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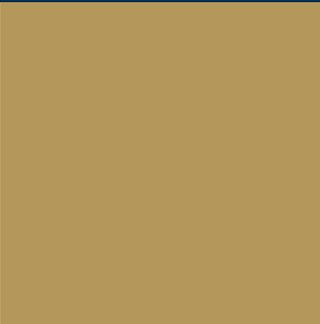
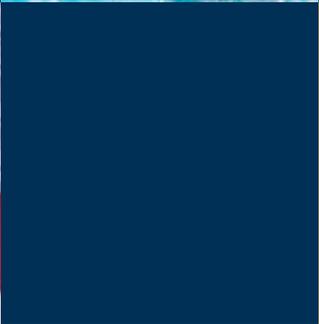
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by Elaine Anne Watt

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< WANT TO PLAY THE UKULELE?

Two Sundays a month, strums from the soft strings of the Northern Virginia Ukulele Society (NVUS) fill the air in Café Montmartre in Reston's Lake Anne Plaza.



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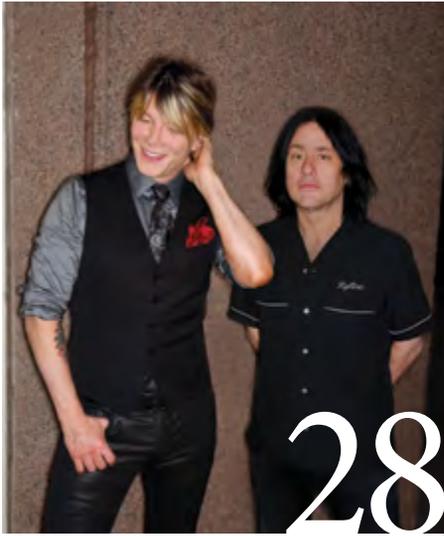


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Alexandra Rossi. Photo credit: Rob Litchfield

Summer days, happy days!

With school out and vacation time upon us, Reston and the Dulles corridor gets busy with community events for the family. In this edition, you will find a complete list of events to enjoy during the warm days, including the Multicultural Festival at Lake Anne, art exhibits at the Reston Art Gallery and ArtSpace Herndon, the annual Chalk Festival at the Reston Town Center, musical events at Lake Anne's Kalypso's Sports Tavern, and concerts at the Reston Town Center's Pavilion among others. We're letting you know about "Small Business Support Sundays" being held by merchants at the Reston Town Center during the summer for a one-of-a-kind shopping experience.

Sneak a peek at the photos from the Northern Virginia Arts Festival, Taste of Reston, Yoga Festival, and Chalk on the Water. Get to know about the inspiring philanthropic efforts of Virginia Veterans (VAVETS), a wonderful organization helping veterans in need. Additionally, we give insights into the work of Kiddar Capital in support of the arts' families and children from Terraset Elementary, who raised funds to help find a cure for Diabetes Type 1; and PenFed's 13th Annual Night of Heroes Gala, the proceeds of which will be used to support more than 35,000 veterans, active military members, and their families each year.

Get behind the curtains with the director of Tony Award-winning "Private Lives," held at the Reston Community Center CenterStage, and don't miss out on the always-interesting column by Delegate Ken Plum.

Summer days also are perfect for family and friends gatherings. You'll find catering ideas for outdoor cookouts and barbecues, and learn about some of the best area wineries and breweries.

In the Real Estate section, we provide information on when it's a good time to buy or sell a home, by real estate expert Jennifer V-E Johnson.

In the Health section, read about why a good posture benefits your overall well-being, and learn about Smile Wonders' Give Kids a Smile community service project, Grande Dental's "Chao Pinhole Technique," and obstructive sleep apnea in children by Sunrise Othodontics' Dr. Liliana Calkins.

For our feline-loving readers, you'll love our Furry Neighbors section featuring the cute and naughty faces of cats!

We hope you enjoy this edition, and that the remainder of your summer is a happy, relaxing one!

Alexandra Rossi

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BY DONNA SCHMIDT

Spend Summer Supporting Small Business at RTC

From early June through the end of August, Reston Town Center will be spotlighting the hard work of some of the local entrepreneurs with Small Business Support Sundays (SBSS.)

Much like the annual Small Business Saturday marked across the nation each fall, Small Business Support Sundays encourages the public to get out every Sunday and give their patronage to the small businesses that make up the heart of our fine city.

The initiative began with a group of retailers at Reston Town Center who each hold great pride in their business as well as a love for the community.

"Many of us wanted to come together to create something special for those of you who support our endeavors, work with us, and focus your purchasing power on us. We don't take it for granted," the group said of the program.

As a result, on Sundays through August 27, those involved in the initiative will have special offers and events, and parking at Reston Town Center will be free of charge. Want to check out something special, like a concert, local art, or meet for coffee? Here is a sampling of some of the upcoming SBSS events:

Sundays in the Park with Shenandoah Conservatory

Sundays from June 18 through Sunday, August 13, 7 pm-8pm

Come and enjoy a variety of free performances of classical instrumental music in Reston Town Square Park presented by Reston Community Center and Reston Town Center Association. A schedule of music performances can be found at restoncommunitycenter.com/sundays.

Davelle Clothiers: Stylist secrets and free cappuccinos

Visit Davelle during SBSS and receive a free cappuccino along with stylist secrets including how to tie and properly fold a pocket square (among the lessons: the four-in-hand, Windsor, and Half Windsor). Clients can also learn how to pair a tie with your casual attire for a "power casual look."

Pitango

During Small Business Support Sundays, enjoy special pricing on the retail purchase of delicious Counter Culture coffee, and 15% off retail Counter Culture coffee bags. Special events, including coffee and gelato tastings, will also be held.

ArtInsights Gallery of Film and Contemporary Art

Visit ArtInsights on Sundays during SBSS and receive 20% off framing with an additional 10% off for paying in advance. ArtInsights has over a thousand frames to choose from, a master framer with 40 years of experience, and competitive prices.

While there, also check out "ArtInsights Vault Exposed," with one special museum original on display from the personal collections of its artists or estates. See the original art used for Blade Runner, The Lion King, Batman, and more. A different image will be featured from 12-5 p.m. each Sunday.

Eyewear Gallery's Sunglass Sundays

Stop in at Eyewear Gallery during the initiative for their Sunday Sunglass Special, where you can receive a FREE sunglass frame with purchase of polarized prescription lenses (select frames only). See store for more details; cannot be combined with insurance or other promotions. Eyewear Gallery is open Sundays from 11 am to 3pm.

There are many small businesses at Reston Town Center celebrating SBSS in their own way; check out the full list at www.smallbusinesssupport Sundays.com/calendar, where even more businesses like American Tap Room, Athleta, Edibles Incredible, Mon Ami Gabi, Il Fornaio, PassionFish, Scrawl Books, and The Tasting Room share what they have planned for Small Business Support Sundays through August.

To learn more about the initiative please visit: www.smallbusinesssupport Sundays.com.



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Virginia Veterans



Celebrate Memorial Day

Honoring those who served and fought for our freedom

By Alexandra Rossi

On May 25, Virginia Veterans (vavets.org) honored veterans with a Memorial Day golf tournament at Topgolf, Ashburn. The fundraising event included golf, raffle prizes, live music by Andrew Burlison, food, and an open-bar. All proceeds from the event were donated to the Virginia Veterans organization.

More than 90 people attended the event, including 40 veterans and nine World War II veterans, most of whom live at the Ashby Ponds Retirement Home. All were given baseball hats from different branches of the military, including the U.S. Army, Navy, Air Force, and Marine Corps.

“A special thank you to the 90+ participants at our VAVETS Memorial Day Topgolf tournament,” said Erik Aastad, operations director of Virginia Veterans. “Our most senior veteran present was born in 1922 and enlisted in the Army Air Corps in 1942 after her husband was drafted. She is 95 and doing well.”

Virginia Veterans was founded in 2015 as an initiative to support, unite and help local veterans meet their own and their families’

needs in different areas, including personal, family, health, education, and employment opportunities.

The nonprofit is run entirely by volunteers, with 90 percent of the donations delivered to local heroes. On the Board of Directors Mark Failor, founder; Erik Aastad, operations director; Mike McKay, director of marketing; and Greg Early, Director of Corporate Relations.

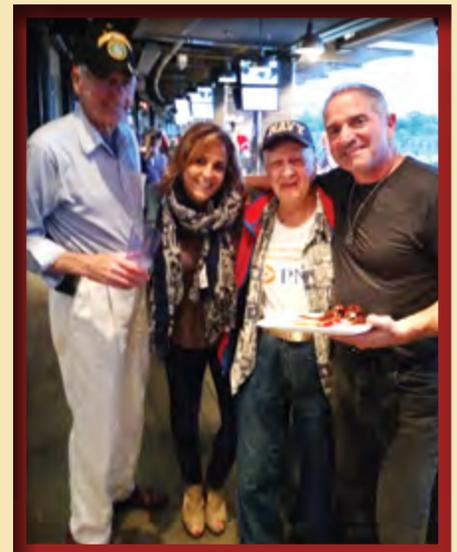
Fun Events and Programs to Help Veterans

Virginia Veterans organizes six events a year, including happy hours and raffles, thanks to the support of caring sponsors such as Raytheon/Forcepoint and Insperty. The organization is looking for a keynote speaker for their fundraising gala later this year; for more information, contact info@vavets.org or (800) 905-4942.

Virginia Veterans assists veterans with employment opportunities by matching job requirements with resumes. They also are building a program to help veterans earn their PMP (Program Manager Professional) and CISSP (Certified Information System Security Professional) certifications, which can help veterans find employment after they return from service.

“When a veteran comes out of the service, he or she often has the experience but not the certifications needed to qualify for the job,” explained Aastad. “VAVETS wants to start a program so the vets can obtain the necessary certifications.”

Virginia Veterans also strives to act as a clearing house to validate trustworthiness, so that donors who want to contribute to



veterans can find an organization that uses the funds in the most effective way.

For more information about Virginia Veterans, please visit vavets.org, or to look for an upcoming event, please check vavets.org/news-events/. ❖





BY ALEXANDRA ROSSI

Antonio Alves, CEO HBS Club of DC; Christian Lungarotti, Italian Embassy; Todd Hitt, President Kiddar Capital; Tatiana Merizalde, Cartier; Carlos Merizalde, Ermenegildo Zegna; Matthew Bullock, President, Walnut Industri



TODD HITT AND KIDDAR CAPITAL Celebrate D.C. Area Art Scene

Washington elite gathered for a festive evening of creative cocktails, live painting, and music

On May 19, Todd Hitt’s Kiddar Capital hosted Kiddar After Hours at the Four Seasons Hotel in Georgetown. Mr. Hitt, noted benefactor of the arts in the region, held the event to highlight many of the creative organizations he has championed over the past year, including The Phillips Collection, The Creative Coalition, Arts and Humanities school programs through the Falls Church Education Foundation, Workhouse Arts Center, Creative Cauldron, McLean Project for the Arts, and Wolf Trap National Park for the Performing Arts.

“Giving back to the community is part of good business and good citizenship. I’m honored to support these amazing organizations,” said Hitt.

A diverse crowd of 300 plus people attended the event, which featured DC’s own Maggie O’Neill onsite painting a pop impressionistic *Lady Liberty*. Additional art by O’Neill and Dominique Fierro was displayed around the room. Guests mingled with gold-painted models and enjoyed music by DJ Dino (aka Violetta Mareklou), art-inspired cocktails, and hand-rolled Dominican cigars. The bars were stocked with Hibiki and Yamazaki whiskeys and Pappy Van Winkle 23 Year Family Reserve.

Spotted at the event were Katrina Campin, a Trump surrogate and finalist on *The Apprentice* Season 1, Washington Redskins Ziggy Hood and Maurice Harris, and Grant Paulsen from *The FAN* 106.7. ❖



Warren Weixler, Cofounder and CEO, SWATCHROOM; Ryan Miller, First Vice President, CBRE; Abbey Slitor, Director of Marketing, Kiddar Capital; Ross Litkenhous, Senior Director, Altus Group



Frank Gruber, Cofounder, CEO and Executive Editor of Tech.co; Todd Hitt, President, Kiddar Capital; Jen Consalvo, Cofounder and COO, Tech.



Katrina Campin, Apprentice Season One/ Trump International Realty and Todd Hitt, President, Kiddar Capital



Guggan Datta, Founder and CEO, Recity; Erin Fuge, Editor, The Scout Guide; Jeff Fuge, Compass Point Research & Trading; Warren Weixler, CEO and Cofounder SWATCHROOM



Todd Hitt, President, Kiddar Capital; Antonio Alves, CEO HBS Club of DC; David Ciccone, UBS; Christian Lungarotti, Italian Embassy





BY LINDA BARRETT

Want to Play the Ukulele?

COME OUT AND JOIN THE NORTHERN VIRGINIA UKULELE SOCIETY

Two Sundays a month, strums from the soft strings of the Northern Virginia Ukulele Society (NVUS) fill the air in Café Montmartre in Reston's Lake Anne Plaza.

Led by native Hawaiian Moses Kamai, the NVUS is open to anyone with an interest in playing the ukulele. "The NVUS is a social club for people who enjoy playing the ukulele to come out and just play or strum, or to improve themselves and their musicianship," Kamai explained.

"The uke is a friendly instrument that just engenders getting together socially. People can jam and have fun, with no pretense of having to be a professional musician." In fact, the motto for the group is "No Blame, No Shame." A beginning uke is inexpensive, and with just four strings, it is easy to play.

The Northern Virginia Ukulele Society began as a jam session in Centreville in 2008 with fewer than 10 people regularly attending. After finding the group in 2009, and attending only a few meetings before the leader announced he was relocating, Kamai "inherited" the reins. He moved the group to Reston, and has grown it by leaps and bounds to now more than 275 members.

Many Ways to Enjoy the NVUS

Anyone, from a first-timer to an experienced player, will feel comfortable attending the meetups, where music director Kamai and other volunteer leaders lead beginner and technique workshops, followed by two delightful hours of songs, shares and jams. In addition to three Hawaiian "NVUS signature songs" everyone is expected to know, the jams include everything from pop to country and bluegrass, Hawaiian to Tin Pan Alley, and classical to rock.

On the 4th Sunday of each month, the jam is followed by a Ukulele Open Mic session where members can perform on stage before an admiring and supportive audience. Past Open Mics have seen performers from ages 12 through 85, and sometimes professional uke players including The Aloha Boys stop by to entertain the crowd. The Open Mic is open to the community.

Quarterly, the group meets at North Gate Winery to enjoy wine tasting and tunes, and support the winery's owner who is also a member and a sponsor. They recently held a campout at the winery, playing into the wee hours of the morning.

The NVUS can be heard out in the local community as well, with performances at the Reston Regional Library, Senior Centers, Reston Town Center, the Ukulele Festival at Lake Anne and other locations. Members also attend and provide volunteer help for occasional public workshops with professional uke musicians including Victoria Vox and Jim deVille.

There are no membership fees or dues to join the NVUS, and members enjoy discounts and offers provided by the group's five sponsors: NOVA Music Center in Manassas (where Kamai also teaches private lessons), the House of Musical Traditions in Takoma Park, North Gate Vineyards, Shaka Time Hawaiian clothing, and Café Montmartre.

In Hawaiian, the word ukulele is pronounced "OO-koo-LE-le."

Northern Virginia Ukulele Ensemble GOES TO HAWAII

A performance group called the Northern Virginia Ukulele Ensemble was more recently created from the membership. This July, 14 members of the Ensemble will travel to Waikiki with an invitation to perform onstage before an audience of 2000-4000 people at the 47th annual Ukulele Festival, the largest and longest-running uke festival in



the U.S. While there, they will also perform at the Honolulu Zoo and on a live Sunday radio show.

Three Distinct Waves OF UKE POPULARITY

The ukulele is making what Kamai describes as its “third wave of popularity.” The first wave came in the 1920s, on radio programs where the ukulele was often featured. Its favor died off when television became the preferred medium.



Did you know these celebrities play (ed) the ukulele?

RYAN GOSLING

GEORGE CLOONEY

ZOOEY DESCHANEL

ELVIS PRESLEY

MARILYN MONROE

ADAM SANDLER

SHIRLEY TEMPLE

DWAYNE “THE ROCK”
JOHNSON

NEIL ARMSTRONG

TONY DANZA

CYNDI LAUPER

LUCILLE BALL

TAYLOR SWIFT

Arthur Godfrey:

THE FATHER OF THE SECOND
UKULELE WAVE

The second resurgence was harkened in by popular TV personality Arthur Godfrey, who promoted playing, sold his own line of ukuleles, and was considered in the ukulele community the “father of the second ukulele wave.” At the peak of his success in the 1940s and 50s, Godfrey hosted two CBS weekly TV series and a daily mid-morning show, and would often jump into impromptu jam sessions on the air with his band, singing with his ukulele. However, when Tiny Tim appeared on the Ed Sullivan Show in 1968 with his falsetto version of Tiptoe Through the Tulips, the instrument took on the air of ridiculousness, and dropped in popularity.



Many people may not know that Godfrey was a local resident, living at his Beacon Hill estate just west of Leesburg. In

his later years, Godfrey hosted his Friday radio shows from his farm. He is buried in Leesburg’s Union Cemetery.

Jake Shimabukuro: INTERNET SENSATION

In 2006, then-unknown ukulele virtuoso

and native Hawaiian Jake Shimabukuro settled himself on a boulder in New York’s Central Park and began playing George Harrison’s *While My Guitar Gently Weeps*. When a video of this performance was posted on YouTube, it received well over 12 million hits and made Shimabukuro an international sensation. In addition to Jake,

many people are familiar with Israel “Iz” Kamakawiwo’ole’s rendering of *Over the Rainbow*.

The NVUS retains ties with the Birchmere and

Strathmore performing spaces, and when Shimabukuro performs, you might find 40-60 NVUS members attending together and enjoying special ticket prices. Prior to the Birchmere performance, the NVUS was given permission to jam in the lobby, and afterwards, had the opportunity to impress Shimabukuro with a short performance.

In 2016, ukulele sales in the U.S. were reported at well over \$1,400,000. You can share in its popularity by playing a few tunes of your own—with the Northern Virginia Ukulele Society. ❖

RESOURCES

- Northern Virginia Ukulele Society, www.meetup.com/NoVA-Uke-Ensemble/



BY ELAINE ANNE WATT



CLIQUE HOSPITALITY INTRODUCES

Felt & Blossom

Bar, Cocktail Lounge, and Entertainment Venues at MGM National Harbor

EXPERIENCE THE POSSIBILITIES

Clique Hospitality's FELT and Blossom are the result of visionary Las Vegas entrepreneurs Andy Masi and James Reyes, who have dedicated their talents to reinventing a night out into magic. With multiple restaurants, nightclubs, and lounges in California and Nevada, and their two newest locations at MGM National Harbor, this boutique hospitality company is setting an exceptional standard in upscale dining and cocktail experiences. Located within the exciting first-class gaming casino at MGM, FELT and Blossom provide two very different and pleasurable bar and lounge venues to savor extraordinary flavors and entertainment, creating the perfect way to celebrate your special event, gathering, or night on the town.

You can't miss the beautiful cherry blossom pink, centrally located open cocktail lounge in the heart of the casino that is Blossom. With full-service from 1pm to 4am, Blossom has rapidly become the spot to meet up for pre-dinner or theatre drinks, a place to play video poker or blackjack while watching sporting events on their large screen TVs, or for post-show gatherings late into the night. With its vibrant feel and connection to the action surrounding it, the flow is constant, encouraging easy mixing and light-hearted fun. Offering an impressive list of signature cocktails, champagne, high-end spirits, and specialty brews, you'll be delighted with the libations to be found here. Managing Partner

James Reyes is proud of the conscious thought that went into every detail of the décor, lighting, menu service, seating arrangements, and layout to optimize the guest experience across the spectrum.

The same is evident in FELT, the more masculine and intimate bar and lounge tucked separately along the side of the casino with a gorgeous view towards the Potomac through its windows and across its expansive patio. Intended as a flexible space that can be equally suited to the needs of a slots tournament at the resort, a meeting, bachelor or bachelorette party, relaxing lounge, or driving nightclub atmosphere, FELT opens at 4pm and stays open until 2am, or by private reservation. Let your imagination run wild with the amazing concoctions served up tableside by their team of mixologists, led by Nate Truitt, who bring passion and flair to this service. With names like "Doctor's Orders," "Up All Night," "Underneath the Sheets," and "Old Smoke," to name a few, these run the gamut from sweet and lovely to bold and sassy. Delicious! Personal Classic Libation favorites include the Georgia Mint Julep with Hennessy VS Cognac, Peach Brandy and Mint, and the Colonel Rickey, Navy Strength Plymouth Gin, Thai Basil, Seltzer, and Cardamon Honey. Of course, a wide selection of specialty champagnes, wines, and spirits is available should this be your desire.

Table minimums on the weekend start at \$500, where you'll get to take in the DJ's latest offerings and join in the dance floor grooves. Live music on Mondays includes an acoustic guitarist, and on Tuesdays a pianist and singer, with Thursdays from 9-10pm currently being Ladies' Night. Dress is fashionable club attire appropriate to the venue.

James and his wife have family roots in the area and jumped at the opportunity to return here to lead the effort to bring Clique's presence to our community and to enhance its and MGM's brands. He is extremely pleased with the depth, quality, and enthusiasm of his team and the service they are committed to provide. As the warm weather finally arrives, FELT and Blossom look forward to expanding their seasonal offerings including their outdoor space, and to welcoming all their guests to experience the possibilities! ❖

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BY ELAINE ANNE WATT

SHELTER HOUSE

A Conversation with Joe Meyer

There is no question that Joe Meyer is the dynamic leader enabling Shelter House to continue to grow its mission to address the issues of homelessness and domestic violence in our community. As Executive Director and CEO of this wonderful organization, he is focused on fostering a culture of excellence, mentoring and inspiring his team, and engaging each individual from the highest state official down to each volunteer and the clients they serve to reach their potential. It is a calling that he recognizes and embraces.

Joe Meyer feels blessed and privileged. He grew up in Western Pennsylvania in a nuclear family with two loving parents and three brothers. They had all they needed, but no more. His high school was home to the underprivileged, but as both an academic and athletic standout, he was uniquely qualified to help others. With the ability and commitment to be of service along with a strong spiritual

foundation, he recognized a compelling purpose for his life. The man at the helm of the community based non-profit Shelter House has a clear understanding of how he's arrived at this position and a vision for moving forward.

Shelter House is actually the umbrella for three shelters in Fairfax County servicing over 1,370 individuals last year, 70% of which were under 18 years of age. There is the Katherine Hanley Family Shelter in Fairfax with a 62 bed capability, the Patrick Henry Family Shelter in Falls Church with 42 available beds, and Artemis House, the only 24 hour emergency domestic violence center in the county. Artemis House actually has multiple secure locations which when combined offer 56 beds to individuals and families in imminent danger of domestic abuse or harm. You may be amazed to learn that on the night of January 25, 2017 alone, there were 964 homeless people in the Fairfax-Falls Church community.

Mission

“To prevent and end homelessness and domestic violence by engaging the community, building effective relationships and providing crisis intervention, safe housing and supportive services”

The statistics are a wake-up call for action. Almost half of the families experiencing homelessness are the result of domestic violence. Two-thirds of the adults in these families are working, but with the average living wage of a single adult household with two children in Fairfax County equaling \$30.86 per hour, more than 4 times the minimum wage, they cannot make ends meet and provide the security their children so desperately need. Is it any wonder that the cycle of poverty and despair tends to be self-perpetuating?

In 2001, after receiving his Bachelor's Degree in Social Work from Slippery Rock University, Joe left Pennsylvania and became a caseworker locally at the Embrey Rucker Shelter. It was during his tenure there that he “learned why people work the way they do.” He understood that he was working with good people who were “not privileged to have the tools” he has had, but who have persevered and were looking to take those experiences and realize a better life for themselves and their children.

Joining Shelter House in 2005 as the Director at the Patrick Henry Shelter, Joe's eyes were opened even more as to why survival skills can become a hindrance even under improved circumstances. Though genetics cannot be changed, learned behaviors are at least as important, creating different norms and coping skills for those struggling to break out of the cycle of poverty and abuse. He began to see children of his former clients returning with their own children, unable to support themselves and avoid the mistakes of their parents.

He knows that it is not enough just to get people back on their feet; real, constructive, and practical skills from self-care to market-ready career training are necessary to effect permanent change. Joe feels that with the right people on his team that share Shelter House's core values of collaboration, accountability, respect, and empowerment (CARE), moving from assistance to enablement is possible. Although some of their clients suffer from permanent disabilities, an improved mental state coupled with proper support

can significantly better life for everyone involved in the individual's or family's care. This is a systemic approach to treating the whole person and the environment in which they find themselves.

Importantly, a key to success is recognizing “where they are and what they want or need.” The major causes of homelessness are varied and may include illness, a child's disability, situational depression, abusive relationships, loss of employment or opportunity, or even foreclosure on a home. You cannot dictate a result or a direction, but must make them aware of the choices they have and assist them to get there. It is a constantly evolving process to make sure that no one falls through the net of services available for them, and it does not end when they walk out the door. Follow-up services and support can be ongoing for months or longer in the form of subsidies, counseling, and help with landlords, employers, or other challenges. Even with 60 full-time employees and over 50 part-time staff dedicated to meeting these challenges, there is so much more that can and should be done to put an end to homelessness and domestic violence.

For example, in the case of those in peril from domestic abuse, the first contact may be from the police that have conducted a Lethality Assessment Protocol after arriving on scene of a domestic disturbance. The officers will call Shelter House directly to coordinate entry on an emergency basis, and Shelter House will begin to coordinate legal assistance and next steps while at the same time providing the physical refuge that is needed. Domestic violence is the leading cause of homicide in Fairfax County and has claimed 25 victims over the past few years. Not ONE of those victims reached out for services or help, which means Shelter House is saving lives!





Joe's management style is both instinctive and studied. He is working to change the perception of "nonprofits" as somehow being less professional or about business as other organizations. In fact, along with needing to excel in the same categories as other businesses including budgeting, prioritization, optimization of resources and outcomes, nonprofits have the added pressures of finding the right kind of talent that can stay vested in the bigger picture without becoming complacent or burnt out. Opportunities to grow internally and to build upon the culture of the organization must be provided in order to retain and attract employees and volunteers. His faith continues to provide him the strength to face the challenges ahead and to sustain his hope that Shelter House can make an even bigger impact in the future.

Joe wants to raise the bar for our community to step up and help. Fairfax County is one of the wealthiest areas in the country, not just in terms of incomes, but also in terms of skills and resources. Besides the ethical reasons for wanting to assist the less fortunate, giving these individuals and families a chance to become contributing, productive members of our society is economically advantageous as well. There is so much more work to do!

So, how can you help? Joe suggests starting with educating yourself more around these issues. We think we know, but we are still learning everyday. Talk to Shelter House; invite them IN. They will come to you or you can come to them to tour the shelters and see the differences that are taking place in the lives of our neighbors.

Be vigilant and pay attention to events happening around you. If you see signs or are concerned and do not know what to do, do something.

Don't be afraid to act! Call Shelter House or the police. Whether you are a bystander, perpetrator, or victim, you can ask for help. Recognize that a batterer does not need just anger management, but is a wielder of both physical and mental abuse. It is about power and fear. Contributions of time, supplies, or financial support are always welcome and appreciated. Visit their website at www.shelterhouse.org to learn what is needed. You do not have to be academically trained to get involved.

There are events and opportunities available year-round. In June, it is "Do More 24," a one-day United Way of the National Capitol area online fundraiser where you can pledge your support to one of 700 nonprofits in our area, Shelter House being one. Join in Shelter House's "Make The Call" Campaign, or be a sponsor or participate in their upcoming Fall "Chipping In To End Domestic Violence" golf tournament on September 29th at The Golf Club of Lansdowne. Whatever you choose to do, you'll be working with an organization that truly CAREs.

