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Lifestyle
MAGAZINE

EDUCATION
REVIEW

10
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FEATURES



10 UNIQUE COFFEE SHOPS IN NORTHERN VIRGINIA >

by Lani Furbank

On a brisk fall morning, nothing beats the comfort of stepping inside a coffee shop and warming up with a hot cup of coffee in a big, inviting armchair. Northern Virginia's coffee scene is growing fast, and it's catering to fast-moving professionals and casual conversationalists alike. Whether you're looking for a third wave creation, a comfortable wifi hub, or a buzzy social scene, you can find a coffee house to love in Northern Virginia. Here are 10 great options in the area.

< EDUCATION REVIEW

by Cassandra Parker

Throughout the area are several extraordinary private schools dedicated to superior learning across all grades. Whether a family is seeking rigorous instruction, more individual attention, or specialized programs, there are private schools that offer opportunities that may not be readily available through public schools. While the following is not an exhaustive list of schools in the area, the schools represented have earned a reputation for quality instruction and nourishing development of inquisitive young minds.



< OKTOBERFEST

by Dani J. Keating

If washing down a cold beer after another record setting summer is at the top of your to do list this fall, then get your calendar ready. Oktoberfest in the Tri-state area, which begins in mid-September and runs through October, is a great way to quench your thirst and please your palette. Enjoy authentic German food, beer, and wine, polka dance to traditional music by bands clad in Bavarian garb or take an Oktoberfest fun run.



OYSTERS >

by Renée Sklarew, and by Bart Farrell

As summer draws to a close, the next best season begins: oyster season. There's an old pearl of wisdom that says the only time to eat oysters is in months with the letter "R." For the freshest and best-tasting oysters, this still rings true with September kicking off the occasion. We've fished out the top places to get fresh oysters in the area, both raw and cooked. Whether you're looking to eat them at a restaurant or to prepare them yourself, we have it all for you.



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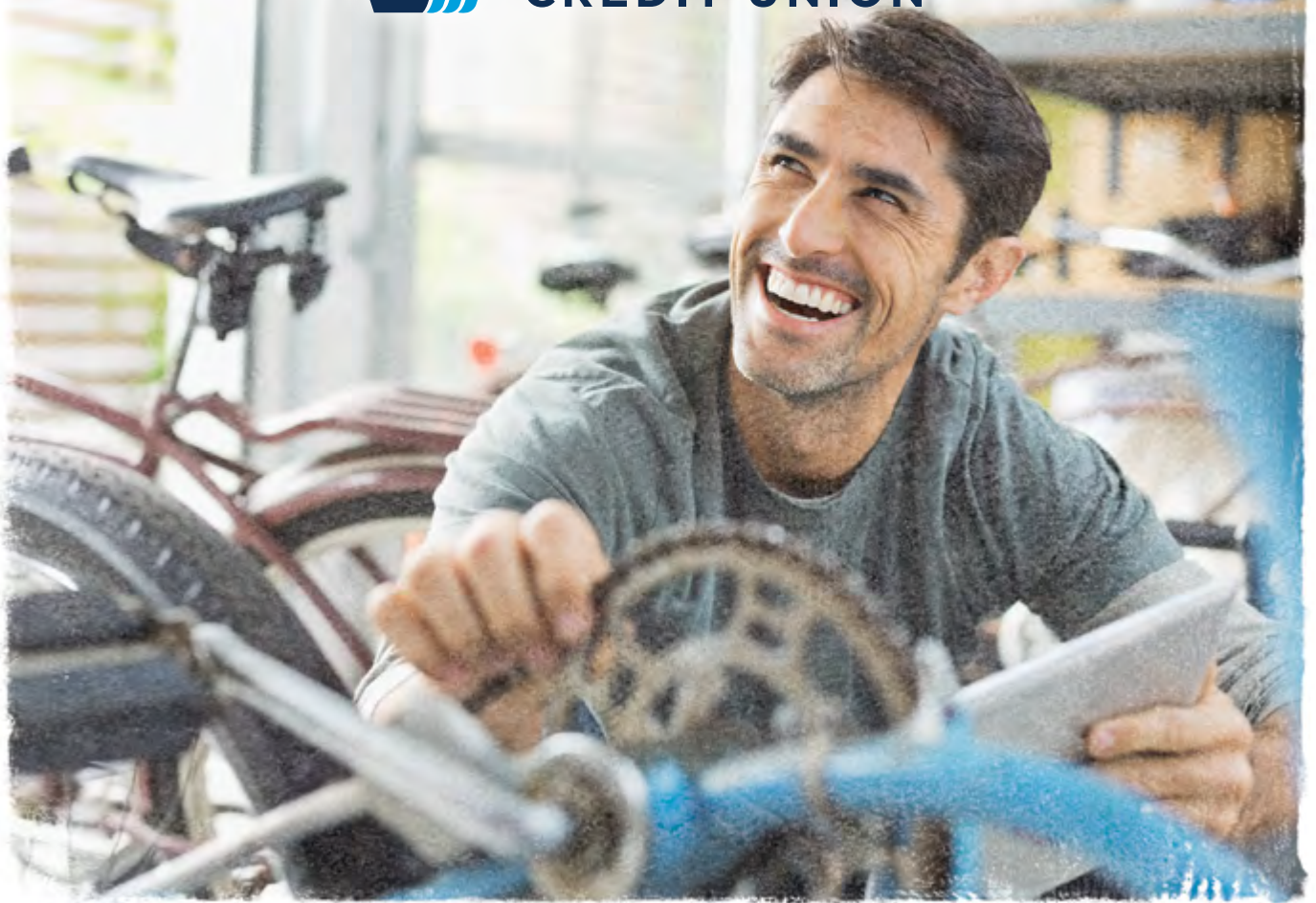
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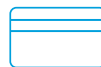
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Alexandra Rossi. Photo credit: Rob Litchfield

Welcome Fall!

As the happy, sunny days of summer say goodbye and we welcome the beautiful colors of autumn, this edition is full of stories and events to enjoy during the coming season in Reston and our surrounding communities.

Get informed about the beautiful art exhibits at the Reston Art Gallery in Lake Anne and at ArtSpace Herndon, enjoy the back-to-school special section and take in some ideas and recommendations for a fun staycation.

Get to know what Kalypso's Sports Tavern has in store for you during these upcoming months, or have a look over the multiple local events for the entire family including Halloween fun, the Reston Community Center's Multicultural Festival at Lake Anne and the Fall Flea Market.

For a fall in style, make sure to read the column about shoes by Davelle Clothiers' owner and top designer David Eisele.

As always, Delegate Plum's article is chock-full of interesting, useful facts about Reston.

I hope you enjoy this edition as much as I have enjoyed serving the Reston community the last three years, delivering compelling local stories from where I live, work and play.

As the seasons change, leaving behind nice memories while we embrace the new ones, this will be my last edition. *VivaReston Lifestyle Magazine* will continue its path under a new publisher as I shift in a new direction to pursue new endeavors.

Thank you to all our loyal readers, advertisers and supporters. I wouldn't have been able to accomplish what I did without you.

Alexandra Rossi



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HALLOWEEN'S HAPPENIN'

AROUND RESTON!

BY DONNA SCHMIDT

Boo! Did we scare you? Probably not, but if you want to have some frightening times in and around Reston this Halloween, we've got just the thing for you and the entire family.

First, if you're looking to get your scares in early, check out the free Reston Community Center Hunters Woods celebration on Saturday, October 21. Between noon and 2pm, infants and children through age eight can come dressed in their favorite costumes and play carnival games. Famed one-man band Peter McCorty will also be entertaining at noon, followed at 1:15pm by Bob Brown's Puppets in Monster Madness. For more information, call Debbie Heron at 703-390-6163.

On Halloween weekend, the Reston Association will be hosting the 2017 Halloween House and Trick-or-Treat Trail. This rain-or-shine event at the Walker Nature Center (11450 Glade Dr., Reston) is on Friday, October 27 and Saturday, October 28. Both nights offer two times to join in the fun, between 6 and 7:15pm or between 7:30 and 8:45pm.

"This is not a horror show or a haunted house," the organizers said. "Meet a creative cast of characters, including live animals, along our nature-themed Trick-or-Treat Trail and inside our Nature House-turned Halloween House for tis very special evening."

Children must be accompanied by an adult, and all are encouraged to bring along a flashlight. For more information, call 703-476-9689 (option 5) or email naturecenter@reston.org.

With just a short jaunt to Great Falls on October 31, the day of the pumpkin, you can scare up a good time at the Halloween Spooktacular at Great Falls Village Centre Green and Great Falls Shopping Center. The free event, which runs from 5 to 7pm, is recommended for children up to 12 and their families. Costumed kids can enjoy trick-or-treating, and even a haunted house. Come early and see the Pet Parade on the Green from 4 to 4:45pm, where leashed pets will be dressed to scare and could win prizes.

Grown-ups, if your inner child is looking for short day trip to see the scariest events Virginia has to offer, from haunted hayrides and houses, ghost tours, trails and more, check out HauntedVirginia.com. Each listing offers more details and hours, and many have dedicated web sites. HauntedWorld also can scare up some great options for a frightful autumn evening.

We hope you enjoy your Halloween 2017. If you'd like to read up on Halloween safety to make sure your family has a boo-tiful time in our area's neighborhoods, check out www.safekids.org/tip/halloween-safety-tips. ♦



Junior Merchants and Shoppers Wanted

Increasing amounts of data are being collected about our homes, our shopping habits and our spending. The research is confirming this instinctive observation: we own too much stuff. Study after study emphatically concludes that American families are overwhelmed by clutter and are generally stressed out about it. Did you know that the U.S. has 3.1 percent of the world's children, but consumes 40 percent of the world's toys? Or, as a team of UCLA anthropologists reported, women who are bothered by household clutter showed increased levels of the stress hormone cortisol while men were unaffected? If you are feeling the weight and burden of clutter, if you are tired of cleaning and organizing the children's toy rooms, and if your garage

is used as a storage room, Reston Community Centers's (RCC) annual Children's Fall Flea Market may be the solution to all these vexing problems.

Before the holidays arrive, clear space in your home while teaching your children a valuable lesson on entrepreneurship and environmentalism. Actively engaging your child in the process of reducing, recycling and even "upcycling" their own possessions will help them make more eco-friendly choices later in life. Sign them up to be a junior merchant at our annual Fall Flea Market, held at RCC Hunters Woods on Saturday, October 14, from 9am to noon, to sell items like gently used toys, books, games, videos, and other children-friendly household items and collectibles. The Flea Market is held in RCC's Community Room. Junior merchants can register for a single 6-foot table and a chair for \$10 or share a 9-foot table with two chairs for \$15. Spaces for non-Reston participants are \$15 and \$23 respectively. Register for the flea market online by visiting the Reston Community Center website at www.restoncommunitycenter.com and click on myRCC.

Community members are invited to grab a cup of coffee and a pastry during RCC's Community Coffee and spend time with friends and neighbors while supporting our junior merchants. What better way to spend a fall Saturday morning than bargain hunting while helping our community youth earn some extra cash. Reduce, reuse, recycle—at RCC!

For more information, contact Debbie Heron, RCC's Youth Director by email at Debbie.heron@fairfaxcounty.gov or call 703-390-6163. ♦





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Photo: Courtesy of Ivan Gill, BBBSA

BY ALEXANDRA ROSSI

HILL IMPACT HONORED WITH AWARD FROM Big Brothers Big Sisters of America

Dan Hill, CEO of Hill Impact, --an integrated strategic communications and government relations firm located in Reston-- has been recognized as the recipient of Big Brothers Big Sisters of America's (BBBSA) 2017 Common Good Award. The prestigious award is presented annually to an outstanding individual or organization that provides a tremendous investment of in-kind services to benefit the overall success of the organization.

"I am incredibly humbled to be receiving this award from such an amazing and respected organization," said Hill. "However, the real reward is seeing the positive impact made in the lives of America's youth. BBBSA understands that mentoring is now more relevant than ever and is constantly evolving to find new ways to make meaningful changes and reach bigger audiences."

Hill's belief in the power of mentoring and the positive effects it has on communities led him to begin working with Big Brothers Big Sisters of America in 2012. Over the course of five years, Hill provided the nonprofit with more than \$1 million in pro bono counsel and public relations services to support BBBSA's mission.

"Dan Hill's dedication to Big Brothers Big Sisters is vital to fulfilling our mission of serving children who face adversity with strong and enduring one-to-one mentoring relationships," said Pam Iorio, Big Brothers Big Sisters of America president and CEO. "We are grateful for his continued support and generosity, which allows us to provide a better and brighter future for the next generation."

The Common Good Award was presented to Hill at BBBSA's National Conference in San Diego on Wednesday, June 28. Hill delivered his acceptance speech in front of notable industry experts, affiliates and influencers. In receiving the award, Hill joins the ranks of esteemed organizations and individuals, such as 2014 recipient, Jamie Foxx, Academy and Grammy award winning actor and musician.

For over 20 years Hill has dedicated his life to helping individuals and companies succeed by managing crises and reputations. Hill Impact's clients include Fortune 100 multinational corporations, global non-profits and notable names in the sports & entertainment industries. ♦

Pictured above from left to right: BBBSA Board Member Rudy Baldoni; Hill Impact CEO Dan Hill; BBBSA CEO and President Pam Iorio; NBC Nightly News Sunday Anchor Kate Snow.

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—Winston Churchill

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Reston Community Center Announced 2017–2018 PROFESSIONAL TOURING ARTIST SERIES

Reston Community Center (RCC) announced the 2017–2018 Professional Touring Artist Series at the CenterStage, located at Reston Community Center Hunters Woods. The season includes inspiring activists, captivating musicians, riveting theatre and dynamic dancers.

“It is my honor and pleasure to unveil the next Professional Touring Artist Series at the CenterStage,” says RCC Director of Arts and Events Paul Douglas Michnewicz. “The arts are a signature element of what makes Reston such a great place to be. We invite you to share these indelible experiences and see why art and community intertwine so beautifully in Reston.”

The 2017–2018 season includes:

2017 NATIONAL HERITAGE AWARD FELLOWS AT THE RESTON MULTICULTURAL FESTIVAL

Saturday, September 23, 11am–6pm (performance times vary) at Lake Anne Plaza (Free; open to the public.)

The National Endowment for the Arts (NEA) National Heritage Fellowships are the nation's highest honor in folk and traditional arts. RCC is excited to welcome two fellows to the annual Reston Multicultural Festival: Guinean dancer and drummer Sidiki Conde and Phil Wiggins

Blues House Party featuring two of his favorite musical collaborators – guitarist Rick Franklin and violinist Marcus Moore.

QUETZAL

Sunday, October 1 at 3pm (\$20 Reston/\$30 Non-Reston)

From the ashes of the Los Angeles 1992 rebellion/riots arose a collective of East Side musicians committed to continuing the legacy of 70-plus years of Chicano Rock. Quetzal's unique combination of community activism with creative compositions has allowed them to travel the world using that music as a tool to create a global network of musicians committed to positive social change in celebration of Hispanic American Heritage Month.

MUCCA PAZZA

Saturday, October 7, 3pm (\$20 Reston/\$30 Non-Reston)

Combining marching band traditions and street theatre spectacle with rock and roll sensibilities, Mucca Pazza quickly found a home for more than two dozen band members in the thriving Chicago underground music scene. Mucca Pazza has appeared on Late Night with Conan O'Brien and NPR's Tiny Desk Concerts.

DAKHABRAKHA

Sunday, November 26, 7pm (\$25 Reston/\$50 Non-Reston)

Synthesizing fundamental elements of sound and soul, Ukrainian “ethno chaos” band DakhaBrakha creates a world of unexpected new music. At the crossroads of Ukrainian folklore and theatre, their musical spectrum is intimate then riotous, plumbing the depths of contemporary roots and rhythms, inspiring cultural and artistic liberation.

THE HOUR OF LAND: A PERSONAL TOPOGRAPHY OF AMERICA'S NATIONAL PARKS

Presented by Terry Tempest Williams, Award-winning Author, Environmentalist, Activist

Saturday, December 2, 8pm (\$15 Reston/\$20 Non-Reston)

Terry Tempest Williams has been called “a citizen writer,” a writer who speaks out eloquently on behalf of an ethical stance toward all life forms. A naturalist and fierce advocate for freedom of speech, she has consistently shown us how environmental issues are social issues that ultimately become matters of justice.

THE ULTIMATE CHRISTMAS SHOW (ABRIDGED)

Presented by the Reduced Shakespeare Company

Saturday, December 16, 3pm and 8pm (\$25 Reston/\$35 Non-Reston)

The fruitcakes of Reduced Shakespeare Company take you on an irreverent yet heartwarming trip through the holidays in The Ultimate Christmas Show (abridged). It's festive, funny, physical, family fun as these Three Wise Guys send up and celebrate your favorite winter holiday traditions.

RESTON'S DR. MARTIN LUTHER KING JR. BIRTHDAY CELEBRATION KEYNOTE ADDRESS AND COMMUNITY LUNCH

Presented by Tamika D. Mallory, Co-Chair of the Women's March on Washington

Monday, January 15, 12pm (\$5 Reston/\$10 Non-Reston)

Tamika D. Mallory is nationally recognized as an outspoken champion for social justice who worked closely with the Obama Administration as an advocate for civil rights issues, equal rights for women, health care, eradicating gun violence and eliminating police misconduct. She served as a national organizer for the 50th Anniversary of the March on Washington. Mallory remains an urging and urgent voice for positive and necessary change.

THE COLOR ORANGE: A HIP-HOP CONCERT ABOUT FRIENDSHIP AND MULTICULTURALISM

Sunday, January 21, 3pm (\$15 Reston/\$20 Non-Reston)

Mohammed Bilal and Josh "Boac" Goldstein use their friendship to actively challenge the American stereotypes of Black and White, Jew and Muslim, urban and suburban. Through hip-hop, theatre and sheer mayhem, they create and demonstrate 10 steps we can take toward true cross-cultural communication and understanding.

WHAT'S GOING ON: THE MARVIN GAYE PROJECT

Wednesday, February 7, 8pm (\$20 Reston/\$30 Non-Reston)

The music of Marvin Gaye is given fresh perspectives with choreography by Vincent E. Thomas, Ralph Glenmore and Sylvia Soumah in this evening-length work that features modern, jazz and West African dance. What's

Going On begins conversations that can spark change in each community it touches.

The Gin Dance Company has been asked to join this performance.

What's Going On is a National Performance Network (NPN) Creation Fund project co-commissioned by Dance Place in partnership with the CenterStage at Reston Community Center, King Arts Complex and NPN.

WORD BECOMES FLESH BY MARC BAMUTHI JOSEPH

Presented by Theater Alliance

Directed by Psalmayene 24

Saturday, February 10, 8pm (\$20 Reston/\$30 Non-Reston)

Taken from a series of letters from a single father to his unborn son, Word Becomes Flesh examines masculinity and responsibility within the constructs of hip-hop culture. This searing performance received five Helen Hayes awards including Outstanding Play, Outstanding Director, Outstanding Ensemble, Outstanding Supporting Actor and Outstanding Lighting Designer.

Recommended for adults ages 18 and older; younger audience members must be accompanied by a parent or guardian.

MARK BRUTSCHÉ IS SNOW WHITE AND THE SEVEN DWARFS

Sunday, February 18, 3pm (\$5 Reston/\$10 Non-Reston)

The "bear" facts are these: Mark Brutsché is a very funny man; Snow White and the Seven Dwarfs is a very old story. Or is it that Mark Brutsché is a very old man and Snow White and the Seven Dwarfs is a very funny story? You and your whole family can decide for yourselves!

LETTERS FROM IRAQ, COMPOSED BY RAHIM ALHAJ

Saturday, February 24, 8pm (\$20 Reston/\$30 Non-Reston)

In Letters from Iraq (Smithsonian Folkways, 2017), this two-time Grammy nominee's eight compositions for oud, string quintet, and percussion convey the story of contemporary Baghdad from the fall of Saddam Hussein to the present day. AlHaj, one of the world's most renowned oud masters, began writing the music after reading touching personal letters he received from Iraqi women and children during a 2014 trip to his homeland.

LÚNASA

Wednesday, March 21, 8pm (\$25 Reston/\$50 Non-Reston)

Lúnasa has sold more than quarter of a million albums in the course of the band's career and boasts an impressive back catalogue of seven highly acclaimed and award-winning studio albums. Internationally acclaimed as one of the finest traditional Irish bands, they are renowned for their stunning shows and a constant touring cycle that has taken them to 36 countries for more than 1,500 shows since their 1997 launch.

ERTH'S DINOSAUR ZOO LIVE

Special Spring Break Dinosaur Camp!

Tuesday, March 27, 11am and 2pm (\$10 Reston/\$15 Non-Reston)

Erth's DINOSAUR ZOO LIVE leads you on a breathtaking tour that begins in prehistoric Australia. Meet and interact with an eye-popping collection of life-like dinosaur puppets presented in an entertaining and educational live theatrical performance created by Earth Visual & Physical Inc. of Sydney, Australia. Children can attend one of two ways – either by ticket purchase or enrollment in RCC's Spring Break Dinosaur Camp. Enrollment for the camp will open on December 1.

AN EVENING WITH MAYSOON ZAYID, COMEDIENNE

Saturday, March 31, 8pm (\$15 Reston/\$20 Non-Reston)

As a professional comedian, Maysoon has performed in top New York clubs and has toured extensively at home and abroad. She was a headliner on the Arabs Gone Wild Comedy Tour and The Muslims Are Coming Tour. Maysoon was a full-time On-Air Contributor to Countdown with Keith Olbermann and has appeared on The Queen Latifah Show and Huffington Post Live.

Recommended for adults ages 18 and older; younger audience members must be accompanied by a parent or guardian.

LIAISONS: RE-IMAGINING SONDHEIM FROM THE PIANO

Presented by Anthony de Mare

Saturday, April 7, 8pm (\$15 Reston/\$20 Non-Reston)

Liaisons is a landmark commissioning and concert project, conceived by acclaimed concert pianist Anthony de Mare. The project brought together 36 of the world's foremost



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Photo credit: Jonathan Hsu

contemporary composers to reimagine Stephen Sondheim songs as solo piano pieces. Liaisons affirms Sondheim as one of the 20th century's most influential composers – his music is as at home in the concert hall as on the Broadway stage.

PROJECT TRIO: GREG PATTILLO, FLUTE / ERIC STEPHENSON, CELLO / PETER SEYMOUR, DOUBLE BASS

Sunday, April 22, 3pm (\$15 Reston/\$20 Non-Reston)

Blending classical training with their eclectic taste in musical styles, PROJECT Trio is a not-to-be-missed musical experience. Gramophone Magazine recently singled out the group as "an ensemble willing and able to touch on the gamut of musical bases ranging from Baroque to nu-Metal and taking in pretty much every stylism in between," while The New York Times has called beatboxing flutist Greg Pattillo "the best in the world at what he does."

BOYS IN TROUBLE, SEAN DORSEY, CHOREOGRAPHER

Wednesday, May 16, 8pm (\$15 Reston/\$20 Non-Reston)

Boys in Trouble investigates modern masculine identity with four dancers who move seamlessly between full-throttle dance and beautiful "pas de deux." The audience will be immersed in a lush, multi-layered score featuring excerpts of powerful recorded interviews, original music and Dorsey's own narration. Sean Dorsey is the first widely-acclaimed transgender contemporary dance choreographer in the United States.

Recommended for adult ages 18 and older; younger audience members must be accompanied by a parent or guardian.

FURIA FLAMENCA PRESENTS FLAMENCO TO THE MAX

Saturday, May 19, 8pm (\$15 Reston/\$20 Non-Reston)

Furia Flamenca brings the ferocity and passion of flamenco to the CenterStage and transports audiences to Southern Spain in technically refined, emotionally explosive and dynamically choreographed dancing.

ROBERT KRULWICH, SCIENTIST, PRESENTS SADDAM HUSSEIN'S SECRET OCTOPUS AND OTHER STORIES

Saturday, June 2, 8pm (\$20 Reston/\$30 Non-Reston)

Co-host of NPR's Radiolab, Robert Krulwich is one of the most widely listened to broadcasters in the world. His boundless curiosity and ability to explain complex subjects in compelling and entertaining ways has made him, as The New York Times hails, "a storied figure in public radio history." Radiolab is a metropolitan Washington listener favorite.

Unless otherwise noted, all performances take place at the CenterStage, located at Reston Community Center Hunters Woods.

For additional information please visit www.restoncommunitycenter.com or call 703-476-4500. ♦

Box Office Business Hours are:

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BY ALEXANDRA ROSSI

SHEN YUN SYMPHONY ORCHESTRA RETURNS TO D.C.

October 22 at the Music Center at Strathmore



Shen Yun Symphony Orchestra returns to Washington, D.C., with its signature concert experience that spans 5,000 years of classical music. The concert will take place on October 22, 2017, at 3:00 p.m. at the Music Center at Strathmore, in Bethesda, Md.

Shen Yun's unique repertoire of all-original works is rooted in millennia of traditional Chinese culture and revives precious stories, and even melodies, from the distant past. Ancient Chinese instruments—like the two-stringed *erhu* and the piquant *pipa*—pleasantly blend with classical strings, woodwinds, and brass.

Shen Yun's approach is unique in both musical composition and expression. The result is a vivid sound with great emotional range—perfect for musical storytelling. The program also features Shen Yun's celebrated singers, as well as timeless classics by Dvořák, Suppé, and Tchaikovsky.

According to the Shen Yun website, “The rippling notes of the *pipa* transport you to an imperial banquet, where maidens dance under a silvery moon. In a sudden shift, powerful drumbeats conjure an ancient battlefield where the valor of heroes shines through. This is a performance that breathes new life into the legends and melodies of ancient dynasties.”

