia Department of Environmental Quality's Virginia Green Wineries initiative, a self-certifying program in which facilities must verify they are practicing green core activities. Currently 23 wineries are listed on its website.

Here are some of the ways Virginia's wineries are "going green."



Sunset Hills Vineyard

Located in Purcellville, Sunset Hills Vineyard made the decision to utilize innovative, green technology whenever possible. They installed 245 solar panels on the south-facing roofs of the winery and case storage buildings that supply 100% of their electrical needs,

making them the largest producer of solar energy in Loudoun County.

The solar panels produce 80,000 Kilowatt hours of clean power each year, thus reducing carbon dioxide (CO₂) emissions comparable to planting 240,000 trees annually. They call it “turning sunshine into wine.”

Other green initiatives include minimal use of chemical pesticides and herbicides, recycling vineyard waste such as spent grape skins and pomace back into the vineyard as fertilizer and weed controller, employing manual labor instead of motorized vehicles, and creating plant environments to attract bluebirds and beneficial insects.



North Gate Vineyard

Also in Purcellville, North Gate Vineyard features an environmentally-friendly 100% solar-powered tasting room built to LEED Gold Specifications—the first of its kind in Loudoun County and the second in Virginia. Through a 22 Kilowatt solar array, they generate enough energy to power their needs and sell excess electricity back to the grid for energy credits. Energy curious? View their solar panel monitor on display in the tasting room.

The tasting room also features local, reclaimed, recycled, and sustainable building materials and décor that include reclaimed wood tables, bar and mantle, with the bar top created from recycled wine and beer bottles (Enviroglass), a fireplace made from Shenandoah stone, and Cali-bamboo flooring. The building itself is highly insulated, using high-efficiency heat pumps for air conditioning, and plenty of daylight to decrease energy use. Even the landscape is sustainable, using native plants in a design created by the Loudoun Master Gardeners.



Cooper Vineyards

Louisa's Cooper Vineyards was the first Virginia winery, and only the second in

the nation, to feature a LEED tasting room when it opened in 2011. Earning a LEED platinum designation, its stunning design, with a geothermal heating and cooling system and two complete walls lined with glass that extends upward for two stories, create an “indoor/outdoor” space that can be enjoyed regardless of the weather. The surrounding landscape seems to flow from the windows, fostering the impression that the tasting room is an outgrowth of the vineyards themselves.

Built with the aid of a USDA grant, the \$1.5 million green building also features low-flow fixtures that reduce water usage by 40%, low-voltage LED lights, solar panels, and a 50%-recycled countertop.



Veramar Vineyard

Wanting to be one of the leaders in sustainable grape growing in Virginia, some of the practices used at Veramar Vineyard include planting of beneficial cover crops, safe and controlled spraying of soft pesticides such as biodegradable oils, soaps and plant extracts, and conducting ongoing research into environmentally-friendly methods of pest control. Their philosophy is to ensure that the land remains healthy and productive for future generations.



Gadino Cellars

Pulling from the Italian traditions of their grandfathers, the owners of Gadino Cellars in Washington, VA believe that growing and making wine with their own hands is the way to recreate the tradition of a small farm market where people can buy fresh and local. Similar to sustainable farming, the grapes are grown on their own land, and by using modern equipment with minimal processing, their fresh wines avoid heavy preservation methods often found in large production wineries.



Loving Cup Winery and Vineyard

Going organic is another way Virginia wineries are going green, like with Loving Cup Winery in North Garden. It is one of one a few certified organic wineries on the East Coast, earning its certificate after three years demonstrating strict adherence to organic farming federal guidelines.

Being organic means agricultural practices that do not use synthetic substances, like designer pesticides and fungicides. In addition, the term “organic” can only be used on a label if every step of production has been certified, including the materials used to manage the vineyard.

Loving Cup's method is to grow grapes organically, using hybrid varieties that are fairly resistant to mildew, rots and other diseases, and to maintain a robust population of beneficial insects that keep the bad ones at bay. Their idea is to “farm with nature instead of against it,” using the entire ecosystem.