Fairfax County's Domestic & Sexual Violence Hotline:

703.360.7273

TTY#: 711

Artemis House: 703.435.4940

Patrick Henry: 703.536.2155

Katherine Hanley: 571.522.6800

Shelter House Corporate: 703.955.7876

United Way #8699

CFC# 56516

www.shelterhouse.org



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Reston Art Gallery & Studios

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Mobile by Wayne Schiffelbein

Wayne Schiffelbein "Art in Motion"

Exhibit: July 6-August 3

Reception: July 9, 2-4 pm
Public Welcome



Oil by Sandra Dovberg

Group Show "Lazy Hazy Days of Summer"

Exhibit: August 4-September 3

Reception: August 11, 2pm-4pm
Public Welcome

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AUGUST 8
GOO GOO DOLLS
The Filene Center
at Wolf Trap



SELECTED EVENTS

Photo courtesy of Wolf Trap

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
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Reston, Virginia
703.579.6720
www.restontowncenter.com

JULY 1-8

THE COMPLETE HISTORY OF FAIRFAX: THE MUSICAL!

James Lee Center Community Theatre, 2855 Annandale Road, Falls Church, VA 22042, 7pm, \$10
Celebrate Fairfax County's 275th anniversary with the Class Act Player's production of "The Complete History of Fairfax: The Musical!" Discover the hidden history of Fairfax as four intrepid actors cover centuries' worth of history over the course of 60 fun-filled minutes. Learn about George Washington's secret love, Antonia Ford's daring act of espionage, the tragic fate of Sadie the Cow, and much, much more. You'll

laugh, you'll cry, and you just might learn something about your hometown. Don't miss the theatrical event of the summer!

JULY 8

CHUCK REDD & THE INTERNATIONAL JAZZ ALL-STARS

Featuring vocalist **Maucha Adnet (Brazil)** bassist/vocalist **Nicki Parrott (Australia)** & pianist **Rossano Sportiello (Italy)**

Reston Town Center Pavilion, 7:30pm, Free
Bring lawn chairs or picnic blankets and enjoy live outdoor music at the Pavilion. Free. Rain or shine. Presented by Reston Town Center

and Reston Town Center Association on Saturdays, June through August. Alcohol permitted at restaurants only. See the season's full schedule at restontowncenter.com/concerts.

JULY 14

PUCCINI'S TOSCA
Wolf Trap Opera, National Symphony Orchestra
Grant Gershon, conductor
The Washington Chorus
Children's Chorus of Washington

The Filene Center at Wolf Trap, 8:15pm, \$25-75
Caught up in a world of political intrigue and corruption, Puccini's fiery diva is trapped between her

CONTINUED ON PAGE 30

2017 Reston Multicultural Festival

Discover the World in Reston



FREE
Rain or Shine

Join us for a celebration that brings together the people of Reston to celebrate our rich medley of cultures. Everyone is encouraged to dress in attire from their own cultural roots and share the stories that we gather on the pathways of our lives.

The Reston Multicultural Festival presented by Reston Community Center, is hosted by the Lake Anne Plaza and co-sponsored by Reston Association, with partners from a variety of Reston-based organizations and businesses.



Saturday, September 23

11:00 a.m. – 6:00 p.m.

Lake Anne Plaza

FEATURING:

Naturalization Ceremony
National Heritage Award Fellows
Arts & Crafts
Art Mirrors Culture Exhibit
Exciting Entertainment
Delicious Food and More!

For more information, please contact Kevin Danaher, RCC Community Events Director, at 703-390-6166.

www.restoncommunitycenter.com/MCF



www.restoncommunitycenter.com

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





Photo Courtesy: Jeff Wolf/Hampac



JULY 21
The Filene Center
at Wolf Trap

PJ HARVEY

CONTINUED FROM PAGE 28

allegiance to her rebel lover and a treacherous police chief who will stop at nothing to possess her. The explosive

conflict between these three unforgettable characters comes to a hair-raising conclusion in one of opera's most popular, suspenseful, and unforgettable dramas.

Photo credit: Mark Owens



8 P. M.

JULY 20

THE MOODY BLUES DAYS OF FUTURE PASSED 50TH ANNIVERSARY TOUR

The Filene Center at Wolf Trap, 8pm, \$35-75

Reflecting back on five decades of some of the most beloved music in pop culture history, The Moody Blues perform their epic album *Days of Future Passed* (1967) in full for the first time ever, along with performances of their greatest hits.

JULY 14

HERR METAL + DR FU

Friday Night Live

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

German 80's rock legends HERR METAL have returned and are poised to tour the United States. The band will continue right where it left off with a full 80's-style show staged as only a band that missed the last two decades could deliver. HERR METAL's tour will focus on rock hits recorded and popularized by Guns 'n' Roses, Bon Jovi, Poison, Motley Crue, Def Leppard, the Scorpions, and others.

JULY 15

THE ADRIAN DUKE PROJECT

Hits from the '50s - today

Reston Town Center Pavilion, 7:30pm, Free

Bring lawn chairs or picnic blankets and enjoy live outdoor music at the Pavilion. Free. Rain or shine. Presented by Reston

Town Center and Reston Town Center Association on Saturdays, June through August. Alcohol permitted at restaurants only. See the season's full schedule at restontowncenter.com/concerts

JULY 15

GRACE POTTER

**National Symphony Orchestra
Steve Reineke, conductor**

The Filene Center at Wolf Trap, 8:15pm, \$35-75

Pop-rock powerhouse Grace Potter joins the National Symphony Orchestra for one unforgettable night. Armed with an "intoxicating air and superlative voice" (*The Washington Post*), Potter's unique brand of rock 'n' roll artistry—elevated here with expansive orchestral arrangements—offers an otherworldly live experience.

JULY 18

MAMMA MIA!

The Farewell Tour

The Filene Center at Wolf Trap, 8pm, \$25-75

MAMMA MIA! is the ultimate feel-good show that has audiences coming back again and again to relive the thrill. It's your turn to have the time of your life at this smash-hit musical, now on its farewell North American tour! MAMMA MIA! combines ABBA's greatest hits, including "Dancing Queen," "S.O.S.," "Super Trouper," "Take A Chance on Me," and "The Winner Takes It All," with an enchanting tale of love, laughter, and friendship. Whether it's your first visit or your fourteenth, see the show that has the whole world coming back for more, because every time feels like the first time at MAMMA MIA!.

JULY 19-20

LISTEN, WILHELMINA!

**A Wolf Trap Opera
Commission**

**Music by David Hanlon, words
by Kathleen Kelly**

Children's Theatre in the Woods at Wolf Trap, 10:30am, \$8

Wilhelmina, Wallis, and Winston the Wombats are ready for their very first concert at Wolf Trap! The stage! The instruments! The maestro! But what is the audience supposed to do? With help from Ranger Nat, these three wombat friends learn how much fun music-making can be when they open their ears to listen. This interactive mini-musical is a perfect way to introduce children to the concert experience.

JULY 21

PJ HARVEY

The Filene Center at Wolf Trap, 8pm, \$35-60
"Thrilling and haunting" (*The Guardian*), untamed and powerful, the alternative singer-songwriter and multi-instrumentalist with a recent Grammy nomination for *The Hope Six Demolition Project* (2016) makes her Wolf Trap debut.

JULY 21

THE REFLEX

Friday Night Live

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

The 80's! A time for classic coming of age movies, big hair, and some pretty crazy fashions. The glue that held it all together of course was the music. The Reflex serves as a perfect reminder of that great music of a decadent decade.

JULY 22

SCYTHIAN

High-energy Celtic, gypsy folk-rock

Reston Town Center Pavilion, 7:30pm, Free
Bring lawn chairs or picnic blankets and enjoy live outdoor music at the Pavilion. Free. Rain or shine. Presented by Reston Town Center and Reston Town Center Association on Saturdays, June through August. Alcohol permitted at restaurants only. See the season's full schedule at restontowncenter.com/concerts.

JULY 22

THE LEGEND OF ZELDA: SYMPHONY OF THE GODDESSES

National Symphony Orchestra

Amy Andersson, conductor

The Filene Center at Wolf Trap, 8:30pm, \$35-58

For decades, The Legend of Zelda series has captivated gamers with its iconic characters, engrossing game play, and unforgettable music. Journey to Hyrule and beyond as the National



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Sundays, June 18 through August 13

7 - 8 pm

Reston Town Square Park

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JULY 25
The Filene Center
at Wolf Trap

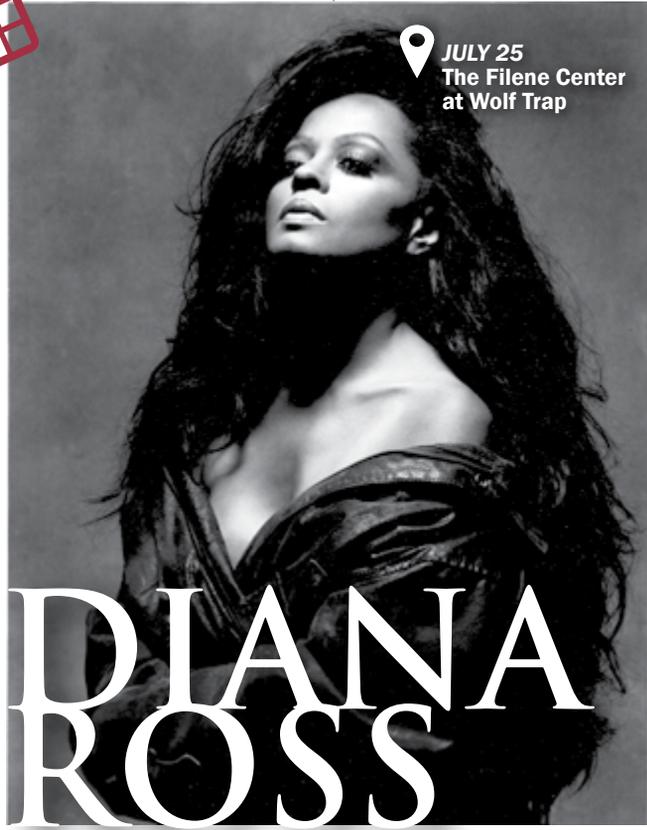


Photo courtesy of Wolf Trap

DIANA ROSS

Symphony Orchestra explores the innovative music and mesmerizing moments from the legendary games — including 2017’s *The Legend of Zelda: Breath of the Wild*.

JULY 23
REBELUTION
NAHKO AND
MEDICINE FOR
THE PEOPLE
COLLIE BUDDZ
HIRIE

The Filene Center at Wolf Trap, 6:30pm, \$27.50-\$39.50
Self-described as pioneers of California reggae, this Grammy-nominated band that’s “too blessed to be stressed” “weaves hypnotic threads of alt-rock and pop, retro-funk, blues, dub, [and] even traditional Middle Eastern strains into their bubbling, one -drop reggae groove” (*Billboard*).

Enjoy live music by the East Coast’s Original ’80s cover band The Reagan Years, beer garden, food vendors, splash pad, and more at Old Town Square in Old Town Fairfax. Please bring chairs and or blankets to sit on! No Pets allowed except service animals Rock the Block. Visit www.fairfaxva.gov/RockTheBlock for more information.

JULY 28
KRISTEN & THE NOISE
Friday Night Live
Herndon Town Green, 777 Lynn Street, Herndon, VA, 6:30pm-10:30pm, Free
Kristen & the Noise has established itself as one of the most sought-after summertime shore bands in the region. This female-fronted powerhouse plays today’s and yesterday’s best covers and party tunes.

JULY 25
DIANA ROSS
The Filene Center at Wolf Trap, 8pm, \$35-75
One of the most successful artists of the Motown era both as a solo artist and with The Supremes, Diana Ross’ glowing music catalog includes classics like “I’m Coming Out,” “Upside Down,” and “Stop! In the Name of Love.”

JULY 29
ARETHA FRANKLIN
The Filene Center at Wolf Trap, 8pm, \$40-125
Exalting massive “Respect” for her glorious belt and countless gospel-infused hits like “Chain of Fools” and “Think,” the Queen of Soul makes her triumphant return to Wolf Trap.

JULY 26
REGINA SPEKTOR
BEN FOLDS
The Filene Center at Wolf Trap, 8pm, \$35-65
The “cathartic piano prodigies” (*NPR*) who once teamed up on “You Don’t Know Me,” share the stage for one night only. Don’t miss Regina Spektor’s masterful storytelling and Ben Folds’ beloved pop and piano ballads.

JULY 29
LOVE CANON
Bluegrass covers of ’80s hits
Reston Town Center Pavilion, 7:30pm, Free
Bring lawn chairs or picnic blankets and enjoy live outdoor music at the Pavilion. Free. Rain or shine. Presented by Reston Town Center and Reston Town Center Association on Saturdays, June through August. Alcohol permitted at restaurants only. See the season’s full schedule at restontowncenter.com/concerts.

Photo courtesy of Wolf Trap



AUG 15

8 P. M.

PILOBOLUS
The Filene Center at Wolf Trap, 8pm, \$20-55
Pilobolus continually forms diverse collaborations that break down barriers between disciplines and challenge the way we think about dance. Physically and intellectually, the company engages and inspires audiences around the world.

JULY 28
ROCK THE BLOCK
Old Town Square, 3999 University Drive, 6:30-9:30pm

CONTINUED ON PAGE 34



*Sow scientific terms
in the fertile soil of the
young mind, and passion
for learning will bloom.*

*A Tyrannosaurus rex and a pterodactyl.
An acute scalene and an obtuse isosceles triangle.
A lanceolate and a deltate leaf.*

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Learn more and schedule a tour at
leport.com/nova/events



Open House Events Saturday, August 5th

Aldie	• 9am - 11am
Broadlands	• 11am - 1pm
Chantilly	• 1pm - 3pm
Fairfax	• 9am - 11am
Herndon	• 10am - 12pm

Grand Reopening & Open House at Reston Saturday, August 12th

Join us from 11am-1pm
to celebrate and tour our
renovated campus in Reston



LePort
MONTESSORI



Photo credit: Shawn Anderson



AUGUST 2
The Filene Center
at Wolf Trap

I'M WITH HER

AUGUST 2
AMERICAN ACOUSTIC TOUR
PUNCH BROTHERS
I'M WITH HER
JULIAN LAGE
The Filene Center at Wolf Trap, 8pm, \$30-60
This blockbuster show features an all-star lineup of

some of Chris Thile's closest musical friends and frequent collaborators. The acoustic quintet Punch Brothers, which Thile founded a decade ago, also includes guitarist Chris Eldridge, bassist Paul Kowert, banjoist Noam Pikelny, and fiddle player Gabe Witcher. The Americana acoustic trio I'm With Her comprises singer-

songwriter and fiddler Sara Watkins (a Nickel Creek co-founder), singer-songwriter Aoife O'Donovan, and singer-songwriter and multi-instrumentalist Sarah Jarosz.

AUGUST 3
BLONDIE & GARBAGE
The Rage and Rapture Tour
The Filene Center at Wolf Trap, 7:30pm, \$35-85

Blondie—"the biggest pop sensation of the late 70s" (*The Guardian*) and the band behind the no. 1 hits "Call Me" and "Heart of Glass"—shares the stage with one of the biggest alt-rock bands of the '90s that it helped to inspire. Garbage, whose hits include "Only Happy When It Rains" and current chart-climber "Empty," creates music that fits into the "radio-friendly delta at the confluence of grunge, shoegaze, and trip-hop" (*SPIN*).

AUGUST 4
SAM GROW BAND + PHILLIP PARSONS BAND
Friday Night Live
Herndon Town Green, 777 Lynn Street, Herndon, VA, 6:30pm-

10:30pm, Free
Sam Grow has earned every success in his life through hard work, an entrepreneurial attitude and an easy-going, charismatic spirit that promotes his soulful and genuine voice. Sam spent six years building a foundation and a group that have become much more to him than fans. In late 2013, Sam moved to Nashville and signed a publishing deal with ole. He began working with Grammy-nominated producer Matt McClure and top tunesmiths including Kyle Jacobs and Billy Montana, with whom he penned his first single.

AUGUST 5
INCENDIO
Spanish/flamenco guitar, Latin fusion
Reston Town Center Pavilion, 7:30pm, Free
Bring lawn chairs or picnic blankets and enjoy live outdoor music at the Pavilion. Free. Rain or shine. Presented by Reston Town Center and Reston Town Center Association on Saturdays, June through August. Alcohol permitted at restaurants only. See the season's full schedule at restontowncenter.com/concerts.

AUGUST 5
JURASSIC PARK™—IN CONCERT
© **Universal Studios National Symphony Orchestra**
Emil de Cou, conductor
The Filene Center at Wolf Trap, 8:30pm, \$35-58
An adventure 65 million years in the making comes back to the big screen. Watch Steven Spielberg's original Oscar®-winning dinosaur classic in high definition as the National Symphony Orchestra brings John Williams's iconic music to soaring, scaly life.

Photo courtesy of Wolf Trap



AUG 20

3 P.M.

THE BEACH BOYS
The Filene Center at Wolf Trap, 3pm, \$30-60
America's favorite surf rockers bring the "Fun, Fun, Fun" with their iconic summer soundtrack featuring songs like "Surfin' USA," "Good Vibrations," "Wouldn't It Be Nice," and more.

AUGUST 6

**CHICK COREA
ELEKTRIC BAND**

**BÉLA FLECK & THE
FLECKTONES**

*The Filene Center at Wolf Trap,
8pm, \$30-65*

Not your average night of jazz from two hybrid groups! Led by Grammy-winner Chick Corea, Chick Corea Elektric Band fuses rock music with jazz, while Grammy-winning quartet Béla Fleck & The Flecktones bring bluegrass and electric blues into the mix for one dynamic evening.

AUGUST 6

**GREG HOWE
POWER TRIO
FEAT. STU HAMM
+ GIANLUCA
PALMIERI**

Jammin Java, 7:30pm, \$20

Howe has also developed a solid reputation as a technical innovator, particularly for his strong utilization of tapping, unusual time signatures and his “hammer-on from

nowhere” legato method. His self-titled debut album “Greg Howe” is ranked tenth best shred album of all time by *Guitar World Magazine*. In 2012 Greg Howe decided to take a break from the instrumental world and announced that he would be putting together a rock band named Maragold, which had much international success.

Greg Howe’s new album, “Wheelhouse”, which is due out later this year, marks a highly anticipated return to his solo instrumental work. It features Greg Howe at his best along with an appearance from guitar legend, Richie Kotzen (Winery Dogs, Mr. Big). Described by Howe as his most personal work to date, the album is destined to again set the bar for guitarists everywhere.

AUGUST 8

GOO GOO DOLLS

**Long Way Home
Summer Tour
Phillip Phillips**

*The Filene Center at Wolf Trap,
7:30pm, \$40-65*

From familiar favorites like “Iris” and “Slide” to more recent songs like “So Alive” and “Over and Over,” The Goo Goo Dolls create hits with “indelible melodies combined with intimate, heartfelt lyrics, whilst still introducing a new, more uplifting vibe” (*The Independent*).

AUGUST 11

**LOVE SEED MAMA
JUMP**

Friday Night Live

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

Love Seed Mama Jump is a six-piece rock band from Dewey Beach, Delaware. Their music is described as guitar-driven pop rock -- a blend of modern beats and melodic hooks delivered with powerful, impassioned vocals.

AUGUST 11

**LYLE LOVETT & HIS
LARGE BAND**

*The Filene Center at Wolf Trap,
8pm, \$25-55*

Best known for his high-quality songwriting filled with wit and charm, Lyle Lovett has built his career “on the reputation of his live shows, which routinely sell out theaters and concert halls coast to coast” (*The New York Times*).

AUGUST 12

**MARY CHAPIN
CARPENTER**

**With very special guest
Lucinda Williams**

*The Filene Center at Wolf Trap,
7:30pm, \$28-60*

Renowned and beloved singer, songwriter, and performer Mary Chapin Carpenter will return to Wolf Trap to celebrate the 30th anniversary of *Hometown Girl* (1987). Carpenter has won five Grammy Awards and is a 2012 Nashville Songwriters Hall of Fame inductee.

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INCENDIO

AUGUST 12

DAN NAVARRO

Jammin Java, 7:30pm, \$20

Dan started his career as a songwriter, most often with Eric Lowen, for artists as diverse as Pat Benatar (the Grammy-nominated "We Belong"), The Bangles, Jackson Browne, Keb' Mo', Dave Edmunds, The Temptations, Dionne Warwick, Dutch superstar Marco Borsato, The Triplets, Austin outlaw legend Rusty Weir, and many more...

In the 1990s, he recorded and toured with Lowen in the acclaimed acoustic duo Lowen & Navarro until Eric's retirement in 2009. Dan has since transitioned smoothly into a growing solo career, increasingly in demand on the national concert circuit.

AUGUST 12

NAVY BAND COMMODORES

Big band jazz

*Reston Town Center Pavilion,
7:30pm, Free*

Bring lawn chairs or picnic blankets and enjoy live outdoor music at the Pavilion. Free. Rain or shine. Presented by Reston Town Center and Reston Town Center Association on Saturdays, June through August. Alcohol permitted at restaurants only. See the season's full schedule at restontowncenter.com/concerts.

AUGUST 13

AZTEC TWO-STEP "NAKED" CD RELEASE SHOW

Jammin Java, 7pm, \$30

In 1972, Aztec Two-Step, whose name comes from a poem by beat poet Lawrence Ferlinghetti, burst upon the scene with their self-titled debut album on Elektra Records. Since then, Rex Fowler and Neal Shulman have spent a lifetime making

music together. Their first album, along with their subsequent albums on RCA Records, were staples of progressive FM and college radio and helped to usher in the folk-rock music of the 1960's into the 70's and beyond. As their recording career continued, so did the critical acclaim. They have been praised in countless major US newspapers and magazines, including Rolling Stone, and have appeared on TV and radio shows including David Letterman, the King Biscuit Flour Hour, and World Café Live. In 1987, 'Living in America' received the New York Music Award for best folk album and was named in Billboard's year-end critics' choice poll. After 45 years, Rex and Neal continue to impress audiences with their intelligent songwriting, dazzling acoustic lead guitar, and soaring two-part harmonies.

AUGUST 18

SOCIAL CALL + 7 DEADLIES

Friday Night Live

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

Social Call comes together to perform, that is the only way to describe it. If you asked their fans to put it in one word, you might hear... melodic, gritty, soulful, powerful, explosive, or even harmonious.

AUGUST 19

TERRANCE SIMIEN & THE ZYDECO EXPERIENCE

*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 Louisiana zydeco.

AUGUST 25

ROCK THE BLOCK

Old Town Square, 3999 University Drive, 6:30-9:30pm
Enjoy live music, beer garden, food vendors, splash pad, and more at Old Town Square in Old Town Fairfax. The Alex Hilton Band will be performing their mix of modern country rock and soft country ballads. Please bring chairs and or blankets to sit on! No Pets allowed except service animals Rock the Block. Visit www.fairfaxva.gov/RockTheBlock for more information.

AUGUST 25

BIG O AND DUKES LIVE!

Jammin Java, 8:30pm, \$15
Almost a year to the date of their last terrestrial broadcast show, the greatest thing to ever happen to the internet occurred. Oscar Santana and Chad Dukes began the Big O and Dukes Show podcast once again filling the need of great talk radio the world needed. The podcast format gives the guys an unbridled medium to relay their opinions and their frustrations on anything and everything. A Big O and Dukes live show at Jammin Java is an event not to be missed. Chad and Oscar will bring their unique comedic style to the stage for a recording of their podcast, only with hundreds of your soon to be closest friends in attendance.

AUGUST 25

JUNKFOOD Friday Night Live

Herndon Town Green, 777 Lynn Street, Herndon, VA, 6:30pm-10:30pm, Free
JunkFood regularly performs for a broad range of fans in a wide range of venues up and down the East coast. From family friendly festival crowds, to summer beach vacationers, to rowdy college bars - JunkFood has entertained them all. Although primarily

known for original music, JunkFood is not afraid to play your favorite covers from the 80's to today. As their many fans will attest, JunkFood subscribes to the old school tradition that no matter how much you enjoy the CD, you've really got to experience the band live to fully appreciate their talent.

AUGUST 26

DAVID AKERS & THE SOUL SHAKERS

Motown & more
Reston Town Center Pavilion, 7:30pm, Free

Bring lawn chairs or picnic blankets and enjoy live outdoor music at the Pavilion. Free. Rain or shine. Presented by Reston Town Center and Reston Town Center Association on Saturdays, June through August. Alcohol permitted at restaurants only. See the season's full schedule at restontowncenter.com/concerts.

SEPTEMBER 1

THE BAND BATTLE—FINALS!

Jammin Java, 8pm, \$10-20
Come watch the region's best up-and-coming bands compete for \$2,000 cash, recording studio time, pro photo shoots, and more!

SEPTEMBER 3

I LOVE THE 90'S

The Party Continues Tour featuring

**TLC* Kid n Play
Montell Jordan
Rob Base
C&C Music Factory
Snap**

The Filene Center at Wolf Trap, 7pm, \$45-87
"Everybody Dance Now!" The '90s are back and "No Scrubs" allowed. Don't miss this throwback party featuring faves like "Waterfalls," "This Is How We Do It," and "Rhythm Is A Dancer!"



Photo courtesy of the artist

AUGUST 19
Reston Town Center

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 ZOO FARI

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

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



WEEKLY
Happy Hour Specials

SPAZIO

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

1/2 PRICED WINE BOTTLES

Angeethi Indian Cuisine, 5pm-10pm
Enjoy the palatial setting at Angeethi Indian cuisine with a bottle of 1/2 priced wine with some of the best authentic Indian cuisine in the area with fine dining service.

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.

TUESDAYS-THURSDAYS

10% OFF YOUR DINNER CHECK

Angeethi Indian Cuisine, 5pm-10pm
Dine with Angeethi any night Tuesday through Thursday and enjoy a 10% discount off your dinner check. Enjoy ethnic cuisines including chicken makhani,

assertive curries, and chickpea-battered chilies.

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*. ❖

TIGER WALK FOR TYPE ONE RAISES \$750



Jack Lotz

The Annual Tiger Walk for Type One was held on Saturday, May 20, at the Terraset Elementary School in Reston. Students, teachers and parents joined the two-mile walk and contributed \$5 each to raise funds for JDRE (Juvenile Diabetes Research Foundation), the leading global organization funding type-1 diabetes (T1D) research and whose goal is to progressively remove the impact of T1D from people's lives.

Several Terraset students have T1D, including Jack Lotz, a fifth-grader in Ms. Grumbach's homeroom class. Jack and his family have been living with T1D since he was diagnosed at three years old. Jack must check his blood sugar at least six times per day and receives five or more insulin injections every day—including one during the school day.

One hundred percent of the money raised went to JDRE, under the Lotz family team name. Last year, the team raised \$600 for JDRE. ❖



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Explore the LOUDOUN WINE TRAIL

BY ANALIESE KREUTZER

Thinking about spending a day touring wineries and tasting some Virginia vintages? You don't have to go far to take in some of the best. Northern Virginia is considered one of the state's best wine regions, and of Virginia's approximately 230 wineries, more than 40 of them reside in Loudoun County.

Like most Virginia wineries, the majority in Loudoun consist of small, family-owned operations, and much of their revenue derives from winery tours, tastings, and direct sales. To attract visitors, they often offer food and entertainment or tie-ins with local fairs and festivals. This makes a day in wine country a fun activity with local friends or a great change of pace from museums and monuments for out-of-town guests.

Loudoun County wineries are open from early spring to late fall and are organized into six clusters along the Loudoun Wine Trail. When planning an outing, pick your cluster and check the websites for the wineries you want to visit for their tasting room and tour hours. Consider your transportation. Decide whether someone in your group will serve as the designated driver or contact Reston Limousine or another local provider to transport you in style. Then relax and enjoy.