The New York-based Shen Yun Symphony Orchestra was formed in response to the many theatergoers who longed to hear the music of Shen Yun—the phenomenally successful dance production—in concert form. Since debuting at Carnegie Hall in 2012, it has performed to great acclaim worldwide. It is home to an impressive number of internationally accomplished musicians, including its singers, known for their remarkable ability to sing the most traditional *bel canto* in Chinese. Shen Yun Symphony Orchestra is distinguished by its artistic vision of cultural renewal through works unfailingly positive and bright.

The Music Center at Strathmore is one of the best concert halls in the region with incredible acoustics and is located across from the Grosvenor-Strathmore metro station (red line.) Parking is located in the Grosvenor-Strathmore Metro garage off Tuckerman Lane. Parking is complimentary for ticketed events in the Music Center's Concert Hall.

For more information, please visit www.ShenYun.com/symphony/DC or call 888-974-3698. ❖

The Music Center at Strathmore is located at
5301 Tuckerman Lane
North Bethesda, MD 20852

Box office hours:
Monday – Friday: 10am–5pm,
Saturday: 10am–2pm

PROGRAM

SHEN YUN ORIGINAL WORKS

Descent from Heaven –

A Renewal: From a golden celestial paradise, deities descend to the Earth, incarnating into the grand imperial court of China's Han Dynasty.

Kublai Khan: A grand and dynamic piece befitting one of history's most powerful emperors.

A Passage in Time: A fairy tale with a touch of romance about a young man's sojourn in a Taoist abode.

Tibetan Drums: Sonorous calls of prayer horns roll down from majestic Himalayan peaks, and then the melody quickly evolves into a buoyant celebration.

And other works.

WESTERN CLASSICS

TCHAIKOVSKY – Violin Concerto, Op. 35, 3rd Movement: A triumph of the unlikely, this concerto overcame the sting of initial rejection by critics to become a beloved work lauded for its lyrical virtuosity.

SUPPÉ – Light Cavalry Overture: This overture has enjoyed a career well beyond the operetta for which it was originally set, with its main theme having been excerpted widely.

DVOŘÁK – Slavonic Dance No. 7, Op. 72: Inspired by Brahms's Hungarian Dances, this work embodies the cultural vitality of the southern Slavic region.

Program subject to change.

PERFORMERS

Shen Yun Symphony Orchestra
Milen Nachev, Conductor
Haolan Geng, Soprano
Tian Ge, Tenor
Fiona Zheng, Violin
Xiaochun Qi, Lu Sun, Linda Wang, Erhu
Astrid Martig, Concertmaster



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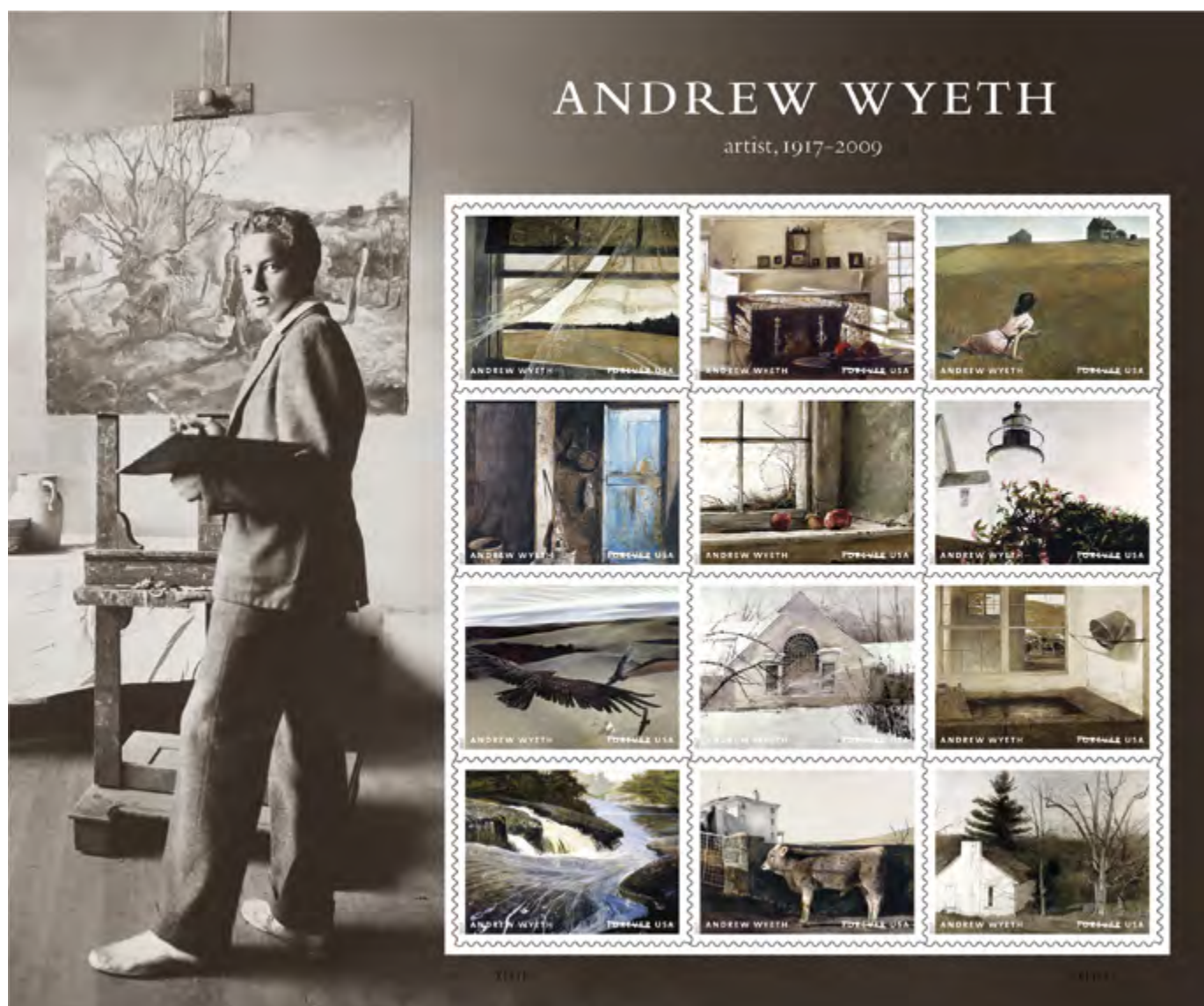
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Artist Andrew Wyeth's 100th Birthday Commemorated Through Forever Stamps

Andrew Wyeth, one of the most prominent artists of the 20th-century — whose realistic style defied artistic trends — was commemorated on July 12, 2017, on his birth centennial with the issuance of 12 Forever stamps highlighting his paintings.

The Andrew Wyeth Forever stamps were dedicated at the Brandywine River Museum of Art located at his home town of Chadds Ford, Pa.

Mastering a realistic style, Wyeth (July 12, 1917 – Jan. 16, 2009) created haunting and enigmatic paintings based largely on people and places in his life, a body of work that continues to resist easy or comfortable interpretation.

“The Postal Service takes tremendous pride in its stamp program, which celebrates the very best of American life, history and culture,” said

Patrick Mendonca, U.S. Postal Service Senior Director, Office of the Postmaster General and Chief Executive Officer, who dedicated the stamps. “And since today is the centennial of Andrew Wyeth’s birth, it’s the perfect occasion to celebrate the man whose masterful works have found a place in our homes — and in our hearts. Wyeth’s work resonated with millions of art enthusiasts around the globe. Now, these miniature works of art can touch many.”

Joining Mendonca in the ceremony was Wyeth’s son and acclaimed artist Jamie Wyeth and Brandywine River Museum of Art Executive Director Virginia Logan.

“My father, a prolific letter writer, would indeed be proud that a selection of his paintings now appears on U.S. postage stamps,” said Jamie Wyeth. “He would have relished using them!”

“In a year filled with celebrations marking the Brandywine Conservancy & Museum of Art’s 50th anniversary, we are honored to help the United States Postal Service commemorate Andrew Wyeth’s remarkable career with a set of 12 Forever stamps on what would have been his 100th birthday,” said Logan. ♦

Photo Caption: The Andrew Wyeth Forever stamp pane includes 12 stamps that feature details of different Wyeth paintings. First row, L to R: “Wind from the Sea” (1947), “Big Room” (1988) and “Christina’s World” (1948). Second row, L to R: “Alvaro and Christina” (1968), “Frostbitten” (1962) and “Sailor’s Valentine” (1985). Third row, L to R: “Soaring” (1942–1950), “North Light” (1984) and “Spring Fed” (1967). Fourth row, L to R: “The Carry” (2003), “Young Bull” (1960) and “My Studio” (1974). The selvaige shows a photograph of Wyeth from the 1930s.

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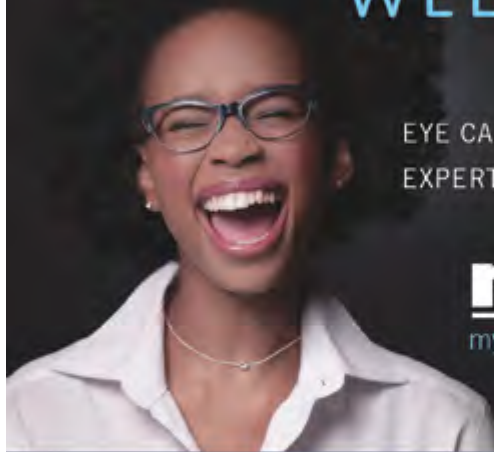
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PRIVATE SCHOOLS AND TUTORING

Throughout the area are several extraordinary private schools dedicated to superior learning across all grades. Whether a family is seeking rigorous instruction, more individual attention or specialized programs, there are private schools that offer opportunities that may not be readily available through public schools. While the following is not an exhaustive list of schools in the area, it represents schools that have earned a reputation for quality instruction and nourishing development of inquisitive young minds.



LITTLE OAKS MONTESSORI ACADEMY

13525 Dulles Technology Dr Suite 103,
Herndon, VA 20171
(571) 336-2559

lomamontessori.com

8 months old to 6 years old

Little Oaks Montessori Academy prides itself on helping children reach their full potential in a safe, encouraging learning environment. We focus on instilling self-assurance and self-reliance in younger children that will last throughout their entire lifetime. Our instructors are merely guides, and children are encouraged to direct their own learning and discovery based on their own unique set of skills and interests. Little Oaks accepts students as young as 8 months old to 6 years of age. Our curriculum is divided into three programs: infant, toddler, and primary. The Montessori classroom is a laboratory where sensation and observation combine to form meaningful experiences which create and reinforce neural connections, the basis of all intelligence. We offer a variety of enrichment programs such as yoga, ballet, tumbling, pottery, and music. Little Oaks also offers before school care and after school programs, as well as weekly summer programs in July and August. Schedule a tour of our Herndon campus to meet our teachers, explore our facilities, and talk with other parents about the benefits of sending your child to Montessori school. Learn more about Little Oaks Montessori Academy by visiting lomamontessori.com.



BISHOP IRETON HIGH SCHOOL

201 Cambridge Rd, Alexandria, VA 22314
(703) 751-7606

www.bishopireton.org

Ninth through Twelfth Grade

Bishop Ireton High School is a private co-ed Catholic College Preparatory high school in Alexandria serving grades 9-12. Founded in 1964 by Oblates of St. Francis de Sales, Bishop Ireton has a rich history of promoting spiritual, intellectual, creative, social, and physical development. Their mission is to challenge students to "Advance Always" in the love of God and man in order to meet and surpass present and future challenges in the 21st century. They offer a challenging curriculum of over 41 college prep, honors, and Advanced Placement courses, specifically geared for 21st century learning, as well as a four year community service program. Bishop Ireton is also proud to offer more than 50 co-curricular, student-led clubs and activities, 25 athletic programs, and 22 spiritual and service driven retreats over the course of the school year. Bishop Ireton High School's internationally renowned music and award-winning drama programs showcase their commitment to furthering the arts and inspiring creativity among our students. Attend the open house this fall to meet faculty, administrators, coaches, parents, current students, and take a tour of our facilities. Learn more about Bishop Ireton High School and find the next open house by visiting bishopireton.org.



LEPORT MONTESSORI

6 locations in Loudoun & Fairfax Counties
(703) 810-7160

www.leport.com

Infants through Sixth Grade

LePort Montessori is a mixed-age school and family-like community that fosters trust, autonomy, and social skills in children of all ages. Their mission is to equip students with essential knowledge, thinking skills, and strength of character so they can flourish as happy children today and successful adults in the future. Their curriculum emphasizes the relationship between academically challenging material presented in the classroom and real-life adventures that children experience outside the classroom. LePort accepts students as young as 12-weeks-old to 12-years-old. Their programs are structured for infants, toddlers, preschoolers, kindergarteners, and elementary-aged children. Their motivated teachers have a passion for their subjects and have demonstrated a love of working with children and fostering their unique skill sets and interests. LePort also offers Parent & Child classes, enrichment events, and after school care. LePort has campuses throughout the country and six right here in Northern Virginia. Schedule a tour at a campus near you or attend one of their local events to discover what LePort can do for your child. Learn more about LePort Montessori by visiting leport.com.





BROOKSFIELD SCHOOL

1830 Kirby Road, McLean, VA 22101

(703) 356-5437

www.brooksfieldschool.org

Toddler through kindergarten

For over 3 decades, Brooksfield has offered a unique Montessori experience cultivating a love of learning that fosters lifelong friendship between children, families, teachers, and the community. Situated on five quaint acres, the staff at Brooksfield is dedicated to providing a loving, stimulating, and creative environment with a focus on nature and the arts.

Honoring each child for who they are and who they can become, Brooksfield School fosters a thirst for knowledge and self discovery that inspires your child to blossom and flourish. Preparing an environment that encourages self confidence and independence for each child, Brooksfield considers it a joy to help them discover their full potential.

Brooksfield School also organizes multiple community service and outreach activities to exemplify the values of generosity, compassion, and aim to create healthy, eco-friendly learning environments for their children while showing them the importance of environmental stewardship.



MASON GAME & TECHNOLOGY ACADEMY

George Mason University
Fairfax – Prince William - Loudoun
(703) 993-7101

vsgi.gmu.edu/mgta

Ages 9 to Adult

MGTA is the Community Outreach Youth Program for the University's Virginia Serious Game Institute (VSGI) and the Mason Computer Game Design Program. Courses are developed and taught by Mason faculty, who are assisted by advanced game design and computer science university students – many of whom have start up companies of their own at VSGI, serving as mentors to the next wave of tech entrepreneurs.

MGTA offers age appropriate courses for students, ages 9-18 in 3D Game Design, Virtual Reality Game Design, Augmented Reality Mobile App Development, Art and Animation, Programming, and VR Minecraft modding. MGTA also offers Teacher Training workshops, and an Executive Education Certificate program for professionals/adults, in serious game development.



VIRGINIA ACADEMY

19790 Ashburn Rd, Ashburn, VA 20147
(571) 209-5500

www.virginia-academy.com

Pre-K through 12th grade

Virginia Academy is a fully accredited Christian private school serving grades PK-12 in Loudon County. Our school dates back to 1997, when it was only a preschool and kindergarten academy with just 25 students. Since then, Virginia Academy has grown to be one of the largest private schools in Northern Virginia. We emphasize a quality foundation of academic excellence with a Christ-centered position. Our highly acclaimed curriculum and programming is designed to help every child discover and use his or her unique gifts for their best life. At Virginia Academy, it is our firm belief that every child is endowed with unique abilities and a God-given purpose which is why we are committed to providing a variety of opportunities to develop each child individually. We offer advanced placement courses, physical education classes, Bible classes, foreign language workshops, and a variety of electives such as drama, computer class, art, band, and chorus to make for a very well rounded student. Virginia Academy also offers extended care and several different camps throughout the year. Schedule a tour of our facilities and meet our teachers, parents, and current students to get an intimate look at life at our school. Learn more about Virginia Academy by visiting virginia-academy.com.



POTOMAC SCHOOL

1301 Potomac School Road, McLean, VA 22101

703 356-4100

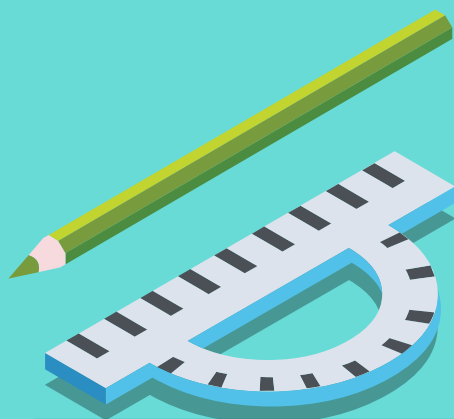
www.potomacschool.org

Kindergarten through Twelfth Grade

The Potomac School prepares students to achieve academically and to live healthy, principled, and successful lives. Potomac faculty truly get to know each child - their interests and passions and what lights their intellectual fire, while challenging students with a rigorous program of inquiry and study. Potomac graduates develop a framework for understanding the world and the skills and traits to succeed in it.

Head of School John Kowalik notes, "A Potomac School education is distinctive in many ways. I think immediately of the excellence of our teaching and the beauty of our wooded, 90-acre campus. One of our great strengths is the fact that Potomac is a K-12 school with all grade levels in one location; this creates exciting opportunities for collaboration and contributes to the strong sense of community for which our school is known.

"In addition to academic achievement, Potomac emphasizes character development and excellence in all dimensions of a student's life. This is the promise of our mission – to prepare students to achieve academically, and to lead healthy, principled, and successful lives."





EDUCATION REVIEW

CONTINUED FROM PAGE 29



WESTMINSTER SCHOOL

3819 Gallows Rd, Annandale, VA 22003
(703) 256-3620
Preschool: (703) 256-2035

www.westminsterschool.com

Pre-K through Eighth Grade

Westminster's overall program is based on the belief that children between the ages of three and fourteen are naturally dominated by curiosity and enthusiasm. To satisfy and stimulate this appetite for learning and accomplishment, Westminster presents a well-rounded, challenging curriculum steeped in the classics and enhanced by the arts. The purposeful classroom environment emphasizes thorough mastery of subject, high standards of achievement, good study habits, and personal responsibility.

Art and music classes are part of the weekly schedule for all grades and dance is included as a regular part of the PE program. A unique aspect of Westminster School is its drama



program. All students participate in theater, performing in a class play every year, culminating with a Shakespeare play in the 7th grade and a Broadway musical in the 8th grade.

This rich and varied program is supported by extensive optional extracurricular clubs and activities, including Builders Club (community service), Chess, Chorus, Orchestra, French Club, Math Counts, Odyssey of the Mind, Science Olympiad, as well as team sports in basketball, soccer, softball, and track and field. Athletic competitions, art exhibitions, math contests, science fairs, and talent shows provide many opportunities for students to explore and share their talents and develop leadership skills.

Westminster parents appreciate that the daily school life is supported by an array of programs, including small-group teacher-provided academic support which is built into the school day, extended care, summer and intersession camps, frequent field trips, after-school enrichment classes, door-to-door bus service, and an optional lunch program. The Westminster Parents' Club provides a variety of ways for parents to be involved in school life and support their children's education.

Finally, the Westminster community is strengthened by its diversity, with a student body and faculty representing more than 40 different countries and a variety of religions and ethnic origins. Westminster provides a unique environment where each individual is recognized, respected, and celebrated while all are united by shared values of kindness, respect, responsibility, a strong work ethic, enthusiasm for learning, and joy in the possibilities of life.

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"It shaped me and helped me to grow."

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FUSION ACADEMY

1934 Old Gallows Road Suite 200, Vienna,
VA 22182
(703) 448-0350

www.fusionacademy.com

Sixth through Twelfth Grade

Fusion Academy is an accredited, non-traditional private middle and high school serving students in grades 6-12. They offer a revolutionary educational experience that can be completely customized for each individual student based on self-paced mastery learning. Their class size is as small

as it gets — one teacher and one student per classroom. This allows their students to flourish emotionally, socially, and academically in a safe, familiar space. The curriculum goes past traditional academic subjects to include music and art as part of their required Wellness Program. Fusion Academy is proud to offer over 250 class options including honor courses and life skills courses. Fusion Academy generally serves students with the following backgrounds: anxiety, ADHD, social challenges, learning differences, dyslexia, gifted or accelerated learners, and students with challenging schedules. However, students of all backgrounds are welcome at Fusion and can be enrolled at any time during the year. They even offer summer school options. Fusion Academy has campuses all over the country, including three in Northern Virginia — Alexandria, Loudon, and Tysons — and one in Washington D.C. Register for one of their informational events or schedule a tour of a Fusion campus near you to learn more.



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OPEN HOUSE EVENTS: Saturday, September 16th, 11am-2pm | Saturday, September 30th, 11am-2pm

8800 Arlington Blvd, Fairfax, VA 22031 | www.veritasacademydc.com



VERITAS COLLEGIATE ACADEMY

8800 Arlington Blvd, Fairfax, VA 220131
1-866-LOGIC-33

www.veritasca.com

Kindergarten through Twelfth Grade

Veritas Collegiate Academy is a private classical Christian school with a mission to lead students into excellence through a firm foundation of academia and the inerrant word of God. Serving students in grades PK-12, their curriculum is based on the trivium which incorporates three parts: grammar, logic, and rhetoric. By instilling in children a love of learning, teaching them how to think and how to

articulate arguments based in facts and logic, Veritas Collegiate Academy prepares their students for a life of leadership that may impact the world for Christ. Their esteemed faculty offers spiritual mentoring as well as classical teaching to further develop relationships among the student body and deepen your child's faith. Veritas also offers a variety of athletic programs, art programs, and even summer camps! Their new Fairfax campus is currently accepting applications for the 2017-2018 school year. Sign up for the open house on their website to learn more about the mission and vision of Veritas, meet administrators, faculty, students, and even step into a classroom to see students and teachers in action. They're scheduling tours of the campus on Mondays, Wednesdays, and Thursdays this summer. Learn more about Veritas Collegiate Academy at veritasca.com.

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MONTESSORI SCHOOL OF MCLEAN

1711 Kirby Rd., McLean, VA 22101
703 790-1049

www.mcleanmontessori.org

Montessori for children 24 mos– 12 years old

General objectives of the Montessori program are to: nurture self-confidence, independence, concentration, co-ordination, a sense of order, and an awareness of self, community and the world, to encourage and direct the natural desire to learn, choose and solve; and to provide a carefully prepared environment and personnel to support learning as it moves from the concrete base to greater abstraction. The Montessori School of McLean is one of only a few Montessori schools in Virginia to be accredited by the American Montessori Society (AMS), AdvancED-Southern Association of Colleges and Schools (SACS),

and to be certified by the Commonwealth of Virginia Department of Social Services.

The main focus of the pre-primary (toddler) curriculum is social/emotional development, language skills, gross and fine motor control, extended concentration, independence, potty training, and preparation for the Primary level. We have an Infant/Toddler Montessori trained teacher with two, sometimes three, assistants, creating a 1:4 adult/child ratio.

The Primary (preschool/kindergarten) environment is divided into four main categories: practical life, sensorial exploration, language, and mathematics. The academic program also includes art, music, geography, science, history, foreign language, and physical education.

The rich Elementary curriculum includes mathematics, language, reading, grammar, writing, spelling, geography, history, technology, spanish, and science.

Co-Head of School Meredith LeGrand offers, "Our mission is to nurture the whole child and to inspire an enduring love of learning that prepares children to live joyful lives as responsible, compassionate citizens, therefore contributing to a peaceful and benevolent society." ♦



BY LANI FURBANK

10

so unique so

COFFEE SHOPS

IN NORTHERN VIRGINIA

On a brisk fall morning, nothing beats the comfort of stepping inside a coffee shop and warming up with a hot cup of coffee in a big, inviting armchair. Northern Virginia's coffee scene is growing fast, and it's catering to fast-moving professionals and casual conversationalists alike. Our region is home to world class latte artists who expertly pour lattes, local roasters who analyze each flavor note in their beans, and café owners who support their community's music and arts culture. Whether you're looking for a third wave creation, a comfortable wifi hub, or a buzzy social scene, you can find a coffee house to love in Northern Virginia. Here are 10 great options in the area.



Photo courtesy of Bean Bar

Bean Bar Bean Bar encourages customers to connect and make conversation over coffee, baked goods, breakfast fare, and lunch items. Their elegant space provides plenty of room to catch up with old friends or meet new people at the long bar. The coffee comes from Madcap Coffee Company in Michigan, and is complemented by a unique array of sweets – from macarons and pop tarts to tiramisu and s'mores.

1601 Village Market Boulevard SE, Suite 122, Leesburg, VA
703-777-7200 | www.beanbarloudoun.com



Photo courtesy of Brew LoCo Coffee Bar

Brew LoCo Why just brew coffee and tea when you can also brew beer? Brew LoCo combines all three as a coffee shop and home brew supply store. They have a full coffee and tea menu, with beans from Lone Oak, but they also offer local beer on tap, as well as everything you could need to start your own home-brewing operation—from grain and hops to bottles and tubing. They even teach classes (Brew-U) and invite home brewers to borrow their equipment. Check out their Nitro coffee, which is poured from a stout tap to give it a frothy, beer-like quality.

19382 Diamond Lake Drive, Lansdowne, VA
brewloco@gmail.com | www.brewloco.com



Photo courtesy of Blend Coffee Bar

Blend Coffee Bar This coffee bar balances a cozy coffee shop vibe with a cool evening scene. On Friday nights, there's live music, and on Thursdays, Blend hosts trivia games and open mic nights. Customers can choose from espresso drinks, baked goods, wine, beer, sandwiches, and small plates. The coffee beans are from local roasters Caffé Amouri and Lone Oak.

43170 Southern Walk Plaza, #120, Ashburn, VA
571-442-8718 | www.blendcoffeebar.com



Photo courtesy of Cafein

Cafein Cafein uses beans from cult-favorite, Stumptown Coffee Roasters, for their innovative drinks. Choose from the usual espresso options, or try a rose latte, an ola (orange latte), or an espressoda. The rose latte is made with rose water, rose syrup, espresso, milk, and topped with an edible flower. Their elaborate latte art often features cartoon characters, and their team participated in World Latte Art Championships in New York City.