Enjoying Virginia wines has never been difficult, and now they can go down even easier, with the knowledge that each glass helps the environment. ♦

RESOURCES

- Cooper Vineyards, www.coopervineyards.com, 540-894-5474
- Gadino Cellars, www.gadinocellars.com, 540-987-9292
- Loving Cup Winery and Vineyard, www.lovingcupwine.com, 434-984-0774
- North Gate Vineyard, www.northgatevineyard.com, 540-668-6248
- Sunset Hills Vineyard, www.sunsethillsvineyard.com, 540-882-4560
- Veramar Vineyard, www.veramar.com, 540-955-5510

AUTHOR: When wine editor Linda Barrett isn't lifting a glass, she's running *All the Buzz*, a professional copywriting firm for websites, blogs, public relations and social media, www.allthebuzz.net.

BY MARCIA MCALLISTER

DRAMATIC CHANGES COMING TO SILVER LINE PHASE 2

Pedestrian Bridges To Be Installed Starting at Innovation Station



As spring rolls in, work on Phase 2 of the Silver Line continues to spiral ahead.

“Good weather has continued, and work never stopped during the winter months,” said Charles Stark, vice president and executive director of the project which is being built by the Metropolitan Washington Airports Authority.

Construction of the rail system, including tracks, stations, and supporting infrastructure is more than 56 percent

complete and construction of a 90-acre rail yard and maintenance facility on Dulles Airport property is almost 50 percent done, according to Stark.

Major progress has been made on the components of the aerial guideway that will carry trains through Dulles Airport as well as the pace of construction along and above the Dulles Greenway in eastern Loudoun County as the tracks head to the terminus station being built in Ashburn.

According to project and construction manager John Kearney, “the project will see several dramatic changes taking place over the coming months at all five stations now being built in the median of the Dulles Airport access highway and the Dulles Greenway. As the precast erection and concrete placement continues, the structural steel will top off the stations giving each the same signature look of the Silver Line at grade stations that are now familiar in the first phase through Tysons Corner and west to the east side of Reston.

(Above) Progress at the Reston Town Center Silver Line Station. Capital Rail Constructors’ cranes continue to work on this Silver Line station in the median of the Dulles Airport Access Highway/Toll Road corridor near Reston Town Center. The station is one of six being built in the second phase of the Dulles Corridor Rail Project which is being constructed by the Metropolitan Washington Airports Authority. (Photo by Leslie Pereira, Capital Rail Constructors.)

(At right) Herndon Platform Downstation. (Photo is by Capital Rail Constructors staff.)



Phase 2 runs from the Wiehle-Reston East Station westward to Ashburn through Dulles Airport.

At the airport station, which is along the front of the parking garage opposite the parking bowl from the station terminal, precast girders are now in place on both sides of the Dulles Station and work speeds along on the aerial guideway decks and tracks near that station.

Along the Greenway and median of the Dulles International Airport Access Highway (DIAAH), installation of concrete ties and track will continue and retaining walls continue to stretch from the east to the west to be followed by installation of fencing, Kearney said.

The hand mining work beneath the highway is drawing to a close. This work has attracted lots of attention as crews struggled to dig out utility tunnels, by hand, through extremely dense rock known as diabase (granite) which had proven to be too much of a challenge for traditional tunneling methods. Hand-mining required a lot of "crawling on their knees" for workers charged with these tasks, according to senior project manager Stephen Barna.

Soon, pedestrian bridges to provided access for rail users to and from stations to parking areas and adjacent plazas will begin. This work will require lane closings and some traffic delays. The first of the installations will take place at the Innovation Center Station and will connect that station to the future pavilion on the south side of the Dulles Toll Road and DIAAH.

Here are some highlights of recent work:

In March, the final aerial guideway girders at Dulles International Airport were set in place near Saarinen Circle. The four 84-inch tall precast concrete girders measure nearly 140 feet long, weigh approximately 95 tons each, and will support the Silver Line Metrorail trains that will run through the airport.