The Loudoun Heights Cluster

If you want to take in some beautiful scenery while you sip your wine, head toward the northwestern part of the county, where the Loudoun Heights Cluster surrounds the tiny town of Hillsboro. This area is known for its rolling hills and lovely vistas. You might want to include on your visit Breaux Vineyards, one of the largest-producing vineyards in the state, Notaviva Vineyards, offering its handcrafted wines with special music pairings, and Maggie Malick Wine Caves (see sidebar on page 37).

THE LOUDOUN HEIGHTS CLUSTER



THE WATERFORD CLUSTER

The Waterford Cluster

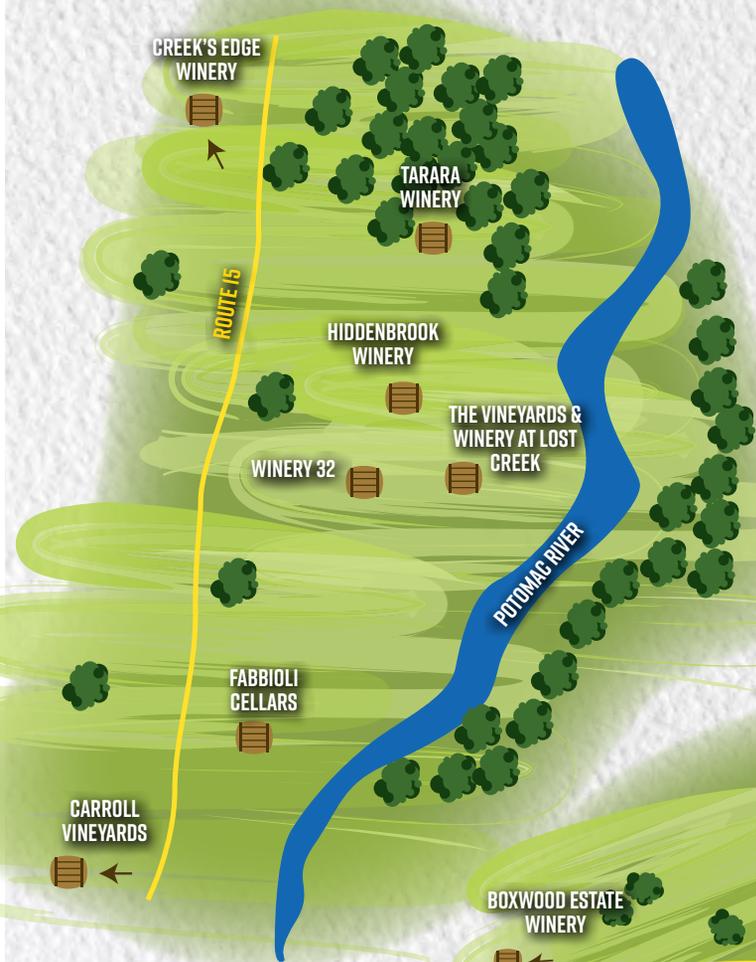
If you enjoy Virginia history, the Waterford Cluster sits outside the National Historic Landmark village of Waterford, which was founded by Quakers in 1733 and remains virtually unchanged. The wineries here range from small handcrafted producers to larger vineyards offering a variety of wines. This cluster includes Sunset Hills Vineyards, housed in a renovated 140-year-old Amish barn with decks on two stories.



THE POTOMAC CLUSTER

The Potomac Cluster

Take in a sampling of different wines, settings, and atmospheres in this eclectic cluster located between Route 15 and the Potomac River just north of Leesburg. The wineries here enjoy views of the river, the mountains, neighboring farms, and even lakes. In addition to the wineries, you'll find antique shops and roadside stands along Route 15. If you like red wine, be sure to include a stop at Fabblioli Cellars to sample and pick up some of their high-quality reds.



The Mosby Cluster

John Mosby Highway, also known as Route 50, leads you through the Mosby Cluster, where wine country meets horse country. The wineries here near Aldie and Middleburg take you on a European tour. 50 West Vineyards focuses on producing wines in the classic French Bordeaux style; Chrysalis Vineyards specializes in unusual Spanish and French varietals, as well as the native Virginia grape Norton; and Quattro Goomba's Winery produces Italian-style wines.

THE MOSBY CLUSTER



THE HARMONY CLUSTER



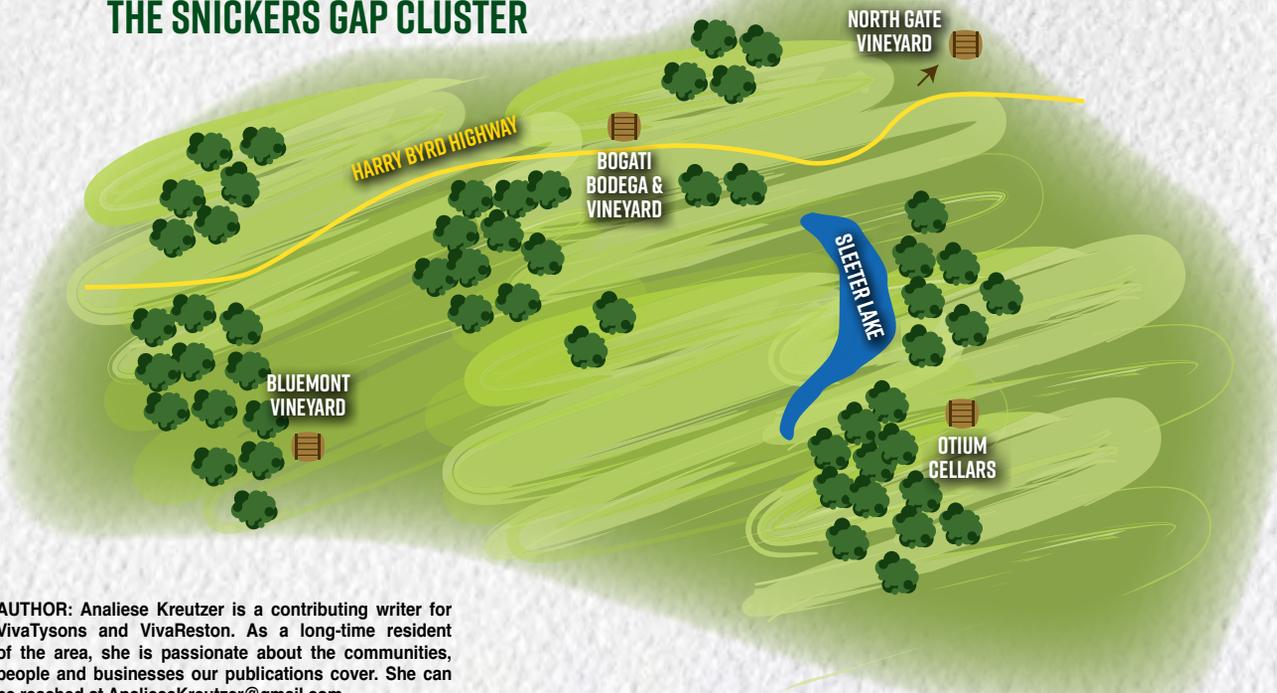
The Harmony Cluster

The Harmony Cluster, named after a nearby town that was originally called Harmony but is now known as Hamilton, contains Loudoun's oldest operational winery, Willowcroft Farm Vineyards, founded in 1983. It's also home to one of Loudoun's largest, Stone Tower Winery. Take the trail through winding roads to the wineries and to the top of Catoctin Mountain. Cyclists can take a break at the Barns at Hamilton Station winery, which is accessible from the W&OD trail.

The Snickers Gap Cluster

On the western side of Loudoun County lies the Snickers Gap Cluster, named for a wind gap in the Blue Ridge Mountains. The smallest of the clusters, this one includes only four wineries that are open to the public. Of particular interest are Otium Cellars and North Gate Vineyard. Otium grows several German varietals, and North Gate is a LEED (Leadership in Energy and Environmental Design) certified winery.

THE SNICKERS GAP CLUSTER



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

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BY ELAINE ANNE WATT



GREENHILL *Winery & Vineyards*

Satisfying the palette through the art of winemaking and a deep respect for the soil and the science that produces the experience

Winding through the final approach to my destination in Middleburg, Virginia, I couldn't help but be caught up in the beauty of the land and the change in pace from my weekday norm. Even in early February, the landscape—filled with branches, wildlife, and endless skies—held tremendous warmth and the promise of a lush and inviting Spring to come. Just a short drive from the bustle of Northern Virginia exists another world blending the best of tradition with today's modern luxuries. Enter Greenhill Winery & Vineyards.

I was greeted by Sébastien Marquet, a third-generation master winemaker and viticulturalist and the bounding enthusiasm of Ilus, the resident Pudelpointer, whose romping included a quick circumvention of the one and a half acre lake and a dash to the rows of beckoning vines. We began our tour at the original tasting building, a quaint whitewashed structure that has been intelligently renovated since David Greenhill purchased the property less than four years ago. Exhibiting an exquisite eye for decor, there are three primary rooms for intimate, private tastings or smaller functions. Cool greys, touches of burgundy red, equestrian and nature themes complement the otherwise rustic space, a pattern that I'll learn is captured throughout the multi-venue property. In the larger conference and event space, a striking rug





that is a map of Virginia sits beneath a massive oak table with high-backed leather chairs, and the windows open to a glorious view of the rolling countryside and outdoor vistas available for members and guests to relish. I easily imagined the weddings and celebrations that have graced this part of the property.

Just a short distance away sits the newly-completed building that houses the state-of-the-art European equipment and oak barrels that through the craft and science of wine-making transform the grapes picked within hours of reaching their peak ripeness and sugar content into their award-winning wines. Having entered through the spacious and lovely gathering room that is their new public tasting area—complete with bar, couches, high and low tables made of wood and industrial metal, comfy throws and accent pillows—modern rusticity takes on heightened meaning. Nothing has been overlooked; gleaming vats and “crushers” are visible through the windows behind the bar, while an extensive slate patio sits just outside the tasting room awaiting your pleasure. With room to accommodate a very large crowd, but designed to promote intimacy, the tasting room is available from noon to sunset for members and guests, except when reserved for private functions.

We next visited the heart of the “business.” Beyond the doors of the tasting room is a stunningly clean and streamlined processing plant for the delicate fruit of the vines. The temperature-controlled facility is immaculate and no expense has been spared in obtaining the finest equipment and storage capacity. But, what is unexpected and will take your breath away is the moment you step into the cathedral-like wine aging Barrel Room. With floor-to-ceiling rows of wine-laden barrels and an arched dome of braced wood towering overhead, the lone etched window at the far end casts its rays of light as if heaven-sent. Each batch is artfully labeled, tended with care, and rotated through to its perfect balance ready for bottling. Sébastien notes that winemaking is a spiritual process where we are simply tools to bring out the potential harvested from the earth and entrusted to our custody to bring to its fullest potential. The owner wants to capture that feeling in his signature room where guests are invited to hold your special event. Having studied theology and philosophy at Yale, David’s approach to life is a reflection of his beliefs.

I noticed some beautiful animals on the way down the drive and since learned that a special breed of cattle, Charolais from the

Burgundy region of France, are being raised here. With 30% more meat by volume on the bone, this beef has been prized for generations for its flavor and texture. The focus on all-natural sustainable farming in all its products has resulted in a secondary industry here. A farm store adjacent to the modern Tasting Room building carries a selection of the finest cheeses, fruits, meats, and savories to tempt your appetite. Organic honey from their own hives and fresh herbs are cultivated by Greenhill. Some of these wonderful offerings found their way onto a delightful tray of treats to accompany my wine tasting.

But, I have gotten a bit ahead of the story. First there was another level of gorgeous rooms to discover, sophisticated but genuinely welcoming. Upstairs, above the public tasting room, are additional large yet cozy spaces in which to linger over a glass of wine, celebrate with a group of family or friends, or hold that executive retreat. Sit by the fire or gaze out over the 128-acre property from the upper outdoor veranda. Take a moment to appreciate the map of Paris that adorns one of the walls, or the branch-like light fixtures casting an inviting glow. Several of the art pieces especially caught my eye, and Sébastien proudly informed me that they are the work of his wife, Isabelle Truchon. David owns a dozen or so polo ponies, and their stories and accomplishments are woven into the décor. His partner, Rebekah Pizana has contributed special touches throughout as well, as this business family has lovingly created this place apart in the hills of the Blue Ridge Mountains.

After our leisurely stroll through the main structures, we came to rest back in the main tasting room for a sampling of the wines themselves. A secret to the balance found throughout their wines is the reliance on barrels from France made by Sansaud that contain three times the tannins found in American Oaks, staged over their average ten year lifespan to deliver the optimal hint of woodiness to enhance the vintages. Although they do experiment with some American sourced barrels, they find that they can at times overwhelm the delicate flavor balance that they achieve with their quality wines.

We started off with a sparkling Blanc de Blancs Chardonnay that lingered delightfully after its crisp start. We sampled two more whites, one as light as air but with no cloying sweetness, and the other slightly fuller with a pleasing finish. The Bordeaux-style red Mythology that followed was delicious, a perfect accompaniment



to many main courses. Earthy with medium tannins, it delivered a smooth and appealing richness that was just right. But for those seeking bolder flavor, still a Bordeaux rather than a deeper Cabernet, I particularly savored their Philosophy. With a long finish and tremendous body and structure, this was my favorite. I would be quick to offer this wine as an early start to the evening for those favoring reds while its full flavor would be appreciated! The smorgasbord of cheeses, fruit, fig spread, and bread that were so graciously provided gave all the more reason to linger as the afternoon light began to fade.

Greenhill has made it easy to become attached. Although their wine tastings are open to all and available a la carte, you can become a wine club member with complimentary tastings, discounts and special privileges with the purchase of a 12 bottle case of wine over the course of a year. Be among the first to sample their new wines and limited release vintages. For those seeking a barrel of their own, inquire about the Barrel Club.

For special occasions, Greenhill often partners with the renowned Salamander Resort & Spa just moments away. Greenhill can work with you to arrange your event of a lifetime for weddings, rehearsal dinners, corporate functions, and celebrations inside or nestled by their lake, trees, or vines tailored to your every wish come true. Their dedicated Event Manager, Jennifer Colon, will guide you through the process so that your event can be as effortless as it is unforgettable! ❖

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Special Appreciation to David Greenhill, Rebekah Pizana, Sébastien Marquet, and Ilus, who left his paws on my heart.



HAVING A PARTY?



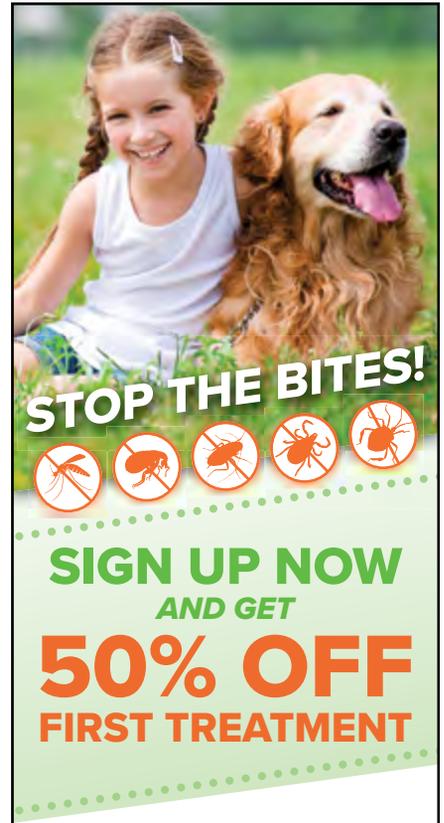
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Wine Tasting DINNERS



Nothing celebrates Summer like an evening of wine and fine dining. And near Reston, the selection of restaurants offering Dinner with Wine Pairings are second to none. Enjoy this list of Wine Tasting Dinner events that will make your palate sing!



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WINE DINNERS

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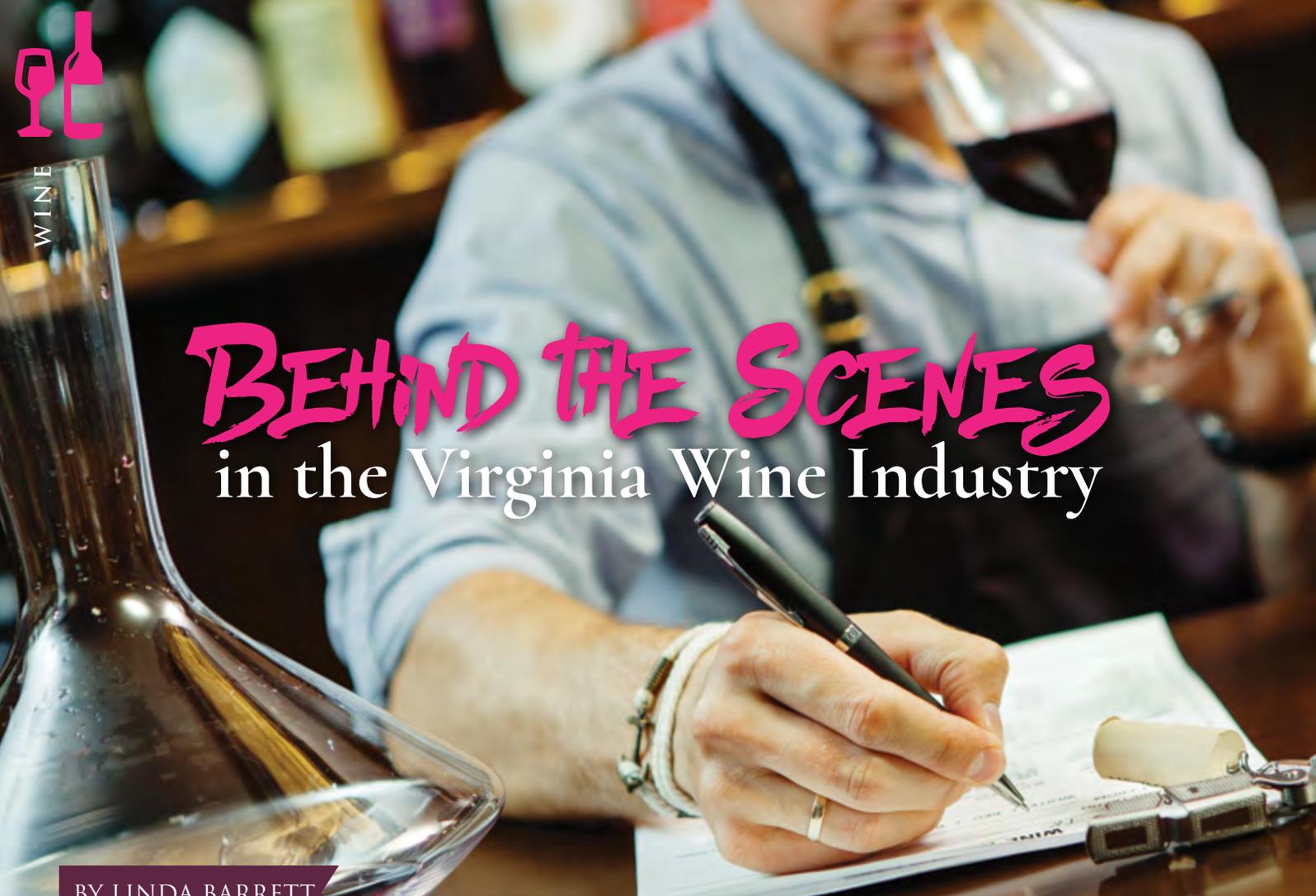
EVENTS THROUGHOUT THE SUMMER!

Because the only thing that makes a fine wine better is pairing it with the right food, Chef Meagan will create dishes to bring out the best in every varietal during their summer wine dinners. Dinners and tasting events will happen all summer long, and will vary in price. For more information or to make a reservation, please call the Coffee House at 703-481-9766.

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BEHIND THE SCENES

in the Virginia Wine Industry

BY LINDA BARRETT

You can't drive anywhere in Virginia without seeing a road sign indicating a nearby Virginia winery. They are everywhere. The winery signage, and the wineries themselves, are the visible part of the Virginia wine industry that now hosts more than 290 wineries; but how much do you know about what goes on behind the scenes?

The Virginia Department of Agriculture

"The Virginia Department of Agriculture and Consumer Services (VDACS) plays a significant role in the Virginia wine industry," explained Basil I. Gooden, Virginia Secretary of Agriculture and Forestry. The wine industry is a significant part of the \$2.2 billion Virginia agritourism industry, generating about \$1.37 billion annually.

Since wine is an agricultural product, to be licensed as a Virginia farm winery, 75% of the grapes used in winemaking must be from Virginia fruit, and 51% from the land owned or leased by the winery. This ties farm wineries directly to the land, and often small family farms.

Secretary Gooden's role is to "support, market, advocate and protect agriculture here in Virginia." With a focus to build the Virginia brand,

he also works to promote Virginia wines in markets where it is not currently well known, throughout the U.S. and internationally. "There may have been a perception a while back that the only good wine came from California or Oregon, but that's certainly not the case any more. Virginia is very competitive."

"When I took this job eight months ago, I was pleasantly surprised how large this industry is. On the flip side, I noticed the lack of diversity – there are no African-American winery owners," Gooden said. "It's important to us to make sure all people are reflected, including women and people of color, and we are having discussions in the industry, which is very open to be more inclusive and more diverse."

The Virginia Wine Board

The Virginia Wine Board (VWB) was created by the Virginia General Assembly in 1984 as a subset of the VDACS. It comprises passionate wine industry professionals who are appointed to their volunteer positions by the Governor of Virginia to serve up to two four-year terms. Their goal? To promote the interests of vineyards and wineries throughout the Commonwealth through research, education, and marketing. Three of its ten members are growers, and six represent wineries or cideries.

The VWB is funded by the excise tax levied on case sales of wine, which raised about \$2 million in 2016 for research and marketing, according to Kirk Wiles, owner of Paradise Springs Winery and Vice

Chairman for the VWB. Approximately two-thirds of the funds are dedicated to education and marketing, with the remaining third spent on wine-related research, often handed out in research grants.

"In the next year, we want to raise the profile on Virginia wines," Wiles said. "We want people to plant more vines and take pride in the quality of wine they are producing, and we want to get out into the market to get more national and international recognition."

The Wine Board meets quarterly to discuss topics like what varietals to plant, or how to improve the quality of Virginia wines. "It is like a think tank for Virginia wine," Wiles added. Meetings are open to the public, although directed toward wine businesses and the industry. "Those interested in starting a winery or getting involved in the industry are welcome to come, listen, absorb, present ideas, and talk to someone on the board to get an idea or direction."

The Virginia Wine Marketing Board

The Virginia Wine Marketing Board (VWMB), funded by the Virginia Wine Board, is responsible for "developing strategic marketing plans, looking at issues affecting where we feel the Virginia Wine Board needs to invest their time and resources in terms of marketing, and evaluating and implementing strategies to tackle those issues,"

explained VWMB director Annette Boyd.

The VWMB markets visits and tours to area wineries, working closely with Virginia Tourism, and targets the restaurants, sommeliers, and wine shops that request and purchase Virginia wines. "Currently 95% of Virginia wines are sold within the state, but there will come a point when we hit saturation, and when that happens, markets outside Virginia will become very important," Boyd said. "Building that groundwork now is important for a healthy industry."

The VWMB's strategies include the annual Virginia Wine Summit, where winery owners, grape growers, distributors, and wine media come together to network, discuss trends and issues in the Virginia wine industry, and taste wines and ciders. The 2017 Summit, held in May, featured sessions like "The Competitive Advantage of Virginia Wines" and "A New Look at Viognier," along with other educational seminars. In addition, the VWMB promotes Virginia Wine Month in October and Virginia Vineyard Month each April, and produces the annual Virginia Wine Guide and Commercial Grape Report.

The VWMB also manages the Governor's Cup Awards held each February, now in its 35th year. A Best in Show wine is selected from more than 490 entries after three days of tasting and deliberation, and Governor's Case Winners are announced, with the top 12 reds and whites selected by a panel of 40 wine experts from around the world. This year's Best in Show winner: 2014 Cabernet Sauvignon from The Barns at Hamilton Station Vineyards.

Along with these three entities, several wine-related Associations also support Virginia's growing wine industry.

Now that you know what goes on behind the scenes, how can you personally become involved in the Virginia wine industry? Buy, enjoy, and tell everyone about Virginia wines! ♦

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.



2017 GOVERNOR'S CUP AWARDS Gold Cup Medalists

BARBOURSVILLE VINEYARDS	2013 PAXXITO
BARBOURSVILLE VINEYARDS	2014 CABERNET FRANC
BREAUX VINEYARDS	2012 MERITAGE
BREAUX VINEYARDS	2014 MERITAGE
CARDINAL POINT VINEYARD & WINERY	2014 UNION
CROSSKEYS VINEYARDS	2015 CABERNET FRANC
HORTON VINEYARDS	2015 VIOGNIER
INGLESIDE VINEYARDS	2014 PETIT VERDOT
JEFFERSON VINEYARDS	2012 MERITAGE
JEFFERSON VINEYARDS	2014 PETIT VERDOT
KING FAMILY VINEYARDS	2014 PETIT VERDOT
KING FAMILY VINEYARDS	2014 LORELEY
KING FAMILY VINEYARDS	BRUT
MICHAEL SHAPS WINEWORKS	2014 CABERNET FRANC
MICHAEL SHAPS WINEWORKS	2014 MERITAGE
POLLAK VINEYARDS	2013 CABERNET FRANC RESERVE
SUNSET HILLS VINEYARD	2012 MOSAIC
THE BARNS AT HAMILTON STATION VINEYARDS	2014 MERITAGE
THE BARNS AT HAMILTON STATION VINEYARDS	2014 CABERNET SAUVIGNON
UPPER SHIRLEY VINEYARDS	2014 ZACHARIAH. RED VINIFERA BLEND
VALLEY ROAD VINEYARDS	2014 PETIT VERDOT
VERITAS WINERY	2014 PETIT VERDOT PAUL SHAFFER 6TH EDITION
VERITAS WINERY	2014 PETIT MANSENG



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Pat Macintyre and Charlie Chappell



Pat Macintyre and her husband, Steve Macintyre



Marcia McDevitt



Gail Axtell-Erwin



BY ALEXANDRA ROSSI

ARTIST RECEPTIONS AT RESTON ART GALLERY ARE A MUST-ATTEND

Mark your calendars!

Reston Art Gallery & Studios (RAGS) is a Reston icon that, throughout the years and under Pat Macintyre's ownership, has been home to beautiful works of art, including painting, sculpture, jewelry, and photography.

Every month, the studio showcases exhibits by different artists, starting with a reception open to the public where guests can meet the artists, purchase art pieces, and mingle with other art lovers.

On May 14, Pat Macintyre and Gail Axtell-Erwin held the opening reception of their joint annual exhibit, "Two Views." Beautiful, spring-themed paintings from both artists featuring blossoms, flowers, and nature could be appreciated by the public, who also enjoyed hors d'oeuvres and drinks.

On June 11, the group show "Summer Works" included exhibits by

all of RAGS' artists, including Pat Macintyre, Joan Kelly, Ronni Jolles, Dorothy Donahey, Maggie Stewart, Gail Axtell-Erwin, and Wayne Schiffelbein.

Mark your calendars for July 9 from 2pm to 4pm for Wayne Schiffelbein's artist reception, "Art in Motion," highlighting the unique mobile art form.

In August, the gallery is holding the group show "Lazy Hazy Days of Summer." There will also be an exhibit of handmade baskets by Judy Penry, from Reedville, Va.

"We are welcoming two new artists to the gallery—Sandy Dovberg and Marthe McGrath—both painters," said Pat Macintyre.