13924 Metrotech Drive, Chantilly, VA
703-961-1081 | www.cafeinva.com





Photo courtesy of Caffé Amouri

Caffé Amouri This artisan, small batch roaster regularly roasts beans in house for their extensive coffee menu and for several other local coffee shops. In addition to espresso drinks and drip coffee, they offer single cup pour overs or French press preparations for a rotating selection of specialty coffees. Amouri also puts an emphasis on sustainability by using corn starch cups and fettuccine coffee stirrers, and offering coffee grounds to local gardeners.

107 Church Street NE, Vienna, VA
703-938-1623 | www.caffeamouri.com



Photo credit: April Greer

Green Lizard Cycling & Coffee Shop

Green Lizard is a bike shop and coffee bar hybrid situated on the Washington & Old Dominion Trail. The owners opened the shop in 2013 to fill a gap in the community by providing a local coffee spot and bike shop for the large population of cyclists who frequent the trail. They offer a wide selection of bikes and accessories, as well as a full coffee menu using beans from Kaladi Brothers Coffee from Anchorage, Alaska. They also serve teas, juices, smoothies, soups, sandwiches from Mediterranean Breeze Restaurant, and baked goods from The Boutique Bakeshop.

703-707-2453 | 718 Lynn Street, Herndon, VA
www.greenlizardcycling.com/green-lizard-coffee



Photo credit: Bryn Wallace, Virginia Wine Photographer

Cameron's Coffee & Chocolates Cameron's Coffee & Chocolates is a branch of the nonprofit, Every1 Can Work, which provides meaningful employment to individuals with intellectual disabilities. These individuals work in the bakery in a community atmosphere to prepare fresh pastries, Belgian chocolates, coffee drinks, and tea. Leftover food products are donated to The Lamb Center homeless shelter at the end of the day.

9639 Fairfax Boulevard, Fairfax, VA
703-278-2627 | www.every1canwork.com



Photo courtesy of Katie's Coffee House

Katie's Coffee House

Situated next to The Old Brogue Irish Pub, Katie's Coffee House is named after the pub owner's daughter. The charming spot offers coffee and espresso from the beloved Italian brand, Illy. They also host an afternoon tea at noon from Monday through Saturday. Tea service includes finger sandwiches, fresh scones, and petit fours. On Saturday mornings, the coffee house is home to Katie's Cars and Coffee, which hosts a gathering of over 400 antique, show, exotic, muscle cars and trucks. Nightly, the space converts into a dining room for the pub.

703-759-2759 | 760 Walker Road, Great Falls, VA
www.oldbrogue.com/index.php/katies-coffee-house





Lake Anne Coffee House The owners are longtime Lake Anne residents who wanted to revive coffee house, which they saw as the anchor of the Village Center. The spot will serve local coffee from Caff  Amouri and Monument Roasters, tea from New York-based SerendipiTea, breakfast, lunch, and evening small plates. Or enjoy a glass of wine upstairs with unique varietals from some off-the-beaten path places.

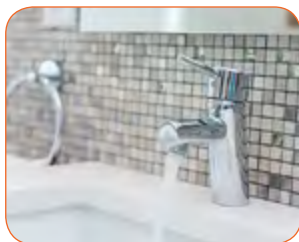
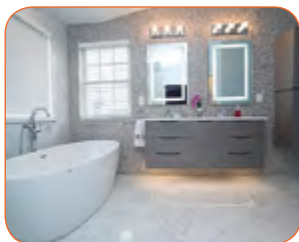
703-481-9766 | 1612 Washington Plaza N, Reston, VA
www.facebook.com/LakeAnneCoffeeHouse



Mom & Pop Dolcetta Gelato opened this coffee house concept last year with a focus on locally produced food. In addition to coffee from Stumptown Coffee Roasters, Mom & Pop carries pastries from Bluebird Bakery and Paisley Fig, biscuits from Mason Dixie, and various sandwiches and snack boards. The glass walls provide lots of natural light, making it a great place to telework or hang out, provided you can snag a table.

703-992-0050 | 2909 District Avenue, Fairfax, VA
www.dolcezzagelato.com/locations/mom-and-pop

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

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*Thurs: 11:30am - 1:30am
Kitchen Serving until 11:00pm*

*Fri - Sat: 11:30am - 2:30am
Kitchen Serving until 1:00am*

www.citytap.com

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★ **SUNDAY BRUNCH** ★
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703-854-1230
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ALL
THE
GAMES**

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

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

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



EVE THOMPSON REALTOR® | Long and Foster Realtors

13135 Lee Jackson Memorial Hwy | Fairfax, VA 22033

Main Phone: **703-798-9000** | Mobile: **703-582-6475**

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



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SEPTEMBER 10

RICK SPRINGFIELD RICHARD MARX

Filene Center at Wolf Trap, 8pm, \$30-65
In their joint Wolf Trap debut,

'80s heartthrobs Rick Springfield and Richard Marx join forces for a stripped-down storytellers concert featuring hits like "Jessie's Girl" (Springfield) and "Right Here Waiting" (Marx). "We can't recall the last time an 'unplugged' show was this electrifying" (Axs.com)

SEPTEMBER 10

DOGFEST WASHINGTON DC 2017

Reston Town Center, 11900 Market Street, Reston, Virginia, 12 - 3 pm
Grab your leashes and get ready for a tail-waggin' good time at the 4th annual Washington DC DogFest Walk 'n Roll with festivities, graduate speakers, dog demonstrations, music, food, and more. Celebrate the community of people and dogs that show the most advanced technology for transforming the lives of people with disabilities is a cold nose and a warm heart. Free admission. Proceeds benefit Canine Companions for Independence - Capital Chapter. cci.org

SEPTEMBER 11

9/11 REMEMBRANCE CEREMONY

Town Green, 144 Maple Avenue E, Vienna, VA 22180. 9am

A brief ceremony remembering the terrorist attacks of 2001, hosted by American Legion Post 180.

SEPTEMBER 12

2CELLOS

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

Young Croatian cellists Luka Sulic and Stjepan Hauser, together known as 2CELLOS, have achieved sensational success by taking the cello to a new level. The internationally famous YouTube sensations have broken the boundaries between different genres of music, from classical and film music to pop and rock.

SEPTEMBER 14-15

STEVE MARTIN & MARTIN SHORT

"An Evening You Will Forget for the Rest of Your Lives"

Filene Center at Wolf Trap, 8pm, \$45-125

Expect nonstop laughs as the hilarious duo of Steve Martin and Martin Short recall their iconic careers, creative influences, and memorable encounters, uniquely presented through banter, singing, and banjo playing.

SEPTEMBER 15

CHRISTINE LAVIN

Jammin Java, 7:30pm, \$20

Christine Lavin is a singer/songwriter/guitarist/recording artist who has been based in New York City since 1976. She is currently working on her 23rd solo album, scheduled for release in the fall of 2017.

CONTINUED ON PAGE 42

LOCATIONS

THE BARNS AT WOLF TRAP

1635 Trap Rd., Vienna
703.255.1900
www.wolftrap.org

HERNDON TOWN GREEN

777 Lynn Street, Herndon
www.herndonrocks.com

RESTON TOWN CENTER

11900 Market Street
Reston, Virginia
703.579.6720
www.restontowncenter.com

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 is presented by Reston Community Center and hosted by Lake Anne Plaza with co-sponsorship support from Reston Association. Partners include a variety of Reston-based organizations and businesses.



Saturday, September 23

11:00 a.m. – 6:00 p.m.

Lake Anne Plaza

FEATURING:

- **NEW!** Turning Heads – Cultural significance of hats, head coverings and hair styles
- 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

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





SEPTEMBER 10
The Filene Center
at Wolf Trap



RICHARD MARX

Photo courtesy of Wolf Trap



Photo courtesy of Jammin Java

7:30 P.M.



SATISFACTION THE INTERNATIONAL ROLLING STONES SHOW

Jammin Java, 7:30pm, \$15-25

"Satisfaction/The International Rolling Stones Show" is the international touring tribute show to the World's Greatest Rock & Roll Band. This Billboard & Pollstar listed show is now in its ninth year of production with over 1600 performances. This highly-acclaimed production showcases the most authentic cast and costuming of its kind. The likes of Mick Jagger, Keith Richards, and cast bring a colorful performance to over 45 years of classic hits. Featured in Rolling Stone, Showbiz Magazine, Las Vegas Today, CBS Sunday Morning News and hundreds of national newspapers, magazines, television and radio as the world's greatest show honoring the Rolling Stones and their legacy.

CONTINUED FROM PAGE 40

SEPTEMBER 15

CHILLIN' ON CHURCH

Historic Church Street, Vienna, VA 22180, 6:30pm-9:30pm

Chill with friends and neighbors while enjoying food trucks, music, fun activities for kids, and beverages. No BYOB.

SEPTEMBER 16

GIPSY KINGS

Featuring Nicolas Reyes and Tonino Ballardo

Filene Center at Wolf Trap, 8pm, \$38-55

The Grammy-winning band behind "Bamboleo" celebrate 25+ years of flamenco, salsa, and pop fusion perfection in the party-starting spirit of the south of France.

SEPTEMBER 16

CHALKFEST

Reston Town Center, 11900 Market Street, Reston, Virginia

Spectators and participants welcome! Rain or shine. Registration fee for participation includes supplies. For more

information, call 703.467.9797 or email info@publicartreston.org or visit publicartreston.org

SEPTEMBER 16

MCLEAN COMMUNITY FALL GARAGE SALE

1420 Beverly Road McLean, Va. 22101 (behind Staybridge Suites Hotel), 9am-1pm, Free admission

Do you love a treasure hunt? Come shop over 50 vendors! Rather sell than shop? Spaces are available on a first-come, first-served basis for \$45. Register online at apm.activecommunities.com/mcleancommunitycenter/Activity_Search/6184. Application deadline is Wednesday Sept. 13, or until sold out.

SEPTEMBER 16

SHENANDOAH RUN

Jammin Java, 6:30pm, \$20

Formed in 2011, this 9-piece, DC-based ensemble, Shenandoah Run, is a band in pursuit of a vision—keeping folk music alive and fresh! This guiding ambition has been key to their success. Their performances pay tribute to both vintage Americana and contemporary folk music, while their top-notch musicianship and soaring harmonies lure you in for that irresistible sing-along. Their latest album, "SR," released in May 2016, brings their unique, fresh voice to classic and contemporary folk songs, as well as to two original songs. Come spend some time with them and experience "folk music with a kick."

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SEPTEMBER 22

ROCK THE BLOCK

Old Town Square, 3999 University Drive, 6:30-9:30pm

Enjoy live music by DC's Top All-90s Cover Band White Ford Bronco, 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.

SEPTEMBER 22-23

FAMILY CAMP OUT

Glyndon Park, 300 Glyndon St. NE, Vienna, VA 22180, 5pm Sept. 22 - 9:30am Sept. 23

Play and sleep under the stars at the Town of Vienna's Family Camp Out. Dinner, fun family activities, and a continental breakfast included. Bring a tent, sleeping bags, chairs, flashlights, snacks, change of clothes, and personal items. Sorry, no pets allowed.

SEPTEMBER 22-24

CAPITAL HOME SHOW

Dulles Expo Center, Chantilly, VA, 10am-9pm, \$3-10

Curious to know which trends will make a bold new comeback this year? Experience at-home comfort in the all-new, custom-built Design Home. Tour our 1,400 sq. ft. show home featuring 2017's latest trends in design and décor. Enjoy the Home Show's wine lounge, Make-It Take-It Workshops, and interact with new products, speak directly with the experts and take home ideas for your next renovation.

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CONTINUED ON PAGE 44

Reston Art Gallery & Studios

Exhibits in September and October



"September Song" by Dorothy Donahey

Dorothy Donahey

"September's Song"

Exhibit: September 7 - October 2

Reception: September 10, 2-4 pm

Public Welcome



"Confrontation" by Sandra Dovberg

Sandra Dovberg

"Dialogue & Soliloquy"

Exhibit: October 5 - November 2

Reception: October 8, 2-4 pm

Public Welcome

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

703-481-8156 ∞ RestonArtGallery.com



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HERNDON, VA 20170
703-956-6590



CONCERTS ♥

Lulu's Fate
Traditional Appalachian & Americana
Sat., SEPT. 16
4-6pm
\$15*/\$20**

Crys Matthews
Blues Singer & Songwriter
Sun., OCT. 15
4-6pm
\$15*/\$20**



EXHIBITS ♥

Infinite House
Sarah Irvin
Mixed Media

ON EXHIBIT: **SEPT. 7 - 30**
RECEPTION: **Sat., SEPT. 9**
7-9pm

Expressions Portrait Competition & Exhibit
Various Artists
Mixed Media

ON EXHIBIT: **OCT. 3 - 28**
RECEPTION: **Sat., OCT. 14**
7-9pm

* Online **At the Door

ARTSPACEHERNDON.COM



HERNDON ARTS WEEK CELEBRATIONS

October 9 - 15, 2017

A week of free or low cost events celebrating Herndon's arts community. Emphasizing the significance of the arts in our community. There is a little something for everyone, every age and every interest.

- 10/9 - Kids Day at Frying Pan Farm Park
- 10/10 - Folk Club Concert at Amphora Diner
- 10/11 - Concert at the Senior Center
- 10/12 - Arts Crawl
- 10/13 - ArtSpace Herndon Book Signing
- 10/14 - Art Exhibit Reception at ArtSpace Herndon
- 10/15 - Crys Matthews Concert



SEPTEMBER 14-15
The Filene Center at Wolf Trap

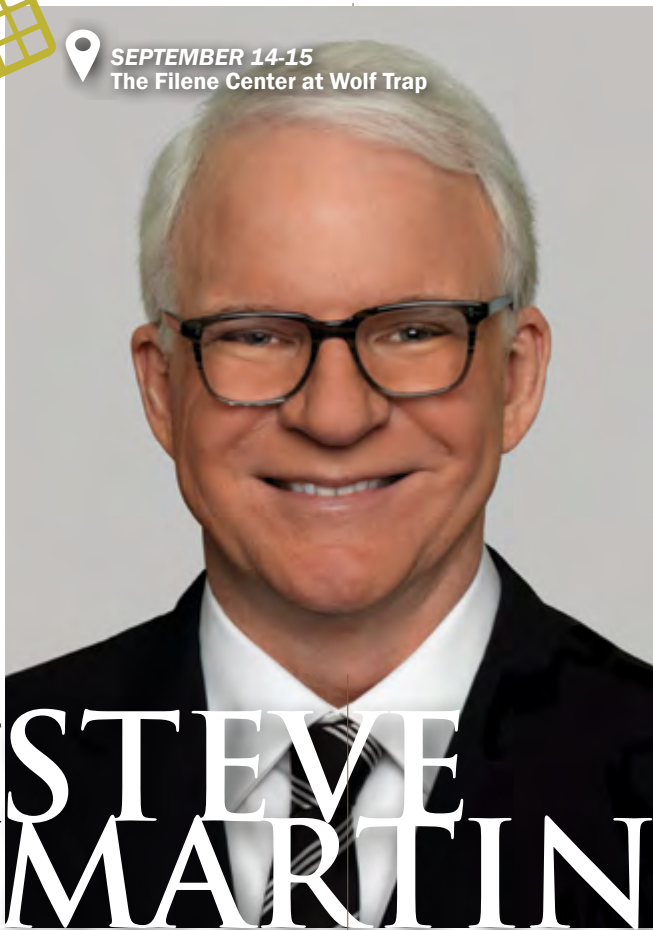


Photo courtesy of Wolf Trap

STEVE MARTIN



OCT 7

11AM-7PM

VIENNA OKTOBERFEST

Church Street, Vienna VA, 11am to 7pm

An annual event on the first Saturday in October Vienna Oktoberfest is celebrating its 10th year in 2017. Oktoberfest features drinks, food, live entertainment on two stages, including a main stage for music, and a children's stages. Family friendly games and children's activities will also be available. Hosted by the Vienna Business Association. Free admission and entertainment. Pay as you go.

CONTINUED FROM PAGE 43

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CONTINUED ON PAGE 46



With horses and pigs, grammar gets real—and children love it.

How do words work together to allow us to communicate?
Why does *“Place the brown horse behind the pink pig”* make sense but *“Horse the brown pig place the pink behind”* does not?

Grammar is our tool for clarity in communications.
It is essential to writing well, and to understanding what we read.

At LePort Montessori, grammar is child’s play—literally!

A preschooler acts out verbs and builds scenes with The Farm. He learns to mark articles, adjectives, nouns, prepositions and conjunctions with colorful symbols, in response to prompts, such as *“which word told you what type of cow?”* Later in our Elementary program, he uses other materials to analyze more complex sentences, and has fun playing sentence diagramming relays.

Interesting questions, hands-on materials, and a playful spirit make grammar enjoyable to learn and understand at LePort Montessori. Children master it and acquire yet another key tool to become capable communicators and clear thinkers—ready to flourish not just in school, but in life.

Learn more at
leport.com/go/farm





SEPTEMBER 10
The Filene Center
at Wolf Trap

Photo courtesy of Wolf Trap

RICK SPRINGFIELD



Photo courtesy of Wolf Trap

3 P.M.

YES

Featuring Jon Anderson, Trevor Rabin and Rick Wakeman
Filene Center at Wolf Trap, 8pm, \$30-75
Featuring 2017 Rock and Roll Hall of Fame inductees Jon Anderson (YES's original singer), keyboardist Rick Wakeman, and guitarist Trevor "Owner of a Lonely Heart" Rabin, the trio reunites after 25 years to reform the definitive YES lineup.

SEPT 13

CONTINUED FROM PAGE 44

No Pets allowed except service animals. Visit www.fairfaxva.gov/RockTheBlock for more information.

SEPTEMBER 22-23

FAMILY CAMP OUT

Glyndon Park, 300 Glyndon St. NE, Vienna, VA 22180, 5pm Sept. 22 - 9:30am Sept. 23
Play and sleep under the stars at the Town of Vienna's Family Camp Out. Dinner, fun family activities, and a continental breakfast included. Bring a tent, sleeping bags, chairs, flashlights, snacks, change of clothes, and personal items. Sorry, no pets allowed.

SEPTEMBER 22-24

CAPITAL HOME SHOW

Dulles Expo Center, Chantilly, VA, 10am-9pm, \$3-10
Curious to know which trends will make a bold new comeback this year? Experience at-home comfort in the all-new, custom-built Design Home. Tour our 1,400 sq. ft. show home featuring 2017's latest trends in design and décor. Enjoy the Home Show's

wine lounge, make-it take-it workshops, and interact with new products, speak directly with the experts, and take home ideas for your next renovation.

SEPTEMBER 23

BACKYARD COMPOSTING WORKSHOP

Cherry Hill Park, 2pm-4pm

Learn how to compost! Topics include: leaf mulching in your yard, yard waste composting, hands-on composting demonstration, making compost tea, proper food waste composting, and vermicomposting. All participants will have their names placed in a raffle to win free compost bins.

SEPTEMBER 29

PIGPEN THEATRE CO.

Jammin Java, 8pm, \$18

PigPen Theatre Co. began creating their unique brand of theatre, music, and film as freshmen at the Carnegie Mellon School of Drama in 2007. Their debut album, "Bremen," was named #10 album of the year in The Huffington Post's 2012 Grammy preview sending PigPen on tour playing to sold-out crowds across the country. American Songwriter premiered their follow-up EP, "The Way I'm Running," in 2013 while the band was playing a series of concerts that became one of the most popular residencies of the past decade at the legendary Schuba's Tavern in Chicago. In 2015 PigPen released their sophomore album, "Whole Sun," performed at Mumford & Sons' return to the Gentlemen of the Road Festival, and made their feature film debut in Jonathan Demme's "Ricki and the Flash" starring Meryl Streep. They are currently writing their debut children's novel and performing Shakespeare's Pericles directed by Sir Trevor Nunn at Theatre For A New Audience in Brooklyn, NY.

SEPTEMBER 29–
OCTOBER 2

FORT BELVOIR OKTOBERFEST

Fort Belvoir, VA

This 20th annual Oktoberfest is a four day festival of German food, beer, music and dancing. Includes 10K walk and 5K challenge, carnival, kinder korner kids activity area, 21+ beer tent, Mr. & Mrs. Oktoberfest contest and more.

OCTOBER 7

FLAVORS OF FALL

Reston Town Center, 12pm-11pm

Savor the flavor of autumn brews and delicious fare from area restaurants. Enjoy food, wine, German and craft beers on tap, and live entertainment. Free admission; purchase tickets for food and beverages. Produced by Greater Reston Chamber of Commerce.

Garage parking is free every weekend and no session activation is required.

OCTOBER 7

THE MCLEAN 5K

The McLean 5K Run is coming back this fall! Hosted by MCC with the support of sponsors Century 21 New Millennium and The Greater McLean Chamber of Commerce. The race features a certified course through the heart of McLean and is designed to appeal to runners of all abilities.

In addition to great exercise, the event will promote Public Safety Appreciation and serve as an opportunity to express appreciation and respect for the first responders from McLean Volunteer Fire Department and McLean District Police Station. The proceeds from McLean 5K Run will benefit the McLean Community Foundation (MCF). So recruit a team of coworkers, teammates, neighbors, and friends and mark the calendar for Saturday, Oct. 7, 2017.

For more information and to register go to www.Mclean5K.com.

OCTOBER 5

CHARLIE HUNTER TRIO

Jammin Java, 7:30pm, \$22

As a young guitarist growing up in the San Francisco Bay Area, Charlie Hunter was looking for a way to stand out in the '80s. His primary influences were jazz great Joe Pass and the fluid Tuck Andress (of the guitar/vocal duo Tuck & Patti), both six-string guitarists who were adept at blending bass notes into their standard guitar melodies to make themselves sound like two musicians at once. But Hunter wanted to take it one step further and set out to find an instrument on which he could simultaneously function as both a guitarist and a bassist. For his self-titled 1993 debut CD, Hunter played a seven-string guitar for the duality effect, locking down the bottom with drummer Jay Lane and mixing melodically with saxophonist David Ellis. On his trio's 1995 sophomore release, "Bing, Bing, Bing!" Hunter unveiled his custom-made Novax eight-string, the guitar that finally allowed him to realize his capacity. Designed by Ralph Novak, the instrument featured special frets and separate signals for its guitar and bass portions. Picking bass notes with his right thumb while fretting them with his left index finger while at the same time fingerpicking guitar chords and single notes with his right hand's remaining four digits as he frets with his left hand's other three fingers, Hunter achieves the real sound of two-for-one.

OCTOBER 13

6TH ANNUAL YMCA FAIRFAX COUNTY RESTON CORPORATE CHALLENGE

YMCA Fairfax County Reston, 9am-3pm

Showcase your company in the community and promote the value of healthy living at your workplace with the ultimate wellness experience. The Corporate Challenge is an Olympic-style, co-ed team-



Photo courtesy of Wolf Trap



SEPTEMBER 17
The Filene Center
at Wolf Trap

building, fun opponent-taunting, skills-flaunting, event promoting health and wellness in Fairfax County. See page 81.

OCTOBER 14

RECYCLING EXTRAVAGANZA AND HAZARDOUS WASTE COLLECTION EVENT

Falls Church Recycling Center, 9am-2pm

Recycle electronics, computers, eye glasses, medical equipment, sewing machines, bikes, clothing, textiles, batteries, and more. Shred up to three boxes of documents and properly dispose of consumer products that are either toxic, ignitable, corrosive, or reactive.

OCTOBER 14

HALLOWEEN ON THE GREEN

Town Green, 144 Maple Avenue E, Vienna, VA 22180, 11am-12:30pm, Free

For ages 2-10. Spooky crafts, games, entertainment, and other fun activities.

OCTOBER 20

LARA ST. JOHN, violin MATT HERSHKOWITZ, piano FOUNDER'S DAY

Chamber Music at the Barns

The Barns at Wolf Trap, 7:30pm, \$40

"Lara St. John happens to be a volcanic violinist with a huge, fabulous tone that pours out of her like molten lava. She has technique to burn and plays at a constant high heat." (*Los Angeles Times*)



OCTOBER 25

HALLOWEEN PARADE

Maple Avenue, Vienna, VA 22180, 7pm

Join friends and neighbors, ghouls and goblins for one of Vienna's most treasured traditions: the 71st annual Halloween Parade, hosted by the Vienna Business Association. Pre-registration is required for businesses and organizations who wish to march in the parade. No registration is needed for children who want to wear costumes and walk in the parade; children must be accompanied by their mummy or another adult.

OCTOBER 26 - OCTOBER 29

WASHINGTON WEST FILM FESTIVAL

Bow Tie Cinemas, 11940 Market Street, Reston Town Center

A unique cinematic experience presenting fine independent films. Visit wwfilmfest.com

OCTOBER 27

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. Vinyl Invention is a DC Metro cover band. Energized from beginning to end, the band's show draws in the audience and ensures that everyone has an unforgettable good time. Please bring chairs and or blankets to sit on! No pets allowed except service animals. Visit www.fairfaxva.gov/RockTheBlock for more information.

OCTOBER 27

AN EVENING WITH SUSAN WERNER

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

As audiences will testify, Werner's been knocking it out of the park – or, concert hall – all around the US for twenty years. Renowned as a charismatic performer, she's known above all for challenging herself to conquer new styles every few years. From her 1995 major label debut on BMG/Private Music, the folk/rock gem "Last of the Good Straight Girls," to her 2004 Koch Records collection of Tin Pan Alley styled originals "I Can't Be New," to her 2007 "agnostic gospel" hymnal "The Gospel Truth," to 2013's tribute to agriculture and her Iowa farm roots "Hayseed," Werner's creative restlessness has become her defining characteristic.