Once complete, the guideway will be more than three miles long and connect the east segment of the Silver Line Phase 2 in the median of the DIAAH with the west segment that will run in the median of the Dulles Greenway. Also, overnight detours along the Greenway allowed project crews to construct a large concrete span for the Silver Line aerial guideway over the eastbound lanes. ♦



Experience Olympic Fencing!

Programs for All Levels and Ages

Classes • After School • Home School • Birthday Parties • Camps



FENCING SPORTS ACADEMY

The Premier Fencing Academy in the Washington DC Area

Call today! 888-300-5095

www.FencingSports.net

10310-A Main Street
Fairfax, VA 22030



Reston Montessori School



Our 30th Year!

- Advanced academic curriculum
- Award-winning French program
- STEM
- Music, Art
- PE / Yoga
- Summer Camps



Infant, Toddler, Primary
and Elementary Programs

School Day—Extended Day

703-481-2922

For ages 3 months - 6th Grade

1928 Isaac Newton Sq W. Reston, VA 20190
www.RestonMontessori.com

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



Got a pet? Get a wellness plan!

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



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

For clinic dates & locations near you:
vippetcare.com 🐾 1.800.427.7973



BY LINDA BARRETT

LEPTOSPIROSIS

Should Not Be Ignored

Even if you have never heard of the tongue-twisting word “Leptospirosis,” you may start seeing it pop up in the news, as it is the subject of a number of recent outbreaks in the Northeast and Midwest, and at an increasing rate of infection.

According to the Centers for Disease Control and Prevention (CDC), Leptospirosis is a bacterial disease that affects humans and animals, caused by the corkscrew-shaped bacteria genus *Leptospira*. It may cause a wide range of symptoms that may be mistaken for other diseases, or it may have no symptoms at all.

In pets, younger animals are more seriously affected, and symptoms can include refusal to eat, diarrhea, abdominal pain, vomiting, fever, severe weakness and depression, stiffness, muscle pain, and the inability to have puppies.

Infected animals, including farm animals, horses, dogs, rodents, and wild animals can spread the disease to humans or their dogs through their urine, which goes into the water or soil and can survive there for weeks or even months. Infected animals can carry the bacteria for up to several years.

Humans can contract Leptospirosis through contact with urine or other body fluids from infected animals, or contact with infected water or soil taken in through ingestion, mucous membranes, or broken skin from a scratch or cut. Children are at most risk of acquiring the bacteria from an infected pet.

Symptoms in humans usually occur in two phases. The first includes fever, headache, chills, muscle aches, vomiting, or diarrhea, after which the patient may recover or relapse. About 90% of cases are mild. If it progresses to the second phase, it becomes more serious, with symptoms ranging from yellowing of the skin, bleeding from the lungs, meningitis, to even death.

How does my pet get Leptospirosis?

Your pet is most likely to get Leptospirosis by drinking, swimming in, or walking through contaminated or stagnant water, most often in areas where infected wildlife such as raccoons, opossums, squirrels, skunks, or deer live. Dogs rarely pass the infection to each other, although the risk is higher if your dog has spent time in a kennel. The most common culprits are rodents.

What is the treatment?

Once your veterinarian has confirmed Leptospirosis through a series of tests, it is treatable with antibiotics, which are especially effective if your pet is treated early. Additional treatment methods such as dialysis and hydration therapy may also be required.

VIP Petcare holds monthly petcare clinics, like the ones held at Pet Valu Falls Church (The Shops at Stonewall) where pet owners can get affordable preventive veterinary care without an appointment. (Use “Find a Clinic” on the VIP Petcare website). “VIP Petcare charges only \$33 for the preventive vaccine, and there is no office fee at any of our clinics,” said Medical Director Katryna Flee, DMV. “We want to make it convenient for anyone seeking preventive care.”

Leptospirosis prevention

The most effective way to prevent your dog from contracting Leptospirosis is with a vaccine. Although it is not 100% effective, it does provide immunity from most strains. In addition, rodent control will aid in cutting down the risk of spreading the disease.

To avoid getting the bacteria yourself if your pet is infected, wear protective gloves, and avoid direct contact with your pet’s urine, blood, or tissues during the time of infection. Do not assist with the birth of puppies. Take care to wash your hands after handling your pet or their excrement. When cleaning surfaces that may be contaminated, use an antibacterial solution of one part bleach to 10 parts water.