For more information, please visit www.restonartgallery.com. ❖



BY DONNA SCHMIDT



Le Hotclub



Get Artsy WITH ARTSPACE THIS SUMMER

You don't need to go far this summer to enjoy some of the region's best creativity thanks to ArtSpace Herndon, which has quite an active line-up planned from July through the Labor Day holiday. From exhibits to concerts and special events, the group promises to keep the entire family busy without breaking the bank. Check out just a few things ArtSpace has in store!

EXHIBITS:

Between July 11 and August 5, ArtSpace is sponsoring the Town of Herndon Calendar Competition and Exhibit, an open photography competition. Those chosen as finalists will have their work put on

display at ArtSpace Herndon's Post Gallery, and those finalist photographs will also be eligible to receive the Herndon Town Calendar People's Choice Award. Winners will be a part of the 2018 Herndon Town Calendar. Don't think you can enter because you're not a professional? Don't worry! Both amateurs and pros are welcome to submit their work, so long as the images depict locations within Herndon's corporate limits.

Just a few days after the contest wraps, you can also check out the Elements exhibit from mixed media and pottery artists Andrew Black and Mercia Hobson. The work will be displayed between August 8 and September 2, and a reception for the show will be held August 18.

FOR THE KIDS:

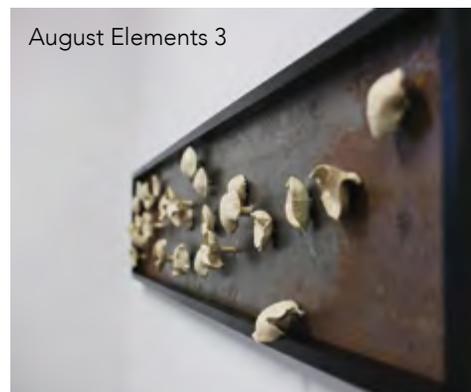
Have a creative child or teen itching to get his or her paintbrush to canvas while school's out? Bring them to one of four planned Art Evenings, open studio times presented by Gray Goose Studios. Grades K-6 can be artsy from 6pm to 7:30pm, and grades 7-12 will have their chance from 8pm to 9:30pm. The studio times will be held on four different nights: July 12, July 19, August 3 and August 10. All events will be held at ArtSpace Herndon, 750 Center Street, for a cost of \$20/night. Registration is required; go to www.graygoosestudios.com for more information and to sign up.



Little Free Library
Photo Submission



Folk Club Band



August Elements 3



Percussion Works

DESIGN AND WINE:

Don't worry, the grown-ups haven't been forgotten by ArtSpace! The next Design and Wine event has been scheduled for July 25 from 7-9pm, and is entitled *Painting by the Seashore*. Whether you've been painting for years or have never before touched an easel, you'll have an enjoyable, relaxing evening with a completed piece of artwork to take home. Follow instructor Mary Sears as she shows students, step-by-step, how to dive in and give your flair to a beach-themed painting using acrylics. Advance registration is required, and the class size is limited to 25. The cost for the evening is just \$35.

If you can't make it for Design and Wine, be a part of Mercia Hobson's "Designing with Clay" class on August 29. The cost is again just \$35, and the class is scheduled to run from 7pm to 9pm.

CONCERTS AND EVENTS:

Rounding out ArtSpace's schedule for this summer is a collection of concerts and other events. The first is "Le Hotclub de Biglick," a gypsy jazz performance set for July 16 from 4pm to 6pm. Food and drink are included in the cost (\$30 online and \$35 at the door).

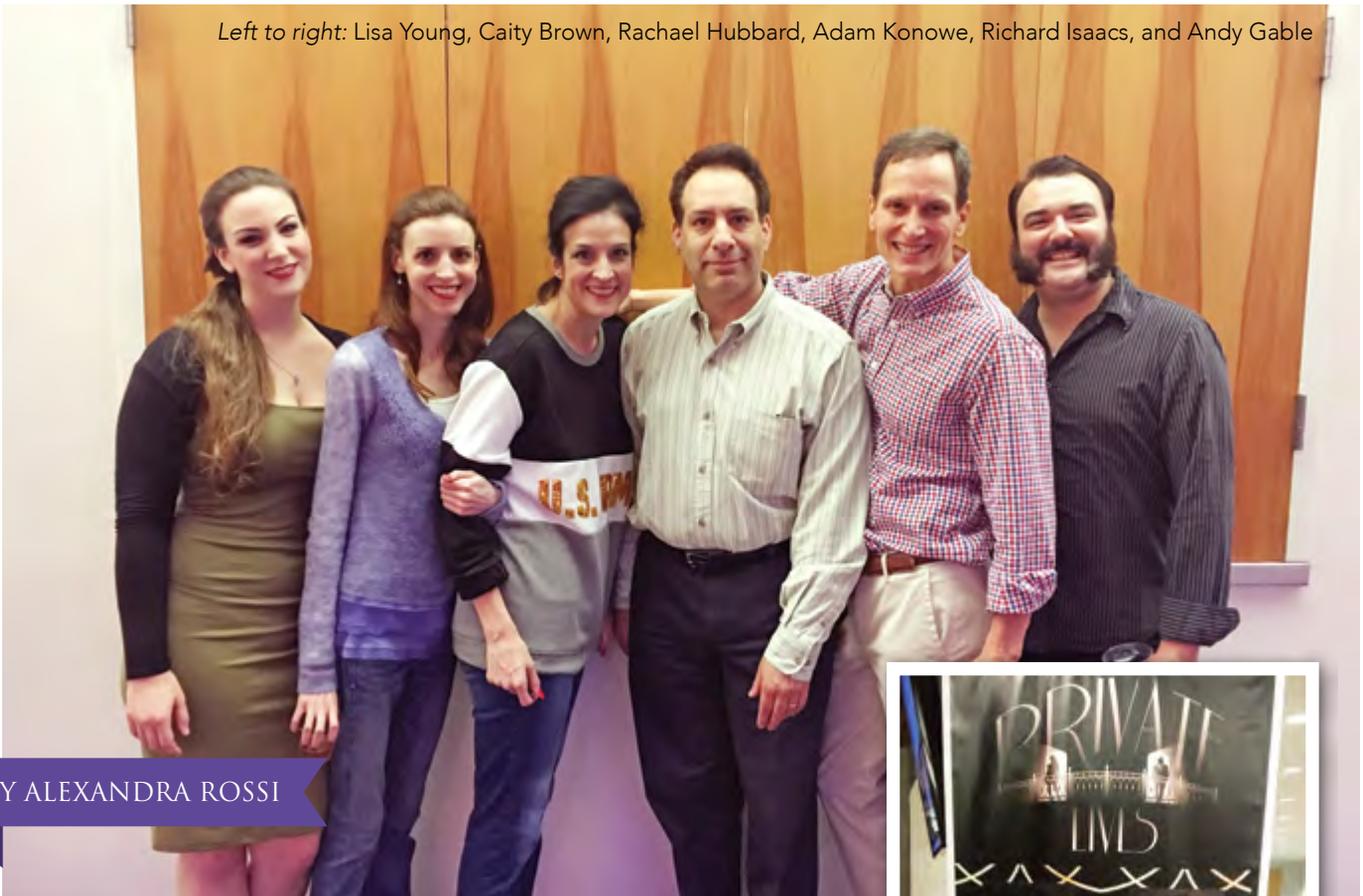
If live funk is more your style, ArtSpace is presenting Gina Sobel with "Choose Your Own Adventure" on August 6 from 6pm to 8pm. Tickets are just \$12 online or \$15 at the door.

Finally, fans of the ambient electronic style will enjoy The Solo Project. For just \$12 online/\$15 door price, you can enjoy the rhythm between 4pm and 6pm.

See something exciting? We hope you'll soon be getting artsy with ArtSpace!

For more information please visit www.artspaceherndon.com ❖

Left to right: Lisa Young, Caity Brown, Rachael Hubbard, Adam Konowe, Richard Isaacs, and Andy Gable



BY ALEXANDRA ROSSI

RESTON COMMUNITY PLAYERS ENDS 50TH SEASON WITH TONY AWARD-WINNING PRODUCTION



At the end of its 50th season, Reston Community Players continues bringing high-caliber plays to the Reston Community Center's CenterStage much to our delight!

"Private Lives," a Tony Award-winning play by Noël Coward, was presented in May under the keen direction of Adam Konowe, and with the skilled production of Laura Baughman.

With excellent production and impeccable acting and direction, the actors personify two newlywed couples who, with witty humor and sarcastic dialogues, imprint the twirls and turns inherent in romantic relationships.

First staged in the 1930s, the play starts when Amanda (Rachael Hubbard) and Elyot (Richard Isaacs), a divorced couple, accidentally run into each other at the same hotel where they are both honeymooning with their new spouses (Caity Brown as Sybil and Andy Gable as Victor.) After they realize they are still madly in love with their exes, Amanda and Elyot run away together, only to remember the very next day why they actually got divorced. Witnessed by Louise, a French cleaning lady (Lisa Young), the couple is caught by their new spouses at Amanda's apartment.

"This is the second Noël Coward play that I've directed for the Reston Community Players, and I really appreciate the style of writing," said Konowe. "It's very reflective of when Coward was alive and was so popular in the period between WWI and WWII. What really is more rewarding is bringing that moment in time and putting it on stage because it's so distinct ... it's such a snapshot of upper-class society in England at that time."

Recreating the play on stage was challenging as it was written with archaic words that are no longer part of modern vernacular. Making it look real and relevant was the greatest hurdle, and Konowe nailed it well.

Although at first sight the play could look superficial and trivial, the message beneath the scenes carries great depth.

“Coward was very clever at putting themes into his shows about relationships, sexuality, and everything else, so if you get past the jokes and look at what he’s trying to say, there is a lot of relevancy in today’s society,” said Konowe. “Taking people not by face value, not understanding their nuances, taking oneself too seriously ... all those things can still be relevant today, and he’s wrapped it in a show that, almost 100 years later, still works. He wrote this play in four days—that’s remarkable. And there are so many words and situations that are repeated by different characters, and the more you work with the script, the more you realize that there’s so much there.”

At the end of the play, love remains above all, despite the characters’ failures. The richness of the dialogues and emotions make us relate to those characters who, by trying to live by the society’s rules and regulations, surrender to love.

“Coward was that way himself. He was gay and kept a lot of that repressed in the 20s, 30s, 40s, and 50s because there were limits to what he could get away with despite the star power that he had. He covers a lot in his different plays, whether it was love and relationships between generations, or even drug use,” said Konowe. “To think that he was doing that in the 20s, 30s, and 40s, when British theater was still highly censored, is remarkable.”

The team rehearsed for seven weeks and all of the talent were volunteers, including actors, technical crew, and designers. “They did a superb job,” said Konowe.

Adam Konowe has directed about a dozen shows for Reston Community Players, and “Private Lives” marks the end of his 25th season. Since the 1991-1992 season, he has also served as light designer and stage combat choreographer.

For more information about Reston Community Players, please visit www.restonplayers.org.

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ARTSPACE
Herndon



EXHIBITS ♥
Town of Herndon Calendar Competition & Exhibit
Photography Competition
 ON EXHIBIT: **JULY 11 – AUG. 5**
 RECEPTION: **Sunday, JULY 23**
4–6pm



EVENTS ♥
THIRD THURSDAY ARTS CRAWL
APRIL – SEPT.
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 OCT. 8–14.



Elements
Andrew Black & Mercia Hobson
Mixed Media Wall Sculptures
 ON EXHIBIT: **AUG. 8 – SEPT. 2**
 RECEPTION: **Saturday, AUG. 19**
7–9pm



CONCERTS ♥
Le Hotclub de Biglick
Gypsy Jazz
Sunday, JULY 16 4–6pm
 \$20* & \$35**



Gina Sobel with Choose Your Own Adventure
Live Composed Funk
Sunday, AUG. 6 6–8pm
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* Online
 ** At the Door

ARTSPACEHERNDON.COM 750 CENTER ST. HERNDON, VA 20170 ► 703-956-6590



David Eisele, Jr., Lynn and David Eisele, Sr. and Hussein Rassoul



Davelle Clothiers interior



David Eisele and one of Davelle's best customers, Greg Nardi



Shane Roots



BY ALEXANDRA ROSSI

DAVELLE CLOTHIERS CELEBRATES 25TH ANNIVERSARY AT RESTON TOWN CENTER

Top quality, style, and uniqueness in every outfit

On June 9 and 10, Davelle Clothiers celebrated its 25th anniversary at the Reston Town Center. Guests enjoyed wine along with beautiful live music, performed by London-renowned acoustic guitarist Shane Roots. On Saturday, nitro-brew iced coffee and tastings from Teavana were shared, along with more music by Shane Roots and an exotic car show in front of the shop. Master Custom Designer David Eisele, Sr., and his senior wardrobe stylists were on hand to answer style questions, and guests were invited to enter a drawing for a custom-made suit valued at \$2,000.

"It doesn't feel like 25 years; it feels like it was yesterday that we opened," said Eisele. "It's been quite a unique accomplishment with all the challenging times in the marketplace, and the way people perceive retail today, we've been blessed. We're lucky in the sense that the community has supported us, they like what we're

doing, they like our uniqueness, they love our service, and they love our relationships. We are one-on-one with everybody—it doesn't feel like a store; it feels like home. That's why I put a kitchen in the new store—so people would feel like it's home. The customers are the only reason we are in business—I care for each and every one of them, and they are family to me."

"Dressing for style plays a vital role in achieving actual success"

— DAVID EISELE SR.

Founded in 1991 by David Eisele, Sr., Davelle Clothiers previously had stores in Union Station (in D.C.) and in Bethesda, Md., but it was the sense of community that made Eisele decide to keep only the Reston store.

"I realized my heart, home, and love was in Reston. Quantity was never something I wanted to do over quality," he said. "It has proven to be the best decision I made, because we do more business



David Eisele, Sr. & David Eisele, Jr.

in Reston than we did in all the other stores combined. So the community is where I live, the community is where I want to be, and Reston really is very unique. I call it Reston USA, because it really is a special place.”

Davelle’s unique line

Davelle Clothiers not only carry the finest Italian brands, like Canali, Baldessarini, Mauro Blasi, Bosca, and Ermenegildo Zegna, among others, but it’s also home of its own unique brands, designed by Eisele.

“My own line is the David’s Master Collection,” said Eisele. “It’s made out of Italian fabric and handmade in America. It’s very unique.”

Eisele also designs the one-of-a-kind Sartoriale by David’s, made in Italy.

“You have to be a little bit different to survive today,” he said.

Keeping in mind those customers who don’t think they can afford a high-priced piece of clothing, Eisele designed the new line “895.”

“It’s handmade clothing, and we use a very unique process made only with Italian clothing.”

Davelle Clothiers highlights what Eisele refers to as “blendology,” a combination of custom-made and off-the-shelf European designers like Canali and David’s Master Collection.

“Our distinguished clientele is aware that appearance really does matter,” said Eisele. “Dressing for style plays a vital role in achieving actual success. Forbes, LiveCareer.com, and even *Scientific American* have all featured well-researched articles dedicated to the subject matter of dressing well to do well in life.”

“Mr. Eisele’s process is smooth and seamless and is focused on highlighting casual elegance, but interjecting a level of fun and fancy.”

—GRANT HARRIS, POPULAR MENSWEAR STYLE BLOGGER

Eisele is an artist at heart, and he is a recognized authority on designer clothing for men and personal image design. He holds the Certified Master Designer designation by the Custom Tailors and Designers Association (CTDA), the oldest fashion trade organization in America.

Eisele finds inspiration for his creations in everything and everywhere.

“I get color reports of what’s [trending], but I’m inspired by people, because the

“People were asking me if I got my clothes out of my father’s closet, so I knew it was time to get clothes that fit.”

—WILL MONTGOMERY, FORMER WASHINGTON REDSKIN

color of the season might not be the color for you,” he said. “We do more color analysis and figure out what color looks good on you and what’s right for you.”

Eisele’s focus is not to sell anything a customer wants, but to guide them as a style-brand manager for each person who comes to his store.

“I want [my customers] to feel surprisingly different from any other way they ever felt before. I want their clothes to radiate who they are, what they want to present, how they want to look,” he said. “Too many people are worried about what’s in style, and they never worry about what fits right, what looks right on them. And they are the style makers, so if they are wearing somebody else’s clothes, or somebody else tells them what to wear, they will never feel comfortable.”

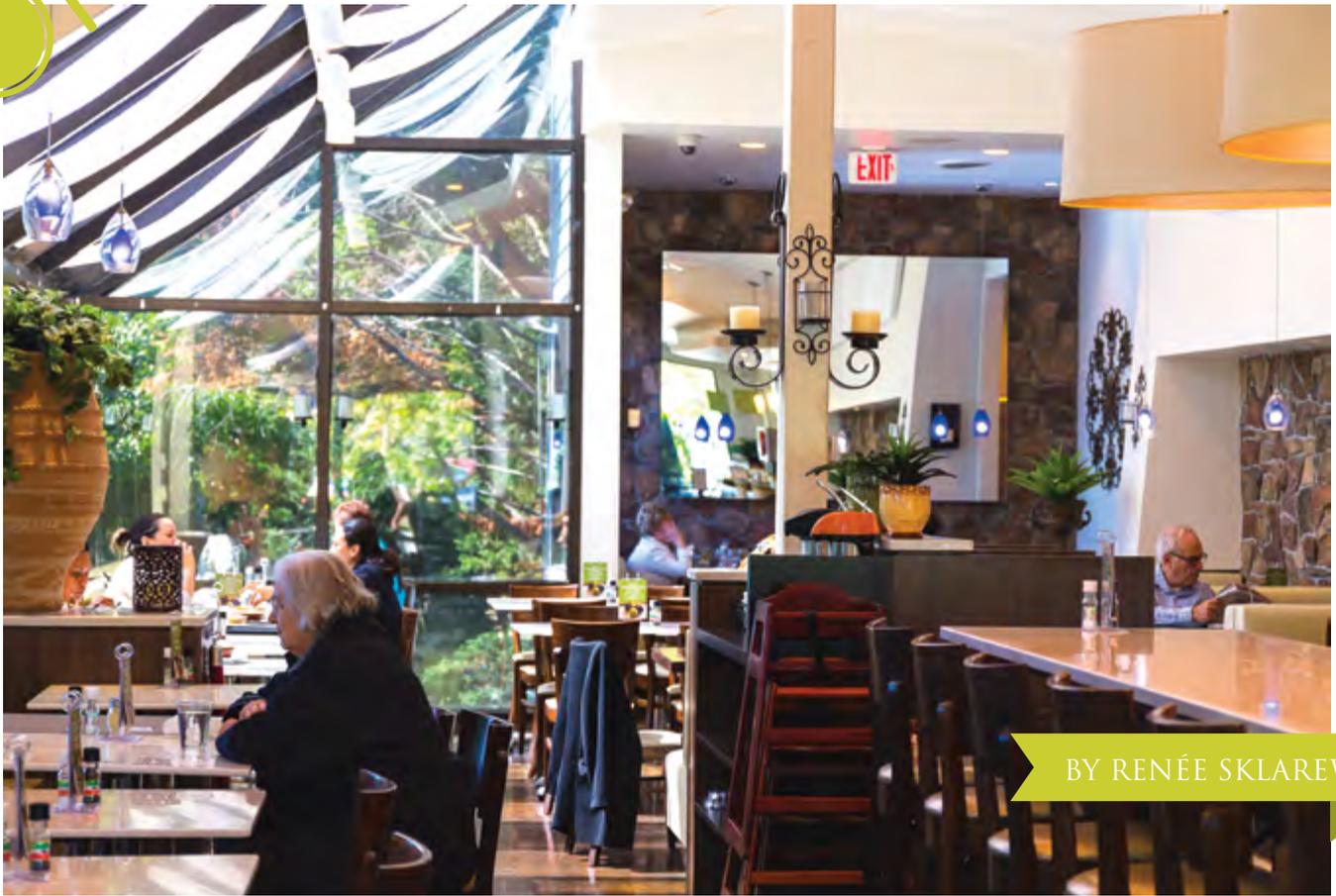
25 years ... now what?

Eisele never plans to retire. His passion is in Reston and his store.

“For me, retiring and not being here is an impossible thought because I want to be here with people. They energize me, they give me encouragement, and that’s why I enjoy it.”

His immediate plans include to travel more, get more design inspirations, and continue working with his son, Dave Eisele Jr., who is the operations manager and has been working by his side for 21 years. Eisele Jr. ensures impeccable attention to fit while allowing the client to embrace the art of presenting his own personal style.

For additional information, visit www.davelleclothiers.com or call 703.904.0011. Or, drop by Davelle Clothiers at 11921 Freedom Drive, Suite 100, Reston, VA, 20190, in the Reston Town Center. ❖



BY RENÉE SKLAREW

COMMUNITY GATHERING PLACE: Cafesano Italian & Mediterranean Bistro

“This is where you can go to get healthy food every single day,” explains Gino Maza, the general manager at Cafesano. Maza oversees Cafesano’s kitchen, dining area and the restaurant’s very busy take out business. “It’s been a success since the day it opened its doors,” writes Reston real estate agent Eve Thompson in Reston Now about Cafesano.

The name translates to “healthy café” in Italian.

Cafesano has morphed into a popular neighborhood-gathering place, and Maza says they have “a ton” of regulars. “You can eat a burger or steak once a week, but here there are so many good things you can choose from that are healthy—Panini’s, salads, wraps—and they’re all homemade, made from scratch,” says Maza. The menu’s selections include kabobs, brick-oven pizza, and pasta, all with an Italian/Mediterranean flair. The restaurant uses only olive oil, fresh produce, and prime cuts of meat and fish.

Located in the South Lakes Village Shopping Center, Cafesano debuted eleven years ago, led by an inspired owner, Paul Swinley, who is also a vegetarian. Maza says Swinley wanted a restaurant with lots of options. He wanted the food to be healthy—not heavy or overly spicy—the way you might cook yourself, if you had excellent ingredients and the patience to execute each step with care. “Paul

says our food is based on traditional recipes. The food is simple—like you make at home—and tasty; that’s why we have a lot of people coming back here. The service is really good too,” notes Maza. With this history of success, Cafesano recently opened a second location in Dulles Town Center. They also make it easy to order take out and catered food using an online service and separate storefront in South Lakes Village.

Cafesano’s modern décor and glass atrium allows an abundance of light into the dining area. The front patio has cheerful flower boxes, and the restaurant’s windows offer bright glimpses of Lake Thoreau. Cafesano’s lunch crowd is bustling and dinner brings a steady stream of customers, though less of a crush. During the summer months, many diners make their way to the restaurant both by hiking trail and by boat.



Based on Maza's recommendations, I started with the bistro's signature dips. After just one bite of creamy, lemony hummus, I was hooked. Triangles of soft pita bread were the perfect vessel to gobble down this delectable dip. The restaurant's dip platter is especially popular with catering customers—roasted red pepper dip, eggplant (baba ghanoush), and tzatziki are all prepared using the cook's emphasis on raw, whole ingredients. No dip is heavily seasoned, but for those who prefer their food a little saltier, hotter or sweeter etc., Cafesano has a seasoning bar with lots of options.

Chicken Parmesan Panini is a hearty lunch selection, with tender chunks of chicken, tomato sauce, mozzarella, and a brush of pesto. It's served with the homemade lavash chips and allows you to choose whole grain or regular ciabatta bread. Cafesano's Signature Salad is a satisfying platter of ingredients, including artichokes, Kalamata olives, romaine, hunks of mozzarella, and half an avocado sliced on top. It comes with your choice of house made dressings; one is a low-calorie, no oil lemon-tahini worth sampling.

Maza says he loves pasta, and it's one of the house specialties. The ravioli and all the sauces are made in-house daily. I dug into a bowl of angel hair pasta with Arrabbiata gravy—a zesty combination of chopped olives, mushrooms, tomatoes, and capers. Cafesano can substitute whole-wheat penne as an alternative in several pasta dishes. Pasta dishes come with a slice of garlic bread that's been grilled until it's crunchy on the outside and soft on the inside—it's useful for scooping up errant sauce.



My personal favorite, besides the irresistible hummus, was the salmon kabob. Large chunks of salmon, charred and bathed in a luminous marinade, arrive on a plate of basmati rice, skewer of vegetables, tzatziki, pita, and a small salad. This is a dish I could definitely eat a few days a week and feel quite smug about how healthfully I was eating. Besides the obvious nutrition, Cafesano serves up a large, flavorful portion, so you'll feel you've treated yourself too. Why can't everything beneficial taste this good, I wonder? But this dish, in particular, proves the point that Cafesano has regulars, and because the bistro features chicken, steak, shrimp,

veggies, and falafel kabobs, there's something for everyone's diet, even your menu-challenged gluten-free and vegan friends.

Another notable aspect worth mentioning is the selection of craft beers and wines by the glass. You can still have your wine while you're eating healthy, and Cafesano has a tart house made lemonade your kids will adore. No one leaves here hungry or thirsty. So, next time your family and friends are considering where to eat or where to order from, Cafesano is likely to have something that makes everyone in the crowd smile. ♦



SELECTED AREA RESTAURANTS

RESTON

ARIAKE

Reston | Japanese | \$\$

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

12184 Glade Dr. Reston, VA | 703-391-9006

www.ariakerestaurant.com

BARCELONA RESTON

Reston | Mediterranean | \$\$

Enjoy trendy Mediterranean-inspired tapas, cocktails, and an extensive wine list in their energetic, modern, spacious and airy dining room or on their delightful patio. The weathered wooden textures and modern elements make for a sophisticated and welcoming dining experience.

12023 Town Sq. Reston, VA | 703-689-0700

www.barcelonawinebar.com

BARTACO RESTON

Reston | Mexican | \$

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

12021 Town Sq. Reston, VA | 703-787-8226

www.bartaco.com

CAFESANO

Reston | Mediterranean | \$

Created with the idea of offering healthy, flavorful food you can enjoy every day, Cafesano's menu is not too rich or too spicy, but is full of freshness and flavor from Italy and the Mediterranean.

11130 South Lakes Dr. Reston, VA | 703-391-2100

www.cafesano.com

CLYDE'S RESTON

Reston | American | \$\$

Considered a 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

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.

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

Mon-Thur 11am-10pm and
Fri-Sat 11am-11pm, Closed Sunday

13005 Worldgate Drive · Herndon, Virginia 20170

www.SpazioItalianKitchen.com

Full Menu Online for Carryout · Delivery Coming Soon!

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 for-

mer 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

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• Private Lounge
• Family Dining
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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

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

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

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

www.minervacuisine.com

RUSSIA HOUSE

Herndon | Russian | \$\$\$

The Darugars, the owners, say that the Russia House aims to cultivate "the warm feeling that you are dining at your 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 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 and 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 a wonderful cappuccino.

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

zeffirelliristorante.com


Zeffirelli
Ristorante Italiano

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www.zeffirelliva.com

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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 Catocin Circle, SE | 703-771-1131
www.aiyara-thai-restaurant.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.thai-by-thai.com



Angeethi
Authentic Indian Cuisine

**Half-priced Wine Bottles
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(703) 796-1527
645 Elden St, Herndon, VA 20170
www.angeethiindian.com

Entering Angeethi's hand-carved wooden doors you will find one of the most palatial settings in which to enjoy assertive curries, a chicken makhani that is tangier and more tomatoey than most and good versions of naan and mint paratha to dunk into them. Don't miss the chickpea-battered chilies and chicken-stuffed samosas.



BY MICHAEL EVANS

Cookouts & Barbecues

Summer is finally here and it's a great time to celebrate with family and friends! Whether through a casual get-together by the pool or in the park, this is the time to enjoy. The Washington Metro area is filled with ample opportunities to get out, cook out, and have fun with great food and friends!