NOVEMBER 3

DOTAN: SOLO TOUR 2017

Jammin Java, 8pm, \$15-25

After having played over a hundred living room shows to conquer his stage fright, Dotan finally released his debut album *7 Layers* in 2014. The album instantly connected with audiences and within a year the Dutch singer-songwriter took the multi-award winning album from living rooms, to international festivals, to his sold-out headline stadium show in Amsterdam. His songs "Home" and "Hungry" were instant hits. Unique vocal, heartfelt lyrics and dynamic musicianship resonated with listeners. No matter the scale, his shows provided an experience, mixing big drums and anthemic numbers with more intimate and acoustic moments.

NOVEMBER 11

BOWMAN HOUSE POTTERY SHOW & SALE

211 Center Street S, Vienna, VA 22180. 10am-3pm, free admission

Unique and inexpensively priced pottery pieces, created by students and teachers in the Town's pottery classes, are available for purchase. Only cash or check payments accepted.






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Photo by 22gates.com



SPAZIO

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Spazio Italian Kitchen and Bar, 3pm-7pm

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

CREATURE FEATURE AT ROER'S ZOOFARI

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

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

SAFARI WAGON RIDE AT ROER'S ZOOFARI

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

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

PRISON (RE)FORM

Through December 2017 the exhibit Prison

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

HAPPY HOUR SPECIALS

Spazio Italian Kitchen and Bar, 3pm-7pm

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

RESTON TOWN CENTER ICE SKATING PAVILION SEASON

**November 2017 until March 2018
Reston Town Center Pavilion, 11900 Market Street, Reston Town Center**

Public ice skating and skate rentals every day, including all holidays. Also available are skating lessons, birthday parties, private

and corporate parties. More information, rates, and schedules: 703.709.6300 restontowncenter.com/skating

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.

MR. KNICK KNACK!

Performances for Children

Mondays, May through October, 10:30 – 11:15 am

Reston Town Center Pavilion, 11900 Market Street, Reston Town Center
Free performances of heart-centered music for children and their grown-ups. restontowncenter.com/events

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.

WEDNESDAYS

DOG DAYS OF SUMMER

Every Wednesday through September 27, Reston Town Center Pavilion, 11900 Market Street, Reston Town Center, 4pm - 7pm

Dogs and owners can frolic in the Pavilion as it is transformed weekly into an off-leash play area. Treats, toys, areas to cool off, pet friendly giveaways, and more! Free. restontowncenter.com

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.

FRIDAYS

JAMBREW

Herndon Municipal Center stage, 6pm

While summer turns to autumn, there will still be a few nights of music on the town green at JamBrew. Friday evening performances in September will feature local bands playing original music on the Herndon Municipal Center stage. General admission for is free, and food and beverages will be available for purchase, including several locally brewed beers.

SUNDAYS

\$20 OFF YOUR DINNER CHECK

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

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

RESTON TOWN CENTER PARKING UPDATE

(as of June 5, 2017)

Garage Parking:

Monday to Friday, from 5 pm until 3:30 am:
FREE – parking activation is
NOT required after 5 pm

Monday to Friday, when rates are in effect,
first hour is FREE – parking activation is
required from 3:30 am - 5 pm via kiosks; by
phone; by app – ParkRTC –
or ParkRTC.com

Every weekend: FREE (as always) – parking
activation is NOT required on weekends
or federal holidays

Street Parking:

Monday to Saturday: Hourly rates are in
effect – parking activation is required

Sundays: FREE – parking activation is
NOT required – 2-hour maximum



Spruce Point Inn Resort & Spa, on the waterfront in Boothbay Harbor, Maine is recognized as one of the Top 25 Family Reunion Resorts by Conde Nast Traveler and the Best Hotel in Maine by readers of Down East Magazine. And for creating "oceanside memories, made in Maine."

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AROUND TOWN

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



Shelter House CEO and Executive Director, Joe Meyer

SHELTER HOUSE NAMED NON-PROFIT OF THE YEAR *by the Northern Virginia Chamber*

Shelter House was named Non-Profit of the Year by the Northern Virginia Chamber of Commerce (Northern Virginia Chamber), The Voice of Business in Northern Virginia™. The award was presented at the Northern Virginia Chamber's Outstanding Corporate Citizenship Awards at the organization's Annual Chairman's Luncheon in the Hilton McLean Tysons Corner.

Presented across seven categories, the awards honor extraordinary business leadership and above-and-beyond corporate social responsibility (CSR).

Shelter House has committed themselves to provide leadership in the community to improve and expand the DC region's capacity to prevent and respond to domestic violence and homelessness. Through this commitment, Shelter House continues to focus on its mission: to prevent and end homelessness and domestic violence by engaging the community, building effective relationships, providing crisis intervention, safe housing, and supportive services.

"Thirty-six years after its creation, Shelter House is at an exciting and expansive stage of development," said Shelter House CEO and Executive Director, Joe Meyer. "Our plan as an organization maximizes a strengths-based approach as a nexus for innovation and the leadership within our enterprise. We are dedicated to putting our ideas into action to solve human service challenges of today and tomorrow."

"We're proud to honor Shelter House, a perfect example of the strong commitment to community common throughout Northern Virginia," said Northern Virginia Chamber President & CEO Jim Corcoran. "Through their leadership and efforts, they make meaningful contributions to the well-being of our community."

To learn more about Shelter House, please visit www.shelterhouse.org. More information about the Northern Virginia Chamber can be found online. To view pictures of the event, visit the Northern Virginia Chamber Flickr page. ♦



WINNER OF TWO 2017 HELEN HAYES AWARDS

NextStop

theatre company

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THIS FALL

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by Ayad Akhtar
Pulitzer Prize Winning Drama
SEPT 7 - OCT 1

ASSASSINS

Music and Lyrics by Stephen Sondheim
Book by John Weidman
OCT 19 - NOV 12

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SMILES BY MYLES

Dentistry From the Heart Event

On October 14, 2017 Smiles by Myles will be hosting their 2nd annual Dentistry From The Heart event at their office in Reston. This is a day where doors will be open to the community and staff will perform FREE dentistry to patients 18 and older who need it most. It is a first come first serve event—all day from 8am-3:30pm. Last year's event saw 58 patients resulting in 31 cleanings, 15 extractions and 12 fillings—a total of \$14,737 in free dentistry in one day.

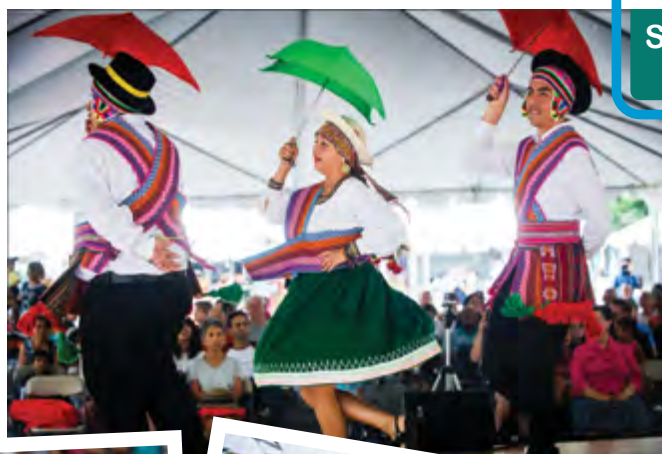
This year Smile by Myles is hoping to make their event even bigger! The office is located at 11730 Plaza America, Suite 110 in Reston.

Dentistry From The Heart is a registered non-profit organization more information about the organization can be found at www.dentistryfromtheheart.org. ♦



Make History!

In early August, a group of fifteen campers, ages 6-12 years, worked hard to "Make History!" at Reston Community Center. The children signed up to work on a group project in an attempt to break a world record. Under the tutelage of RCC instructor and Dogwood Elementary School teacher, Mark Moseley, the group reviewed many world records and eventually decided that they were trying to make the world's longest paperclip chain. They quickly discovered that the world's longest paperclip chain stretched just over one mile and was created in less than 24 hours. Given they were participating in a three-hour, five-day camp, the goal no longer seemed feasible. Undeterred, the campers committed to dedicating one hour of the camp program each day to creating the chain with their own personal goal of linking 10,000 clips to stretch from their classroom to the entryway of the building. The additional hours of camp were spent studying and attempting to achieve other records including stacking cups and jumping rope within a certain amount of time, creating the tallest tower of playing cards, and even seeing who could achieve the most revolutions on a hand spinner. While these are all fun ways to pass time, the purpose is much deeper and beneficial—these types of goal-based activities teach children determination and resilience. As Mr. Moseley stated, "I kept thinking, how can I make this interesting and fun? I wanted the kids to learn about the process of setting a goal, being diligent, learn how to refocus and work through frustration, and achieve something while having a good time. And they did—they didn't give up and they impressed me with their commitment all week." Ultimately, the group linked 10,487 paper clips and beat their personal goal. The chain also stretched from the classroom to the entryway but then went far beyond—all the way down the sidewalk and around the Safeway to the back loading dock. Goals achieved! ♦



RESTON *Multicultural* FESTIVAL

Each fall, the Reston community is invited to “Discover the World” at the Reston Multicultural Festival. This signature Reston event celebrates the diversity of our community and the multitude of perspectives and histories that bring to life the vision Reston founder Robert E. Simon had for this unique place. The 2017 Reston Multicultural Festival returns to Lake Anne Plaza on Saturday, September 23 from 11am to 6pm. Attendees are encouraged to dress in native attire and share the uniqueness of their cultural roots.

The Festival will open with a Naturalization Ceremony where some of America’s newest citizens will take the Oath of Allegiance. The World Stage, Global Stage and the Gallery Stage will feature free performances representing many of the world’s cultures throughout the day. Fans of dance will enjoy Spanish, Polynesian, Indian, Central Asian, Turkish, Middle Eastern and Japanese dances. Numerous musicians performing a variety of world music styles will also appear. Two National Heritage Fellows will join the festivities this year: Guinean dancer and drummer Sidiki Conde and Phil Wiggins Blues House Party. The Blues House Party will feature two of Wiggins’ favorite musical collaborators—guitarist Rick Franklin and violinist Marcus Moore. Festival goers can enjoy culturally diverse foods at the Global Café or shop in the Global Market and take home a memento from artisans’ work representing many different traditions. With a vast array of performing arts, family activities, ethnic cuisine and global arts and crafts, there will be something for everyone to enjoy!

New to this year’s Festival is the debut of Turning Heads—an all-day exploration of the cultural significance of hats, head coverings and hair styles seen throughout the Reston community. Some of the Turning Heads elements being planned include the African American barbershop culture and styles, and the importance of the barbershop as

a community resource. African American female hairstyles and their impact on culture will be shared. Join a thought-provoking discussion on the Muslim hijab that will focus on building alliances and bridges across cultures. This talk will include the impact of wearing the hijab in the context of situations that involve Islamophobia.

Japanese traditional headdresses and kimonos will be discussed during the Festival’s second Japanese Fashion Show. Other aspects of Turning Heads include numerous art projects including creative writing submissions from the National English Honor Society at South Lakes High School and Al Fatih Academy. Selected papers may be read at the festival. In addition, festival entertainers will be asked to bring and feature hair and head coverings during their performances as appropriate.

The Reston Multicultural Festival is presented by Reston Community Center and hosted by Lake Anne Plaza with co-sponsorship support from Reston Association. Partners include a variety of Reston-based organizations and businesses. *VivaReston Lifestyle Magazine* is the official media sponsor of this year’s Festival. For more information about the festival, contact Kevin Danaher (703) 390-6166 or visit www.restoncommunitycenter.com/mcf

About Reston Community Center

Each year RCC offers more than 2,000 positive, self-development experiences that enhance the quality of life for all people living and working in Reston. RCC provides a wide range of programs in arts, aquatics, enrichment, fitness and life-long learning. We also create and sustain community traditions through special events, outreach activities and facility rentals. To find the programs or events that are right for you, visit or call 703-476-4500. ♦



All Aboard

For NextStop Theatre Company's Latest Professional Season

BY LINDA BARRETT



(At top) *Catch Me If You Can*
(Above) *Eurydice*

Since transitioning from a community theatre to a professional one just four short years ago, a lot has happened with NextStop Theatre Company, including the launch of almost 40 productions, several prestigious Helen Hayes nominations, and two Helen Hayes awards wins!

There's a lot to be said about this little theatre that could.

For 25 years, the theatre operated as Elden Street Players, one of the few municipal experimental theatres in the U.S. That is, until 2013. According to Producing Artistic Director Evan Hoffmann, "We reached a point when it came to the 25th anniversary where we said, 'What are our future goals?' We felt like we had accomplished all we could as an all-volunteer community theatre, but didn't want the story to end."

"As a professional theatre, there was so much more we could do, while still being a nonprofit, but utilizing professional artists and other participants. With approval of the Board of Directors, we opened our first show at NextStop Theatre that September."

The name NextStop Theatre Company was chosen to both represent the history of the town that developed around the W&OD train line—one of the first stops out of D.C.—and to signify a nod to the future of the community, with the new Metro access nearby. Plus, it was never located on Elden Street, Hoffmann said with a chuckle. "This was our second generation—our next stop in what our company is capable of doing."

NextStop's First Themed Season

NextStop's mission is to offer the widest variety of shows possible: comedy and drama, plays and musicals, old and new. And all this within an intimate black-box space that seats just 114 people.



The 2017-2018 season is the first “themed” season for NextStop’s mainstage productions. When picking shows for the upcoming year, Hoffmann was struck by the 2016 presidential elections and how two people can look at exactly the same thing and see it in two different ways. He developed the idea of “Point and Counterpoint” and scheduled six shows, each paired to examine the different sides of a central idea or issue.

Two shows demonstrate the power of catharsis; first in joy, then in fear. Two shows examine the U.S. Presidency—the men who have held the office and those who rallied against him. And two shows explore faith and the best and worst of human behavior.

In addition to seeing the full-scale productions, come out to enjoy a few laughs with the Loudoun County-based improv comedy troupe Last Ham Standing’s performances scheduled throughout the year, and other live performances.

Serving the Area’s Youth

Each summer, NextStop offers Theatre Adventures programs, providing six weeks of educational programming for rising 1st-4th and 5th-9th graders with a focus on acting, imagination building and working together to create and mount actual productions. “This is something we couldn’t do with an all-volunteer staff,” Hoffmann said.

Other classes and education opportunities include Spring Break Theatre Adventures, Actor’s Academy, Theatre Funday Monday, and Winter Theatre Escapes. Youth over 16 and adults can each experience Audition Bootcamp and Introduction to Acting.

In addition to mounting four children’s shows each year, NextStop includes a company of local child actors mixed with its professional actors for the yearly holiday show. This December features *The Wizard of Oz*.

Community Outreach

Since the theatre is not always in production, one way to support the community was to offer it during dark period to other community arts organizations. A recent call received 50 responses, and more than 20 local artists and groups were selected to use the performance space free of charge.

Subscribers and Donors

“Season ticket holders and donors are my favorite people in the world,” Hoffmann said. Since only about 50% of the theatre’s operating expenses are covered by ticket sales, the financial assistance of its donors is what keeps NextStop Theatre running. As a nonprofit, they are dependent on the community.



(At Left) *Kiss Me Kate*
(Above) *Urinetown*
(Below) *Catch Me If You Can*
(Bottom) *Urinetown*





Kiss Me Kate

Insider's Secrets

"It is important that we remove the barrier of cost, and be accessible to everyone in our community," Hoffmann said. Ticket prices at NextStop are always affordable, especially when compared to shows in Washington D.C. Besides, you don't have far to travel and parking is free.

The best way to experience the professional productions at a very reasonable cost is to become a season ticket holder. Check NextStop's Season Packages page for even more options including discounted Industry Nights, Opening Galas, Sunday Afternoon Matinees, and Brunch Bunch Packages.

For parents with small children, one performance per show is dedicated as Theatre Night Out for Parents. Bring the kids along for free; there's no need to get a babysitter. NextStop's educational program's teaching artists meet the children and take them off for fun and theatre games during the show so the parents can enjoy the performance.

Adding to the enjoyment, NextStop offers a full-service cash bar with craft beers, sodas and wines, and wonderful snacks like Jody's Popcorn and freshly-baked cookies—that can be taken into the theatre.

Join the company's email list and follow it on FaceBook to score discounts, advance sales, last-minute ticket flash sales, and an occasional 50%-off deal, and be the first to know about special events.

Most seating is not reserved and in such a small space, there is not a bad view in the house. "And we're as unpretentious as can be," Hoffmann said. "We try to remove some of the formality and stuffiness as perceived as part of going to the theatre. After all, we're in a converted warehouse."

"Attending live theatre is life-changing; where else can you share the same space, the same experience, and the same breath as the actors?" asked Matthew Thompson, Managing Director. "You just can't get that experience and empathy in other places today."

Although the black box theatre is tidily tucked away in the rear of an industrial

NextStop Theatre Company 2017-2018 Season

SIX SHOWS; IN PAIRS

- Catharsis: A Grand Night for Singing/Disgraced
- POTUS: Assassins/45 Plays for 45 Presidents
- Faith: Godspell/Bad Jews

Other Live Performances

- Last Ham Standing
- The Amazing Acro Cats

NextStop's 2017 Helen Hayes Awards

- Outstanding Choreography, Musical, Rachel Leigh Dolan, "Catch Me If You Can"
- Outstanding Lead Actor in a Musical, Matt Hirsh, "Catch Me If You Can"

warehouse complex the company recently opened its new offices in the Herndon historic train depot station, and is actively working with the town on the eventual development of a new arts center and a new performance home in the downtown area. ♦

NextStop Theatre Company

269 Sunset Park Drive
Herndon, VA 20710
www.nextstoptheatre.org



Kiss Me Kate

The Reston Community Players

ANNOUNCES THEIR 2017-2018 SEASON

Celebrating their 51st season, the Reston Community Players (RCP) announced their upcoming season with exciting plays for everyone.

From Elton John and Tim Rice's AIDA, with an unforgettable score, to Peter and the Starcatcher, a magical and hilarious tale of fantasy, to Cat on a Hot Tin Roof, one of the most successful plays of our time, rounding out with Thoroughly Modern Millie, the 2002 most awarded show on Broadway. This is truly a season you don't want to miss!



AIDA is a story of an enslaved Nubian princess that finds her heart entangled with an Egyptian soldier who is betrothed to the Pharaoh's daughter. Aida is forced to weigh her heart against the responsibility she faces as leader of her people. With an unforgettable score featuring soaring ballads and rousing choral numbers, Aida is a modern crowd pleaser. AIDA will be directed by Andrew Regiec who comes with an amazing reputation for producing quality theater on the Reston Stage. *Performance Dates: October 20 - November 11, 2017.*



Peter and the Starcatcher is the story of an apprentice starcatcher and a young orphan boy who find themselves on a life-changing adventure when they are charged with protecting magical "starstuff" from fearsome pirates. This is the grownup prequel to the treasured story of Peter Pan. Directed by Jolene Vetesse, this show is sure to turn the story you've known all your life into a whole new-yet-familiar adventure. *Performance Dates: January 19 - February 3, 2018.*



Cat on a Hot Tin Roof is an American classic brimming with intensity and wit. The New York Post said "it's a play of tremendous dramatic impact... and enormous theatrical power." The show is directed by returning native to the D.C. and Northern Virginia Theatre Scene, Sharon Veselic. *Performance Dates: March 9 - 24, 2018.*

RCP will close the season with Thoroughly Modern Millie, winner of Six Tony Awards, a spirited musical romp that takes you back to

the height of the Jazz Age in New York City. Directed by Duane Monohan. Duane recently graced the RCP Stage as Burt in Mary Poppins. *Performance dates: April 20 - May 12, 2018.*

Single ticket sales will begin online at 1:00 p.m. Saturday September 23, and the Box Office window will be open for single ticket sales from 1pm-5pm., on the same day. Tickets can be purchased at www.restonplayers.org. For tickets and additional information please call the box office (703) 476-4500 x 3 or visit www.restonplayers.org. ♦

Reston Community Players (RCP) is a 501c3 non-profit organization that has been producing high-quality theatrical productions since 1966. RCP is partially funded by grants from Fairfax County, in cooperation with the Arts Council of Fairfax County, RCP welcomes all and offers something for everyone.



FUNCTIONAL TRAINING

Over the past decade, progressive fitness professionals have embraced the idea of “functional training.” However, our understanding and implementation of functional training continues to evolve.

Initially, and still at its most basic level, functional training was seen as training that has carry over benefits to improve activities of daily life (ADLs) or sports. In other words, training that improves function.

Initially “function” was viewed from a broad or big picture perspective, with gross motor movements such as walking, running, sitting, squatting, jumping, pulling, pushing, rotating, etc. in mind. Common characteristics of these fundamental gross movements are that they are multi-joint, multi-planer, ground based, and self-stabilized, which further defined as follows:

Multi-Joint exercises heavily involve more than one joint. A squat, jump, or lunge in contrast to many common machine exercises that may also target some of the same muscles and joints, such as the leg extension, leg curl, seated abductor or adductor machine.

Multi-Planer exercises either involve movements through different planes of motion, or that resist forces that would otherwise cause movement through different planes of motion.

Ground-Based exercises are generally performed standing, and thus requiring

a degree of balance, proprioception and self-stabilization.

Self-Stabilized exercises require the body to stabilize itself (core stabilization) or to stabilize specific regions or joints, during the execution of the exercise.

With these criteria in mind, the functional training movement has reduced the popularity of many strength training machines that do not incorporate some or all of these characteristics. For example, the leg extension, leg curl, adduction or abduction machines work various muscles of the lower body but do so in a single joint, or isolative way instead of in a multi-joint way. Those muscles are used in ADLs or sports. The seated leg press or seated chest press machines require multi-joint movement, and much less core stabilization because they are done in a supported, seated position and do not depend upon the balance or proprioception that ground based movements require. However while machine based strength training is rightfully viewed by many as non-functional, that does not mean that machine training cannot improve function at all or that machines cannot have some value in an exercise program. A six week training program of seated leg press may help an elderly person improve his ability to get up and down from a chair. Therefore, one might argue that the leg press is a functional exercise. However, a six week program of squats (loaded, body weight, or even

assisted), may result in even greater improvement in the client’s ability to get up and down from a chair. So, exercises can fall somewhere along a spectrum from being less to more functional in nature. The leg press (not ground-based, not significantly self-stabilized, and not multi-planer) is at the lower end of the “functional” spectrum whereas the squat is at the higher end of the spectrum.

Physical Therapists, and many fitness professionals, also implement exercises intended to promote or improve the function of a specific body region, muscle, or joint. For example, trainers may have clients include various isometric planking exercises, which are not performed standing, may not include multi-planer (or even any) movement, but may still fall under the umbrella of functional training. Good Physical Therapists often can identify specific motor units (nerves and muscles they innervate) that are not functioning effectively and prescribe certain isolative exercises to improve or correct the dysfunction.

At One To One Fitness, our trainers always aim to help our clients achieve their health, fitness, aesthetic, and athletic goals, while always trying to improve function. ❖

For additional information, or to submit questions that you would like answered in future VivaTysons editions, please email: info@1to1fitness.com, or call 703 848-0881.



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BY DAVELLE CLOTHIERS

Five Things I Look for in a Good Pair of Shoes



1) Aesthetics

"We Eat With Our Eyes First"

The first thing I look for in a pair of shoes is whether it catches my attention. Is it visually appealing on the shelf? Is the design unique, are the proportions of the shoe well balanced, does it have beautiful coloration and patina, and what is the shape of the last? After picking up the shoe, I look at the details and finishing of the shoe. Is the stitching on the upper properly spaced and complete? Is the lining smooth and clean? Is the upper finished elegantly, and does the sole have a nice design? There are many hand-crafted shoes that look like works of art on the shelf. They should look even better on your feet.



2) Fit / Comfort

"Your Feet Don't Lie"

The second thing I look for is comfort. Unlike some women, most men will not suffer for fashion. Shoes have to fit well. A pair of handmade shoes will usually be stiff right out of the box. A snug fit is fine, as the leather and stitching will relax after two to three wears; however, pinching and excessive tightness means the shoes are too tight.

Conversely, if you do not hear a "whoosh" of air when you put your foot in the shoes and have heel slippage, then the shoes are too big. For those wishing to avoid the break-in period for a new pair of shoes, there are options, such as shoes made on a Bologna or Flex construction, which are generally comfortable on the first wear.



3) Quality / Construction

"An Informed Consumer is a Good Consumer"

It is important to know what you are buying. I look at the type of construction used to make the shoes. Quality welted shoes are constructed so that the soles can be replaced, which is nice considering quality leather uppers can last two to three times longer than the accompanying leather soles. Cemented shoes are glued and will not last. I look at the quality of the leather on both the upper and soles as they can vary significantly. Although all shoes will crease, flex the shoes to see the reaction of the leather. I am wary of shoes that retail for more than \$600 and have a stamp indicating "Vero Cuoio," meaning "Real Leather." To me, it is the equivalent of dining in an expensive restaurant with the menu indicating that they use "Real Chicken." Invest a few hours reading about the making of quality footwear, and it will pay off in spades.



4) Versatility

"We have to Multi-Task"

The fourth characteristic I look for is the versatility of a shoe. Most of us are not required to wear a suit and tie on a daily basis anymore, so investing in a quality pair of shoes that can be used in various occasions is ideal. Outside of specific shoes dedicated to very formal suits, I look for shoes that can be worn not only with a suit or sport coat, but also with cotton pants and maybe even jeans. The old rules of not being able to wear loafers with a suit are outdated. Lace-ups that are neither too heavily brogued nor too plain can generally go both ways.



5) Value

"You Pay for What You Get"

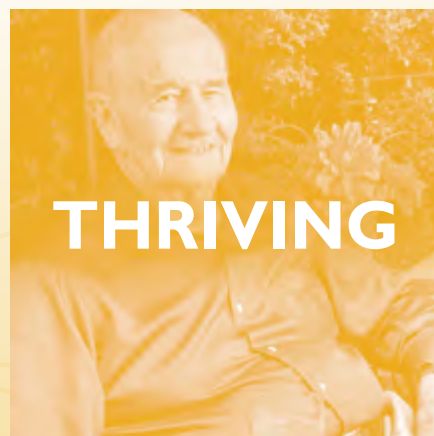
This phrase is likely closer to the truth than "You Get What You Pay For" because sometimes, you pay a significant premium for a brand name but you don't get much bang for your buck. I like to say that in shoe making, there is no silver bullet, meaning that there is no way of making high-quality shoes cheaply. This is primarily due to the fact that the materials used and the craftsmanship employed are major determinants of the end quality and longevity. I believe that investing in high-quality shoes is smart because a good pair of shoes can be re-soled several times and, if properly cared for, could last more than 10 years. Calculate the cost per wear versus focusing on the initial investment.