People who work around animals such as farmers, fish workers, slaughterhouse workers, animal caretakers, and veterinarians are at the highest risk to come into contact with the bacteria, as are mine and sewer workers. Humans can also pick up the disease by swimming, wading, kayaking, or rafting in contaminated lakes and rivers, or walking through muddy or marshy areas, with the risk higher in tropical or temperate climates.

The CDC reports that although Leptospirosis occurrence in the U.S. is relatively low, it is the most widespread zoonotic disease in the world.

VIP Petcare is dedicated to improving the lives of pets and those who love them, and through education, good healthcare, and preventive services, we can all keep our pets healthy, happy, and safe. ♦

RESOURCES

VIP Petcare Clinic : Pet Valu, 7249 Arlington Blvd., Falls Church, VA 22042, 703-942-8796



(Left to right) Allie and Birt, Ashley and Liza, Jessica and Opie and Archie

Our furry neighbors enjoyed Founder's day

By Alexandra Rossi

On a sunny Spring day, Founder's day was celebrated on April 8 at Lake Anne Plaza with live music, art, book signing, kids activities and of course, our furry neighbors couldn't miss this important event with their families!



Dona, Tom and their big chihuahuas Jojo and Shorty



Karen Mattern and her furry baby Olive



Nicole, Niko, Nathaniel and their furry brother Judah



Monty and Clover



Sarah Quinn and Marlin enjoy Founder's Day



The Pollock family Mathias, Meredith, baby Shiloh and Harper wearing his favorite red bandana



BY RYANNE WRIGHT

Let Your Pooch Enjoy Summer!

Socialize him at local dog parks

With warmer weather, canine owners love taking their favorite furry loved ones out on adventures. All dog parks in Fairfax County are off-leash areas, so you must ensure your dog is well trained and comfortable around a wide variety of other breeds, both big and small.

All parks are open from 7:00 a.m. to a half-hour after sunset Monday through Friday, and from 8:00 a.m. to a half-hour after

sunset on Saturday and Sunday. All dog visitors must have a valid license and be four months of age or older.

The parks prohibit food, glass containers, female canines in heat, and children under the age of nine. Some facilities have water supply areas; however, it is always a good idea to bring your own just in case!

Below is a list of off-leash dog parks you can visit in Fairfax County, where your pooch can meet some new friends and have some fun! ❖

Baron Cameron

11300 Baron Cameron Avenue, Reston

Capacity: 35 dogs (28 Large / 7 Small)

Special Features: Water supply and separate area for small dogs (under 25 lbs.)

Blake Lane

10033 Blake Lane, Oakton

Capacity: 25 dogs

Chandon

900 Palmer Drive, Herndon

Capacity: 47 dogs (43 Large / 4 Small)

Special Features: Water supply and separate area for small dogs (under 25 lbs.)

Grist Mill

4710 Mt. Vernon Memorial Hwy, Alexandria

Capacity: 64 dogs

Special Features: Water supply

Lenclair Park

6725 Lenclair Street, Alexandria

Capacity: 46 dogs

Special Features: Water supply

Mason District

Intersection of Alpine Drive and Pinecrest Parkway, Annandale

Capacity: 62 dogs

Rock Hill District Park

(Originally Quinn Farm)

15150 Old Lee Rd., Chantilly

Capacity: 90 dogs (80 large/10 small)

Special Features: Separate area for small dogs (under 25 lbs.)

Westgrove

6801 Fort Hunt Rd., Alexandria

Capacity: 82 dogs

Special Features: Water supply and, when the large area of the dog park is closed due to wet conditions or maintenance, the small area has a capacity of 26 dogs.

BRIDGE CLUB

BEHIND THE BACK

♠ A 4 3
♥ A 4
♦ K 10 8 7 4 3
♣ A 4

♠ K 5 2
♥ K Q 3 2
♦ A 2
♣ K Q 3 2

West North East South
1NT

pass 6NT all pass

West leads the jack of spades. Plan the play. Answer on page 160.