The DMV is truly an international melting pot encompassing many different cultures, which makes the possibilities for ethnic menu offerings more exciting than ever! Corporate team building events often take advantage of



the diversity this area offers by showcasing a certain ethnic cuisine at their events, or mixing and matching with various food stations! Some great ideas include Japanese picnics featuring grilled chicken Yakitori, steak teriyaki, sesame noodles, and Asian



coleslaw. Pair these items with a nice cold Sake, and green tea ice cream with lychee fruit for a refreshing summertime dessert! For Latino offerings, try carne Asada, fish tacos, ceviche, and flan for dessert. Top it



off with fresh, fruity sangria and you've got a favorite summer menu loved by all. For Greek enthusiasts, consider grilling chicken Souvlaki skewers and Shish kebabs, accompanied by fresh crisp Greek salad, sweet, flaky baklava and Ouzo as an aperitif.

Other popular summer cookouts include tailgating at Nationals games to make America's favorite pastime even more enjoyable! Baseball, hot dogs, and homemade apple pie... it doesn't get much better than that! Crab feasts are also a tried and true summer tradition. Since the Maryland blue crab has started to make a comeback from being endangered, it's time to pull out the mallets, bibs, and Old Bay seasoning to enjoy this local favorite with friends and pitchers of ice-cold beer.

For non-alcoholic beverage options, infused waters and fresh, fruity sips are becoming more and more popular, as they compliment summertime cookouts perfectly! Watermelon infused water with fresh mint, mango mint or citrus tea infused water are ideal for quenching your thirst on a hot summer day! Looking for something a little sweeter? Tropical mango & papaya, kiwi, and wild berry fruit sips topped with crème fraîche are to die for and serve as a delicious treat!

Finally, we can't forget about Oktoberfest! As the summer comes to an end, take advantage of the season and celebrate with grilled brats, soft pretzels, potato pancakes, Weissbier, and apple strudel. Don't forget a good Oompah band to keep everyone going and send the summer out with a bang. Prost! ❖

AUTHOR: Michael Evans is chef-owner of helgascatering.com 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.

Kalypso's Summer Music Schedule*

There's always something going on at Kalypso's! Swing by 7 days a week to enjoy the lakeside patio, full service dining room, or sports bar with 31 HDTVs. And if that's not enough, they have regular weekly events and entertainment.

"At Kalypso's we don't have Happy Hour, we have Happy Days," said Vicky Hadjikyriakou, owner of Kalypso's with her husband George. The restaurant, located at the Lake Anne Village Center (1617 Washington Plaza N, Reston, VA) has a water-view patio and indoor lounge seating where they feature a variety of acoustic and full bands (weather permitting) as well as a DJ on the weekends:



July 7

Olivia & the Mates

Olivia & the Mates features singer/songwriter Olivia Mancini's folk-pop roots combined with her true rock-n-roll aesthetic to embrace every sense of American culture. Think Tom Petty meets Patsy Cline meets Joan Jett meets the Kinks.

July 14

Tommy and the Pickles

Tommy and the Pickles are a high-energy power trio performing the best songs from the 90's and early 2000's that will guarantee a most excellent time!



July 21

Lawn Dart Incident

This no-nonsense rock band from northern Virginia plays classic rock, punk, power pop and alternative tunes from the 70s to present, plus original music.

July 28—TBD

August 4—TBD



August 11

Throwing Plates

Throwing Plates combines heartfelt singer/songwriter roots with folk/rock grit. These three gifted musicians and songwriters aptly incorporate fresh musical thinking with memorable melodies.



August 18

Vandelay's

The Vandelay's is a rock cover band that plays a wide range of rock bands, including Pearl Jam, 311, Chili Peppers, Hendrix.

August 25

Revelator Hill

Revelator Hill is Bobby Thompson's latest collaboration with some of the finest rock and blues musicians in the Washington D.C. area. This group is wrought with deep emotion and blazes down the path pioneered by the great Jimi Hendrix, blending deeply rooted blues traditions with a popular rock edge to create a sound that will stir every soul.

*schedule subject to change



Mondays

Open Mic 7:00pm - 10:00pm (they welcome music, spoken word, comedy, and art.) Service Industry Night.

Tuesdays

Team Trivia 8:00pm - 10:00pm

Wednesdays

Karaoke 9:30pm - 1:30am

Thursdays

Major league and college sports on their 31 TV's

Fridays and Saturdays

Live Music.

Fridays

Acoustic 5:30 - 8:30pm

Bands inside 9:30pm - 1:30am

Saturdays

Acoustic 5:30 - 8:30pm

Bands inside 9:30pm - 1:30am

Sundays

Acoustic 4:30 - 7:30pm

Weather permitting, acoustic acts play on the patio.

Remember, at Kalypso's we don't have Happy Hour, we have Happy Days. Enjoy specials Monday-Friday 11am - 7pm.



GADGETS, GOODIES AND GIZMOS



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www.KitchenKapers.com

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ATOM AR2 SECURITY CAMERA

www.Amazon.com

The ATOM AR2 is the world's first lightbulb-based robotic camera. Award-winning for its innovative design, the AR2 is an all-in-one home security system that screws into a standard lightbulb socket, rotating to incorporate a full 360° of video, audio, and motion detection. ATOM AR2 cheerfully greets you when you walk in the room and it even has a built-in microphone and speaker, so you can engage in two-way communication, with those in range of the device, and even from a distance.



GRAVITY X MOBILE DEVICE HOLDER

[www.GravityX Mount.com](http://www.GravityXMount.com)

No moving parts ensures a lifetime of trouble-free use for this mobile device holder. A much simpler approach was used—the natural laws of physics. By utilizing weight of the phone Gravity X came up with a great patented design. This fits any type phone or tablet on the market.



GOLUK T1 SMART DASHCAM

www.ShopGoluk.com

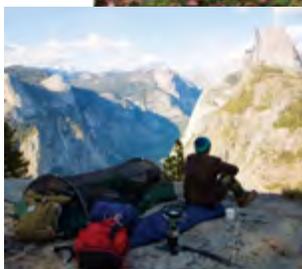
This great little T1 Smart Dashcam records full HD videos and allows you to instantly share your adventures on your favorite social media platforms through the WiFi connected app. The dashcam operates in looping video mode, so you never need to worry about your SD card getting full. Emergency video records when car collision is detected. Other features include: forward collision warning, parking security mode, and driver fatigue prevention mode. The dashcam has many features for the car, but can be used lots of other places as well.



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[www.Lawson Hammock.com](http://www.LawsonHammock.com)

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2017 JULY/AUGUST STYLE

Protect your skin this summer...

BY LAUREN SIMMONS



KIEHL'S BUTTERSTICK LIP TREATMENT-SPF 25
www.Kiehls.com

The lips are often forgotten about when protecting your skin. These tinted lip balms are made with coconut oil and cold-pressed lemon peel.

ORIGINS A PERFECT WORLD SPF 20 AGE DEFENSE EYE CREAM
www.Origins.com

This eye cream is delicate enough to use around the eyes while preventing sun damage and aiding against wrinkles. Containing silver-tip white tea which offers three time the antioxidant power of green tea.

NARS LAGUNA BODY TINT - SPF30
www.NarsCosmetics.com

Get that summer glow while also protecting your skin from the sun. NARS instant tanner has the brand's signature tiara-flower scent – giving you a warm bronze glow and smelling wonderful.

DR. BRANDT PORES NO MORE MULTIPLE PERFORMANCE STICK - SPF45
www.DrBrandtSkincare.com

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SUPERGOOP! INVINCIBLE SETTING POWDER - SPF 45
www.SuperGoop.com

A single sweep of this translucent mineral powder gives your skin a soft-focus matte finish while removing perspiration and protecting against the sun. This is perfect for keeping in your bag as you run errands.



Posture deserves more attention than most exercisers think.

Most people exercise to feel, look, and perform better, and to improve their health and fitness. Improving posture does not always make their list of objectives. However, improving our posture can often support all of these goals, and diminishing posture can certainly hinder them. Most exercisers do not consider ways they may be able to enhance their posture with their workouts, and unfortunately many exercise routines can actually make our posture worse.

There are many different postural deviations that can cause different pain symptoms as well as hinder optimal function and performance. A common example is Kyphosis which is characterized by a rounded upper back and forward head. Ironically many exercises, especially if performed in excess, such as bench presses, pull downs and crunches, can cause or predispose us to this condition. While these exercises can have value, we consider them to be potential postural “closers” because of their influence on the shoulder girdles internal rotators. While we may still use some of these exercises in our programming for some clients, we are sure to counter them with more “openers.” Openers will promote more retraction of the shoulder blades, lengthening of the pectorals, anterior deltoids and internal rotators, and greater mobility of the shoulder blades.

Some exercises, such as dead lifts, can be “openers” when done properly but can become “closers” if done too often with poor form. Also, some exercises that have the potential to be “closers,” such as pushups, can be much better for us if performed in a better postural position with retracted shoulder blades and a neutral neck position.

Cycling is another example of an exercise or activity that can have very negative effects on posture. Many triathletes spend hours every day in a kyphotic position. It is very important for these athletes to also include strategic flexibility exercises and lots of “opening” strength exercises into their training.

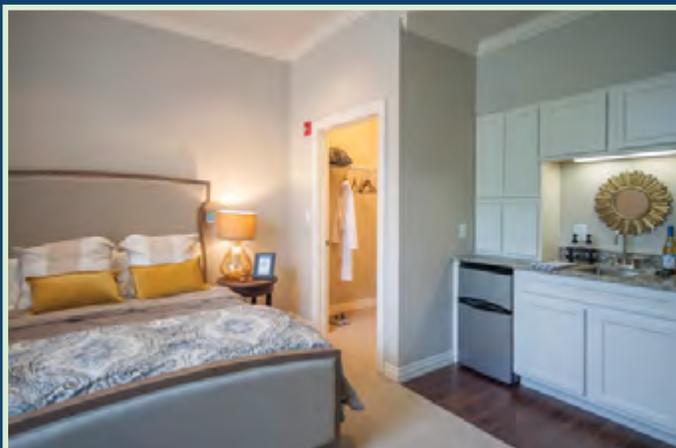
At One To One we have some clients, who came to us in chronic pain due to dysfunctional posture, who are on corrective exercise programs with the primary objective of improving posture and thus reducing pain. However, even for our general fitness, weight loss, or athletic performance clients, we are sure to design programs that will promote good posture which in turn will help them better achieve their other objectives. ❖

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BY LINDA BARRETT



Smile Wonders

Opens Wide for Community Service with Give Kids a Smile®

Dr. Rishita Jaju, annually opens the doors of her Reston-area Smile Wonders pediatric dental practice to serve as the home for Give Kids a Smile® Day for free dental care each February. This is one of the ways they provide community service and participate in Dental Awareness Month campaign held by the American Dental Association.

“Each February, my team and I go to schools and daycare centers throughout the month to give dental screenings and promote good dental care and oral hygiene,” Dr. Jaju explained. Screenings are done at school with parental permission, to identify visible decay or areas of pain that might need urgent dental help. “Often, we get a school nurse’s report of a child losing class time due to dental pain complaints. Other times, they have over-retained baby teeth impacting growth of adult teeth, for example.”

Some parents don’t even realize that dental pain is at the root of their child’s behavior as a ‘picky eater’ or a ‘slow and messy eater’. Once they are informed that a dental issue was contributing to child’s behavior, they are eager to get help, but often run into financial constraints. The kids who come to this yearly event are there because of need. Some are from the homeless shelter, while others have parents who cannot afford to pay for one reason or another and were in need of dental care. “It is for those children and families that we host our event,” said Dr. Jaju.

On the day of the Give Kids a Smile event, Dr. Jaju was accompanied by her staff, two dentists – Dr. Uzma Ansari of Lowes Island Dentistry and Dr. Mitali Patel from Children’s National™ Health System Department of Dentistry – and five other volunteers referred from Virginia Dental Association. Local and dental vendors also got in on the act, with items like coloring and activity books, and translated Spanish and English home care

instructional materials provided by Henry Schein Dental Supplies.

The dental professionals arrived early to discover a queue of parents and children eagerly waiting in the first-come, first-serve line. Throughout the day, the professionals provided oral health screenings, education, cleanings, x-rays, fillings, crowns and extractions. The event took on a party-like atmosphere, with games, music, balloons, bubbles and toys.

“Community service is one of the founding pillars of professional satisfaction” for Dr. Jaju. She has participated in many events overseas such as the Operation Smile missions in Vietnam and India, and also enjoys the ability to provide service right here to our local community. She hopes to be able to continue with many such initiatives annually with help from her staff and colleagues.

Those interested in participating in the February 2018 Give Kids a Smile event or receiving services for their children should contact Smile Wonders. ❖

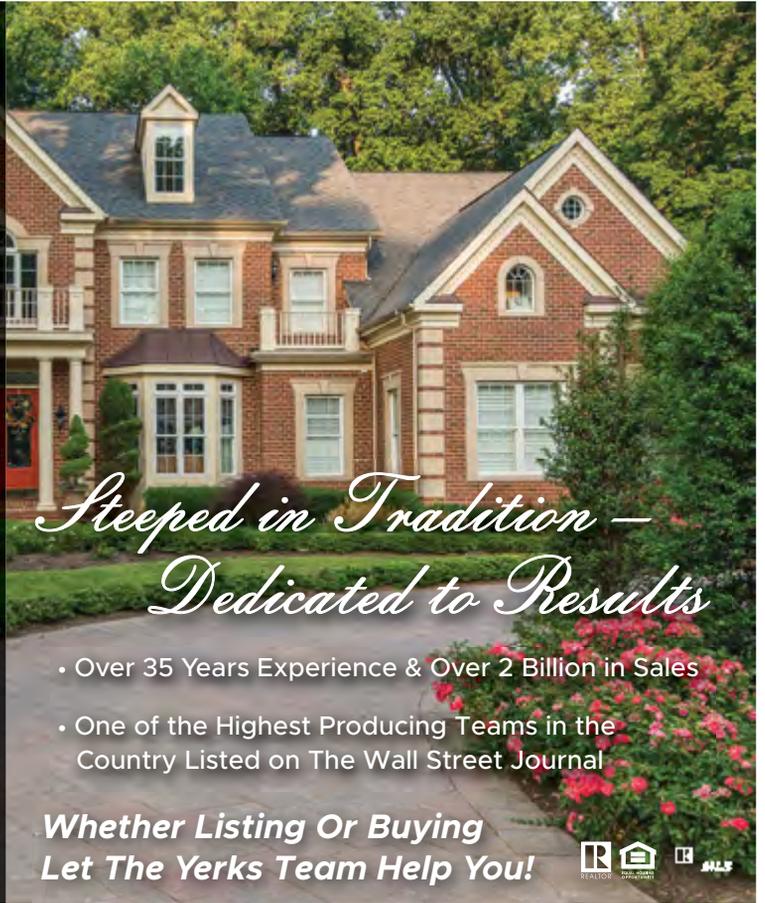
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BY DELEGATE KENNETH R. "KEN" PLUM



BUILDING A COMMUNITY OF RESPECT

Last week without provocation a woman in the check-out line at the local Target told the person who had just let her in line ahead of her that "I wish they didn't let you in the country!" In the exchange that was recorded on a camera phone, the lady to whom the remark was directed explained that she was "born in the USA."

I realize that there are more people than I would like to acknowledge that have strong prejudices against others because of their race, religion, ethnicity or whatever. It continues to shock me when I see the ugliness of the expression of such prejudices as the recording of the event provided. As the lady to whom the remarks were directed responded, "There must be something wrong with you" for starting a conversation like that with someone you do not know. There really is something wrong with people who are so blinded by their prejudices that they cannot move beyond them. The comment reflects a deep seated hatred that comes out for reasons only a mental health expert could help discover. As is so typical with people like her, she had to slam former President Obama: "Obama's not in office anymore; you don't have a Muslim in there anymore. He's gone—he may be in jail in the future."

"The situation reminds us that building community is not a one-time occurrence, a workshop, or a feel-good session. Building a community of respect and love is an ongoing process that we work at a little every day."

Unfortunately she can turn on talk radio, social media and some cable news shows and get affirmation of her twisted views of the world.

In addition to the repulsiveness I feel about the hateful comments, I was also saddened that social media and news accounts described the scene as a Target store in Reston, Virginia. There is nothing improper about what they did, but I know from a lot of personal experience the amount of effort that so many people have made over the years to ensure that Reston is an open, welcoming and inclusive community. While I rationally understand why they did not, I would have felt better if there had been a disclaimer: The woman speaking does not represent the views of the people of Reston.

The situation reminds us that building community is not a one-time occurrence, a workshop, or a feel-good session. Building a community of respect and love is an ongoing process that we work at a little every day. We greet everyone; we hug each other; we attend each other's houses of worship; we show respect to others; we speak out against hate and prejudices; we listen to each other.

A display of hateful and ugly prejudice as we have just witnessed must bring us together in mutual support and respect as we want Reston and every other community to display. ❖

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AROUND TOWN

Angelina and Niccolo Laskey at Lake Anne

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

BY ALEXANDRA ROSSI



Robert and Leila Gordon, Cheri Danaher, and Kevin Damaged



Marion Myers and Carol Nahorniak

NORTHERN VIRGINIA FINE ARTS FESTIVAL

Opening Reception

On May 19, the Greater Reston Arts Center held the opening reception for VIPs and artists at the Reston Town Center Pavilion. Music was performed by the students from the South Lakes Music Program. ❖



Del. Ken Plum, Rosemary Lauer, and Jane Plum



Mark Ingrao and Heather Wreath



Danielle and Joe Crawford, Karen Cleveland, Mark and Ricki Marion





Roula and Bashar Jarjour



David



BY ALEXANDRA ROSSI

26TH ANNUAL NORTHERN VIRGINIA FINE ARTS FESTIVAL *Registers High Attendance*

On May 20 and 21, 2017, the Northern Virginia Fine Arts Festival—held at the Reston Town Center and organized every year by the Greater Reston Arts Center (GRACE)—was a big success. The event helped support GRACE, the largest non-profit in Reston devoted solely to the visual arts. According to Lily Siegel, executive director and curator at the Greater Reston Arts Center, a crowd of an estimated 20,000-30,000 people attended the festival over the course of the weekend, raising half of GRACE's operating budget for the fiscal year.

“The Northern Virginia Fine Arts Festival is a marquee cultural event for the area, and it is also GRACE's largest fundraiser,” said Siegel. “GRACE does not receive funds from sales of artwork, but it does receive other sources of event income – from sponsorships to in-kind donations and cash collected at the gates and information booths.”

The festival featured works from more than 200 juried artists, dance performers, a children's crafts area, and fun activities for the entire family.

Attendees were able to enjoy a vast array of works of art, including painting, photography, sculpture, mixed media, jewelry, and decorative home artifacts.

“For artists, this is one of the most competitive fine arts festivals in the country to gain acceptance into, and it shows,” said Siegel. “Response from the public and the artists was overwhelmingly positive. We repeatedly heard that this year's festival had the highest quality of work on display yet; it continues to get stronger every year.”

The Northern Virginia Fine Arts Festival was named one of “America's Best Art Fairs,” in the 3rd Annual “America's Best Art Fair Awards” competition.

GRACE is a 501(c)(3) non-profit organization in Reston, and its mission is to ensure access and opportunity for engagement in the arts to all residents, regardless of age, race, ethnicity, or income. Admission to the GRACE gallery is always free, as are many of its programs.

“This all goes hand-in-hand with the mission of making the festival an extension of the gallery experience available to the public throughout the year at the Greater Reston Arts Center,” said Siegel.

Mark your calendar for next year: The 27th Annual Northern Virginia Fine Arts Festival will be held on May 19-20, 2018.

For more information about GRACE and its programs, please visit www.restonarts.org.



Julie Girardini



Greg Knott



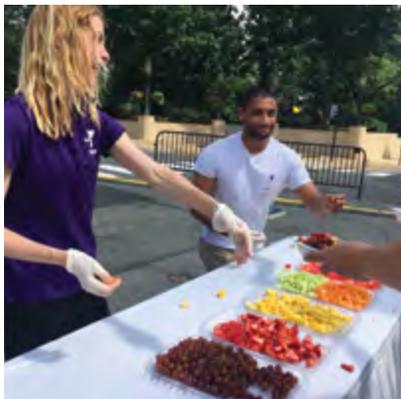
Lisa Burge



Taste of Reston 2017:

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Produced by the Greater Reston Chamber of Commerce, the 27th Taste of Reston took over Market Street at the Reston Town Center on June 16-17, with dozens of food, wine, beer, and entertainment vendors for every taste and for every family member. The event featured live music, DJs, and a Wine'n Dine area, while children enjoyed the YMCA's Family Fun Zone, which offered face painting, a photo booth, crafts, and games. ❖









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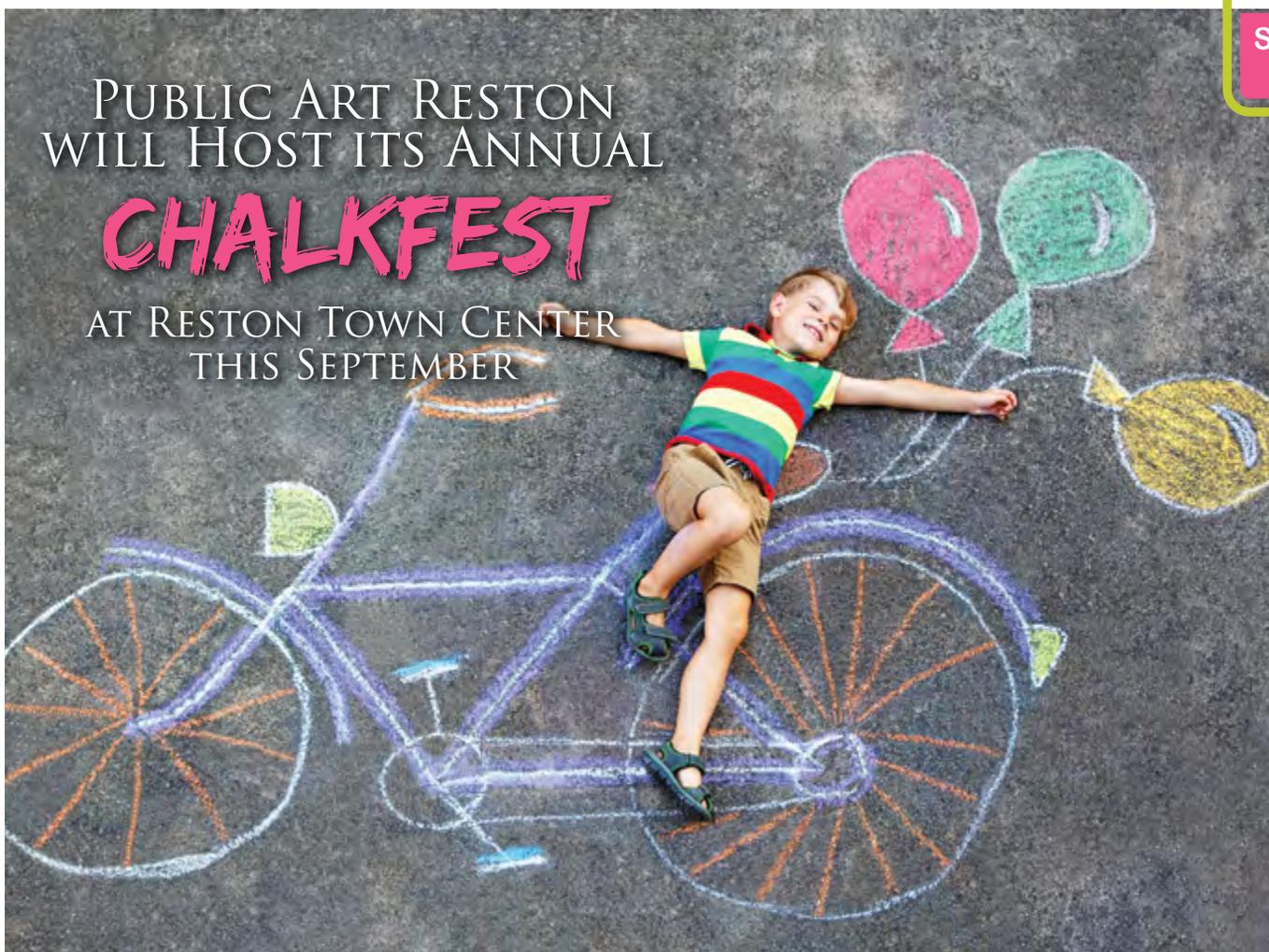
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PUBLIC ART RESTON WILL HOST ITS ANNUAL

CHALKFEST

AT RESTON TOWN CENTER
THIS SEPTEMBER



This September 16, 2017, Public Art Reston will host, in partnership with Reston Town Center, its fourth annual chalk festival, ChalkFest at Reston Town Center. This community-building event invites artists of all skill levels to participate in this temporary street art festival. Participants can register in three categories including Families/Kids, Amateur Artists, and Professional Artists, and prizes are awarded in each category as well as an Audience Choice Award. The event will take place on Market Street in Reston Town Center in front of the Pavilion from 8 am to 4:30 pm on Saturday. Professional Artists are invited to start their drawing on Friday, September 15, beginning at 12 pm. Saturday's event will be open to all categories.

Judging will begin at 3:00 pm on Saturday and winners will be announced at around 5:00 pm. There will also be small street music acts throughout the day.

"ChalkFest was an exciting and unique experience for me." Says Brianna Camp, one of last year's winners in the category of Professional Artists. "It was one of my first opportunities to work on a large scale, which was really fun and taught me a lot artistically. My favorite part of the event was the atmosphere. It was so cool to get feedback from so many people, especially while I worked in real time. I was amazed by the other artists work in every category from elementary school to professional. I left feeling really inspired."

Public Art Reston will host a Chalk Workshop in front of the Mercury Fountain at Reston Town Center on Saturday, September 9 from 11 am to 1 pm led by last year's First Place prizewinner in the category of Professional Artist, Penny Hauffe. This event is free and open to all.

"We are very excited to bring ChalkFest back to Reston Town Center for a fourth year." Says Anne Delaney, Executive Director for Public Art Reston. "Each year, we are more and more impressed by the artistic talent this community has to offer at all age levels. It has continued to be a wonderful community-building experience and a great way to create greater awareness about the organization's work and public art in Reston."

Sponsorship opportunities are available for this event at a variety of levels, for more information please contact info@publicartreston.org. Funds raised at ChalkFest at Reston Town Center help support future public art projects and programs.

Public Art Reston was founded in 2007 by Reston civic and community organizations and leaders. It is a 501(c)(3) non-profit organization that imagines public art throughout Reston that inspires the community and engages the mind and senses. For more information about Public Art Reston, visit www.publicartreston.org ❖



BY ALEXANDRA ROSSI

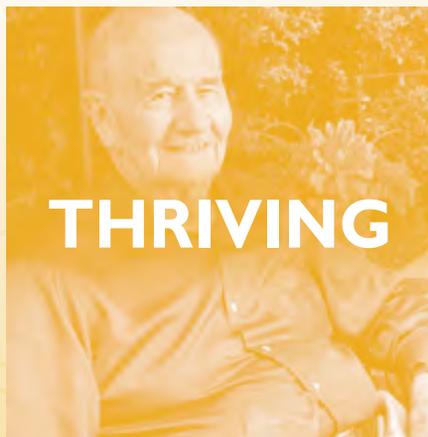


Love your Body Yoga Festival Celebrated **YOGA, commUNITY** and **WHOLEness**

On June 11, Market Street at the Reston Town Center was filled with yoga for all ages, live music, and healthy lifestyle activities at the 9th Love your Body Yoga Festival. At the event, organized by Beloved Yoga, visitors could enjoy energy healing demonstrations, healthy food and drinks, soothing therapies such as Reiki, chiropractic, and massages. For more information about Beloved Yoga please visit at www.belovedyoga.com ❖



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Claudia Avila with her husband Captain Luis Avila and family. Claudia (pictured fourth from left) received the Hero at Home Award from the PenFed Foundation.