There is a commonly used phrase: "There are two things you should invest in: a good bed and a good pair of shoes because if you're not in one you are likely in the other." I like to add that "on a really good night you might be in both at the same time!"

David Eisele is the owner of Davelle Clothiers, located in the Reston Town Center at 1921 Freedom Dr. Suite 100 Reston, VA www.DavelleClothiers.com. Priding itself on 25 years as an independent small business, Davelle Clothiers combines custom and off-the-shelf exclusive designers for an opportunity to create your own one-of-a-kind look. Stop by for a nitro coffee or a glass of wine and experience the personal touch with attention to your body shape and personal taste. Davelle clothiers motto is "Invest in your style, invest in yourself." ♦



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Football Sunday in Lounge Area

BY ALEXANDRA ROSSI

Kalypso's Sports Tavern:

The ultimate destination for catering and parties!

Celebrating seven years at its lake-front location at Lake Anne Plaza in Reston, Kalypso's Sports Tavern has become a favorite spot for adults and families to enjoy great food, music, sports, and beautiful lake views.

Vicky Hadjikyriakou, co-owner of Kalypso's with her husband George, said that the restaurant is also offering offsite catering in Reston and in communities in a radius of 10 miles.

"I can do anything from heavy hors d'oeuvres to a full sit-down dinner for a party offsite," she said.

Party hosts can choose from hand-held appetizers like spanakopita, chicken wings, kabobs, gyros, sliders, dips, or sandwiches, among others, to a whole meal, including Mediterranean dishes with chicken, lamb, seafood, fish, pasta, salads, and more.

"I've done my lamb Klefhtiko for an offsite party. It's slow-cooked lamb in parchment paper."

The catering menu with prices can be found online at www.kalypsosportstavern.com. However, party hosts are not limited to this selection. They can also choose from the full restaurant menu.

"I can set up special pricing, and we can cater to specific needs—the drinks, the food, everything," added Vicky.

For onsite parties, Kalypso's easily can accommodate parties of up to 300 people inside and on the patio, weather permitting.

"My capacity inside is 165, and outside I can seat 150 people," she said. "We have the venue for onsite gatherings such as company happy hours and special events, including graduations, rehearsal dinners, birthday parties, and weddings."

Kalypso's is furnished with doors that separate the sports bar from the rest of the restaurant. There is a lounge, the dining room, a sports bar, and the patio. Each section is equipped with a separate TV and sound system, so that when the doors are closed, people can bring their own iPod and play their own music in their party room.

"We can also do slide shows or video presentations on the TV screens," explained Vicky.

Parties at Kalypso's not only have a great selection of food, but they may also include live music.



Baklava

"We host bands on Friday night and a lot of different parties that we host, such as birthday parties or weddings, incorporate the live music into their party, too."

Holiday Events and Football Season at Kalypso's

"We are gearing up for Christmas, so we are already taking reservations for corporate Christmas parties, or we can cater at [interested companies] offices," said Vicky.

The restaurant is open on Christmas Eve during the day, on Christmas Day in the evening, and all day on New Year's Eve.

"I host a big party here, with no cover, on New Year's Eve. I provide the DJ and complimentary party favors with a countdown at midnight," she said. "On Thanksgiving, I'll be open in the evening because there's a Redskins game that night."

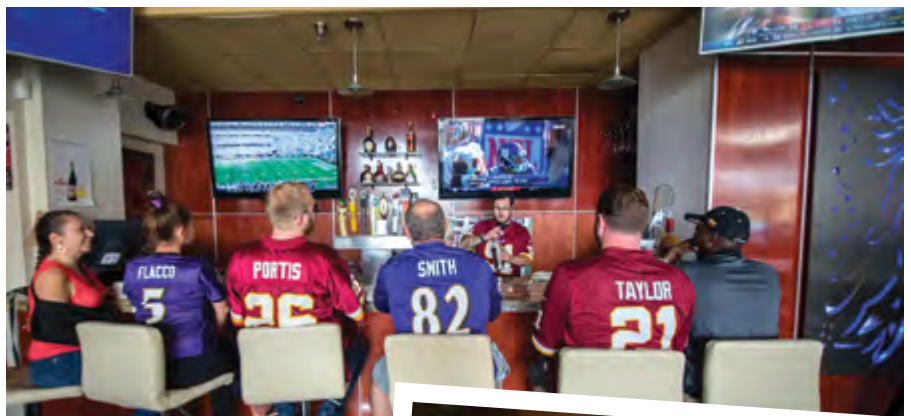
On a regular day, Kalypso's is open until 2:00 a.m.

"We are very excited for the football season to start on September 7. Every team fan is welcome here. We have a unique setup in our lounge because we can show a different game on each TV," she said. "I have a new system too, so wherever you sit, I can switch the TV channel to the game you want."

During football season, Kalypso's offers game-day specials, like its famous "50-cent wings" as well as a special menu with finger foods to enjoy the game.

Lake Anne Events

On Saturday, October 28, the Lake Anne Merchants Committee is hosting "Boos and Brews" during the day, an event for the whole family. That night, Kalypso's is continuing the party for adults-only; Kalypso's Annual Halloween Party will start at 9:30 p.m. with a DJ, and they will offer goodies for costumers wearing a costume, as well as the opportunity to win a prize for best costume. First prize is \$200, second prize is \$100, and third prize



Football Sunday in Lounge Area



Live music



Lamb Chops

is \$50.

Other events at Lake Anne Plaza include the Multicultural Festival on September 23; Plein Air Event, from September 29 to October 1; Small Business Saturday on November 25; and Jingle on the Lake on December 2.

Seven Years Delivering Great Food and Ambiance

After seven years, Vicky only has words of gratitude to all her costumers: "We are very fortunate to have a loyal clientele who supports our business even during winter time, because the challenge of Lake Anne is the winter season," she said.

"I feel that when we first opened, many people, even Reston residents, didn't know we were here, and I think we have done a good job of promoting ourselves. People like Lake Anne—and we have one of the most beautiful lake views in Northern Virginia. Parking is also free in our commercial parking lot, as well as along North Shore Drive," said Vicky.

For more information about Kalypso's Sports Tavern, please visit <https://www.kalypso'ssportstavern.com>. ♦

SELECTED AREA RESTAURANTS

RESTON

ARIAKE

Reston | Japanese | \$\$

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

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

www.ariakerestaurant.com

BARCELONA RESTON

Reston | Mediterranean | \$\$

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

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

www.barcelonawinebar.com

BARTACO RESTON

Reston | Mexican | \$

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

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

www.bartaco.com

CAFESANO

Reston | Mediterranean | \$

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

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

www.cafesano.com

CLYDE'S RESTON

Reston | American | \$\$

Considered a 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

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

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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!



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Fri-Sat 11am-11pm, Closed Sunday

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www.SpazioItalianKitchen.com

Full Menu Online for Carryout and Delivery

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 upscalecasual fine dining atmosphere, Passionfish is a great spot for a date or the whole family. Fine dining with kids has never been so easy. Their kid-tested, mother-approved "Beach Bucket" menu arrives in a jaunty nautical blue & white tin bucket, bargain entrees are just \$6 [including a drink].

11960 Democracy Dr. Reston, VA | 703-230-3474
www.passionfishreston.com

SWEETHEAT BBQ

Reston | American | \$\$

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

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

ASHBURN

FORD'S FISH SHACK

Ashburn | American | \$

This popular New England maritime-themed seafood spot is a real catch! There is something for everyone, even kids, with a menu of fresh lobster and shrimp rolls, fish tacos, crabs, oysters, scallops, and shrimp, alongside classic American favorites. Enjoy their outdoor patio year-round. Saturday and Sunday brunch available until 3pm. Always busy—reservations are recommended.

44260 Ice Rink Plaza #101, Ashburn, VA
571-918-4092 | www.fordsfishshack.com

SENSE OF THAI ST.

Ashburn | Thai | \$\$

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

20413 Exchange St, Ashburn, VA
703-858-1980 | www.senseofthai.com

CLYDE'S WILLOW CREEK FARM

Ashburn | American | \$\$

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

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

HERNDON

ANGEETHI AUTHENTIC INDIAN CUISINE

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

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www.KalypsosSportsTavern.com

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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

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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

TURCISINE

Herndon | Turkish | \$

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

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

www.turcuisine.com

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

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 Catoctin Circle, SE | 703-771-1131

www.aiyarathairestaurant.com



703.318.7000

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www.zeffirelliva.com



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TUSCARORA MILL

Leesburg | American | \$\$

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

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

www.tuskies.com

THE WINE KITCHEN

Leesburg | American | \$\$\$

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

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

www.thewinekitchen.com

GREAT FALLS

BOLLYWOOD BISTRO

Great Falls | Indian | \$

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

9853 Georgetown Pike, Great Falls, VA | 703.865.0450

www.bollywoodbistrofairfax.com

DANTE RISTORANTE

Great Falls | Italian | \$\$\$

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

1148 Walker Rd, Great Falls, VA | 703.759.3131

www.danterestaurant.com Italian born

L'AUBERGE CHEZ FRANCOIS

Great Falls | French | \$\$\$

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

332 Springvale Rd, Great Falls, VA | 703.759.3800

www.laubergechezfrancois.com

THE OLD BROGUE

Great Falls | Irish | \$\$

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

760 Walker Rd, Great Falls, VA | 703.759.3309

www.oldbrogue.com

STERLING

MOKOMANDY

Sterling | Korean-American | \$\$

A casual yet modern fine-dining restaurant, Mokomandy offers an eclectic menu of American, Korean, and Cajun dishes that complement one another, resulting in an unprecedented dining experience. Born from a Korean-American father and a Cajun mother, president Thaddeus Kim offers fare that isn't available anywhere else.

20789 Great Falls Plaza #176 Sterling, VA

571-313-0505 | www.mokomandy.com

THE BUNGALOW LAKEHOUSE

Sterling | American | \$\$

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

46116 Lake Center Plaza Sterling, VA | 703-430-7625

www.bungalowlakehouse.com

THAI BY THAI

Sterling | Thai | \$

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

46930 Cedar Lake Plaza #180, Sterling, VA

703-444-8908 | www.thaibythai.com


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645 Elden St, Herndon, VA 20170
www.angeethiindian.com

*cannot be combined with any other offer.

Holiday PARTIES

BY MICHAEL EVANS

Now that summer is coming to an end and school is back in full swing, many people are already looking for their next “break.” It’s crazy to think, but the holidays will actually be here before you know it! What better way to escape all of the back-to-school hustle and bustle than by planning your next big bash? If you’re likely to host family and/or friends for a holiday get together, read on for some tips to DIY, or consider calling in the professionals to help you whip together a stress-free, holiday extravaganza, and give you more time to enjoy the most wonderful time of the year with the ones you love most!



« OKTOBERFEST »

As the summer comes to an end, take advantage of the milder weather of the season and celebrate Oktoberfest 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!



« DIA DE LOS MUERTOS »

Who says Halloween has to be just for the kids? Consider a Dia de los Muertos party for the adults. Many people don’t realize that Dia de los Muertos is a time when Mexican families get together to remember and pray for loved ones who’ve passed away, in order to help with their grieving and healing process. Families typically enjoy their loved one’s favorite foods, or you could opt for other traditional favorites such as moles, tamales, pumpkin empanadas, pan de muerto, Champurrado (thick Mexican hot chocolate), arroz con leche, and tres leches cake. Feeling extra festive? Try some colorful, skull-shaped sugar cookies, or opting for a pumpkin spice tres leches cake in place of the traditional.



<< THANKSGIVING <<

Whether you're going for a small gathering with your immediate family, "friendsgiving", or a large to-do with all of the extended family, Thanksgiving is the perfect opportunity to relax and reflect on the many blessings in our lives with the people who mean the most to us. Let's not forget the great football and delicious meal to be thankful for, too! Savory oven roasted turkey with stuffing, buttery mashed potatoes, sweet candied yams, green bean casserole, cranberry sauce, and your favorite pie(s)... Top it all off with hot spiced rum, mulled wine, or some spiced cider, and it doesn't get much better than that!

>> HANUKKAH >>

Hanukkah is another holiday that allows for some much needed family time and celebration among Jewish families. Grab the manischewitz (or sparkling cider for the kids) and gather everyone for a round of dreidel before lighting the menorah. Let the celebration continue with delicious brisket, potato latkes with sour cream and applesauce, Challah bread, noodle kugel and strawberry sufganiyot (jelly doughnuts) for dessert, and you've got the perfect recipe for a Festival of Lights for all to remember!



<< CHRISTMAS <<

Ask Christian families how they celebrate Christmas, and you'll get many similar responses: church, quality family time, stockings and presents, lots of hot cocoa, cookies and eggnog, and much anticipation over the coveted White Christmas! However, what one family considers a "traditional" Christmas dinner often varies quite a bit. Many families feast on a dinner similar to their Thanksgiving meal with turkey, mashed potatoes, etc. while others like to mix it up with a Virginia baked ham or beef tenderloin. Try serving these alternatives with scalloped potatoes, fresh bread, pomegranate, pear and gorgonzola spinach salad, and bread pudding or your favorite pie for dessert, and everyone will be sure to agree it's the most wonderful time of the year!



>> NEW YEAR'S EVE >>

There's nothing more exciting and hopeful than ringing in the New Year with family and friends! Getting dressed up for a night on the town is something many people plan and look forward to for weeks, if not longer, while others prefer to keep things simple and stay home with their favorite people. No one said "simple" has to mean "boring." If you're hosting a New Year's dinner or party, consider offering pear and prosciutto crostinis, grilled beef hibachi skewers, shrimp cocktail martini glasses, assorted sushi, and/or a baked artichoke dip for starters, followed by Cornish game hens or pork loin stuffed with plums, served with roasted winter veggies as your entree, and chocolate fondue and cranberry apple strudel for a festive dessert! Keep the champagne (or sparkling cider) flowing, and enjoy the great food and company as you cheers to a happy and prosperous 2018! ♦



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

Willkommen. zum. Oktoberfest 2017

BY DANI J. KEATING

If washing down the heat with a nice cold beer is at the top of your to-do list this fall, then get your calendar ready. Oktoberfest in the tristate area, which begins in mid-September and runs through October, is a great way to quench your thirst and please your palette. Enjoy authentic German food, beer, wine, and polka dance to traditional music by bands clad in Bavarian garb, or take an Oktoberfest fun run. Activities for kids, parades, and shoppportunities make these celebrations a full blown family affair. Many of the local communities and businesses donate some or all of their proceeds to support local charities and other alcohol-free events. Some offer discounted admission for designated drivers. Here are a few of the area's most popular that put community first. Prost!

October 8

DERPIN' IN DC VOL 4. CORGTOKTOBERFEST

Spend some time at a dog and family beer garden to mingle with fellow corgi owners and corgi lovers on Columbus Day weekend from 3pm to 6pm. Fun activities include a corgi short race, pie eating contest, costume contest and portrait booth.

Tyson's Biergarten
8346 Leesburg Pike,
Tysons, VA 22182

BARREL & BUSHEL CROWLERS ARE ON TAP

Come taste more than 25 exclusive seasonal craft beers and pumpkin ales at Barrel & Bushel and take home some crowlers! At B&B we can 'can' your favorite beers on tap! Proudly featuring Virginia brewers, including Hardywood, Evolution, and AleWerks. For a limited time, we'll be pouring the B&B signature beer!

Barrel & Bushel
7901 Tysons One Place
Tysons Corner, VA 22102



ST. BENEDICT'S OKTOBERFEST

Richmond, Virginia, Admission: Free

Friday - Sunday 15 - 17 September, 300 N. Sheppard Street

St. Benedict Parish has a strong German tradition and many of the charter members were German brewers. Steeped in tradition, parish members bring authentic food, music, beverages, and even their own Christkindlmarkt to the community. The three-day event has lots of activities for kids and parents alike, all for a good cause. Proceeds provide direct and indirect scholarships and financial aid to Saint Benedict Catholic School, Benedictine College Preparatory, and Saint Gertrude High School. For more information, visit stbenedictoktoberfest.com.

H STREET FESTIVAL

Saturday, 16 September, 12 - 7, H Street between 4th and 14th Streets, North East

Hosted by H Street Main Street, a nonprofit dedicated to an H Street renaissance, the 11 block H Street Festival is one of the largest neighborhood festivals in the District. Going on its 12th year, the Festival celebrates H Street restaurants, shops, local artists and musicians who come together for a day of entertainment and fun. Organized by volunteers, this event benefits small businesses on H Street and has successfully reduced the vacancy rate on H Street from 75% to 5%. Check out hstreet.org or H Street Festival on Facebook for more information.

BIERGARTEN HAUS

Washington, D.C.

Saturday 16 September, 12pm. Kickoff, 1355 H Street North East

Being at the Biergarten Haus during Oktoberfest is almost like being at Theresienwiese in Munich. For a taste of Bavaria on Capital Hill all year round, this is the place to go. Oktoberfest kicks off with a ceremonial keg tapping Munich style in conjunction with the H Street Festival. Biergarten Haus also hosts stein hoisting competitions, live German music and Oompah bands throughout the season, and its season finale on October 8th includes a pig roast. For more information, visit biergartenhaus.com.

SNALLYGASTER

Washington, D.C., Admission: \$35 - \$60; Free for kids under 14

Saturday, 23 September, 1 - 6 pm. The Yards, 1300 First Street South East

Enjoy more than 350 of the globe's best craft beers at DC's largest beer fest including local debuts, autumn seasonals, cask ales, and barrel-aged brews. Local food trucks, live music, and games provide entertainment throughout the day. Proceeds benefit arcadia.org. For more information, visit snallygasterdc.com.

DAS BEST OKTOBERFEST

Baltimore, Maryland, Admission times and prices vary. Designated driver tickets available for a reduced price.

Saturday, 30 September, 12 am-6pm, 300 Waterfront Street, National Harbor

Beer, brats, and bands ... but first, run! Das Best kicks off with a 21 and over run—5K or a 1 Mile Beer Run, your choice—and plenty of liquid hops and barley to quench your thirst during and after. Live music, beer games, and competitions will make this a memorable event for years to come. Run registration (\$49) is open until Tuesday, September 12th, or until race capacity is met. A portion of the proceeds go to Sprit of Hope Children's Foundation. For more information, visit dasbestoktoberfest.com.

FREDERICK'S OKTOBERFEST

Maryland, Online admission: \$8 adults (\$19 with beer stein), \$5 children, 2 and under: free; Same day admission: \$10 adults, \$5 children, 2 and under: free

Saturday, 30 September, 11 a.m. - 10 pm. Sunday, 1 October, 11 am - 6 pm.

Frederick Fairgrounds E-ventplex, 797 East Patrick Street

Partake in bratwurst, festive beers, wines, dancing, music, and events for kids, all in support of Frederick County charities. Spearheaded by the Rotary Club of Carroll Creek and the Rotary Club of Southern Frederick County, this cultural event helps raise thousands of dollars for area non-profits. For more information, visit frederickoktoberfest.org.

Sat., September 16

HOPPY OKTOBERFEST

Join us as we turn the Market Square into an outdoor Biergarten! Enjoy a selection of the region's top IPA and Oktoberfest beers including the tapping of our Hitzig Frau Oktoberfest Lager, grilled fare, and live music at this family-friendly event! 12pm-6pm

Mad Fox Brewing Company

444 West Broad Street, Suite I,
Falls Church, VA 22046

OKTOBERFEST VIENNA

Virginia, Admission: Free

Saturday, 7 October, 11 a.m. - 7 p.m., Historic Church Street between Center and Mill Streets

Vienna's free, family-friendly Oktoberfest features live entertainment on the town green, a beer and wine garden, plenty of food, a shopper's marketplace, and lots of children's activities. Presented by the Vienna Business Association, proceeds support First Night Vienna, an alcohol-free New Year's eve celebration. For more information, visit viennaoktoberfest.org.

BLUE RIDGE HIGHLANDS OKTOBERFEST & 5K TRAIL RACE AT SMITH MOUNTAIN LAKE

Hardy, Virginia, Race registration: \$25; \$15 for children 13 and under; Festival admission: \$10 (day of) \$5 (pre-ordered); Free for children 13 and under

Saturday, 14 October, 10:30 a.m., - 4 p.m., 84 Westlake Road

Kickoff your Oktoberfest with a 5K Trail Race at Westlake Towne Center. Afterward, enjoy some special Oktoberfest brews and brats from Sunken City Brewery. All proceeds benefit the Franklin County YMCA. For more information, visit smloktoberfest.com.

ALL YOU CARE TO TASTE

Baltimore, Maryland, Admission times and prices vary. Designated driver tickets available for a reduced price.

Saturday, 14 October, 12 - 6pm, M&T Bank Stadium Lots, 1101 Russell Street

Baltimore's All You Care to Taste event features more than 150 different international, domestic, and local beers, wines, and schnapps. Live music, games, and contests are ongoing throughout the day. This event does not cater to children, however a portion of the proceeds go to Sprit of Hope Children's Foundation. For more information, visit dasbestoktoberfest.com.

RICHMOND OKTOBERFEST

Virginia; Admission \$15; \$12 65 & older; \$12 Active military, National Guard & Reserves; \$12 Advance purchase; Free admission for children 15 & under

Friday, 20 October, 6 - 11pm, Saturday, 21 October, 2 - 11pm, Old Dominion Hall, Richmond International Raceway, 600 E Laburnum Ave

Come out and celebrate Richmond's 49th annual Oktoberfest, Virginia's oldest, most authentic festival. Eat German food and drink a variety of German and domestic beers. Dance to polkas, waltzes, and American standards. Watch the Grand March and crowning of the Oktoberfest Queen. Plenty of live music, shopping opportunities, and children's activities including crafts, face painting, and games. The Deutscher Sports Club, a German-American social club, helps organize this event to help maintain German customs and traditions in the "new world." For more information, visit richmondoktoberfestinc.com.

OKTOBERFEST AT LEWIS GINTER BOTANICAL GARDENS

Richmond, Virginia, Admission: \$13; \$11 for seniors 55 and up, \$8 for children 3 - 12; Free for members and children 2 and under.

Saturday, 28 October, 11am - 4 pm

What could be better than viewing the glorious fall colors in a botanical garden while eating local food and drinking beer from the Center of the Universe Brewery? Doing it all while supporting a local charity. Bring canned goods donations to help support FeedMore and you'll be doing more than feeding your Oktoberfest buzz. For more information, visit lewisginter.org.



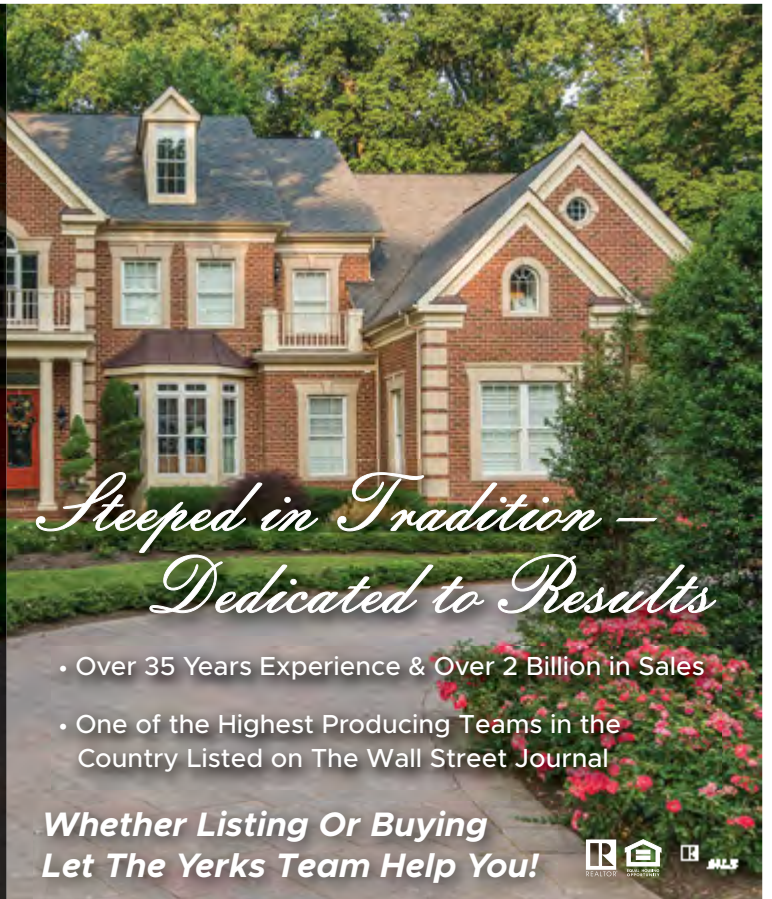
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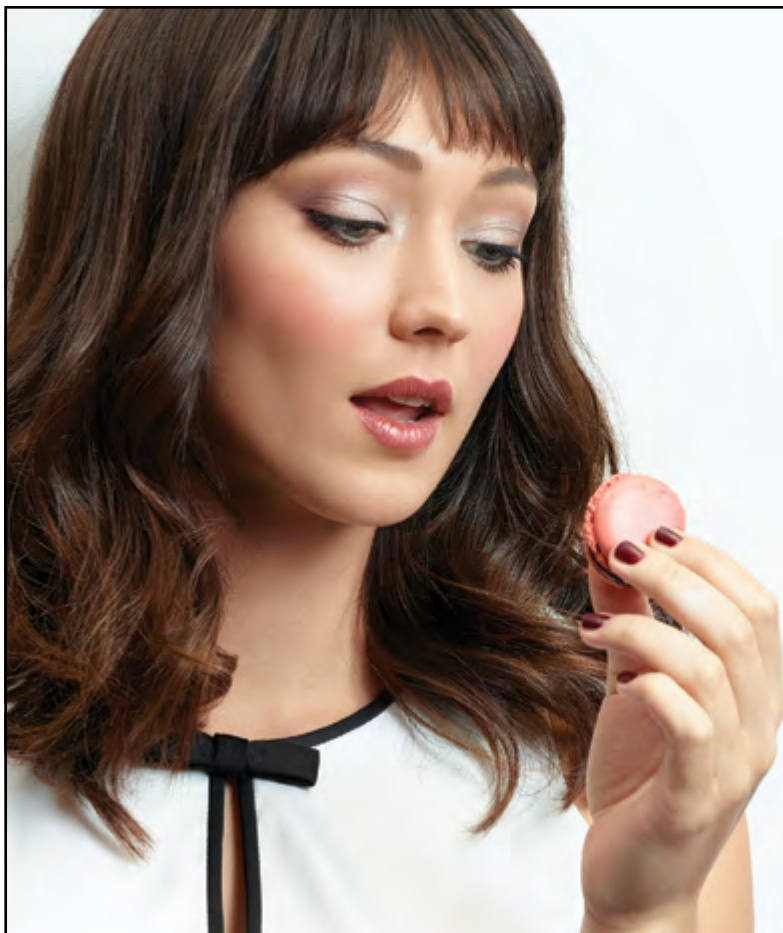
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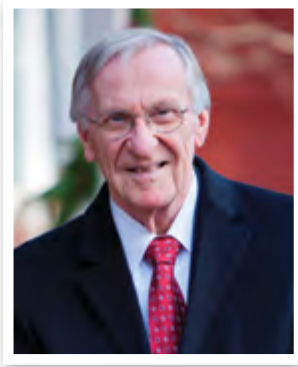


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WHERE IS RESTON?