Excerpt taken from: *Frank Stewart's Bridge Club*.
Page 59.

BIDDING QUIZ

YOU HOLD:

♠ K 5 2 ♥ K Q 3 2 ♦ A 2 ♣ K Q 3 2

You open 1NT, and your partner bids 4NT. The opponents pass. What do you say?

ANSWER: If you're past the novice stage, you know that partner's 4NT bid is (in this situation) not the Blackwood ace-asking convention but simply a raise, inviting slam in notrump just as a raise of 1NT to 2NT would invite game. Since you have maximum values for your 1NT opening, you can accept. Bid 6NT.

Excerpt taken from: *Frank Stewart's Bridge Club*. Page 62.

THE BEST PREPARATION FOR TOMORROW IS DOING YOUR BEST TODAY.

H. Jackson Brown, Jr.

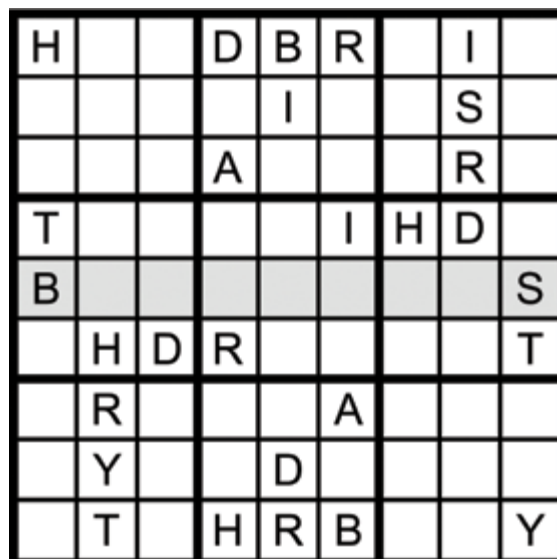
HOW TO SOLVE WORDOKU PUZZLES

Wordoku is another form of sudoku. It simply uses letters instead of numbers.

You just make sure that each 3x3 square region has the 9 letters in BIRTHDAYS and that the letter only occurs once.

Each column and row of the large grid also must have only one instance of each letter.

The difficulty on this puzzle is medium.



BE RAW, BE YOU AND BE READY TO RISK IT ALL WHEN IT COMES TO PURSUING YOUR DREAMS.

Valeria Hinojosa

ICE CREAM DRINK

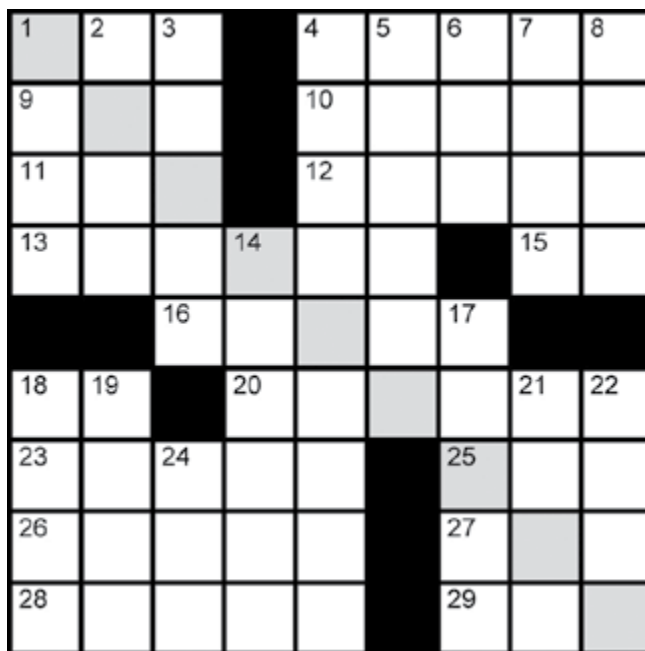
CROSSWORD CLUES

ACROSS

1. Wharton degree
4. Oxford doctorate, briefly
9. Be sick
10. Slur over
11. Web browser entry
12. Busy places
13. Visit briefly
15. @
16. "Yum!"
18. Commercial
20. Plot
23. Carpenter's machine
25. Put on TV
26. Response to a weak joke
27. Hit the slopes
28. Anxiety
29. In Phil's bag