PENFED FOUNDATION HELD ITS 13TH ANNUAL NIGHT OF HEROES GALA

On May 4, the PenFed Foundation held its 13th Annual Night of Heroes Gala at Trump® International Hotel. The event raised a record nearly \$1.5 million. All proceeds go towards supporting more than 35,000 veterans, active military members, and their families each year. Nearly 800 military, business, community, and government leaders attended the event which included moving tributes to three remarkable heroes making a difference on behalf of those who have served.

Bob Carter, President of Toyota Motor Sales U.S.A. and Executive General Manager, Toyota Motor Corporation, received the Community Hero Award for the extraordinary contributions Toyota has made to numerous military community-based philanthropic programs, including partnering with the Hiring-Our-Heroes Organization, founded by the U.S. Chamber of Commerce. "It is imperative for all of us to remember that as supporters of our men and women of service, our responsibility does not end when they return home. In fact, for companies like us, their homecoming is where our duty begins," Carter said. "We know that hiring Veterans is not just the right thing to do; it's the smart thing to do," he continued noting that "companies of all sizes, including over 500 Toyota dealers, have committed to hire over 700,000 veterans and military spouses in conjunction with the Hiring-Our Heroes program."

Corporal Joshua Himan, USMC (Ret.) received the Military Hero Award in recognition of the contributions he has made to other Veterans after returning home paralyzed from the chest down from injuries he suffered while serving in Operation Enduring Freedom. "I accept this award on behalf of the 16 men that died in my battalion in Afghanistan," Himan said. "My sacrifice is so insignificant compared to what those men gave. Whenever I feel sorry for myself I think

about these men and I know every single one of them would trade places with me today. I owe it to them to live my life to the fullest. Because of that motivation, I'm here with you today."

Claudia Avila received the Hero at Home Award for her unending support as caregiver for her husband Captain Luis Avila who was severely wounded on his fifth deployment in Afghanistan in 2011. Claudia said "Soldiers are the backbone of our nation and we, the caregivers, are the backbone for them. To the PenFed foundation I'm grateful for creating awareness that caregivers do exist, that we do want help and we appreciate everything you all do. All of you are heroes in one way or another. You made the life of our families better and we are grateful for that. Life is fragile, it can happen to anyone of us; we need to take care of one another."

Since it was founded in 2001, the PenFed Foundation has provided more than \$30 million of financial support to Veterans. ❖



Corporal Joshua Himan, USMC (Ret.) with his family

(Top right): Tammy Darvish, PenFed Executive Vice President and Chief Operating Officer and President of the PenFed Foundation; Congressman Johnson; Jett Thompson, Legislative Director to Congressman Johnson; Bob Carter President of Toyota Motor Sales U.S.A. and Executive General Manager, Toyota Motor Corporation, who received the Community Hero Award; James Schenck, PenFed President and CEO and PenFed Foundation CEO; The Honorable Frederick F.Y. Pang, Chairman of the PenFed Foundation Board of Directors and Member of the PenFed Credit Union Board of Directors.



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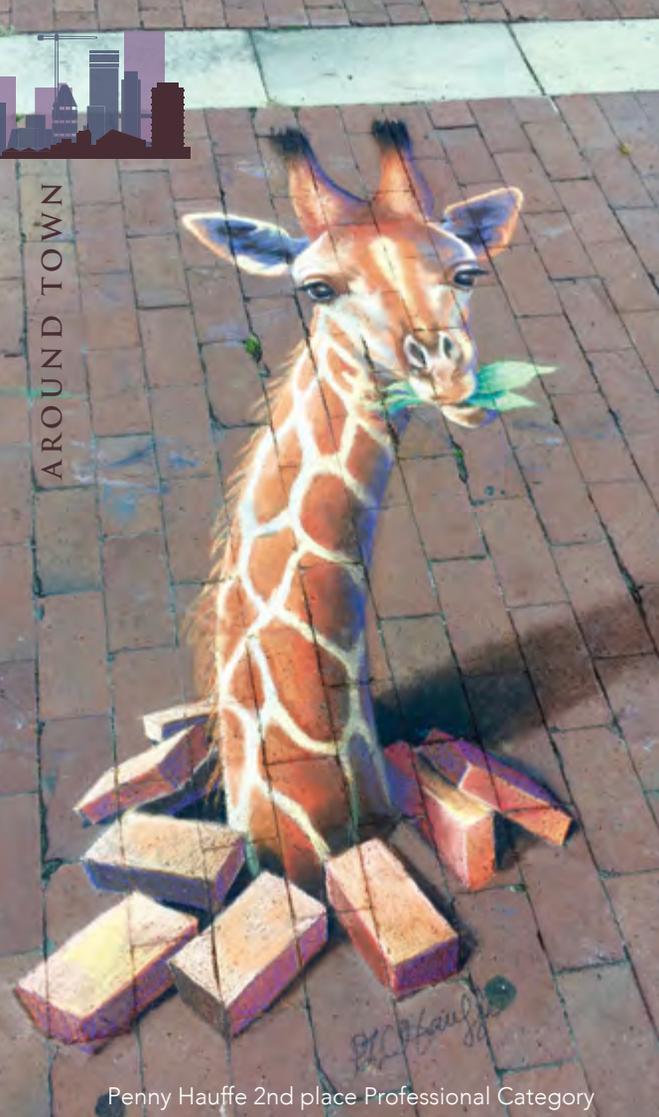
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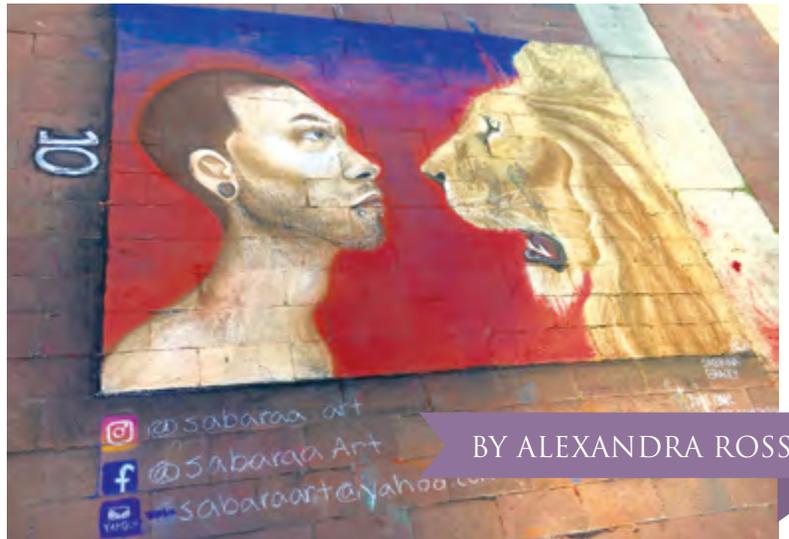
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Penny Hauffe 2nd place Professional Category



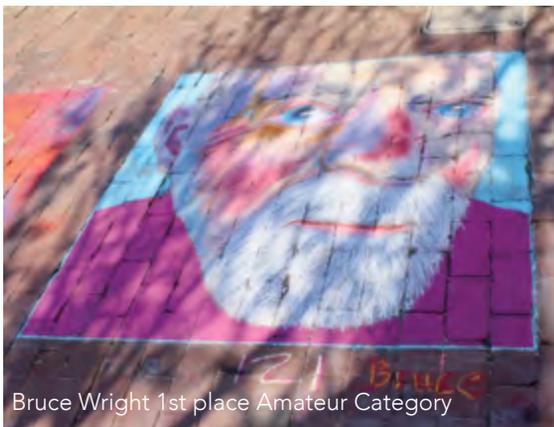
Phil Erickson 3rd place Professional Category



BY ALEXANDRA ROSSI



Sofia Kortanek 2nd place Family/Elementary Category



Bruce Wright 1st place Amateur Category

CHALK ON THE WATER

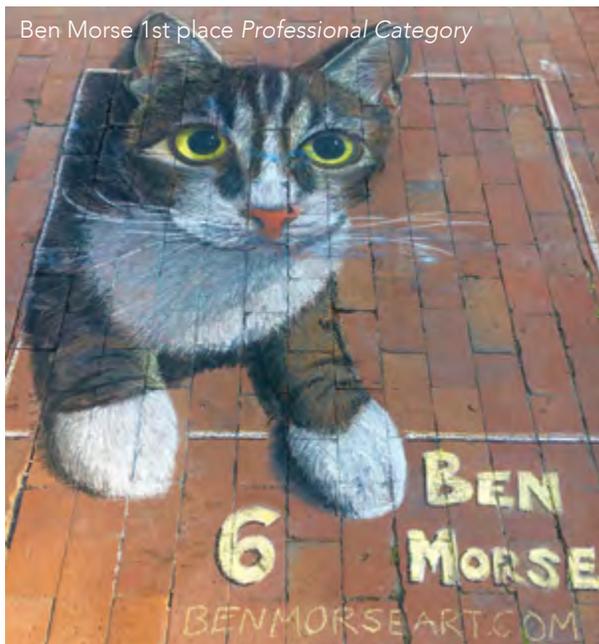
Turn Lake Anne Plaza into Art Gallery

2017 Winners

On June 10 to 11, Public Art Reston held its annual “Chalk on the Water” at Lake Anne Plaza. Dozens of participants—from amateur to professionals, children and families—unleashed their inner artists and created beautiful works of art on the floor of the plaza.

Participants were divided into four categories depending on their skill level, and cash and prizes were awarded in each category.

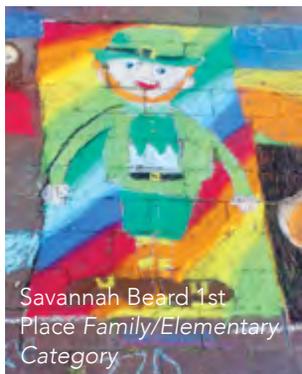
In addition to this celebration of the arts, the Virginia is for Lovers “LOVE” artwork was placed at the plaza, creatively framing Bob Simon’s sculpture into the letter “O”.



Ben Morse 1st place Professional Category



April Komar 2nd Place Amateur Category



Savannah Beard 1st Place Family/Elementary Category



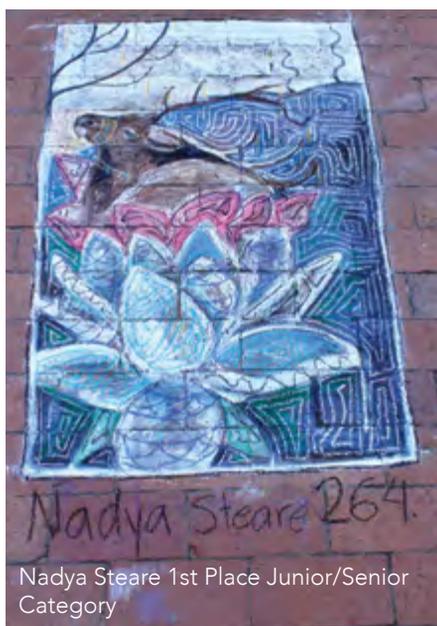
Kim Stavio 3rd Place Family/Elementary Category



Maria Dorodnitsyna 3rd Place Amateur Category



Charlotte Cottrell 2nd Place Junior/Senior Category



Nadya Steare 1st Place Junior/Senior Category



Ian Henry 3rd Place Junior/Senior Category

Public Art Reston, a 501(c)(3) nonprofit, is made up of a group of civic leaders who represent Reston's key community organizations, seeking to inspire a new commitment to public art that builds on Reston's tradition of supporting community arts and culture. Public Art Reston

has been named a 2017 Top-Rated Nonprofit by GreatNonprofits.

For more information about Public Art Reston, please visit www.publicartreston.org.

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July/August 2017

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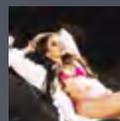
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HEALTHY BAKING SUBSTITUTES

BY SARAH SABER

Check out these healthy baking substitutes to help make those shorts fit a little easier by the time summer rolls around.



USE CAROB

INSTEAD OF *CHOCOLATE* CHIPS

Carob is an all-natural, gluten and caffeine free substitute to using chocolate in all your favorite recipes. Carob is native to the Mediterranean, it was originally used in ancient Greece as a sweetener made from the pulp of the Carob tree. Carob is packed with nutrients, it contains about three times as much calcium as cocoa. Carob does not contain caffeine or theobromine, making your sweets stimulant-crash free. It's available in powder, chips, and syrup and easily substitutes as a 1:1 for chocolate, making it a simple switch for a healthy impact.

Plus, Carob is pet safe, so if Fido sneaks a taste there's no need to rush to the vet.

TRY IT!

CAROB CHIP COOKIES

INGREDIENTS:

2 cups all-purpose flour	1/4 cup brown sugar
3/4 teaspoon baking soda	2 tablespoons milk
1 teaspoon salt	1 teaspoon vanilla extract
1 3/4 sticks butter, softened	1 large egg
1 cup Chatfield's Date Sugar	1 cup Chatfield's Carob Chips

Preheat oven to 375 degrees F. Grease or spray cookie sheets. Combine flour, baking soda and salt in small bowl. With a mixer beat butter, date sugar, brown sugar, milk, and vanilla extract in large mixer bowl until creamy. Add egg and beat well. Gradually beat in flour mixture. Stir in 1 cup carob chips. Bake for 9 to 11 minutes or until golden brown. Cool on baking sheets 2 minutes; remove to wire racks to cool completely.

Recipe from: Chatfieldsbrand.com



USE AVOCADO INSTEAD OF BUTTER

Butter is a staple of baking. But at 102 calories, 12 grams of fat, and 82mg of sodium per Tablespoon, recipes that call for 2+ sticks of butter easily begin to add up. Avocado is an excellent healthy alternative and makes a great addition to brownies or cookies. Compared to butter, fresh avocado is only 25 calories and 2 grams of fat per Tablespoon. It is also sodium and cholesterol free. Avocados contain healthy monounsaturated fats - this helps to lower bad cholesterol and decrease belly fat while reducing your calorie intake. Plus, it adds a great taste and texture to brownies or cookies and packs in nutrients that help clear your skin and keep your skin and nails healthy and strong.



AVOCADO BROWNIES

INGREDIENTS:

- 1 large avocado
- 1/2 cup unsweetened applesauce
- 1/2 cup maple syrup
- 1 tsp vanilla extract
- 3 large eggs
- 1/2 cup coconut flour
- 1/2 cup unsweetened dutch-processed cocoa powder
- 1/4 tsp sea salt
- 1 tsp baking soda

Preheat oven to 350 degrees F. In a blender or food processor combine avocado, applesauce, maple syrup, and vanilla. Add these ingredients to a large bowl and whisk in eggs. Add in coconut flour, cocoa powder, sea salt and baking soda and stir until well-combined. Grease an 8 x 8 inch baking dish with coconut oil and add batter. Place in oven to bake for 25 minutes (slightly less for fudgier brownies or slightly longer for more cake-like brownies). Allow to cool for 20 minutes before cutting into 16 brownies. Keep them on the counter in an airtight container at room-temperature for up to 2 days or for a longer shelf-life store in the fridge or freezer.

Recipe from: thehealthymaven.com



USE GREEK YOGURT INSTEAD OF SOUR CREAM

Choose Greek Yogurt in your next recipe instead of sour cream and you will be rewarded with higher protein and less sugar while the texture and creaminess remains the same. Greek Yogurt can also be substituted for sour cream in dips and salad dressings, and can be used on baked potatoes for a healthier dish. Greek Yogurt offers calcium, zinc, potassium, and vitamins B6 and B12. It also contains probiotic cultures and is lower in lactose, which makes greek yogurt easier to digest. Great for those who may be lactose sensitive or who suffer from IBS. An average serving of greek yogurt even contains 12-17 grams of protein.

Note: Whole-milk greek yogurt is better for baking substitutions because the texture will be closest to sour cream. However, when using it in dips consider using low-fat greek yogurt for an even healthier option.



BERRY COBBLER PIE BARS

INGREDIENTS:

For the crust and topping:

- Zest of two lemons
- 1 1/2 cups sugar
- 3 cups all-purpose flour
- 1/2 teaspoon salt
- 1 1/2 cups chilled butter (3 sticks), cut into cubes

For the berry filling:

- 4 large eggs
- 2 cups sugar
- 1 cup Greek yogurt
- 3/4 cup all-purpose flour
- A pinch of salt
- 6 cups fresh berries

Preheat the oven to 350°F. Grease a jelly roll pan with cooking spray. Zest the two lemons. Combine the lemon zest, sugar, flour, salt, and butter in an electric mixer fit with a paddle attachment. Beat the ingredients on medium speed until the mixture looks dry and crumbly. Reserve 1 1/2 cups of the crust mixture to use as the topping. Press the remaining mixture into the bottom of the pan (you will really have to work at it, but it will evenly cover the bottom of the pan). Bake the crust for 12-15 minutes, until it is golden brown. Let cool for 10 minutes while you make the filling. To make the filling, whisk the eggs in a large bowl. Add the sugar, yogurt, flour, and salt. Gently fold in the berries. Spoon the mixture evenly over the crust. You may have to distribute the berries evenly around. Sprinkle the reserved crust mixture evenly

over the filling. Bake for 45-55 minutes, until the top is lightly browned. Cool for 1 hour before slicing. Store the bars in the refrigerator.

Recipe from: rachelray.com



USE CASHEW BUTTER INSTEAD OF PEANUT BUTTER

Tired of the hidden added sugars and taste of regular peanut butter? Cashew Butter is packed with protein, contains less fat than other nut butters, and includes high levels of important nutrients like phosphorus, iron and folate - excellent for your heart and immune health. It also supplies a small amount of every essential amino acid. One Tablespoon of cashew butter also contains 10 percent of the recommended daily value of magnesium—this helps neurological, metabolic, and immune system function. Cashew butter contains no cholesterol and is essentially sodium free. Cashew butter adds a great taste to vegetables, curry dishes, sauces, and baked goods.



PALEO VEGAN CASHEW BUTTER COOKIES

INGREDIENTS:

1 (16 oz.) jar creamy cashew butter	1/2 teaspoon baking soda
3/4 cup coconut sugar	1/4 teaspoon sea salt
2 chia eggs	1 cup dark chocolate chips
1 teaspoon vanilla extract	(optional)

Preheat the oven to 350F and line a baking sheet with parchment paper. (You can generously grease the pan with coconut oil, if you prefer.) In a large bowl, combine all of the ingredients except for the chocolate chips and stir well until a sticky dough is formed. Fold in the chocolate chips, if using, and then drop the dough by rounded tablespoons onto the prepared baking sheet. Use your fingers (getting them wet helps prevent sticking) to gently press the dough down into a cookie-shape, as these cookies only spread slightly. Bake for 10-12 minutes, until the

cookies are lightly golden. Cool on the pan for 10 minutes, then transfer to a wire rack to cool completely.

Recipe from: detoxinista.com



USE AGAVE NECTAR INSTEAD OF TABLE SUGAR

Agave nectar is a natural, vegan alternative to honey or table sugar. It is extracted from the plant *Agave rebaudiana*. It has been traditionally used in Brazil and Paraguay for hundreds of years to sweeten teas. Agave nectar touts a low glycemic index (GI), about five times lower than table sugar. Foods with a higher GI spike blood sugar and insulin after consumption and are digested quickly, causing hunger sooner. This can be problematic for those who have diabetes. Agave is a lot more calorie dense than table sugar, but it is much sweeter so less is needed to achieve the same effect. A general rule is to use 30% less, or 2/3 the amount and when baking reduce other liquids by 25% or 1/4.



BANANA-COCONUT DAIRY FREE ICE CREAM

INGREDIENTS:

8 very ripe bananas	1/4 cup agave syrup or honey
1/2 cup melted coconut meat, such as coconut butter or coconut manna	Pinch of salt
1/2 cup "lite" coconut milk	1/4 cup unsweetened shredded coconut, toasted, plus more for garnish

Peel bananas and cut into quarters. Freeze in an airtight container until completely frozen, at least overnight. Place frozen banana pieces, coconut meat, coconut milk agave (or honey), and salt in a food processor fitted with a metal blade. Pulse and process until smooth, scraping down the sides as needed. Add shredded coconut and pulse once or twice just to combine. Serve immediately as soft ice cream, garnished with coconut (if desired). Or transfer to an airtight container and freeze until firm. Let stand at room

temperature for 5 minutes before scooping.

Recipe from: eatingwell.com



USE WHOLE WHEAT FLOUR INSTEAD OF *WHOLE WHEAT* WHITE FLOUR

White Flour is heavily refined and bleached, it is so empty a synthetically created vitamin and mineral pack needs to be added to enrich it for human consumption. Whole wheat flour is a much healthier, nutrient dense option for baking. Whole wheat flour adds in extra fiber to aid in digestion and has been shown to have beneficial

effects for combating diabetes and colon cancer, and helps to lower the risk of heart disease. Dietary fiber is an important difference between white flour and whole wheat. Not only does it prevent serious diseases, it also prevents constipation and can assist in weight loss.



WHOLE WHEAT PANCAKES

INGREDIENTS:

2 cups whole wheat flour	2 large eggs
4 1/2 tsp baking powder	2 cups + 2 tbsp fat free milk
1/2 tsp kosher salt	2 tsp vanilla extract
2 tsp ground cinnamon	Cooking spray
2 tsp sugar	

Mix all dry ingredients in a bowl. Add wet ingredients to the mixing bowl and mix well with a spoon until there are no more dry spots; don't over-mix. Heat a large skillet on medium heat. Lightly spray oil to coat and pour 1/4 cup of pancake batter. When the pancake starts to bubble, you may add your fruit if you wish. When the bubbles settle and the edges begin to set, flip the pancakes. Repeat with the remainder of the batter. Makes 14 pancakes.

Recipe from: skinnytaste.com

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More about this company, in the passionate words of Akeda (the daughter counterpart of this awesome mother-daughter duo):

Farida Floral is based on the foundation of family and love. We want to spread this kind of bond to people around us by creating unique and special bouquets. Our packaging and the way we arrange flowers are what set us apart from the others. We care so much about the details—the material of the papers, box style, color coordination... We want to create something new for each of our customers by custom designing at no additional charge to make their gifts stand out and make every occasion unforgettable. We triple check the quality of each bouquet before, during, and after it's finished. Everything is made by hand with love and delivered for free to customers' doors in the Northern Virginia area.

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ASK AN EXPERT

What Are Growth Factors and How Are These Administered

Written by Khloe Rodriguez, Licensed LME Clinician/LT, **Astoria Laser Clinic & Med Spa**

Growth factors are natural proteins abundant in young skin and diminish with age. A cocktail of these are used during Needling or other procedures to support new cell generation.

Multi-Peptide Growth Factor is based on the latest research into the healing and anti-aging effects of growth factors. Each serum contains high concentrations of growth factors, peptides, and other skin nourishing ingredients targeted towards improving aging and sun-damaged skin. You will see fast, visible results! Growth factors are natural proteins abundant in young skin that are essential for healthy skin function. They are involved in cell turnover and generation, collagen production, and elastin production. These functions help keep skin firm and smooth. As skin ages or suffers photo-damage, it produces fewer growth factors. Skin looks dull as cells age and are not replaced as quickly. Areas of the face and neck begin to sag as collagen and elastin production

slows, and fine lines and wrinkles appear. Multi-Peptide Growth Factor Serum contains multiple growth factors to replenish the skin's supply of these proteins and fight signs of aging

Epidermal Growth Factor helps encourage new skin cell generation to replace dull, aging skin with a more youthful, smooth, radiant complexion. Fibroblast growth factor helps to increase the production of fibroblasts, which synthesize collagen and elastin for firmer, more resilient, youthful skin.

Fibroblast Growth Factor also aids in blood vessel formation, which is beneficial to healing damaged skin cells and improving circulation of nutrients and oxygen for visibly healthier skin.

Human Fibroblast Conditioned Media contains multiple growth factors present in healthy, young skin, including insulin-like growth factor 1 (IGF-1) to promote cell growth and multiplication, transforming growth factor (TGF-B2 and B3) to stimulate collagen secretion, keratinocyte growth factor (KGF) to stimulate epithelial cell growth, and others.

Fight Aging and Sun Damage at the cellular level with this rich blend of growth factors, moisturizers, and vitamins. Designed to diminish the appearance of fine lines and wrinkles, increase firmness and elasticity, and restore a youthful glow to skin.

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Authentic Botox Are You Paying For The Right Botox?

By Emma Blancovich

Are you getting your money's worth when it comes to the Botox you are paying for? A lot of women who pay for Botox go to their doctor's office, spa, or use a Botox coupon for an extremely low price fully trusting and expecting that they will be getting the best of the best when it comes to the type of Botox that will be getting injected into their forehead, around their eyes, lips, etc. but the truth is that many women are not educated on what type of Botox they should be paying for and what type of Botox to avoid.

There is only one FDA approved type of Botox and that is the kind sold under Allergan. Anything other than this that claims to be a Botox injection, but does not use the Allergan brand is not actually Botox. Botox by Allergan was the first created of its kind, making it the most used and popular. Other types of Botox injections that are being offered use the word Botox, but do not use the actual product by Allergan.

One should be leery of getting Botox procedures for very cheap prices or that are not being administered by a professional. Over the past couple of years use of Botox has increased immensely, causing many people to want to administer Botox in salons, at home, or even themselves. The problem with not receiving your Botox injections by a professional and with not making sure that your doctor is using authentic Botox lies in that you will not reap the long term benefits of what true Botox claims to offer and also that you could experience distressing symptoms that could lead to more complications down the road to your health. There have been many people who have found their health diminished sometimes with fatal results due to fake Botox that was used on them. The South Morning China Post sent out a warning after several women became ill after using fake Botox.

“

Any coupon or offer that does not seem professional or is offering an unreasonably accommodating price will more than likely not be authentic Botox.

“

The problem with . . . not making sure that your doctor is using authentic Botox lies in that you will not reap the long term benefits . . . and also that you could experience distressing symptoms that could lead to more complications. . .

The difference between authentic Botox and the other types of product that are also made from clostridium botulinum bacteria—what Botox is made from—are their different strains of bacteria and molecular structures. Since each one is different they will all attach to different parts of the nerves, thus giving each kind a specific result. If someone buys a fake type of Botox and is using the same suggested amount that authentic Botox from Allergan requires, the results could be toxic. Anything else used that is not authentic Botox will conjure up more issues than the visible effects that are offered to you for a cheaper price or if someone were to buy it online.

When you go to your doctor's office you should ask what type of Botox they are using and if they say anything other than Botox by Allergan you will know that they are buying their Botox at a cheaper price and also potentially harming your immune health.

Ask your doctor if you can see the label when they are opening the Botox and take notice of the Allergan cosmetic box when they are opening it and the Allergan hologram on the vial. Also, always make sure that there is a metal cap on top that is being opened for the first time—if not, this means that it has been used before and ideally, you should be getting a brand new product that is fresh if you are paying the right price for your Botox. Remember that authentic Botox has the most botulin toxin in it and will always last the longest.

Any coupon or offer that does not seem professional or is offering an unreasonably accommodating price will more than likely not be authentic Botox. The expression "you get what you pay for" is most apparent here and should be highly considered when it comes to your health and to using the product that has been used the longest, offers the best effects for what it is worth, and will not be a detriment to your health.

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The Heat Is On

by Marta Bota

www.mbfacedesign.com

In the dog days of summer, with the heat and humidity at its all time high, I've got some great beauty hacks to keep you looking flawless!

When the heat is on and we are wearing light weight, airy clothing it only makes sense to keep your makeup light weight too! No one wants to feel heavy makeup on their skin during the season of heat and humidity. How do we achieve this while looking fabulous? Here are some great products to do that!

Now, as the temperature rises, you can sizzle too!