BY DELEGATE KENNETH R. "KEN" PLUM

My most recent vacation away from Reston made me think of where our community is in the world.

To most fully answer the question of where Reston is in the world, I share the following description:

Reston, named for its founder Robert E. Simon, is an unincorporated community in the northern region of the Commonwealth of Virginia in the United States of America. Its zip codes are 20190, 20191, and 20194. Reston is in the 11th Congressional District, the 36th Virginia House District, and the 32nd State Senate District. It is in Fairfax County in the Hunter Mill Magisterial District, the Small Tax District 5, and the Virginia Planning District 8 (Northern Virginia Regional Commission). Reston is in Region 4 of Virginia Public Schools, Region 7 of GO Virginia for workforce training, and the Fairfax Health District.

Reston is in the Washington-Arlington-Alexandria, DC-VA-MD-WV Metropolitan Statistical Area. Reston comprises the following census blocks: VA0594822021, VA0594822022, VA0594822023, and

VA0594822024.

GPS coordinates for Reston are:

Latitude: 38.9586307
 Longitude: -77.3570028.
 Its other coordinates are:
 Arc-Minutes 233751784 -464142016
 DDD.MM.SS 38.57.31-77.21.25
 NMEA (DDMM.MMMM)
 3857.5178,N,07721.4202,W.

The elevation of Reston is 420.54 feet (128.18 meter).

Please let me know if I left out any vital information that you use in finding your way home. I do not recommend that you use this information in directing others to our community, however! If they are coming by air, tell them to fly into Dulles International Airport and take the blue bus to Reston Station, where you will pick them up. If they are driving, have them take the Dulles Toll Road off of I-495, also known as the Capital Beltway.

However they get here, I am sure they will enjoy our Reston community as much as we do! ♦

| DISTANCES FROM RESTON TO SOME BIG CITIES ARE: | | |
|---|----|-------------------------------|
| Amsterdam | —> | 3856 miles / 6206 kilometers |
| Dubai | —> | 7051 miles / 11347 kilometers |
| Geneva | —> | 4078 miles / 6563 kilometers |
| New York | —> | 215 miles / 346 kilometers |
| London | —> | 3675 miles / 5915 kilometers |
| Los Angeles | —> | 2277 miles / 3664 kilometers |
| Rome | —> | 4496 miles / 7236 kilometers |
| Miami | —> | 927 miles / 1491 kilometers |
| Moscow | —> | 4866 miles / 7831 kilometers |
| Paris | —> | 3842 miles / 6183 kilometers |
| Tokyo | —> | 6763 miles / 10885 kilometers |

Source: <https://www.coordinatesfinder.com/coordinates/9434-reston-virginia>

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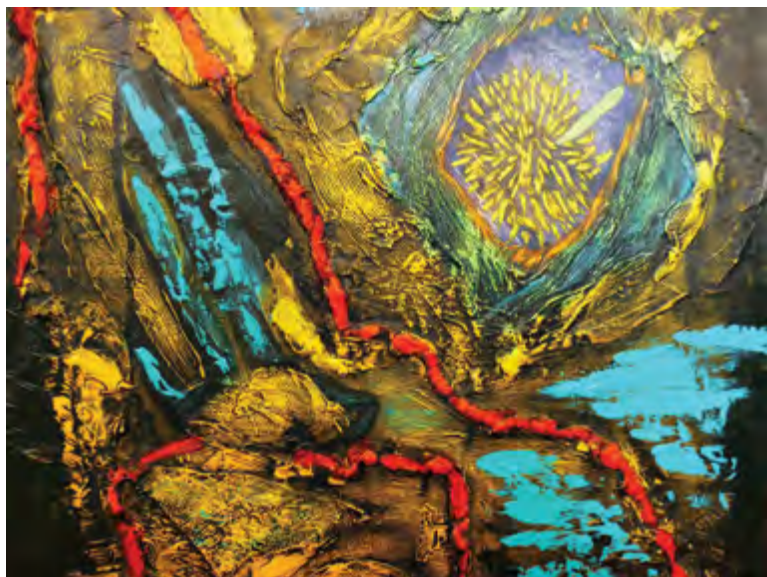


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Top row left to right: Painting by Helen Burroughs, Image taken from Farmstead Ferments, Bottom row, left to right: Glenfiddich Farm Pottery run by Richard Busch, Painting by Cindy Richmond and Poto of Third Hill Winery at Demello Vineyard.



Virginia Artisan Trail Network

A new way to experience the artisan culture of Virginia

By Linda Barrett

I was browsing through the regional travel brochures at the Occoquan Visitors Center recently, when I came across a series of trails that I knew nothing about...the Virginia Artisan Trails. I had to learn more.

As members of the Virginia Artisan Trail Network, various communities have combined their artisan resources to provide a number of highly-interesting destinations throughout our Commonwealth. Currently, 17 artisan trails and an oyster trail are listed on the website for the Artisans Center of Virginia, although some are so new that they are still under construction.

Artisan Trail Network

Each trail is composed of craft artisans, agri-artisans, agri-tourism businesses, art-related businesses, venues, and supporting site sponsors such as lodging, restaurants, and cultural points of interest. Each trail features a theme. For example, the theme for the Top of Virginia Artisan Trail that illuminates Clark and Frederick Counties and the City of Winchester, is "Mountains & Valleys, Venues & Alleys, Music & Hue, Always Something to Do."

Visit each individual trail listing and click on any category to uncover a complete list of member sites, along with a convenient map highlighting their specific locations

along the trail. For more detail, click on the individual site listings to read an interesting profile of the location, the people, and the art they provide, along with their addresses and hours. No chains are allowed to join; all businesses must be independently and locally owned.

The site also lists a number of juried artisans, each of whom has undergone a rigorous standards review process recognizing the high quality of their work. The jury process is held twice a year with judges who review that the work is handmade, reflects technical excellence and is the artisan's unique vision. It must illustrate the artisan's commitment to originality and/or historical merit.

"The artisan industry in Virginia has become a huge contributor to the Virginia tourism economy, it is a job creator, creates tax revenues that are returned back to our local communities, and attracts tons of visitors to our state," said Caroline Logan, director of communications for the Virginia Tourism Corporation. In fact, the economic impact of the Artisan Trails to Virginia last year was \$572.2 million, providing \$15.6 million in state tax revenue and nearly 12,000 full-time jobs. Visitor spending totaled more than \$250 million, with the average visitor spending \$260 per person, per trip.

"Today's travelers are looking for an authentic experience when they come to Virginia; they want to hear the stories behind the places they are visiting, meet the farmers, and winemakers. It gives them more of a complete sense of place when they feel that connection," Logan explained. "The artisan spirit is coursing through the veins of Virginia, and we can shine the spotlight on these storytellers and producers that make Virginia a more vibrant and wonderful place to live, work and visit."

The Virginia Oyster Trail has been a tremendous success. "Watermen have been oystering along coastal rural Virginia for centuries, but facing economic depression and downturn. This is a creative way to bring travelers to the area to discover Virginia's oyster history and heritage, especially with the rise of oysters as a trendy, hot item for foodies and travelers," she said. "The project goes as far west as the Sunny Slope Farm in Charlottesville, and includes wineries, restaurants, farms, festivals, dinners, and anything that touches oysters. It is a holistic way to connect these regions, waterways and communities for a collaborative partnership."

A Trail in Our Neck of the Woods

Closest to us is Washington's Backyard Artisan Trail that currently features nine artisan studios, three art-related venues, 12 agri-artisans/farms, two restaurants, three lodging options, and eight points of

interest throughout Prince William, Fauquier, Stafford, and the city of Manassas. A cluster of artisans in Manassas include KO Distilling, Little BadWolf Brewing Company, Brewhouse, and Okra's Cajun Creole. Another cluster near Woodbridge includes VanEch Studio, Edgemoor Art Studio, ImageWerks, Water's End Brewery, and Kim S. Joy Stained Glass and Jewelry. Most locations have retail hours; others are by appointment only.

"We have created an experiential tourism initiative that visitors from far and near will want to explore," said Ann Marie Maher, President and CEO of Discover Prince William & Manassas.

"People know our big attractions like Jiffy Lube Live and Potomac Mills, so our main mission with the trails is to promote small businesses that might otherwise be overlooked, and to pull people out of the cities to reconnect with nature," said Director of Marketing and Communications for Discover Prince William & Manassas Dan Cook. "Our must-see spots are our craft breweries, wineries, distilleries, and art studios. And along the trail, visitors can stay in a local B&B and eat at our local restaurants."

"Tourists today are looking for that authenticity piece," he continued. "When you go to Disney World you need a vacation from that vacation. With our trails, people get to slow down, take a deep breath, and carry home art and memories that reflect a piece of Virginia." ♦

Resources:

- Artisans Center of Virginia, www.artisanscenterofvirginia.org
- Check the Calendar of Events for each trail and FaceBook for special programs and events while planning your tour.

Virginia's Artisan Trail Network

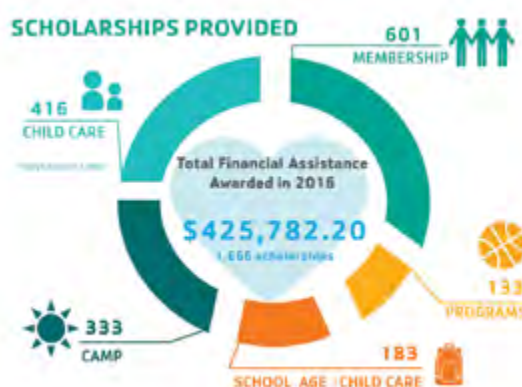
- | | | |
|--|--|--|
| ■ Bedford Artisan Trail | ■ Albemarle and Nelson Counties with the City of Charlottesville | ■ Virginia's Eastern Shore Artisan Trail |
| ■ Bedford County | ■ Northern Neck Artisan Trail | ■ Accomac and Northampton Counties |
| ■ Harrisonburg-Rockingham Artisan Trail | ■ King George, Lancaster, Westmoreland, Northumberland and Richmond Counties | ■ Virginia's Western Highlands Artisan Trail |
| ■ Rockingham County with the City of Harrisonburg | ■ Page Valley Artisan Trail | ■ Alleghany, Bath, Craig and Highland Counties |
| ■ HeART and Soil of the Shenandoah Valley Artisan Trail | ■ Page County | ■ Washington's Backyard Artisan Trail |
| ■ Augusta County with the Cities of Staunton and Waynesboro | ■ Rappahannock County Artisan Trail | ■ Stafford, Prince William & Fauquier Counties |
| ■ Loudoun County Artisan Trail | ■ Rappahannock County | ■ Artisan Trails of Southwest Virginia |
| ■ Loudoun County | ■ Shenandoah County Artisan Trail | ■ The Counties of Bland, Buchanan, Carroll, Dickenson, Floyd, Franklin, Giles, Grayson, Lee, Montgomery, Patrick, Pulaski, Russell, Scott, Smyth, Tazewell, Washington, Wise, Wythe, with the Cities of Bristol, Galax, Norton and Radford |
| ■ Lynchburg Region Artisan Trail | ■ Shenandoah County | ■ Virginia Oyster Trail |
| ■ Counties of Amherst, Appomattox and Campbell, with the City of Lynchburg | ■ Smith River Artisan Trail | |
| ■ Middle Peninsula Artisan Trail | ■ Henry County and the City of Martinsville | |
| ■ Mathews, Middlesex, Gloucester and Essex Counties | ■ Top of Virginia Artisan Trail | |
| ■ Monticello Artisan Trail | ■ Frederick & Clarke Counties with the City of Winchester | |



BUILDING A *Strong Community*

YMCA Fairfax County Reston is a must-visit family center in the greater Reston community just off of Sunset Hills Road. It's a must-visit location not because of the accredited preschool and early learning center or fantastic 250 person Waterwolves swim team, but because each day the YMCA opens its doors to everyone regardless of the inability to pay. A matter of fact, the YMCA facility in Reston is the only YMCA in all of Fairfax County and this Fall marks the YMCA's 17th year of community impact to more than 10,000 individuals who live, work and play in our community.

The YMCA Fairfax County Reston is a different non-profit charity than most because all of the dollars raised at the local YMCA are given back to real families in need in the same community the dollars were raised from for much needed programs and services. The best ways to support the local YMCA this Fall is to *save the date* for two significant community events: the 6th Annual YMCA Corporate Challenge, a Team Building day for small to large local businesses to experience teamwork, coworker camaraderie, and networking all while participating in a day full of team-building challenges; and the Annual YMCA Fundraising Gala on November 18th where more than 300 community individuals and leaders will gather to raise awareness and dollars for youth



development, healthy living and social responsibility programs the YMCA offers every day. This year, the YMCA Fairfax County Reston hopes to raise over \$350,000 to support local families in affordable childcare, preschool education and swim lessons. Last year in 2016, the YMCA gave more than 1,600 individual financial scholarships to families in Vienna, Reston, Herndon, Great Falls and the surrounding communities.

To learn more about how you can support the Y's cause, please contact Joseph Crawford, Executive Director at 703-742-8800 or visit www.ymcadc.org/ donate for more information.

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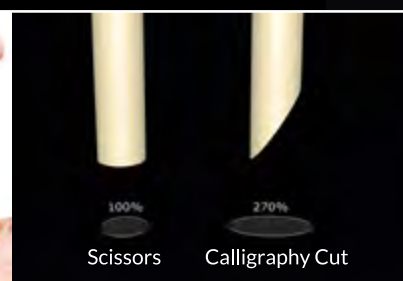


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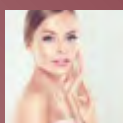
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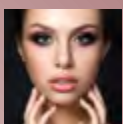
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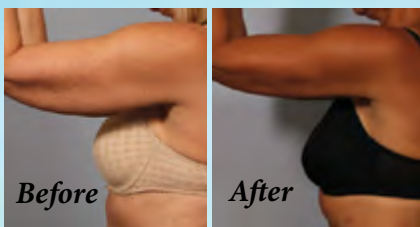


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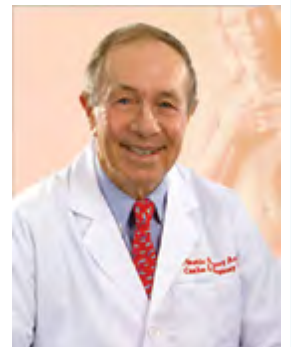
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Body Contouring & Anti-Aging: Comparing the Results of New Procedures to Surgery

By Analiese Kreutzer

When it comes to getting rid of stubborn fat and overcoming signs of aging, doctors and patients have lots of options these days. Beyond the obvious cost and recovery differences, how do the results of some of these newer options compare with liposuction, tummy tucks, and traditional facelifts?

Body Contouring Breakthroughs

Even if you exercise and eat right, you may still have stubborn fat deposits that won't go away. Since the 1980s, liposuction has been the gold standard for removing fat deposits. According to the American Society of Plastic Surgeons (ASPS), "liposuction slims and reshapes specific areas of the body by removing excess fat deposits and improving your body contours and proportion."

Liposuction can be used to treat more and larger areas in one procedure than non-invasive treatments with consistent and predictable results. However, it is not possible to improve lax skin tone with liposuction, according to ASPS.

Most patients return to work in a few days following traditional liposuction and the day after a laser-assisted or SmartLipo procedure. Since patients are put to sleep for traditional liposuction, there is the risk of deep vein thrombosis and pulmonary embolus. SmartLipo does not pose these

risks, since patients are not put to sleep for the procedure.

One of the newest alternatives to liposuction, SculpSure, is a noninvasive procedure that uses light-based technology to reduce stubborn fat. According to the SculpSure website, "Laser energy targets and heats fat cells below the skin's surface, raising their temperature to damage their structural integrity. For three months following the treatment, the body's lymphatic system processes and eliminates the fat cells." The treatment destroys up to 24 percent of the treated fat.

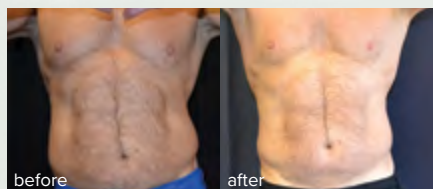
Patients see results in as little as six weeks and optimal results in 12 weeks from one treatment, and more than one area can be treated during a session. Dr. David Berman offers SculpSure and recommends that all patients receive two treatments, spaced four to six weeks apart. The treatment takes just 25 minutes with no downtime and no scars.

Dr. Berman even used SculpSure himself to treat his love handles, chronicling his experience on his website, where he explains the process. "The laser paddles are attached, and for the first five minutes, the paddles just get warmer. I found the first 5 and 10 minutes definitely very warm. However, the analogy I was given was to think of it like a hot bath that you get into. At first, you think, wow, that is hot, but rather quickly you get used to it. Also, the heat actually cycles. You experience 45 seconds of heating followed by 15 seconds of cooling."

Dr. Berman did not experience any adverse effects or downtime, but he says some people have reported some soreness the day after the procedure. He underwent two treatment sessions six weeks apart, saw definite improvement and is happy with his results.

One of the main factors that would determine whether SculpSure or surgery is right for a patient is skin elasticity. "The big reason for a tummy tuck is loose skin," Dr. Berman said. "We can decrease the fat, but if someone has poor skin tone and a moderate amount of loose skin, it will still need to be surgically removed with a tummy tuck."

SculpSure with Dr. Berman



"The [SculpSure] treatment destroys up to 24 percent of the treated fat."



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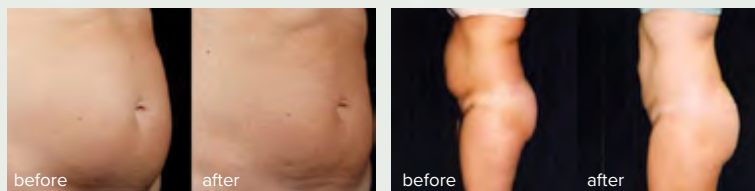
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SculpSure with Dr. Berman Liposuction with Dr. Berman



"However, you don't have to be at your ideal weight at take advantage of SculpSure. If you don't have significantly loose skin, even if you are overweight, SculpSure can help you look better by reducing fat in the treated areas."

Dr. Berman tells his patients, "It's a partnership. I can reduce but not eliminate excess fat in a specific area. However, if you can reduce your overall body fat, through increased exercise and better food choices, then you will get an overall better result, both in how you look and feel."

Another body contouring option is a minimally invasive procedure called BodyTite. It is similar to SmartLipo, but BodyTite uses radio frequency energy to melt fat.

Dr. Csaba Magassy offers BodyTite to his patients. He explains that it is considered a minimally invasive procedure because a small puncture is made in the skin and a probe is inserted to reach and melt the fat cells.

Dr. Magassy usually sedates patients for the procedure, but it can be done with local anesthetic. Although treating each area takes approximately 15 minutes, multiple areas can be treated in one visit. Downtime with BodyTite depends on the extent of the treatment and ranges from one to two days and up to 10 days.

Patients can see results immediately and will continue to see improvement as the body eliminates the dead fat cells for three to four months after the one-time procedure.

Dr. Magassy has abandoned SmartLipo procedures in favor of BodyTite because

he said, "You get about 40 percent skin contraction with BodyTite and about 15 to 20 percent with SmartLipo." Still, he said there are cases where traditional surgery is necessary, such as after a large weight loss which leaves lots of excess skin.

Face Facts

The BodyTite manufacturer also developed FaceTite to apply the technology to areas on the face and neck. According to the manufacturer, FaceTite offers a less traumatic and less costly procedure than a facelift with no scars or post-operative swelling and discomfort. Patients see optimal results in six to 12 weeks, although they will notice an immediate difference.

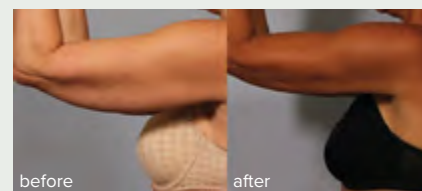
Dr. Magassy also offers FaceTite, and explains that it works to remove excess fat cells and tighten sagging skin below the chin and in the jowls for a more youthful appearance. Other anti-aging procedures that get a lot of buzz these days include injectibles or fillers and weekend facelifts.

The weekend facelift, so-called because many patients feel they can return to normal activities after only a weekend to recover, uses barbed sutures to lift the skin up. "It only lasts for two or three months," said Dr. Magassy. "Barbed sutures work for just so long before they work through the tissue. People used to come in and ask for that, but they were very unhappy patients, so I quit doing those."

"Injectibles add volume to areas where we lose volume as we age, such as in the cheeks and lips," said Dr. Magassy. But they aren't for everyone, because they won't help with sagging skin.

According to Dr. Berman, "Fillers and techniques such as SmartLipo to the neck

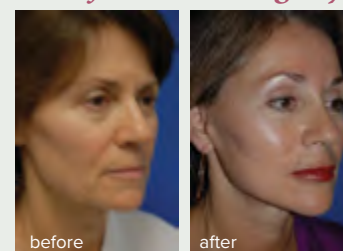
BodyTite with Dr. Magassy



area can hold off a facelift for many years and sometimes forever, depending on the person. However some people will still need a facelift. "I think it will be many years before we can do away with a tummy tuck or facelift for everyone," he said. ♦

AUTHOR: Analiese Kreutzer is a contributing writer for VivaTysons, VivaReston and Le Nouveau Moi. She can be reached at AnalieseKreutzer@gmail.com.

Facelift with Dr. Magassy



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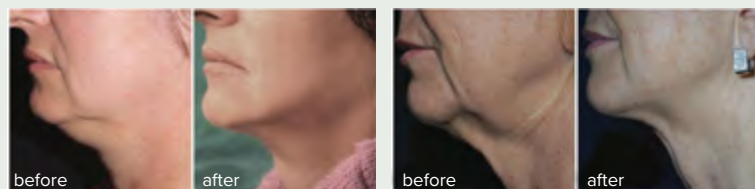
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Life After Breast Cancer Looks Better Than Ever

By Analiese Kreutzer

Seven years after being diagnosed with breast cancer, Laura Taylor loves her life, and she has a new level of appreciation for her body.

"Going through this made me value and respect everything that my body does for me," she said. "I respect the exhaustion. If I'm tired, I lay down, because I know when I get up, I'm going to be in even better shape. This put in perspective what a gift I've been given, and I need to continue to treat it mindfully. Right

now, I feel the best I've felt since the surgery."

Taylor's journey started when her doctor ordered some followup tests to check for changes five years after she had a large cyst in her left breast. Her mammogram looked fine, and a biopsy turned up nothing, but she got a call that they wanted to redo the MRI.

"Ratings on MRIs go from zero to six," Taylor explains. "Zero is why are you even here, and six is we don't need to do a biopsy, it's cancer. My MRI showed a score of five out of six."

The tumor, a one-centimeter, stage one invasive ductal carcinoma, was deep behind her left nipple. "I was diagnosed on Monday, fell apart on Tuesday, and had all my appointments by Thursday," said Taylor.

A warm, vivacious woman with a no-nonsense, fun-loving personality, Taylor had a big advantage in dealing with her diagnosis. She is a registered nurse with a PhD who, at the time of her diagnosis, was teaching at Johns Hopkins School of Nursing. She quickly put together her team of doctors and a posse of advocates.

"I never went to any appointment by myself or just me and my husband," Taylor said. She brought friends and colleagues along to listen and take notes, realizing that she and her husband couldn't take everything in. She recommends others do the same.

Although her oncology surgeon repeatedly assured her that he could perform a lumpectomy, Taylor didn't want that. "As care providers, we love to dazzle people with our brilliance," she said. "But in the end, we've got to understand what the patient is processing, and at some point, let it go."

Taylor had a history of fibrocystic disease and small breasts that she says she "was never that attached to." Once she got her diagnosis, she just wanted the cancer gone, so she chose to have a double mastectomy, which meant she wouldn't need radiation, and she didn't need chemo because it was stage one.