DOWN

1. Handle roughly
2. Ballpoint pen inventor
3. Apportion



4. Bursting, in botany
5. Pedestal part
6. Target of vaccine research
7. Notion

8. For fear that
14. Buckwheat grains
17. Bakery supply
18. Pond organism
19. Mend socks

21. Boxer Tyson
22. Buffalo's lake
24. Dress (up)



BRIDGE CLUB SOLUTION

BEHIND THE BACK

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

West	North	East	South
pass	6NT	all pass	1NT

Opening Lead: ♠ J

'Look at this silly play my partner perpetrated,' a player told me after a team event. 'He won the first spade in dummy, pondered—and let the ten of diamonds ride! West won and led another spade, and partner won and took the ace of diamonds. Luckily, his play cost only an overtrick. The other South in 6NT took thirteen tricks, of course.'

I always hate to hear someone backstab a partner—especially with misguided comments. To make 6NT, South must play the diamonds for one loser. If they break 3-2, any play works. If East has, say, Q-9-6-5, or if West has Q-J-9-6, South is sunk; he can handle a 4-1 break only if East has a singleton honor or if either defender has the singleton nine.

If West has the bare nine, East can't gain by covering the ten: South loses only one diamond. If East covered the ten with an honor or played the nine, South would take the ace, return a diamond and cover West's card.

What North should have done behind South's back was pat it.

Excerpts taken from: *Frank Stewart's Bridge Club*. Pages 62.

WORDOKU Answers

H	S	T	D	B	R	Y	I	A
R	B	A	Y	I	H	T	S	D
Y	D	I	A	T	S	B	R	H
T	A	Y	B	S	I	H	D	R
B	I	R	T	H	D	A	Y	S
S	H	D	R	A	Y	I	B	T
D	R	H	I	Y	A	S	T	B
A	Y	B	S	D	T	R	H	I
I	T	S	H	R	B	D	A	Y

CROSSWORD Answers

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



"We did date for a long time before we got married, so I guess he is a preexisting condition."

A BEST FRIEND IS LIKE A
FOUR LEAF CLOVER: HARD
TO FIND AND LUCKY TO
HAVE.

Irish toast

WHAT LIES BEHIND YOU AND WHAT
LIES IN FRONT OF YOU, PALES IN COM-
PARISON TO WHAT LIES INSIDE OF YOU.

Ralph Waldo Emerson

Top 10 School In The World



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

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



Small Classes 1:9 Ratio

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

SCHOOL
Nysmith
FOR THE GIFTED

**Limited Openings
Herndon, Virginia
Transportation Available
703 552-2912
nysmith.com**

MAY



TAURUS 4/20 – 5/20: The Chinese have an expression: A good start is half of success. This month, Taurus, grab the bull by the horns and start. The stars are with you.



GEMINI 5/21 – 6/20: A choice comes your way this month. The stars see happiness either way but one option has bitter consequences.



CANCER 6/21 – 7/22: As the moon reaches its third quarter on May 18, you face a happy problem. Solve wisely.



LEO 7/23 – 8/22: Time to admit someone can't be changed, even by your celebrated force of personality.



VIRGO 8/23 – 9/22: It may not be your usual style, but you find yourself angry. The stars recommend a strange prescription: Pick apart the issue until you see the other side.



LIBRA 9/23 – 10/21: Your month starts strong at the first quarter moon May 2. Stay focused by relaxing deeply on your off time. See a comedy.



SCORPIO 10/22 – 11/21: Do the one thing you know your love wants. Your effort makes you a better person.



SAGITTARIUS 11/22 – 12/21: Sometimes you have to let go and realize that facts don't always make a difference. Don't invest in that problem.



CAPRICORN 12/22 – 1/19: Change is in the air. Put your heart into the matter, not your brain.



AQUARIUS 1/20 – 2/18: Family is front and center by mid-month. Sort out your hopes from reality. Focus on the practical.