A faux tan is a must during the summer months and my all time favorite product to achieve an all over face and body tan is St Tropez Self Tan Bronzing Mousse! You can apply it with a mitt for a smooth, even finish and to avoid getting it on your hands! Be sure to exfoliate the skin before applying. This formula looks natural without an orange tint and its buildable coverage gives you control over how dark or light you want your end result to be!



A beautiful makeup starts with beautiful skin, so remember to wear your sunscreen daily to protect your skin from harmful rays and sun damage. Lightweight, water based formulas are a great way to protect without a heavy feel. I love Neutrogena Clear Face Break out Free Liquid Lotion Sunscreen SPF 30. It gets the job of protecting done while feeling lightweight and leaving a matte finish!



To even out the complexion you can use a cc cream to correct, without a heavy coverage. Another option is a tinted moisturizer that is lightweight and gives a more sheer coverage. All in one foundations, such as Motives Liquid Powder Mineral Foundation, are another great option and this one does it all! It is lightweight and dries to a powder finish so it's a one step process AND it has a broad spectrum SPF 15!



I love lip crayons or lip stains in the heat. They both have staying power and won't melt off as the temps rise. NARS Velvet Matte Lip Crayon and e.l.f Essential Lip stains are great choices! NARS Lip Crayons are beautifully pigmented, rich in emollients, have great lasting power, and a lovely matte finish! Apply like a lipstick and layer it with a lip balm or gloss on top if you want a light sheen.



I'm LOVING the Destination Gorgeous Palette by Merle Norman! It's a great travel size, so it's easy to pack and it has eyeshadow, blush, and bronzer in the kit in beautiful warm tones for a great summer glow!



To finish off your summer makeup application and assure that you will stay looking fresh all day, apply a setting spray that helps absorb the oil. I love Motives No More Shine Spray! This will reduce the shine and keep your makeup lasting longer in the heat! Carry a pack of oil blotting tissues in your purse to touch up throughout the day. Blotting tissues allow you to keep your makeup fresh looking without the continuous use of powder that can sometimes look cakey in the warmer weather.





What Shampoo to Use AFTER SURGERY

by Emma Blancovich

I had surgery last week. I had to lie in bed to recover for more than a week, not because I needed to, but because I had contraptions all around my legs that demanded I remain in bed. Other than one quick work event I had to attend, I was bed bound for that entire week.

I could not wash my hair in a regular shower for 10 days after my surgery.

Something that I could not easily do, since I had a brace and a catheter around my leg, was shower. I had to take towel baths. I will spare you the details of how unpleasant that was for me, but what truly suffered was my scalp. My scalp got dry and itchy—very itchy—and when I scratched it, I noticed that I had little bumps forming on my scalp. I usually wash my hair every day, so not being able to have washed my hair for 4 days straight was making my scalp do crazy things.

I used all the dry shampoo I had, but nothing made it feel less itchy or cleaner. I tried to wash my head upside down in the tub, but when I got out, my hair had suds all over it and that only exacerbated the itching. I had no idea what was going on with my scalp. I could only infer that what was happening to my scalp was due to a mixture of dryness, oily hair, and dirt buildup.

I realized that all my shampoos are extra moisturizing for my dry, damaged, highlighted hair. What I would need was a strictly cleansing shampoo to remove all the debris from my head and leave it natural and clean. It was already moisturized due to the natural oils from not washing, so I needed a mild, deep cleansing shampoo.

Hask Charcoal with Citrus Oil Purifying Shampoo removed all buildup from my scalp.

After reading countless reviews online, I ordered Hask Charcoal with Citrus Oil Purifying Shampoo and got it the next day.

The shampoo has a citrus scent that is invigorating, and I was ready to pour the entire bottle onto my head in hopes that the build-up from being unable to wash my head properly would disappear in seconds and the

itching would stop.

I was not wrong. I poured enough to fill my entire hand and started lathering all over my head. I could feel the charcoal pulling out all the debris that was attached to my scalp; it lathered well and was not too strong on my scalp like some of those cleansing tea tree oil shampoos can be.

When my hair dried, it did not feel dry or damaged, but rather natural and frizzy, and my scalp felt the cleanest it had in a while. All the buildup was gone and the itching had stopped, almost immediately. I could not believe it. I am not sure if it is good to use this thoroughly cleansing product on your head daily. It could be too strong if your natural scalp oils are leveled and balanced already. But due to surgery, my scalp had turned into something else. If you ever need a good, cleansing shampoo to get the job done, you know where to find it now. Or if your head is naturally oily at all times, I can see this being a big help for your hair-washing regimen. It is free of sulfates and parabens and can be used on color-treated hair as well.

My scalp is still build-up free from natural oils and hair products. (Photo: Emma Blancovich)

I am back to work and have decided to lay off any styling products for the week, since I still have a small fear the itch might come back due to the products. But it feels good letting my hair just be in all its frizziness and thoroughly cleansed ways, and to let my scalp breathe. Always be prepared and have your hair-washing regimen ready after a surgery so that you are not trying to find something to tame your itchy scalp online at the last minute. ❖



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Giovanna *Di Biccari*

Name and occupation.

Giovanna Di Biccari, Actress

What skincare product do you use that you like the most?

Evian facial spray, Trader Joe's face lotion (believe it or not), and lots of water! My friends think I'm a water snob.

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

Sheesh! I used to get rhinestones on my fingers nails...on my big, fake, acrylic nails.

What is your biggest beauty splurge that you deem necessary?

Not sure if microdermabrasion is a splurge, but it's definitely something I keep doing since first discovering it.

Where do you find happiness?

My family and serving others. My husband is my rock, my daughter is my star, and my dog gives me joy. I love to serve others whether it's giving a donation to an animal rescue, or helping friends in need.

What is your toughest challenge or the most difficult sacrifice you make to stay healthy?

My toughest challenge would be finding the extra time to go to the gym. I make time for the gym, as well as running my dog Willie, but would love to hit the gym more. My most difficult sacrifice would have to be passing by, and not stopping in, Dunkin' Donuts!

What is your beauty secret?

My friend created a liquid flavor enhancer called Beauty Bliss. I swear by it, using it daily before a big gig. Plus, it beats those horse-sized beauty pills from the store.

What is the life of an actress like?

It's like playing "Mother May I?" Lots of stop and go. I could work 9 days in a row of 10 hour shifts, or not have any for a few days. But lately I've been busy as I'm producing a television show about animals. Can't say much yet, but I'm ecstatic about it!

You can find Giovanna on Instagram @PictureGiovanna or Twitter @TweetGiovanna.

Photo by Greg Knott
Hair by Salon O Tony
Makeup by Merle Norman



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Summer Hair Care

by Linda Barrett

For those of us living in Northern Virginia, humidity and heat play a big part in our summer months, and that can alter the way that you need to take of your hair.

"I recommend putting some sort of UV protectant products on your hair to preserve your color and avoid getting a lot of sun damage," said Remona Soleimani, master stylist at Noufal HairColor Salon in Tysons.

She also recommends not overly coiffing hair. "With the humidity in the air, it's difficult to maintain a style unless you get chemical treatments to hold that style. Don't make your hair do something it typically doesn't want to do—the humidity will take it right out." Give your hair a break and go for easy-to-maintain styles like braids, buns or ponytails.

Work with your own natural curls and waves. Or add a little salt-infused Beach spray that will give you the look like you just came back from the beach. It draws moisture from the air, adds texture, and gives more definition to the curls themselves while taming frizziness. "Avoid over-working the hair, especially if it is very curly."

To create volume in straight hair, add a volume-creating mousse, and scrunch the hair rather than comb or brush it. "Being outdoors a lot in the summertime, you don't have control as to how your hair reacts; this way you can use the humidity to your advantage," Soleimani said.

One of Soleimani's best tips speaks to all us swimmers. "I style a lot of swimmers, so I tell them to saturate their hair in the shower before going into the pool. Once wet, it cannot absorb more moisture or chlorine-rich water." She also recommends tying hair up into a bun so that the hair's ends are not loose in the water. "Avoid overcombing the hair when wet, too, the water tends to elasticize it and cause breakage. If you want to comb it wet, do it in the shower with a conditioner."

For a summer hair style, "I like a very disheveled look," she said. "Soft, loose types of updos and top knots are really in, with maybe a little fringe around the face popping out so that it's not such a heavily-fixed type of look...more organic." For down-dos and long hair, she recommends subtle layering to pick up the curls and add movement. "Medium-length hair is a little trickier; you are really limited to how you can style the hair," she added.

Should you cut your hair for summer? Not necessarily. "I think you should go with whatever suits your face and your lifestyle," Soleimani described.

Other summer hair care tips include switching to a moisturizing shampoo and conditioner, and avoiding overuse of hot styling tools that tend to dry hair further. If you need to blow dry your hair, use a lower setting, or let your hair dry naturally. Regular trims can also help stave off split ends.

Summers are meant to be carefree, so let your hair down and enjoy freedom from styling. At least for a few months.



Noufal HairColor Salon

8605 Westwood Center Drive, Suite 160

Tyson's Corner, Virginia 22182

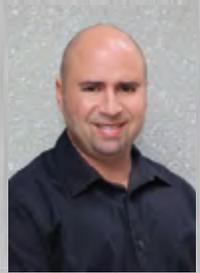
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(Please see article on page 114 and display ad on page 115)

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www.noufalhaircolorstudio.com

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(Please see display ad on page 100)

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Bonita Pines is a master stylist, Wella color specialist, Wella Educator and makeup artist. Specializing in all hair of every ethnicity, she believes that it is important as a stylist to listen and care for the hair of each client turning their dreams into reality. With over 12 years of experience, she has developed products that are perfect for any type of hair.

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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. ❖



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Obstructive Sleep Apnea in Children

Do you hear your child snoring at night with pauses, snorts or gasps?

Heavy Breathing while sleeping?

Very restless sleep and sleeping in unusual positions?

Does your child have shortness of breath?

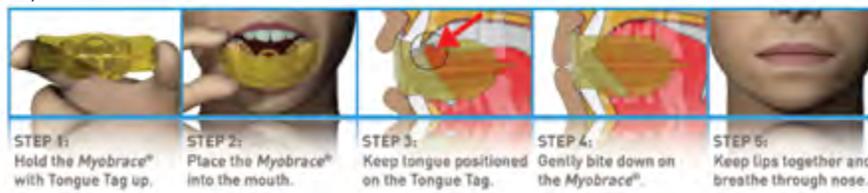
Daytime sleepiness or behavioral problems?

Bed wetting (especially if your child previously stayed dry at night)?

If any of the above symptoms describe your child please read on, as a new study in the journal Sleep and Breathing found that rapid maxillary expansion (RME) was effective in treating obstructive sleep apnea (OSA) in children. The results of the treatment were clearly visible two years after the treatment has ended. RME involves widening the jaws using oral appliances by enlarging the maxillary dental arch and the palate (roof of the mouth) to re-establish balance between the width of the jaws.

The researchers evaluated the target and instinctive data over a 36-month follow-up period to determine whether RME has been effective in the long-term treatment of OSA. The study

Myobrace can also be used on children with or without braces.



included 14 children. The children's main age was 6.6 years at start of treatment and 9.7 years at the end of follow-up treatment. Each child underwent an orthodontic assessment to detect possible jaw irregularity from normal occlusion: deep bite, retrusive bite and crossbite.

A high angle face can cause breathing problems for children. Another common cause of OSA is large tonsils or adenoids. Removing the tonsils or readjusting the jaw line can help children breathe more easily during sleep, but before going into the surgical rout there is another option called MYOBACE. MYOBACE (see figure at the bottom of the page) is an appliance which is designed to be used in-sequence to effectively train the tongue to position correctly in the upper jaw (known as the tongue spot), retrain the oral musculature and exert light forces to alight the teeth. This appliance can be used on children as early as 3 years old.

All 14 children completed a 12-month therapeutic trial using RME, where 10 enrolled in the follow-up study. Of those 10 children, 5 were male and 5 were female. The 10 children took an overnight polysomnography (PSG) to test for the presence of OSA at baseline, after only one year of follow-up treatment, and two years after treatment completion. Results showed that the apnea-hypopnea index (AHI) diminished and the original clinical symptoms had resolved by the end of the treatment period. Twenty-four months after the treatment has ended, no notable adjustments in the AHI or in other variables were noticed.

To learn more about early childhood treatment of sleep apnea or MYOBACE please visit our website www.sunrise-orthodontics.com and The American Academy of Dental Sleep Medicine—www.aadsm.org, where the original article was published. ❖



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Hoppin Down **RICHMOND'S** **BEER** *Trail*

By Renee Sklarew

Richmond Virginia has become the unofficial craft beer capital of the MidAtlantic and the easiest way to explore the landscape is by following the Richmond Beer Trail. During the last decade, new breweries have popped up across the city bringing vitality to neighborhoods that suffered from neglect or functioned exclusively as industrial areas. Scott's Addition is one such example. This industrial park is the scene of Richmond's most notable renaissance, thanks to ten intriguing breweries and cideries making their homes here. Just a few blocks from Richmond's museum district, Scott's Addition is ground zero for beer enthusiasts, and on weekends, you'll see a roving band of revelers move from brewery to brewery to sample locally made beer in Richmond's eclectic tasting rooms and beer gardens.

Stone Brewery Tasting Room and Gift Shop



The Answer Brewpub

SCOTT'S ADDITION: THE HOME OF TEN RICHMOND BREWERIES

The Veil Brewing Company is probably the craft brewery with the most buzz. To sample one of their beers requires a visit to the Tasting Room, because they don't sell retail versions of their hop-forward beer. They're known for barrel aging, wild ales, and spontaneous fermentation, and their fizzy golden beers are served in elegant goblets. There's almost always a line here, so try to make this your first or last stop.

One of the most welcoming breweries in Richmond is Triple Crossing Brewing with two locations. From a little Tasting Room near the Governor's Mansion to a full-fledged pizza and beer pub in the Fulton neighborhood, Triple Crossing makes exceptionally good IPAs, as well as traditional English ales and stouts. Richmond's famous

baker of Billy Bread is also the food purveyor at Triple Crossing. At the Fulton location, don't miss Billy's multi-grain sourdough brick-oven pizza. Triple Crossing's first location in downtown Richmond is steps from Richmond's art district where Billy's menu features tacos and appetizers.

Ardent Craft Ales has a party-like atmosphere where beer enthusiasts relax on their patio or inside the taproom. Their seasonable or saison-style brewing has complex flavors including their tasty Honey Ginger beer, a deep gold-colored brew made with local honey. Ardent rotates a selection of IPAs ranging from piney to flowery to grassy. Some local farmers sell produce here, and food trucks usually park nearby. Ardent takes the lead in brewing gluten-free beers in micro batches and receives rave reviews. The brewery does not offer tours, but you can see



Guac and chips at Triple Crossing downtown



The Tasting Team at Blue Bee Cidery

operations through the big glass windows.

Although not a brewery, Blue Bee Cidery is Virginia's first urban cidery. Blue Bee showcases their complex, fine ciders made from heirloom apples on their patio and inside the taproom. Courtney Mailey, founder of Blue Bee, recently partnered with Catoctin Creek Distillery of Purcellville to make brandy-infused cider called Harvest Ration, which won the 2017 Good Food Award. Blue Bee offers tours and guided tastings of their artisanal ciders in a historic stable built in the 1940's.

FATHER OF RICHMOND'S BEER MOVEMENT

Richmond's unlikely father of the craft beer movement is Vietnamese immigrant An



Ardent Craft Ales



The Answer Brewpub

Mekong Restaurant connected to The Answer Brewpub



with eating exceptionally fresh Vietnamese cuisine.

STONE BREWERY'S EAST COAST HEADQUARTERS

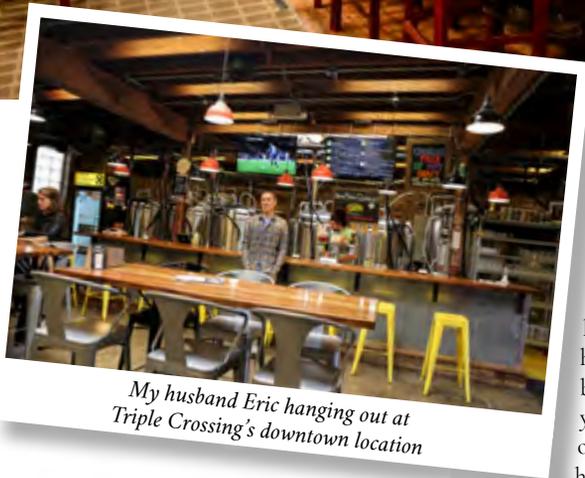
Richmond's biggest coo was landing Stone Brewery's East Coast headquarters. Stone's tours are the best deal in town, because for \$3 you get a tour and a taste of three of their signature beers on tap. The huge, modern yet rustic brewery is opening a waterfront beer garden in 2018 featuring farm to table cuisine infused with beer. This is a family and pet friendly gathering place for Richmond residents and promises to attract lots of beer tourists.

Erin Bagnell of Visit Richmond explained how Richmond was selected by Stone Brewery: "Virginia Governor Terry McAuliffe has been enthusiastic about all things tourism, He rolled out the red carpet

RICHMOND'S BEER SCENE IS GROWING

There are breweries outside of downtown Richmond worth noting, like Steam Bell Beer Works in Midlothian. Owner Brad Cooper recruited his whole family to work together elevating recipes from America's beers of the past to manufacture their signature craft brews. Cooper is expanding his brewing capability by launching a second location in Richmond's Fan District: Canon & Draw Brewing Company. "Customers should expect a different portfolio of beers than Steam Bell," says Cooper. "We are excited to continue to innovate and experiment with flavors and offerings as we grow our brand in the heart of Richmond."

Bui who opened his beer-centric restaurant Mekong in 1995. Craftbeer.com named Mekong the number one "Great American Beer Bar" for two years in a row thanks to the restaurant's expansive selection of 56 rare international and local beers on tap. Bui took a giant step further when he unveiled The Answer Brewpub, his own craft brewery that connects to the popular restaurant. The brewpub is a favorite place to hear live music and meet like-minded beer fanatics, along



My husband Eric hanging out at Triple Crossing's downtown location



The Veil Brewing



Blue Bee Cidery

WHERE TO STAY

Clearly, beer fans, it's time to make that pilgrimage to Richmond where you will undoubtedly find a tantalizing array of beer tasting experiences. For the ultimate accommodations, reserve one of The Jefferson Hotel's incomparable suites. You'll be in the heart of Richmond and enjoy Southern hospitality at its best. ❖



Growlers allow you to take home freshly tapped beer

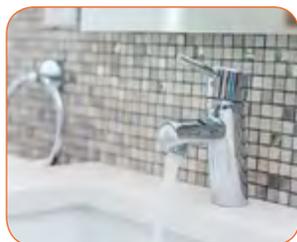


Triple Crossing Beer Flight



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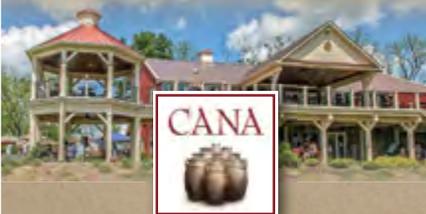
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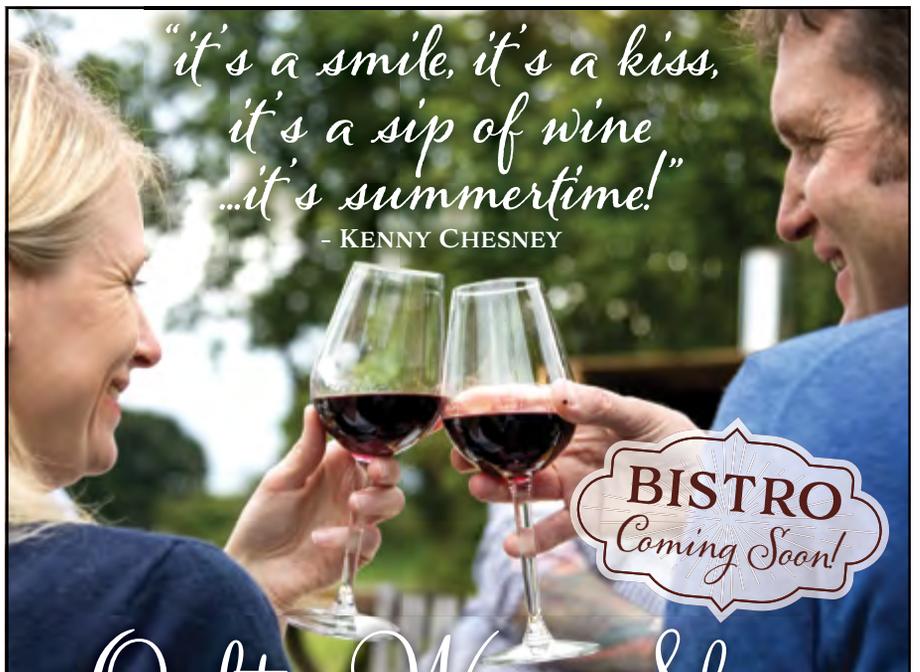


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Are Hidden Odors Preventing Your Home From Being Sold?



BY LINDA BARRETT

A current Febreze campaign states “You’ve gone nose blind” to things like pet odors in your car or smells in your home. Scientifically, they’re correct.

When you enter a new environment, you quickly notice the distinct odors, whether they are of smelly gym shoes, cigarette smoke, or cinnamon-scented air freshener. However, once you’ve been in that environment for a while, the receptors in your nose become less sensitive to it, and the smell fades.

The reason is that once your brain perceives the scent to be nonthreatening, the receptors in your nose switch off, reported Pamela Dalton, a member of the Monell Chemical Senses Center, who has studied nose-blindness for more than 20 years.

You Can’t Smell Your Own House, But Others Can

“Unfortunately, odors in a home can be a delicate issue when it comes to selling a home,” said Jane E. Webb, a Realtor with Casey Margenau Fine Homes & Estates. “You may not notice the smells you are used to, but a potential buyer will, the moment they walk in.”

“The main odor problem we find comes from cooking odors,” she explained. “Here in Northern Virginia, we have a plethora of all types of nationalities, and they cook with spices. And they don’t always understand that their cooking smells may offend other people.” The second-most common odor problem comes from smoking, followed by pet odors, and in addition to heavy smells, allergies may be a problem.

“Sellers need to understand that people can’t mentally bond with or move into a house that has an odor problem,” Webb said. “It is a delicate conversation to have with the home owner, and is well worth the money to have the problem remediated. Otherwise, the challenge has to be overcome with price. Depending on how long the home sits on the market, the price could end up being reduced by ten thousand, fifteen thousand, or more.”

We Don’t Want to Have to Reduce the Price

“I definitely see homes that have smells like strong foods, pet odor, and smoke,” said Bryan Felder, Associate Broker with The Virginia Realty Group at RE/MAX Gateway. Like most Realtors, he would rather not lower the price. “It devalues both the house and the neighborhood,” he explained.

“People know when you’re trying to mask a smell, as with a heavy air freshener or a warm cookie smell,” he said. “They expect a

natural, fresh smell and are deterred when they encounter a heavy odor.”

Realtors have been recommending all sorts of ways to remediate heavy odors in a home, including painting every room, deep steaming and deodorizing, carpets, and cleaning ductwork. But sometimes the odor lingers, or will return quickly.

“Paint is porous, so even if the home is freshly painted, odors like cigarette smoke will come back through after a while,” said Joe Gregory, co-owner of BioShock.

Don't Mask Odors, Knock Them Out for Good

Rather than masking odors, BioShock offers a way to eliminate them altogether—permanently—through safe, smart, and effective air purification.

The BioShock technology takes ozone, a naturally-forming element found in our atmosphere, and injects it into the home using a series of powerful corona discharge ozone generators for a period of 12 to 15 hours. This brings the ozone level within the home up to a high concentration.

As Gregory explains it, “Being an unstable element, that third molecule of oxygen wants to bond with the odor-causing molecules, and when that reaction takes place, the odor-causing element is permanently neutralized and eliminated. It is like resetting the air in the home because when ozone reacts with something, the by-product is pure oxygen.”

Once the treatment is completed, the house is completely aired out, tested using ozone meters, and safe for occupation. The only lingering effect is a slight chlorine-type “new home” smell that many people find refreshing. This completely fades away within a few days.

“It is the volume of ozone we create from our machines that facilitates the permanent odor removal,” Gregory said. “It is a completely green technology that not only removes odors, but mold spores, viruses, germs, mildew, dust mites, paint fumes, unhealthy pollutants and other allergens as well.” Priced by the square footage, it can be less expensive than cleaning out the

ductwork, and BioShock will eliminate odors for good.

A Perfect Example

Felder recently listed a townhouse filled with what he described as “heavy, heavy pet and smoke odor. It was so bad that the contractor hired to work in on the home couldn't even stand it, and people who were previewing the house were turned off by the smell.”

“I had heard about BioShock and thought the technology was cool, but didn't really understand how it worked, so I thought this might be the perfect project to try it out,” Felder said. “BioShock came on Thursday evening, and by Friday morning they were done. When the contractor returned on Friday, he was confused. He said ‘Bryan, this is a different house!’ Weeks later, it still smells great and is under contract. I'm a raving fan and will use it on all my homes that have an odor problem.”

“People know when you're trying to mask a smell, as with a heavy air freshener or a warm cookie smell,” he said. “They expect a natural, fresh smell and are deterred when they encounter a heavy odor.”

Remove Objections to Sell Your Home Faster

First of all, challenges like odors from cooking, pets, or mustiness can turn off potential buyers. “If there are several homes to pick from and one smells, they will pick one of the others,” Webb said.

Second, the property will sit on the market longer and become stale to potential buyers. Third, sellers will most likely not get their asking price; the objection will create a negotiating point on price.

With an option like BioShock, there is simply no reason not to prepare your home for a quick and high-dollar sale. If your Realtor says “Your house stinks,” take them seriously and do something about it. ❖

RESOURCES

BioShock, Joe & Lisa Gregory, 703-763-7702, www.bioshock.us

AUTHOR: Linda Barrett holds a current real estate license and has been working with clients in the real estate field for more than 30 years. www.allthebuzz.net.

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BY JENNIFER V-E JOHNSON

When Is A Good Time to Buy Or Sell A Home?

While there's no crystal ball in real estate, there are some factors that can influence if the time is right to buy or sell a home. People move based on a change in household size, different schools or to be closer in. Consider buying or selling when the time is right for you, your family or your lifestyle. Be careful buying or selling based on your family or friends, as your needs may not be the same.

People also move based on interest rates, the housing market, or to be closer to new developments such as the Reston Town Center Metro station or One Loudoun. As you can see it's all about timing. Have you considered moving in the past year? If so, take action now! For most people, knowing when to buy or sell comes down to numbers. Do the research to know if it is a good time to buy or sell. If it's not, you have the ability to save money, pay down debt, make home repairs and/or upgrades, and even eliminate clutter in your home. Below are steps to get you started:

If you are buying a home.

- Contact the Bank, Credit Union or Lender to prequalify or get pre approved (depends on the Lender). Have two (2) years of tax returns, two (2) months of paystubs and all current bills.
- Determine the city/neighborhood.
- Once you have a loan amount, you can make a decision to proceed with buying a home. If you don't like the loan amount, at least you have an idea of what you can afford, as well as, if you need to save more money and/or pay down debt.

If you are selling a home.

- Request a pay off from your current Lender.
- Request a Comparative Market Analysis (CMA). The CMA will allow you to choose a listing price that is competitive with the other homes for sale in the neighborhood. Pricing your home too high could result in chasing the market, which may cause you to lower the listing price.
- Determine if you will have a profit when selling your home. If there is not a profit that would be considered a short sale.
- Determine the new city/neighborhood.
- If possible, sell your home prior to buying a new home.

To search for homes or to request a CMA you may visit metrorealty360.com. If you have questions or would like to schedule an appointment to discuss your real estate needs, you may reach us at (202) 239-5116 or email us at sales@metrorealty360.com.