As for reconstruction, Taylor said, "I'm going to go big." She measured 32E following her procedures. Dr. Ariel Rad, her plastic surgeon, reviewed her options with her. Ultimately, they decided she would be a good candidate for a

Breast Cancer Risks Factors

According to the Centers for Disease Control and Prevention, the biggest risk factors for breast cancer are being a woman and getting older. Most breast cancers are found in women over 50. Other risk factors include, but are not limited to, inherited genetic mutations such as BRCA1 and BRCA2; having a first pregnancy after age 30 or never having a full-term pregnancy; not being physically active; being overweight or obese after menopause; and a family history of breast cancer.

bilateral Superior
Gluteal
Arterial

Perforator (SGAP) or love handle flap procedure. This highly specialized surgery uses tissue from the upper rear hip area to reconstruct the breast.

Taylor, who specializes in abdominal transplants in her own work, loved the idea. "Who wouldn't transplant their own fat to make these beautiful breasts?" she said.

Whether he realized it or not, Dr. Rad said something that made a huge impact on Taylor. She recalls, "He said, 'It's going to take five years for you to really see the magnificence of everything that we're doing together here.' And I was like whoa, he thinks I'm going to be around for five years."

"I've always had this sense that this cancer wasn't going to kill me, but when he said that, I reset my clock."

Recovering from everything her body went through took a long time. "The surgeries were tough. I had about 30 total hours of surgeries, and then it just takes time." Diagnosed on May 24, 2010, two months later, Taylor underwent her double mastectomy. She had reconstruction in December and her final followup plastic surgeries in the spring and summer of 2011.

Although she continued to work full time, she spent her weekends on the sofa, exhausted. Then one weekend in October 2013, she suggested to her husband that they go get some pumpkins. "We hadn't done that for three years. I was just too tired. The next morning, I woke up and said, let's go get some mums."

Taylor stresses the importance of self-care. She went to all her appointments and was very good about taking her meds. She also credits her great support system, including her husband, two sons, her friends, colleagues, students, and even the staff of her local grocery store.

Since her journey began, Taylor has changed jobs. She now teaches at the Uniformed Services University in Bethesda. In 2012, she launched a side business called Guide to Degree, LLC, which conducts interactive workshops to help nurses make informed decisions about their doctoral options. In 2016, she was inducted in the American Academy of Nursing. She also spends time counseling other women faced with a breast cancer diagnosis.

Cancer may have changed her body and how she thinks about it, but it hasn't dampened her sense of purpose or her sense of humor. ♦

How to Perform a Monthly Breast Self Exam



1. In the Shower

Using the pads of your fingers in a circular motion, move around each breast and armpit area from the outside to the center, feeling for any lump, thickening or hardened knot. Notice any changes and get lumps evaluated by your health care provider.



2. In Front of a Mirror

Visually inspect your breasts with your arms at your sides. Next, raise your arms high overhead. Then rest your palms on your hips and press firmly to flex your chest muscles. In each position, look for any changes in contour, dimpling or swelling of the skin, or puckering.



3. Lying Down

Lie down with a pillow under your right shoulder, and place your right arm behind your head. Use your left hand and apply light, medium and then firm pressure. Move the pads of your fingers around your right breast gently in small circular motions covering the entire breast area and armpit. Squeeze the nipple, checking for discharge and lumps. Repeat these steps for your left breast.

Mammograms

Women should discuss their risk factors with their doctor to determine when to begin having mammograms and how often.

AUTHOR: Analiese Kreutzer is a contributing writer for VivaTysons, VivaReston and Le Nouveau Moi. She can be reached at AnalieseKreutzer@gmail.com.



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New Season New Style Goals

by Julie Holland

Ah, fall is such a great renewal period for the mind, body, closet... Clothes are a major factor in how people feel, after-all.

STEP 1) Feel great in what you are wearing.

STEP 2) conquer the world. Or something like that. Oops, I'm being a huge advocate of shopaholics right now. You need it and you owe it to yourself to buy it. You're welcome (ha!).

On that note, here are 4 trends to work into that new wardrobe of yours! Or, perhaps you already own pieces to achieve these looks..

1) SPARKLE & SHIMMER – all things metallic, sequin and glitter, especially glitter boots

2) RED – the power color of the season

3) DOUBLE DENIM – that's right, denim on denim can look great. Just make sure they are two different washes.

4) RETRO INSPIRED STATEMENT KNITS – if you opt for a chunky, oversized piece, be sure to pair it with something narrow on the bottom (we don't want you looking like a big blob!).

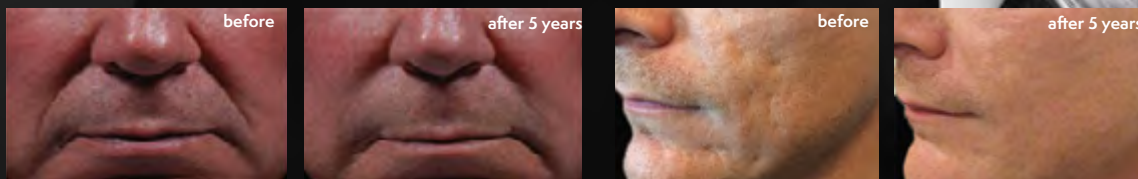




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ASK AN EXPERT

Why Retin-A is a Must for Everyone

By Marisol Zenteno,
Licensed LME Clinician,
Astoria Laser Clinic & Med Spa

REASON #1

Many people use Retin-A for wrinkles and it indeed has many anti-aging benefits. Retinol cream lightens discolorations, decreases fine lines, evens skin complexion, and increases skin elasticity.

REASON #2

There's more to Retin-A than meets the eye. What you may not know is that there are improved forms of Retin-A that actually help slow down the process of aging. This ingredient, which is found in lots of skin creams, helps to absorb excess facial oil to reduce facial shine and help prevent acne breakouts. However, the same product can also remove wrinkles and fine lines, and foster freshness in one's face.

REASON #3

When you first start using Retin-A, you might not see any changes for six to nine weeks. After that time, you should see a noticeable difference. Retin-A improves the blood supply to the skin, which makes the turnover of dead skin cells faster. That way the new, younger-looking skin will appear. Retin-A does not thin the skin, a common misconception, it plumps the skin through stimulating the production of collagen. Medical grade Retin-A contains higher concentrations of Vitamin A than the over-the-counter variety.



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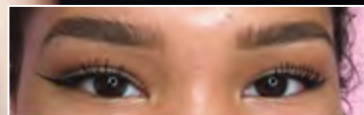
Yes, You Can Have Enviably Natural-Looking Eyebrows

What you need to know about microblading

By Analiese Kreutzer

Whether you long for Gigi Hadid's voluminous arches or you want your sparse brows filled in to better frame your eyes, microblading offers a solution that won't wash away in the pool or melt off at the gym.

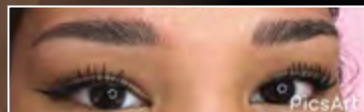
IMMEDIATELY AFTER THE INITIAL SESSION



BETWEEN THE FIRST AND SECOND



AFTER THE SECOND SESSION



What Is Microblading?

Think of microblading as the next generation of permanent makeup. All permanent makeup is a form of cosmetic tattooing. Technicians usually employ a tattoo machine, but microblading uses a manual tool with a small blade and many tiny needles to create individual strokes that resemble real hair, resulting in a natural-looking brow.

Microblading uses pigment with a thicker texture than regular tattoo ink, and the pigment is not implanted as deeply as a traditional tattoo. Microblading implants the pigment between the epidermis and the dermis, so the color fades fairly quickly, requiring touchups every nine to 24 months.

According to licensed permanent makeup artist Elisa Om of Synergy Beauty in Vienna, "Microblading is not suitable for people with oily skin or people with large pores. People with oily skin will find that they will need touchups every nine to 12 months.

People with large pores will not be able to achieve crisp, clean hair strokes."

A Permanent Solution?

Microblading costs between \$500 and \$800 in our area. Whether you think that's a lot to pay or you think it's worth it to wake up with perfect brows, there are a few other things you need to consider. You might think because microblading is a tattoo, that you only need to do it once and your brows will last a lifetime, but that's not the case. Remember, you'll need touchups every nine to 24 months.

Nor is it correct to refer to microblading as semi-permanent. Although the color will fade to a very light orange or brown over time, it will not completely disappear. Some pigment will always be left in the skin.

Om cautions, "Microblading is not a procedure that you can repeatedly receive throughout your life. Every time you make a microblading stroke, you end up with a little scar tissue. Repeated cuts on the same stroke over years will produce some serious scar tissue build up, and you will get less pigment retention, which will require more frequent touch ups."

Microblading Step By Step

Microblading can be used to enhance existing eyebrows, balance asymmetrical brows or reconstruct brows lost to a medical condition. If you're interested in the procedure, your first step is to find a licensed and experienced professional.

Ask to see the business license, health certificate, and the technician's personal state license wherever you go. Don't shy away from asking about training, experience, and references. Om recommends asking to see before-and-after photos and, more importantly, healed results photos, where you can really tell good from poor quality work.

Microblading is a meticulous process and generally takes two or more hours, with a large part of that time devoted to determining the final shape and color of your brows. Your technician will numb the brow area with a topical anesthetic, then use a removable pencil to draw on your brows. If you aren't completely satisfied with the look, don't move ahead until you are.

The final step is using the tool to make the strokes and deposit the pigment into the skin. Everyone's pain tolerance is different, but most people report only minimal discomfort with the procedure.

After the initial session, your eyebrows will appear darker than expected because the pigment hasn't completely settled into your skin. During the healing process, the skin may flake and peel as the cuts heal, and you may think the color is disappearing. Follow any after-care instructions from your technician, and in two-to-four weeks, you will see your final color and stroke results.

Four to six weeks after your initial appointment, you need to return for a touch up. "The first session is to focus mainly on the shape and to see how the skin takes and retains the pigment," said Om. "The second session is about adding volume and filling in any strokes that may not have taken during the first session."

Nano Brows

Another solution for getting your ideal eyebrows is nano needling or nano brows. This technique uses a vibrating machine with a tiny needle that implants pigment into the dermis, which is slightly deeper than with microblading, and requires touchups every three to five years, depending on a person's skin type.

Om explains that microblading produces very realistic brows, where the base of the stroke is slightly thicker than the top, mimicking a natural hair. Nano brows produces straight lines that look more "hair like."

Nano brows uses such a fine needle that there is barely any scar tissue build up. Here, too, it is important to go to a properly trained and experienced technician for the best results.

Analiese Kreutzer is a contributing writer for *VivaTysons*, *VivaReston* and *Le Nouveau Moi*. She can be reached at AnalieseKreutzer@gmail.com.



2017 SEPTEMBER/OCTOBER STYLE

YOU'VE GOTTA LOVE AUTUMN...



1



1) Criss Cross Black and White Blouse with Faux Pearls
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2) Memphis Triangle Drop Earrings
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2

3) Cushnie et Ochs Cropped Ruffle Pants
www.SaksFifthAvenue.com



3

4) Gucci Queen Margaret Leather Belt
www.Gucci.com



4

5) Balenciaga Pointy Toe Mule
www.Nordstrom.com



5

6) Versace Embroidered Palazzo Empire Bag
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6



GADGETS, GOODIES AND GIZMOS



BY LAUREN SIMMONS



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Anti-Aging Beauty Hacks

by Marta Bota

www.mbfacedesign.com

We all are seeking the fountain of youth! Today it's easier than ever before to hold on to your youthful looks with these great hacks!

The most IMPORTANT thing to do when it comes to preserving your youth is to protect your skin from the sun! Use sunscreen year round, daily, on all areas that get exposure such as the face, neck, décolletage, and hands. An SPF of 15 or higher is recommended. I love Clinique Broad Spectrum SPF 30 Oil Free Face Cream! It protects against UVA/UVB rays, glides on velvety smooth, doesn't clog pores, and is safe to use around the eye area! It's perfect for under makeup!



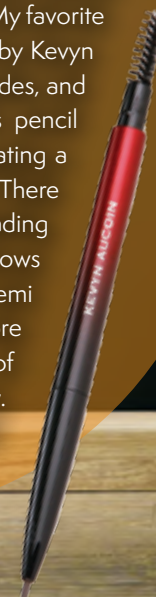
Taking good care of your skin will keep you looking youthful for years to come! It's the best beauty investment that you can make! The basics of good skin care is a good cleanser, day and night time moisturizers, and an exfoliator that is used 1-2 times weekly! For extra care you can use a serum, prior to moisturizer, which helps boost and nourish the skin! There are so many wonderful products out there! Right now my favorite is Merle Norman's Brilliant C skin care line of products! They brighten dull complexions and leave the skin glowing!



When it comes to anti-aging makeup, the most important product is a color corrector. As we age, our skin tone can become uneven. We can show signs of sun damage with broken capillaries, brown spots, and darkness under the eyes. I love Motives' Color Correction Quad! It is available for light or dark complexions. Each quad contains shades to neutralize redness, age spots, dullness, and dark circles! Color correctors are used underneath foundation to cover imperfections, which allows you to use less foundation, resulting in a more youthful appearance!



Let's talk eyebrows! As we age they become sparse, especially the outer corners. Filling them in with brow makeup will take years off your face! There are so many options available from pencils, to powders, to gels. My favorite eyebrow pencil is The Precision Brow Pencil by Kevyn Aucoin! It's retractable, comes in different shades, and has the perfect texture! When applying this pencil use feather like strokes to fill in the brow, creating a very natural effect and illusion of a full brow! There is another amazing technique called microblading that can give you the effect of fuller brows and it looks so natural! This is a great semi permanent makeup option and looks more natural than the tattoo eyebrows of the past! I had mine done at www.novaderminstitute.com and love it!!!



One sure sign of aging are lines around the lip area. Be sure to take care of this delicate area with serum, moisturizers, and sunscreen. A FAVORITE product of mine to use on myself and my clients is another Merle Norman gem called Wrinkle Smoother Lips! It's a lip cream For all skin types and premature aging concerns. This anti-aging treatment is designed for the delicate area around the lips to smooth and help stop lip color from bleeding. It is formulated with Argireline, a peptide that helps prevent the appearance of expression lines around the lips upon application and over time.



There are so many great anti aging cosmetic products out there to help give you the look of a glowing complexion! Look for formulas with added moisture and/or SPF. There are many foundations that now have added skin care treatments to the formula to double as coverage, as well as to increase lost moisture and reduce the look of fine lines! Technology today is truly amazing! Hourglass Veil Fluid Makeup is a fine example of a product that has beautiful coverage with the added ingredient of peptide, which helps stimulate collagen production! Music to my ears!



As a final note, I cannot stress ENOUGH the importance of a good skin care regimen that consists of anti-aging products! It is also a great idea to incorporate seeing a master aesthetician as a regular part of your skin care routine! You may also want to consider taking advantage of today's noninvasive technology with botox and fillers as part of your routine. Do your homework and go to a reputable practice of skilled beauty experts/plastic surgeons! www.sanctuarycosmeticcenter.com is a fantastic full service cosmetic center that not only offers facial and body plastic surgery, but a whole list of other services including facials, makeup application, as well as permanent makeup!

Holly Rowland

Name and occupation.

Holly Rowland; IT Project Manager with Navy Federal Credit Union

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

Arbonne - RE9 Advanced (Anti-aging Skincare Line)

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

I have naturally dry hair and investing in expensive moisturizing treatments didn't work. Limiting washing my hair to 3 days a week and using coconut oil in the summer under a cap when relaxing in the sun works the best.

What is your biggest beauty splurge that you deem necessary?

Facials—at least once a quarter. Not only are they relaxing, but they also make my skin look and feel refreshed.

Where do you find happiness?

First and foremost, when my kids are happy, I am happy. After that, the beach is where I go to regenerate, and if it allows dogs, then I'm really in my happy place.

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

Taking time out of my busy schedule to maintain a regular exercise routine. I get up at 5:30am to take my dogs and myself on a morning walk. When I can, I hit yoga at work and another evening walk with the doggies.

What is your beauty secret?

Smile! A smile lights up my eyes and brings a joyful presence to my face that nothing else can match. Try it!

Photo by www.ErnestoMaldonado.com

Hair by Jessica Lim at Calypso Salon

Makeup by Nina Hale at Calypso Salon



90% OF WOMAN WANT MORE VOLUME CALLIGRAPHY CUT IS THE SOLUTION

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Frank Brormann developed the Calligraphy Pen – a special cutting tool. Only a select handful of highly trained expert hairdressers worldwide control the use of the Calligraphy Pen and the technology.

The results from the Calligraphy Cut made with Calligraphy Pen give fine hair volume, elasticity, flexibility, movement and—the most important thing: The hair is easy to style at home.

With its blade angled at 3°, the Calligraph cuts the hair on the diagonal, rather like the careful cut to preserve a flower stem. The hair is not damaged—instead, the gently and carefully guided blade results in visible movement in the finished cut, which makes it appear fuller. This requires the highest degree of precision and care because the perfect result depends on an even more precisely defined, more pronounced cutting angle between 21° and 23°. The finely honed ergonomic design of the Calligraph enables very safe use so that the stylist's full focus is on the client's hair.

The Calligraphy Cut ensures hair retains its allure for longer. Whether in the form of an elaborate styling, carefully proportioned cut or a more feminine look— it always looks soft, rounded, and beautiful.

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(Please see display ad on page 105)

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(Please see ad on page 93)

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Plaza, Reston, VA 20190

www.jusbsalon.com

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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Salon Jean Paul is committed to being the best in a whole new concept of coloring, highlights, cuts and styling. Salon Jean Paul strives to provide outstanding customer experience, where each client gets the undivided attention they deserve and possesses artistic imagination along with the years of experience with hair styling and hair coloring to ensure your satisfaction.

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(Please see article on page 96

and display ad on page 97)

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(Please see ad on page 84)

www.GoToRadiance.com

Radiance brings together highly trained Hair Stylists, Master Estheticians, Massage Therapists, Nail Technicians, and Registered Nurses so that our highly discerning clients can receive a complete beauty package and leave feeling revitalized and beautiful.

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(Please see ad on page 84)

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www.redrosecenter.com

Red Rose Beauty Center offers nonsurgical procedures that you can get in 30 minutes—over your lunchbreak—that will give you the younger, more radiant look without the risks and costs of surgery or downtime including IPL laser skin rejuvenation, hair reduction, pigmentation correction, and spider vein reduction and Juvéderm® and Latisse.

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by Dr. Liliana Calkins

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The Journal of Otolaryngology, lately reported that children with sleep disordered breathing symptoms and jaw disproportions, when evaluated by an interdisciplinary airway team, that includes the Specialty of Orthodontics and Dentofacial Orthopedics, at early ages such as three years old, can show airway improvement when early modifications in the maxilla and mandible are implemented by treatment.

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Oysters

As summer draws to a close, the next best season begins: oyster season. There's an old pearl of wisdom that says the only time to eat oysters is in months with the letter "R." For the freshest and best-tasting oysters, this still rings true with September kicking off the occasion. In the warm summer months, the oysters spend their energy spawning, which causes them to become thin and milky. The colder fall and winter months provide for decadent oysters with plenty of flavor. We've fished out the top places to get fresh oysters in the area, both raw and cooked. Whether you're looking to eat them at a restaurant or to prepare them yourself, we have it all for you.

It may be hard to imagine but in the late 1800's through the turn of the century, oyster beds were so abundant in the Chesapeake Bay that they were known to pose as navigational hazards for ships sailing the bay. During this time, the nation's capital was home to many saloons serving this local delicacy along with a tasty beverage or two. Chesapeake Bay oysters also developed a cult following nationwide.

Through overharvesting, pollution, and disease, the local population of oysters dwindled to 1% of its peak historical population. Food safety became a concern with articles appearing about people getting sick or worse from eating oysters, regardless of where they came from. In 1992, we made the decision to remove them from our menu at the Old Ebbitt Grill much to the dismay of our customers.

In the early 1990's, people were leasing water rights from the various New England states and Canadian Maritimes to use for growing oysters. This form of aquaculture was known as "oyster farming." This was a relatively new, expensive and risky proposition. We were introduced to several of these growers, including one from Virginia named RG Parks. RG grew oysters in Kegotank Bay on the seaside of Virginia's eastern shore. After a visit with RG, we were smitten with his oysters and began the process of reintroducing oysters to our menu.

Thanks to these early pioneers and a resurgence of quality half-shell oysters, we then felt comfortable serving oysters on the half shell to our

customers. In 1994 we reopened the oyster bar at the Old Ebbitt Grill with strict standards such as laboratory testing oysters before they were allowed to be served to our customers. This pledge to provide the best oyster program gave birth to our "Oyster Eater's Bill of Rights." It has proved wildly successful and is now the oyster bar that all others are judged against. We have since expanded this program to several of our other locations (Clyde's Tower Oaks Lodge, Clyde's at Mark Center and Clyde's of Gallery Place).

The great news locally is that the Chesapeake Bay has seen a dramatic increase in oyster farming, providing a year round, quality supply of local oysters. This increase along with the wonderful efforts of the Chesapeake Bay Foundation, Oyster Recovery Partnership, Horn Point Research Laboratory, and the Army Corp of Engineers are shaping the bay's future.

Oysters are a cornerstone species in the Chesapeake Bay ecosystem. Oysters feed by filtering the water in which they live. A single oyster can filter anywhere from 50 – 70 gallons of water per day! The more oysters, both wild and farm-raised that are in the bay, the more water they filter, the cleaner the water will become. This allows sunlight to penetrate in up to 10 feet of water and grasses to grow. Sunlight spurs the germination of the bay's aquatic grasses (submerged aquatic vegetation or SAV). SAV provides escape cover for juvenile crabs and fish, puts oxygen in the water through photosynthesis, and calms the wave action, preventing shoreline erosion. So in a nutshell, oysters benefit every living organism in the bay ecosystem and are almost single handedly saving the Chesapeake Bay!

Bart Farrell

Director of Food and Beverage
Clyde's Restaurant Group

OYSTER DIRECTORY

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703.273.0120
sushionbuffet.com

Joe's Crab Shack

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www.joescrabshack.com

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Jewels of the Sea: Oysters on the Menu

By Renee Sklarew

If you think that oysters are only available in months with an “R” in their name, then I’ve got some news for you. While I was holding onto this lore, the world of oysters changed a lot. Today, oysters are being harvested and enjoyed by local diners nearly every month of the year. That’s because of an active farming effort that cultivates these beautiful bivalves year-round right here in the great state of Virginia.

“The demand for oysters has gone up,” says Bryan Crosswhite of French Quarter Brasserie. “It used to be we only had them during their season, but now you can get fresh oysters year round.” Crosswhite is sourcing his oysters from the Chesapeake Bay. “That’s what has changed. Companies out of Reedville, Virginia and Tangier Island are notably increasing production and supplying superb oysters to French Quarter Brasserie. For years these companies were fishing and crabbing, but now they’ve launched into oyster farming.

Photo courtesy of Brine



Oyster fishing boat in the Chesapeake Bay



Photo courtesy of Brine

During the 20th century, oysters suffered from polluted water and waterfront development, but efforts to clean up the Bay has helped to restore Virginia's seafood business. Now, Virginia's tourism bureau says Virginia is "The Oyster Capital of the East Coast," because Chesapeake Bay oysters have near perfect growing conditions—salty Atlantic Ocean water mixed with freshwater rivers like the Rappahanock. Along with low population in some regions, Virginia oysters can grow uninhibited.

Another change: the oyster farmers aren't gathering them from the bottom anymore. "They insert seed oysters in a mesh cage, and then float the cages on the surface of the bay," explains Crosswhite. This changes oysters from a bottom feeder to creatures that are easy to pluck from the sea. They're still providing the same service while floating—removing nitrogen and carbon improving water clarity and quality, but now they're in a protected environment in a process called upwelling.

Bryan and many other restaurateurs are making oysters the star of their menus, and the demand continues to increase for fresh oysters all over the District of Columbia, Maryland, and Virginia (DMV). Thanks to a growing passion for oysters that are fried, fresh, and broiled, the Virginia Oyster Trail was developed by Virginia Tourism. There are eight regions that comprise the Trail. These stretch from the Lower Chesapeake Bay near Virginia Beach and north to Chincoteague Island. In between are hatcheries in Cape Charles, Hayes, and Wicimico. A great resource for learning about local oysters is on the Virginia Oyster Trail website. It explains the new technologies used to farm oysters, describes the different types of oysters, and offers tourists the opportunity to visit the watermen in their native habitat.



Photo courtesy of French Quarter Brasserie

The traditional waterman culture has existed in our region since the first settlers arrived from England. As independent fishermen, they operate their own boats and sell their catch to wholesale seafood houses. While these watermen have been fishing and crabbing for centuries, today, some are turning to the cultivation and harvesting of oysters too.

Local oysters taste different depending on where they're harvested, but they have one thing in common, they are all the same species. The *Crassostrea virginica* are the species of oyster found in the Mid-Atlantic, but there are eight different coastal habitats that impact the taste, texture, and appearance of the oysters on the Virginia Eastern Shore. Some are salty, some are especially creamy, and others are described as sweet. You can taste these differences when you eat oysters raw served with vinegar, lemon juice, or cocktail sauce. They're also steamed, grilled, and many people love them fried like an



Photo courtesy of French Quarter Brasserie

oyster Po'Boy sandwich. Founding Farmers is a great place to eat oysters. The Tysons restaurant serves them four ways—raw; as oyster shooters in a glass with alcohol partners like vodka, gin, and tequila; baked with toppings like garlic romano and tomato relish; and fried with corn and avocado.

At Brine in the Mosaic District, oysters live in a showcase full of ice. ♦

Be Your Own Best Advocate

Protecting Yourself as a Homeowner During a Construction Project



BY LINDA BARRETT

Congratulations! You've decided to remodel your home, install an addition, or perhaps even engage in new home construction. It's an exciting time, filled with anticipation of the wonderful new surroundings you and your family will enjoy for years to come.

This rosy picture is how the story begins. However, in reality, there are complications and unforeseen issues that can occur in any construction project. Homeowners may have different degrees of knowledge when it comes to construction, however, all homeowners can use these tips to ensure a successful project.