PISCES 2/19 – 3/20: You may be vulnerable during the first half of the month. Beware of entrusting something precious to someone you trust.



ARIES 3/21 – 4/19: Practice is on your mind as the moon moves into its first quarter, May 2. Keep at it. A breakthrough occurs by the New Moon, May 25.

JUNE



GEMINI 5/21 – 6/20: An old problem resurfaces. If you address it the same way you have in the past, it will come up again. Stars say time for a change.



CANCER 6/21 – 7/22: Of all the stars in the universe, one is shining on you this month. How you think about it, changes everything.



LEO 7/23 – 8/22: Plenty of activity in the first part of the month makes it necessary to wind down with the moon after the 13th. Get some sleep.



VIRGO 8/23 – 9/22: Entertain a moment of doubt. A chip in your armor could do some good. Reevaluate.



LIBRA 9/23 – 10/21: Life hands you contradictions this month. The full moon on the 10th and 11th are equally bright. Embrace both.



SCORPIO 10/22 – 11/21: When there are more choices, it is sometimes harder to choose. This is the month to eliminate possibilities to create a clearer path.



SAGITTARIUS 11/22 – 12/21: A reunion with an old friend will be awkward, but don't avoid it. A powerful new insight can be yours.



CAPRICORN 12/22 – 1/19: An opportunity comes your way. Before making a decision, use your imagination to see the possibilities, good and bad.



AQUARIUS 1/20 – 2/18: An exciting new experience awaits this month if you are ready. Free up your schedule and don't overspend.



PISCES 2/19 – 3/20: This month focus on peace of mind as you get your own house in order and take leave from the world's battles.



ARIES 3/21 – 4/19: Health is in the stars this month for both your body and checkbook. Relax and enjoy the moment



TAURUS 4/20 – 5/20: Family and business associates are skeptical, so if you want to pursue a new idea, you are on your own for a while.

AVAILABLE NOW

Exclusive Lakefront Lots

Hunter Lakefront Communities is now offering a limited number of homesites in two beautiful communities directly on the Virginia shores of Lake Anna. Build your dream home at ***Estates at Terry's Run*** or ***Estates at Corsair Terrace***.

Live the dream of the very best in lakefront living at Lake Anna!

Visit our website, call or email to receive a free brochure featuring lots from 1+ to 6+ acres.



COMING SOON: Pre-orders are being accepted for ***Goodwin Cove*** featuring 35 prime lots at Lake Anna!

888.304.WATER (9283) | info@hunterlakefront.com
www.HunterLakefront.com



Love yourself(ie)

nvorthodontics.com

♦ LIMITED-TIME OFFER ♦

GRAND OPENING
in Reston, VA!

**First 100 New Patients* Will
Receive an Apple Watch!**

*New INVISALIGN patients only in Reston office. Must mention VivaReston. Cannot be combined with other promotions or discounts. Must start treatment to receive watch. Offer expires 04.30.17.



UNPARALLELED ORTHODONTIC TREATMENT FOR CHILDREN, TEENS & ADULTS

#1

**MOST EXPERIENCED
INVISALIGN DOCS.**
Most patients treated
in the state of VA

2x

FASTER.
Propel orthodontic
providers. Treatment
speed nearly
twice as fast.

23%

LESS.
Treatment fees compared
to the national average.



Northern Virginia Orthodontics celebrates straight teeth and healthy smiles, representing a new beginning and a lifetime of confidence ahead. We are a light-hearted crew that provides unparalleled orthodontic treatment to children and adults. With state-of-the-art offices in **Reston** and **Ashburn**, we're equipped with the most advanced technologies and smarts. Yes, we are experts. Dr. Zach Casagrande, Dr. Kristin Nelson & Dr. Elvi Barcoma have treated the most Invisalign patients in the state of Virginia and are ranked among the top 10 Invisalign providers nationwide.

Schedule your complimentary smile analysis in **ASHBURN** or **RESTON**

703-996-4439 // nvorthodontics.com

DR. KRISTIN NELSON, DR. ZACH CASAGRANDE & DR. ELVI BARCOMA