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Magnificent Colonial design with a modern flair on a gorgeous two acres. This all-brick luxury home with walkout level basement is complete with a three-car side load garage. Crown molding, gourmet renovated kitchen, main floor study, open flowing floor plan, and large master bedroom suite. Lower level includes rec room and game room with wet bar. Separate wing with indoor luxury spalike pool, jacuzzi, and sauna!

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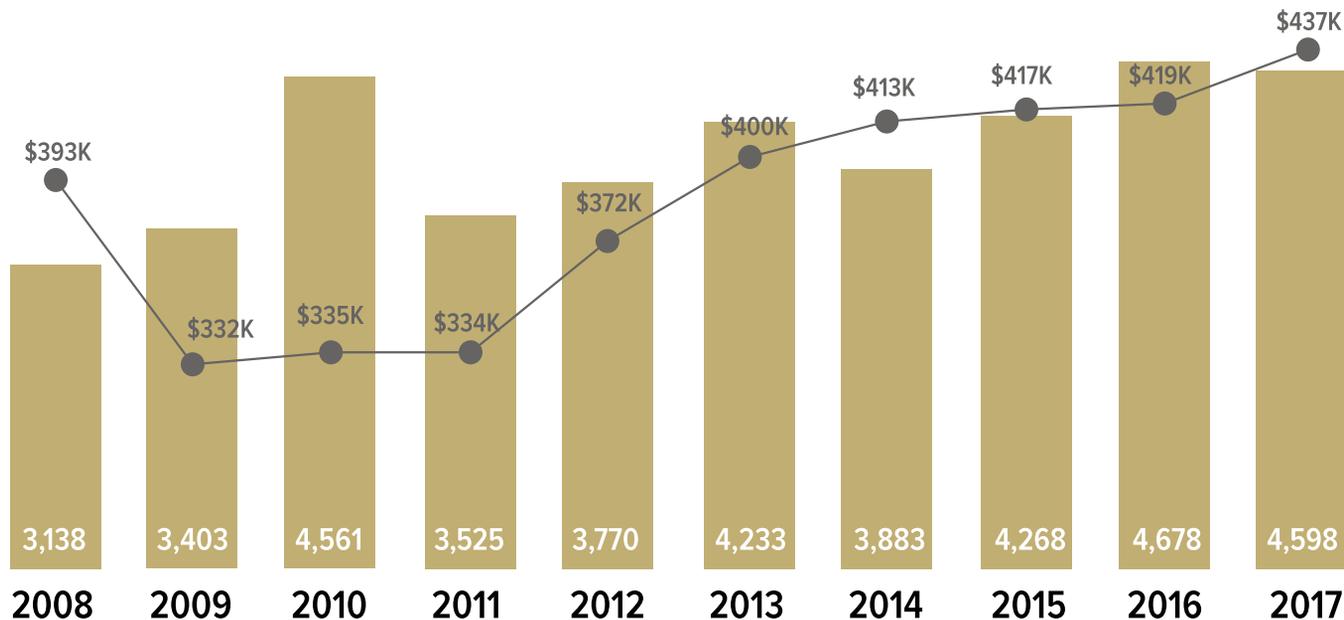
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REAL ESTATE ROUND UP

DC METRO

April home sales and median prices



We are enclosing what we hope will be of importance to you as you consider Purchasing or Selling your home(s). VivaTysons and VivaReson has been bringing area readers the best in Realtors, Real Estate Services, Home Improvement, and Financing news, and we hope our new web newsletter will be of service to you.

- Sales volume across the DC Metro area was over \$2.5 billion, up 1.7% from last April.
- Closed sales of 4,598 were down 1.7% compared to last year but were up 3.3% from last month.
- New contract activity of 6,097 declined 8.3% compared to last year.
- New listings of 7,664 were down 13.0% compared to last year and down 6.7% compared to last month.

MARKET OUTLOOK

The following analyses of the Washington, D.C. and Baltimore Metro Area housing markets have been prepared by Elliot Eisenberg, Ph.D. of ShowingTime and are based on April 2017 MRIS housing data.

DC Metro Area - Overview

- April 2017's median sales price of \$436,500 was up 4.1% or \$17,250 compared to last year. This is the highest April median sales price of the last decade, easily exceeding last year's record of \$419,250.

STATISTIC	APR	YoY	MoM
Total Sold Dollar Volume	4,801,329,500	+ 6.8%	+ 9%
Closed Sales	12,244	+ 2.7%	+ 5%
Median Sold Price	\$326,000	+ 5.8%	+ 5.2%
Average Sold Price	\$392,137	+ 4%	+ 3.8%
Median Days on Market	17 days	- 34.6%	- 37%
Average Days on Market	60 days	- 18.9%	- 16.7%
Median Price per Sq Foot	\$199	+ 4.2%	+ 3.1%
Average Price per Sq Foot	\$232	+ 3.1%	+ 1.3%

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- Active listings of 9,552 are down 14.0% compared to last year, but are up 10.5% compared to last month. This is the twelfth consecutive month of declines in year-over-year inventory levels, and inventories are at the lowest April level since 2014.
- The average percent of original list price received at sale in April was 98.7%, up from last year's 98.0%, and also up from last month's 97.9%.
- The median days-on-market for April 2017 was 10 days, 4 days lower than last year.

MORTGAGE UPDATE:

Current mortgage rates for 30-year fixed mortgages rose this week, with the current rate borrowers being quoted on Zillow Mortgages at 3.80%, up one basis point from this time last week.

The 30-year fixed mortgage rate hovered between 3.78% and 3.85% before settling at the current rate.

"Mortgage rates were mostly stable last week, holding near six-month lows, though they fell slightly Monday on weak inflation data which could prompt the Fed to delay future rate hikes," said Erin Lantz, vice president of mortgages at Zillow. "Rates should move more this week leading up to Friday's jobs report in the United States, and Sunday's French presidential election, which has important implications for the future of the European Union."

Additionally, the 15-year fixed mortgage rate was 3.03%, and for 5/1 ARMs, the rate was 2.88%.

Check Zillow for mortgage rate trends and up-to-the-minute mortgage rates for your state, or use the mortgage calculator to calculate monthly payments at the current rates. ❖

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South Lakes Village Center

CVS Pharmacy
Safeway
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7 Eleven Soapstone

Plaza America

Whole Foods Market (cafeteria counter)
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UPS
Gold's Gym
CVS

Spectrum Village Center

Harris Teeter
Red Door Salon

Hunters Woods

Reston Community Center
Safeway

Other locations in Reston

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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

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Starbucks Broadland Village Center
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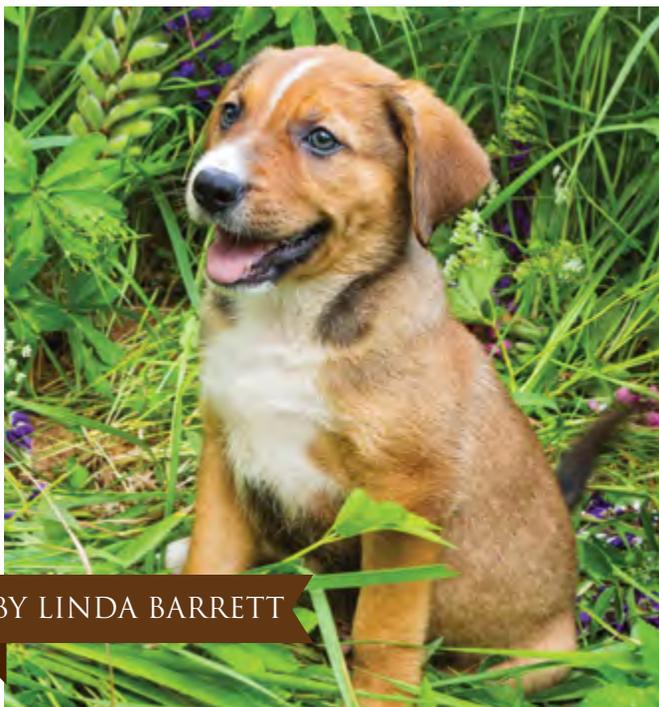
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BY LINDA BARRETT

VACCINATE YOUR DOG Against Lyme Disease

Now that summer is upon us and we are enjoying more outdoor activities, the threat of Lyme disease looms large. “We are on high alert this year in all 50 states, and more than 60 countries,” said Dr. Katryna Fler, DVM and Medical Director of VIP Petcare.

The possibility of infectious pathogens often fluctuates based on weather and climate, and this year is predicted to be particularly bad for ticks due to an increased white-footed mice population that comes as a result of our mild winter. These mice are responsible for infecting the majority of ticks carrying Lyme. The increase can also be attributed to rising deer populations and the changing landscape. Increased development leaves fewer areas for wildlife, pushing them closer and closer to human population.

Ticks love to hang out in wooded, brushy surroundings and on the tips of tall grass, and when your dog brushes by, the tick quickly grabs on. It then crawls toward the skin to find a place to bite. The sooner you remove the tick the better, because according to the American Kennel Club, “an infected tick must be attached for 24 to 48 hours to transmit Lyme disease.”

What is Lyme Disease?

Lyme disease, one of the most common tick-transmitted diseases, is caused by a spiral-shaped bacteria known as *Borrelia burgdorferi* that enters the dog’s bloodstream through a tick bite. Once inside the bloodstream, the bacteria travels throughout the body, infecting organs or locations such as joints, and causing overall illness.

When the infection develops into a disease in dogs, symptoms presented include fever, lameness caused by inflammation of the joints, swollen lymph nodes, lack of appetite, and depression. Progressing further, the disease may eventually cause damage to the kidneys, heart, or nervous system. If you think your dog might have Lyme disease, please contact your veterinarian.

Cats can also get Lyme disease, but as of yet, a Lyme vaccine has not been developed for cats. VIP Petcare recommends a monthly broad-spectrum preventive to protect your cat year-round. Do NOT use tick prevention products intended for dogs; they are not safe for cats.

Combine a Lyme Vaccination and Monthly Preventive Care

Tick-borne diseases are a threat to all dogs and their owners, since pets can bring ticks inside the home to their human counterparts. For the most comprehensive protection against Lyme disease, VIP Petcare recommends a Lyme vaccine and a monthly tick preventive like NexGard or Revolution.

If your dog has been playing outdoors, check daily for ticks, paying close attention to the head, chin, ears, shoulders, armpits, groin, and upper leg areas. If you do find a tick, use tweezers to grasp the tick as close to the dog’s skin as possible, and pull it out in a straight, steady-pressure motion, ensuring that you don’t leave any parts behind.

Summer is also the time for vacations, and if you are planning to board your dog while you are away, check your boarding facility for their vaccination requirements at least four weeks prior to your trip.

Get Your \$5 Vaccination Voucher from VIP Petcare

VIP Petcare wants to help prevent Lyme disease and is offering a promotion of \$5.00 off a canine vaccination or vaccination package through July 31st, 2017. A normal Lyme vaccination runs \$33.00. Simply download the voucher at www.vippetcare.com/summer-dog/ and bring it to any VIP Petcare clinic.



Help VIP Petcare Clear the Shelters on August 19th

On August 19, 2017, VIP Petcare will participate as a proud national sponsor in the annual “Clear the Shelters” campaign. Nearly 700 shelters across the U.S. will be teaming up with NBC-owned TV stations and Telemundo for this nationwide pet adoption drive.

More than 50,000 pets found “forever homes” during this event in 2016, and VIP Petcare wants to help make 2017’s campaign equally as successful by providing \$200 in free services to every adoptive animal that day. These services include a free microchip, rabies vaccine, heartworm/Lyme combination test (dogs only), vaccination package, and fecal test. In addition, every pet parent receives one free dose of Nexgard (dogs only) and one free dose of Heartgard (dogs only) to get them on track to prevent heartworm disease, fleas, and ticks, courtesy of Merial.

If you adopt from a participating shelter, you will receive our VIP Petcare giveaway box that includes instructions for downloading our free services vouchers. Those adopting can bring those vouchers into any VIP Petcare-operated clinic to receive these offers. ❖

RESOURCES

- VIP Petcare clinic schedules: www.vippetcare.com/find-a-clinic/
- VIP Petcare vaccination vouchers: <https://www.vippetcare.com/summer-dog/>
- Clear the Shelters: www.cleartheshelters.com



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Coco



Ariana and her cat Alice



To Fight Stress, Get a Pet

Work can be stressful. Sometimes homelife is stressful too, but having a pet can help. A Pet Care Trust study shows that you don't even have to stroke or cuddle your pet to reap the stress-busting benefits.

Merely being in the same room with a pet has been shown to lower stress levels, reduce heart beat, and lower blood pressure. About 64 percent of people reported that having a pet reduced their anxiety levels.

Researchers at the University of Pennsylvania say gazing at a fish tank can have the same calming effect as a session of hypnosis.



Luna and her cat Billy



A Friendly Reminder...

Never leave your pet unattended in the car, especially in the summer!



TWA Flight Center

With his curved design for the TWA Flight Center at JFK Airport, Saarinen aimed to create a sense of traveling through air. The facility now serves as a hotel at the airport. Photo courtesy of MCR Development.

MCR DEVELOPMENT



BY DUSTY SMITH

SAARINEN'S PURPOSE IN DESIGN

Atop of the list of considerations that designers of Metro's Silver Line extension through Dulles International Airport was protecting the main terminal's façade, the result of one of architect Eero Saarinen's creative bursts.

Saarinen, the son of architect Eliel Saarinen, placed his mark on a number of familiar buildings despite living only to the age of 51. In fact, death came before many of his more well-known structures reached completion.

Eero (pronounced the same as arrow) Saarinen's first major project came after he outperformed his father in a competition to design the St. Louis Jefferson Memorial. His design resulted in the St. Louis Arch.

"Our architecture is too humble. It should be prouder, more aggressive, much richer and larger than we see today," Saarinen once said, according

to *The Architect Who Saw the Future*, part of the PBS American Masters series. "I would like to do my part in expanding that richness."

The oval-shaped road that provides access to the airport and loops around the daily and hourly parking lots at Dulles Airport bears the architect's name: Saarinen Circle.

A brain tumor took Saarinen's life in 1961 at the age of 51, before many of his projects would reach completion, including the Dulles terminal.

"He already saw it in the model stage," recalled Eric Saarinen in the film he created about his father. "He was like a giant looking down."

Saarinen believed architecture was an important part of the human endeavor, not just a way to provide space and shelter.



Dulles Terminal

The iconic Saarinen-designed main terminal at Dulles Airport has been nominated for the National Register of Historic Places. Dulles Station, under construction as part of Phase 2 of Metro's Silver Line project, was designed to mimic the terminal shape. Photo courtesy of the Metropolitan Washington Airports Authority.



St. Louis Arch

Saarinen got his first big break when his design was chosen for the St. Louis Jefferson Memorial; the St. Louis Arch has since become a popular tourist attraction. Saarinen beat out his father, Eliel, in the design competition. Photo courtesy of the Jefferson National Expansion Monument.

“Architecture also has the purpose of marking and enhancing man’s time on Earth,” Saarinen once said, adding that the character of those occupying the building should become part of the design.

“I hope that some of my buildings will have lasting truths,” he said. “I admit quite frankly I would like to have a place in architectural history.”

Since 1978, the Dulles terminal has been eligible for the National Register of Historic Places.

When he designed Dulles, as well as the TWA Flight Center at JFK Airport in New York, he wanted to demonstrate a sense of traveling through the air. Dulles also credits Saarinen with developing the mobile lounge concept in which roving vehicles carried passengers between the main terminal and their gates.

A few other projects Saarinen designed:

- The TWA Flight Center at JFK Airport in New York was Saarinen’s attempt to “conquer gravity,” using a curved concrete design not used at the time.
- Deere & Company’s farming equipment showroom in Moline, IL.
- Saarinen-designed chairs were used in magazine ad campaigns for Coca Cola, Southern Comfort, and others.
- CBS Building in New York City.
- Saarinen-designed pedestal furniture became popular in the ‘50s, with features such as one-legged chairs.
- Built Miller House as a private project.
- Kresge Auditorium on MIT’s campus in Cambridge, MA.
- Ingalls Rink “Yale Whale” at Yale University in New Haven, CT.
- Mores and Stiles College at Yale University New Haven, CT.
- North Christian Church in Columbus, IN.

The Dulles terminal is also the reason a different design was chosen for the Silver Line’s Dulles Airport Station than for the other Phase 2 stations. The design resembles the shape of the terminal. ❖



PEDESTRIAN BRIDGE INSTALLATIONS COMING SOON AT INNOVATION

Steel for roof at Loudoun Gateway Station going up in June

Some of the most challenging and exciting parts of construction of the Silver Line Phase 2 will begin in late May or early June.

That’s when construction of the pedestrian bridges that will provide access to the stations along the 11 mile alignment from Reston to Ashburn will begin, according to John Kearney, the project’s construction manager for the Metropolitan Washington Airports Authority.

The first sections of those bridges will be put into place at Innovation Station, which sits in the median of the Dulles International Airport Access Highway east of Route 28, near the old Center for Innovative Technology building, the upside down pyramid-shaped structure on the north side of the Dulles Toll Road corridor.

Specific dates will be announced later this month.

Cranes will be used for the installation, according to the contractor Capital Rail Constructors.

Installing these bridges will cause significant lane closures. Public notices will be issued on a weekly and daily basis before and during this work.

A schedule for installations at other stations is not yet available.

Also planned for the coming weeks will be:

- Continuing steel erection of the Reston Station roof.
- Beginning of erection of roof steel at Loudoun Gateway Station (approximately mid-June)
- Setting precast concrete sections of eastern end of Dulles Station
- Ongoing construction inside the pedestrian tunnel for those going to or from the main terminal at Dulles to a parking garage.
- Road repairs and paving at the Herndon park and Ride lot near an entrance to the station. ❖



BY DUSTY SMITH



CELEBRATING SAFETY

Clark Construction CEO Robbie Benson kicks-off Safety Week

Clark Construction CEO Robbie Benson kicks-off Safety Week for the second phase of the Metropolitan Airports Authority's Silver Line project who went all out celebrating National Safety Week as construction crews gathered at Dulles Airport. The May kick-off began with breakfast for project construction workers followed by a Mass Safety Meeting, safety recognition awards, a vendor fair and training demonstrations. To reinforce the project's commitment to

its "NOBODY GETS HURT" safety message, activities continued throughout the week and included crew meetings on safe rigging practices, silica dust exposure prevention, hand and power tool safety, excavation and trench box safety, fall protection and, best of all, an Ice Cream Truck that stopped at project construction sites all along the 11.4 mile alignment of the second phase of the Silver Line! ❖



LAST GIRDER SPAN INSTALLED AT DULLES AIRPORT

During the overnight hours on Friday, Mar. 3, 2017, the final aerial guideway girders at Dulles International Airport were set in place near Saarinen Circle. The four 84" 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 over three miles long and connect the east segment of the Silver Line Phase 2 in the median of the Dulles Access Highway with the west segment that will run in the medial of the Dulles Greenway.



BRIDGE CLUB SOLUTION

SILLY GAME

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

West	North	East	South
			1NT
pass	3NT	all pass	

Opening Lead: ♠Q

'My husband says bridge is a silly, childish game,' a player at the club remarked to me.

'That's probably because he thinks his wife can beat him at it,' I observed.

'When he was declarer in this deal,' she went on, 'East overtook the queen of spades with the king. My dear love played low, won the next spade, ran four clubs and led a diamond to finesse with the queen.'

'That lost, West ran the spades and my husband left to watch a basketball game on TV. He said bridge is just a guessing game; if he finessed in hearts instead of in diamonds, he'd make the contract. Is there any hope for him?'

I told my friend to show her husband—gently—how 3NT was cold, hoping to rekindle his interest. After South takes the second spade, he cashes three clubs (not four) and then leads dummy's last spade.

West can take three spades but must then lead a heart or a diamond. South gets a free finesse and his ninth trick no matter where the red-suit honors lie.

Excerpts taken from: *Frank Stewart's Bridge Club*. Pages 72.

SUDOKU Answers

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

CROSSWORD Answers

C	R	T		A	C	R	I	D	
O	H	O		S	L	A	T	Y	
D	I	A	S		A	P	S	E	
E	N	D	M	O	S	T			
S	O		O	P	S		P	I	
			U	L	T	I	M	A	S
H	A	N	D		C	O	I	L	
A	L	I	E	N		O	N	E	
M	E	T	R	O		R	E	S	



"Oh, yeah, they're cute until you can no longer claim them as dependents on your tax return."

PERMANENT VALUE: SOMEONE IS SITTING IN THE SHADE TODAY BECAUSE SOMEONE PLANTED A TREE A LONG TIME AGO.

Warren Buffett

PEOPLE THAT WORK HARD AND LEGITIMATELY DO EVERYTHING THAT THEY CAN, THEY TEND TO BE LUCKIER.

Julian Edelman



**AS SEEN ON
TV**

BY JAN KING

Ever since Ron Popiel used his Veg-O Matic to simultaneously slice and dice a dozen veggies without cutting his thumbs off, and Billy Mays pierced my eardrums with his "full-volume" pitch of Kaboom, Oxi-Clean, and Orange-Glo, it saved my marriage, made my house spotless, and got me hopelessly hooked on infomercials. Long before Ed McMahon's butt was permanently fused to Johnny Carson's couch, he was on the Atlantic City boardwalk pitching salt water taffy...and solely responsible for breaking millions of teeth in the state of New Jersey alone.

After decades of being an enthusiastic TV consumer, I'm still searching for the next great product that will make me beautiful, clean my tiles, cook my dinners, educate my kids, and water my lawn...all without requiring any participation from me. Here's some of my new favs:

1. The Red Copper Non-Stick pots and pans

Ever since the red-headed pitchwoman with the Aunt Bee voice demo'd her first frying pan, she had me at "hello." As I watched those sunny-side eggs sliding off the pan right onto the plate, I was a goner. The next time I saw Cathy Mitchell, she was baking a concoction of super doughy buns covered with thick caramel sauce, maple syrup, and loaded with a brown sugar topping-total weight 2.5K with a sugar content exceeding the island of Cuba. I figured it would take the jaws of life to get that ooey gooey bad boy out of the pan-but no! It

fell right onto the plate without leaving one trace of dried gunk behind.

At this point, I didn't care how much it cost...even the usual \$29.99 plus \$80.00 shipping and handling was okay with me. I'd be saving thousands of dollars a year in manicures replacing my torn acrylic nails I use as tools to scrape everything imaginable off my pots and pans.

2. Flex Tape that seals any leaks or cracks including those in the Hoover Dam

Phil Swift, the pitchman for this product, is not only loaded but loaded with testosterone, as well. The way he demos this revolutionary tape is by sawing his dinghy in half! Sounds painful and maybe bloody, but relax...we're talking about his metal boat. Phil uses a buzz saw to cut the boat right down the middle into two halves, then flex tapes them together. In the next scene, he's powering across a lake and remaining completely afloat-no leaks! Wowza! I don't know about you, but generally I'm not inclined to saw my boat in half before I go sailing. But, you never know. If I quit my anger management classes, it could happen.

3. The ingenious Better Brella

Even before the TV demo ended, I was on speed dial ordering this gem. They show a lady exiting her car in the pouring rain, opening the door just a crack, sticking the umbrella out, pushing a button, and voila! The umbrella

opens from the top down leaving her high and dry. The same deal goes when she gets back into her car PLUS all the rain collects between the double fabric construction of the umbrella leaving the floor dry! After ordering mine, I prayed for a deluge the magnitude of the Johnstown flood and the day it happened I bounced happily in and out of my car doing errands, remaining bone dry. Even Topper Shutt looked like a drowned rat, but not me! Plus, the unexpected bonus was getting a round of applause from a delighted group of lunch goers at The Lost Dog Café who were mesmerized by my magical umbrella demo.

4. The Spin-Brush Bathroom Cleaner

Anything that will save me time cleaning my bathroom and spare my aching joints should be declared a miracle by St. Jude. I cried with happiness as I watched the TV lady clean her tub and shower stall without having to bend over or get on her knees wielding a grout brush—all without gritting her teeth in pain or requiring an MRI. This also goes for the Hurricane Mop that cleans the floor and wrings itself out. Hallelujah!

So now, I've decided it's about time I invent one of these nifty gadgets like Joy Mangano's Miracle Mop. Hey, why not? I could not only help millions of women, but hopefully end up with Bradley Cooper. I'd even pay the S&H from L.A! ♦

JULY



CANCER 6/21 - 7/22: The stars move in a unconventional alignment. Think opposite not just different!



LEO 7/23 - 8/22: As the moon moves to full glory on the 8th, look for new ideas to populate your thinking. Be critical. If it doesn't work, let it go.



VIRGO 8/23 - 9/22: Your exacting nature is just the ticket this month. Review financials and put some plans in motion.



LIBRA 9/23 - 10/21: You'll be somewhat tried by a loved one's sudden change of fortune. Libra always pitches in for family. But, beware, complicated solutions.



SCORPIO 10/22 - 11/21: The stars say double check the details this month as the planets move into a favorable alignments for an interview or presentation.



SAGITTARIUS 11/22 - 12/21: If you are feeling blah before the full moon on the 8th, art can perk you up. Visit a show or contemplate sculpture for inspiration.



CAPRICORN 12/22 - 1/19: Time to address a nagging problem with your usual business-like attitude. Solve it and get it off your mind.



AQUARIUS 1/20 - 2/18: Don't give in to a negative outlook as the moon enters its last quarter on July 15. A few roadblocks at the beginning of the month make projects or people seem difficult. Stay positive.



PISCES 2/19 - 3/20: You get good news this month that can possibly change your near-term plans.



ARIES 3/21 - 4/19: Mid-month fatigue could be a factor in a night driving trip. Although you always welcome a new adventure, be ready to take a safety break.



TAURUS 4/20 - 5/20: Fluff up that pillow and sink into a comfy chair. This month is a breeze for most bulls, with some rainy days that shouldn't pose much of a challenge.



GEMINI 5/21 - 6/20: A summer cold could slow you down somewhat in the beginning of the month. Renew your commitment to health and exercise.

AUGUST



LEO 7/23 - 8/22: Leos love the stage and shine in the gym. But the little secret is that it is sometimes hard even for you to get motivated. Try developing new routines.



VIRGO 8/23 - 9/22: You usually have a place for everything but is it time to lighten your load? By the full moon August 7, you might begin to feel the need to sort out and clean out.



LIBRA 9/23 - 10/21: Get a lift from the sun this month. Shed a little light on your issues and plans by spending more time outside.



SCORPIO 10/22 - 11/21: Actively seek inspiration by the new moon on August 21. A person with a new idea seems to be wrong-headed but this person has a nugget of information that can clarify your thinking.



SAGITTARIUS 11/22 - 12/21: Think systems! You may need a new system to organize your life. Consider even wild ideas. There is something you can use there.



CAPRICORN 12/22 - 1/19: Get your savings plans back on track by adopting small economies. Put your practical attitude to work and work your plan.



AQUARIUS 1/20 - 2/18: Your robust concern for the planet may become a burden if you don't stop to appreciate the pleasures in your life. Indulge yourself.



PISCES 2/19 - 3/20: The New Moon on August 21 gives you plenty of time to indulge your spirituality. Reserve some minutes for meditation in nature.



ARIES 3/21 - 4/19: You are tempted to follow the crowd and fashion in one area of your life. This has never been your style, yet it might work for you in August.



TAURUS 4/20 - 5/20: As the moon enters its last quarter, August 14 some might be a little blue. The stars recommend socializing. Join a group, but not an online one. Get out of the your comfort zone.



GEMINI 5/21 - 6/20: The stars see new attitudes on the horizon. Start by striking up a conversation with a person with whom you ordinarily wouldn't socialize and keep an open mind.



CANCER 6/21 - 7/22: It's so tempting now to sink into your circle of family and friends for comfort. Do it! But beware of being the ostrich and ignoring problems that have to be faced.



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