Engage a Contractor

There are things you can do to minimize problems right from the start. "Ask the contractor how many similar jobs he's performed, get three references, and call those references," recommended construction attorney Jim Judkins, a partner in Cowles, Rinaldi, Judkins & Korjus.

"Then check with the Virginia Department of Professional and Occupational Regulation (DPOR) which oversees licenses for all kinds of trades, as to whether the contractor's license is current in Virginia, and whether any complaints have been filed." In addition, verify that the contractor and allied tradesmen carry liability insurance. Do an online search to see if complaints pop up in reviews.

Homeowners should always include a "retention fee" in each contract, Judkins advised. This holds back 10% of the payment, payable only when the contract is fully completed and the punch list is resolved. "It keeps the contractor from saying 'I'm done' and not coming back."

Obtain up to three quotes, comparing apples to apples with detailed estimates, and accept only a complete contract. According to construction expert Matthew Furlong, president of Först Consulting Group, "A contract in Virginia must contain certain stipulations to be valid, including the important details of start dates, completion dates, and specifications of materials to be used." Do your due diligence up front and check your gut feeling as well...do you get along well with this contractor?

Find out in advance what allowance the contractor has given for homeowner selections like finishes or appliances. If you have already chosen items, ensure they are reflected in the contractor's budget before you sign. Once the project is underway, the homeowner must select all allowance items, materials and colors in a timely matter, and make every effort to refrain from hindering the contractor's work.

Red Flags

- The contractor is regularly late or a no-show
- You see safety issues
- Inspection failures happen on a regular basis
- Inspections indicate serious violations

Rely on the Contractor and the County Inspector

Construction projects require permits and inspections by the county. "Be aware it is the responsibility of the permit holder to make sure these permits and inspections are executed. If the homeowner pulls the permit, they are responsible," Furlong said.

Trust the contractor and the county inspector. There are set milestones where a building inspector is required to come out and check the work that includes: building inspection, electrical, gas, mechanical, plumbing, and foundation. If the inspector finds a problem at any milestone, he can shut down the job until the problem is resolved.

Problem Resolution

"Ninety-eight percent of problems can be solved by communication," Furlong said. "There is always some problem discovered along the way, and it's up to the contractor to provide a change order estimate on what it will take to repair or remediate the problem. Be sure the scope of work is in writing, and signed and dated by both parties."

Put everything in writing, and take pictures. If you have a conversation, follow it up with an email hitting the important notes of the conversation to create a trail of documentation. Don't let the contractor intimidate you into backing down if you see an error in construction or materials. It is much more difficult to remedy a problem later on.

If talking to your contractor about a problem doesn't resolve an issue, there are steps you can do to protect yourself as a homeowner. Get the county involved; call your county building department and speak to a supervisor. They will open a report and send out an inspector to investigate. Or hire an approved inspection agency on your own.

Hire a Construction Advocate

If that doesn't settle the problem, it may be time to call in a construction advocate like Först Consulting Group who is up to date on current codes and credentialed with key certifications. They can provide unbiased construction, forensic investigations and inspections, litigation support, and expert opinion and witness services. They can offer independent construction supervision, contract review and consulting, prior to,

during, or following construction. "We are here to act as an independent, unbiased resource looking out for the best interest of our client, for whatever they need," Furlong said.

"But we're not just limited to construction deficiencies; we can consult on the best construction practices, and act as an adviser, helping homeowners to choose a contractor, review the proposals, monitor progress, and offer expert opinions as we consult," he added.

Court: The Last Resort

Going to court is never fun, and every attempt should be made to avoid it. "Generally, if there is a dispute the parties can't resolve, one side is seeking money," attorney Judkins said. "This is when we hire an outside expert like Först to inspect the work, evaluate the workmanship, and determine a fair price to complete the project or correct the deficiencies according to the contract." Keep in mind that if one side hires an expert, the other can too, and then the judge or arbitrator must choose which expert to believe.

A General Rule

"There are usually three primary variables in every construction project: time, cost, and quality. That is generally followed by, 'You get to choose two,'" Furlong said. "High quality takes time, and to compress that time, a contractor would have to add skilled resources, which increases the cost. If you want the cost to remain low, the job will take more time. While it is unusual to get very high quality work at low prices, high prices do not automatically ensure high quality work."

Your construction project should be a high point in your family's life...that is, once you get past the actual construction. Using these tips will help you have a pleasant experience throughout the process. ♦

RESOURCES

- Matthew Furlong at Först Consulting Group, www.forstconsultingllc.com
- Jim Judkins at Cowles, Rinaldi, Judkins & Korjus, www.cowleslaw.com

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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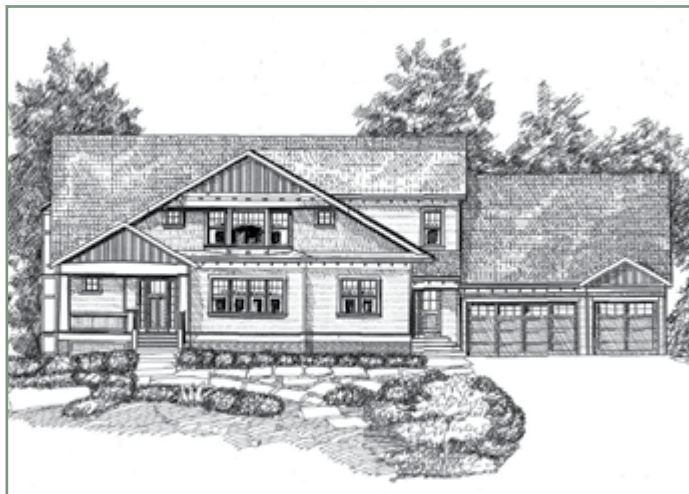


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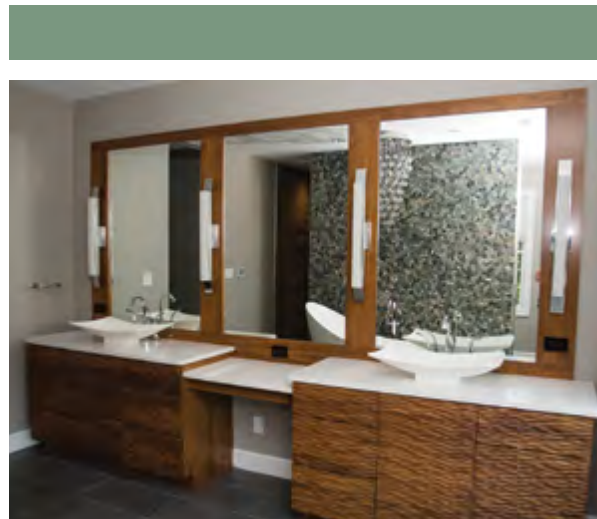
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in Boothbay Harbor, Maine



WELCOME TO THE SPRUCE POINT INN

By: Elaine Anne Watt

If you've ever imagined yourself in a picture-perfect setting along the rocky coast of Maine where the best of the past melds seamlessly with the comforts of a more modern yet rustic hideaway, you need to go no further than the Spruce Point Inn in Boothbay Harbor, Maine. From its humble beginning in the late 1800's, the Inn has recently been recognized by Conde' Nast Traveler as one of the "top 25 resorts in the Northeast." Over the years, the Inn has been the playground of many families looking for a special haven during the heat of summer. Having dreamt of returning to the New England coast that I fell in love with as a little girl, this first trip to the beauty and majesty of Maine, though long-anticipated, could not have been more delightful. Think *Dirty Dancing* without the adorably hokey shows or smarmy intrigue, and you've found the spot for your family vacation, destination wedding, or idyllic romantic getaway.

Nestled on a high point overlooking the harbor you'll find the charming main Inn surrounded by clusters of themed cottages and lodges all dressed in fresh coats of green and white paint. Situated within the largest sightseeing boating district in Maine, once you enter the pillared gates of the property, it is as if time stands still. As Angelo DiGiulian, co-proprietor of Spruce Point and a man passionate about what is obviously more than a business so aptly says, "The Inn captures its classic heritage redesigned for today's lifestyle." Photographs throughout the property provide the lens back to the historic rooms and famous faces that frolicked here. Unsurprisingly, the eight or nine vintage Inn rooms and ten or so restored original cottages decorated with authentic period furniture are always in demand.

Gracious hospitality is both the purpose and the promise of Spruce Point. Guests come here to relax, reconnect to nature and each other, and to indulge in the array of dining, leisure activities, and excursions that await them. From the beginning of May through to the end of October, a



highly trained and plentiful staff is here to see to all of your needs and to make your stay as effortless as it is enjoyable. On property you'll find tennis courts, a seaside salt-water pool, and a generously sized main pool, shuffleboard, game rooms, nature trails, a life-size chess and checkerboard set, fire pit with a S'mores Station, Bogie's Lounge for casual dining, and a more formal restaurant for culinary adventures with stunning views of the harbor below.

Reserve a spot on their launch "Bright Line" for private tours to Monhegan Island or Burnt Island Lighthouse, to run into town or to visit Southport across the harbor. The Inn's own Sarah Mead is a fully restored Newbert and Wallace 32' classic wooden friendship sloop, and is the only remaining wooden sailing lobster boat on the Maine coast! Whale-watching trips, lobster boating, or a run on the local Schooner Eastwind are easily arranged. If you crave downtime or a little extra indulgence, why not book a spa package and be pampered with a couple's massage in their Zen garden or ocean-side buffeted by gentle breezes? A full menu of services is available to sooth and refresh, or to get photo-ready for your big day!

The Inn hosts approximately 25 weddings a year, comfortably accommodating up to 250 guests and with a maximum of 300. In order to limit any inconvenience to other

guests, most of these events take place in May, June, September or October. Although one or two may be allowed during July and August. These months are carefully set aside to provide for family reunions, seasonal and return guests who deserve full use of the amenities. The proprietors are sensitive to the expectations of all their clients. Additionally, they never double book for more than one special event, providing the insurance needed in the case of inclement weather. All outside weddings and rehearsal dinners can be relocated to one or more of the inside event spaces on the property as needed. Spruce Point has a dedicated staff of event coordinators and services to meet your specific desires, including a rehearsal dinner cruise around the islands.

Have I mentioned the wharves where you can feast on succulent freshly prepared lobster, mussels, clams, oysters, and such just moments away? A few of the other local activities accessible to Inn guests at discounts include, the fabulous Coastal Maine Botanical Gardens, private privileges to the Boothbay Region Golf and Country Club, Boothbay Whale Watch, Balmy Days Cruises, and Charger Fisher Charters.

Although there is plenty to keep you happily occupied on the Inn's grounds, you may want to carve out some time to explore Boothbay Harbor's many quaint shops, dining options, or arts colony. There is the Boothbay Region Art Foundation and Boothbay Artisans storefront right in

the middle of town, and many other art galleries, craft, and stained glass studios within an easy drive. The Inn provides complimentary boat rides and shuttle vans back and forth to town.

I particularly enjoyed my visit to Head of the Harbor Gallery. The coastal Plein Air painter, Roger Milinowski, engaged me in a lively discussion of his adventures up and down the Eastern Seaboard and throughout the South where he's captured the heart and soul of these beautiful locations in the artwork that adorns the walls. I was even treated to a tour of his studio to see works in progress. Besides inspirational photos and an extensive library of art literature accumulated over the years, his philosophy of life is reflected in the quotes from Shakespeare and others that dot the space. Roger assured me that "the best of Maine is found right here in Boothbay...I could choose to live anywhere, but it doesn't get any better than this, with real people and a sense of community."

When you're done exploring, you can look forward to retreating to the comforts and hospitality found at Spruce Point Inn. As the end of your stay draws near, the only question that remains is how soon you'll be able to return to make more memories. ❖

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By Marcos Grande, DDS
Grande Dental Care

It is important not to underestimate the power of a healthy, beautiful smile. When you take good care of your teeth, this can provide you with a wide array of benefits such as improving your self-esteem and overall health. This is why many people see spending money on their teeth as a wise investment in themselves. Here are a few of the ways in which investing in your teeth can prove to be a good long-term investment.

Minimize Future Dental Expenses

Spending money on the regular maintenance of your oral health can actually save you money in the long run, by preventing the need for more costly dental procedures down the road. Think of your teeth as a car. If you do not perform regular maintenance on your car, like oil changes, your whole engine will suffer and need extensive repairs. Similarly, if you do not have regular dental checkups and cleanings, this can cause gum disease, and the need for expensive procedures such as root canals. Investing money in maintaining your teeth will prevent you from having to spend more money in the future.

Keep Your Overall Health in Check

Your oral health is connected to your overall health, and can affect your entire body. New studies continue to find connections between oral health problems and health problems throughout the body. For instance, the majority of people with heart disease also have gum disease. It has been suggested that there is a link between inflammation of the gums and inflammation of your blood vessels. Bacteria in infected gums can also lead to respiratory infections such as pneumonia. Investing in your teeth helps maintain the health of your entire body.

Boost Your Self-Esteem

Many people are self-conscious about their smiles, especially if their teeth are yellow or crooked. You are less likely to laugh or smile, and may even begin to feel depressed about

Why Your Teeth Are a Good Investment In Yourself

the way your teeth make you feel. Investing in your smile can boost your self-confidence, your self-esteem, and can change the way you view yourself and live your life.

Change the Way Others See You

Improving your smile is a wise investment by helping to change the way others view you. A beautiful smile

can go a long way in life, from helping to impress potential employers on job interviews, to making your profile stand out should you venture into online dating. Investing in your smile can pay for itself in the benefits it can bring to your personal and professional life, as image can have a big effect on the way others perceive you. Straightening crooked teeth in less time with clear

braces from Six Month Smiles® for instance can be a life-changing event.

You can never go wrong by investing in your teeth. Ensuring that your mouth is healthy, and that you have a clean, white, beautiful smile, will help to improve your physical and mental health, and can save you money in the long run on dental procedures.

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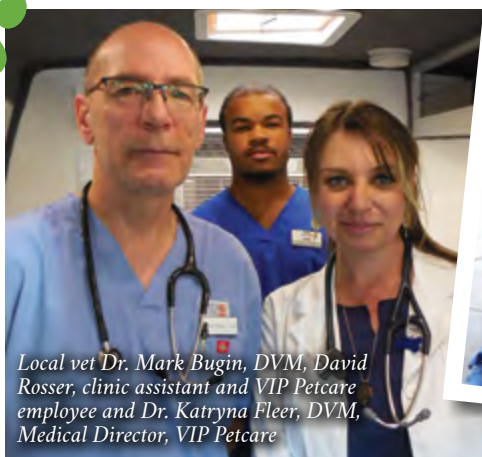
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Local vet Dr. Mark Bugin, DVM, David Rosser, clinic assistant and VIP Petcare employee and Dr. Katryna Flee, DVM, Medical Director, VIP Petcare



Taloria Wheeler and Ashleigh DeHart



BY LINDA BARRETT



Quentin Priolel with Dr. Katryna Flee and Nuage

A HEALTHY PET = A HAPPY HOME

VIP Petcare's Community Wellness Clinics Offer Convenience, Affordability and Caring

Anxious grey, shorthaired, domestic tabby kitten named Nuage shivered on the steel-topped exam table, that is until Dr. Katryna Flee picked him up and hugged him cozily. Then all seemed right in his little world. Large and small, old and young, all the dogs and cats brought to the VIP Petcare clinic, including Callie, Milo, Daisy, Rex, and Lilly, left that day left feeling a little bit better from the experience.

Making preventive healthcare available and convenient for all pet owners, with a goal of keeping pets happy and healthy is the mission of VIP Petcare's Community Wellness Clinics.

Find a Local Clinic

Every month, a number of VIP Petcare Wellness Clinics are held at client partner stores throughout our community, including Pet Valu and Tractor Supply Company. Visit the store to register your dog or cat and pay any related fees. The wellness visit itself is free, but there will be a small charge for vaccines, chip implants, or other services your pet may need. Enter your zip code into the "Find a Clinic" section of the VIP Petcare website to locate a mobile clinic near you.

VIP Petcare was proud to be a national sponsor of the annual "Clear the Shelters" campaign held August 19, 2017.

Then step outside into the mobile facility van where a dedicated staff and a veterinarian await. For safety, only one pet at a time is allowed into the examination van.

The roomy vans are fully equipped with generators, coolers, running water, air conditioning, and emergency equipment. Just like a tiny exam room on wheels, there is a sanitized table, equipment drawers, and trained staff available to assist the licensed veterinarian.

After a brief introduction to your pet and quick review of its electronic records, the veterinarian performs a "nose to tail" diagnostic check throughout the pet's entire body, looking for things like runny eyes, signs of discomfort, or obvious masses in the abdomen. Then, if vaccines are due, they are administered. Routine blood checkups, microchip implants (only \$19 for a lifetime registration), and even nail trimming (at some locations) can also be performed.

Safety is always top of mind, for both the pet and clinic workers. "Most of the animals we see are so sweet, but if necessary, we can use safety equipment like cat gloves and muzzles for aggressive or overly anxious dogs (that the owners are asked to apply), or a towel wrap, a common technique with cats," explained Dr. Flee, DVM and medical director for VIP Petcare. "We also have the right to turn away someone if their dog is aggressive, but that happens very rarely. In an office setting, a veterinarian may be able to give a sedative, but we can't do that here in the clinic."

Convenient and Affordable Pet Care

"Our community clinics are here to serve people who perhaps don't have a full-service vet, or those who need convenience in their vet care," Flee said. "People can come to a clinic on an evening, or a Saturday or Sunday, and while they're here, get their dog or cat's vaccines and pet food at the same time."

"The fact that we don't charge an office visit is also big advantage for many people because it lowers the overall cost of the ability to have a pet," she explained while tickling behind a dog's ears.

Dr. Mark Bugin, DVM was also on hand for this day's clinic. Now retired from a full-time



Rita Madrid, brand ambassador for PA, VA, MD for VIP Petcare

clinic, he works almost every weekend at a VIP Petcare event and up to three clinics during the week. "What I like is being able to find occasional things that even the owners aren't aware of before they become problems. With my experience, I can advise them to see their primary veterinarian to have it checked out."

Behind the scenes, a full staff attends to each VIP Petcare clinic, including a rig supervisor, cashier, and a clinic assistant who are cross-trained to help with all jobs. Rita Madrid, the brand ambassador for Virginia, Pennsylvania, and Maryland, oversees the relationships between VIP Petcare and the sponsoring stores, and provides information about the clinics to the public.

"We provide the resources that make it affordable for everyone to have pets," Madrid

said. "We also help to keep our community safe. For example, some people bring in feral cats and pay for their vaccines out of their own pockets." Look for tent signs and notices for upcoming clinics in your area.

Healthy and Happy Pets

The overall goal of the community clinics is to monitor the health of a healthy pet, provide current vaccines, and prevent diseases from occurring. In addition to receiving core and noncore vaccines, pets can be tested for heartworm, intestinal parasites like roundworm or tapeworm, tickborne diseases, feline immunovirus AIDS (FIV), and feline leukemia virus (FeLV). Owners can get their pet vaccinated against things like leptospirosis and purchase their preventive medicines and flea and tick control products while they're there.

Currently, VIP Petcare's wellness clinics are held in thirty states throughout the U.S., with plans to expand into additional regions. How important is wellness for pets? "It is critical, and when we do it now, we can prevent disease in the future, keeping your pets happy and healthy throughout their lifetime," Fleer said.

Each of the pet parents that attended today's clinic was well pleased with the quality of care and expertise provided to their pets. All left with instructions on future care and plans to return. ♦

Each VIP Petcare's Community Wellness Clinic offers:

- ✓ Licensed veterinarian available at every clinic
- ✓ No office exam fee
- ✓ Highest-quality vaccines
- ✓ Lifetime registration for microchips

PETS WE LOVE



BARRY

Owner: Sandy Selander



KOBE

Owner: Sandy Selander



CHARLIE AND GEORGE

Owner: Alexis Bugley

IS YOUR PET READY FOR THEIR CLOSE-UP?

SEND PHOTOS TO ARTICLES@VIVATYSONS.COM.



Training Simulator Demonstration

Loudoun County Fire and Rescue personnel engaged in a training simulator demonstration at the railcar dedication ceremony.

(Photos courtesy of the Loudoun County Government)

BY ROBERT O'SHAUGHNESSY

NEW METRORAIL TRAINING SIMULATOR

Loudoun County just opened a new Metrorail Training Simulator located at the Oliver Robert Dubé Fire and Rescue Training Academy in Leesburg. The simulator is comprised of two retired 4000-series railcars from the Washington Metropolitan Area Transit Authority (WMATA). The simulator also has two parallel sections of track with a high-voltage third rail to help first responders train to respond to emergencies within the Metrorail system. The Metrorail Training Simulator will make Silver Line riders safer. ♦

Metro General Manager Paul Wiedefeld speaking at the dedication ceremony for the Loudoun County Metrorail Training Simulator.



Metro Transit Police Chief Ronald Pavlik speaking about the importance of the simulator for safety in the Metrorail system.



7000-SERIES IS COMING TO THE SILVER LINE

BY ROBERT O'SHAUGHNESSY

New railcars are about to be a staple of the Silver Line. The Washington Metropolitan Area Transit Authority (WMATA) announced that it would be adding two 7000-series trains to regular service on the Silver Line.

That means more reliable service and more eight-car trains for Silver Line customers. Most of the trains currently running on the Silver Line are in a six-car configuration. Eight-car trains take up the whole platform at Metro stations, allowing more passengers to ride.

In the earliest days of the Metrorail system, it was common to have four-car trains pulling into the station. As the system expanded and became more popular, WMATA phased out the four-car configuration to allow more customers to ride at once.

7000-series trains are also the most reliable, according to WMATA. That means fewer offloads and more on-time arrivals. WMATA plans to phase out its least reliable 4000- and 1000-series railcars replacing them with the 7000-series.

"By retiring the last of our oldest and least reliable railcars, we will be in a much better position to deliver more reliable service for our customers," said Metro General Manager Paul J. Wiedefeld. "We have already seen the positive results of this effort in the form of fewer railcar-related delays and fewer offloads."

WMATA currently has 344 new 7000-series railcars in service out of the 748 they ordered. They are receiving new cars at a rate of up to 20 per month. Japan-based Kawasaki is building the 7000-series cars at a plant in Lincoln, Neb. ❖



The interior of a 7000-series car. Photo courtesy of WMATA



The exterior of a 7000-series car Photo courtesy of WMATA



A 7000-series train pulls into Ronald Reagan Washington National Airport Station Photo courtesy of WMATA



A 400 ton crane is used to set a pedestrian bridge span that will provide access to Innovation Center Station over the eastbound Dulles Toll Road.

BY MARCIA MCALLISTER

PEDESTRIAN BRIDGE INSTALLATION BEGAN IN JULY

Dulles Corridor Metrorail Project Phase 2 crews this summer are installing the Silver Line Phase 2 pedestrian bridges. The pedestrian bridges will provide access for Metrorail passengers to five of the six Phase 2 stations, and will extend over the Dulles Toll Road, Dulles Access Highway, Dulles Greenway, and local roads. The bridges are constructed primarily of steel, and will be set on concrete columns

that have been built on the north and south sides of the stations. Bridge installation will begin on the south side of Innovation Center Station, and will require lane closures and detours on the highways and nearby roads. Additional information will be forthcoming as the work progresses through July and in the upcoming months. ♦



A DCMP crew loads a spreader beam, which is used to assist lifting the pedestrian bridge into place, onto a flatbed trailer for transport to the work site.



A nearly-completed pedestrian bridge awaits installation, which began in July. (Photo by Capital Rail Constructors.)



A pedestrian bridge for the Silver Line Phase 2 is under construction. (Photo by Capital Rail Constructors.)

BRIDGE CLUB

BOOK LEARNING

♠ A K 10 5

♥ 10 3

♦ 7 6 2

♣ A K Q J

♠ Q J 2

♥ A Q J 9 8 2

♦ J 8 3

♣ 5

| West | North | East | South |
|------|-------|----------|-------|
| | 1 ♣ | pass | 1 ♥ |
| pass | 1 ♠ | pass | 3 ♥ |
| pass | 4 ♥ | all pass | |

West leads the king of diamonds and continues with the queen and ace, East following. West shifts to a spade, and you win in dummy and let the ten of trumps ride, winning. On a second trump to your jack, West discards. How do you continue? Answer on page 176.

Excerpt taken from: *Frank Stewart's Bridge Club*. Page 79.

BIDDING QUIZ

YOU HOLD:

♠ A K 10 5 ♥ 10 3 ♦ 7 6 2 ♣ A K Q J

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

ANSWER: A miserable problem. Since you have no strength in diamonds but may have a game if your partner holds a few points, to "trap pass" isn't attractive. But you can't double without heart support or overcall 1NT without a diamond trick. Bid one spade and hope partner doesn't notice you have only a four-card suit.

Excerpt taken from: *Frank Stewart's Bridge Club*. Page 82.

YOU NEVER LOSE
A DREAM; IT JUST
INCUBATES AS A
HOBBY.

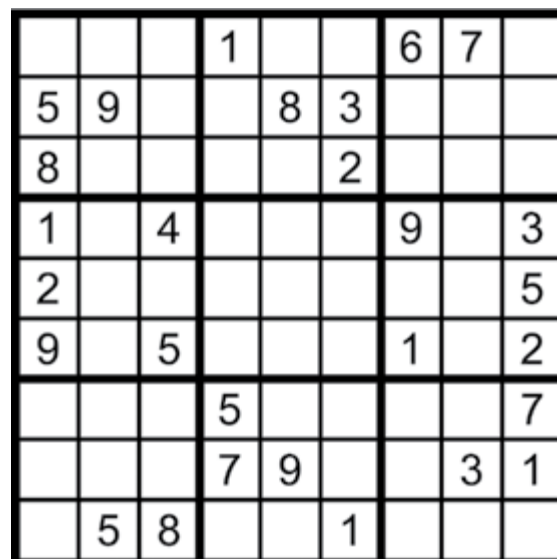
Larry Page

HOW TO SOLVE SUDOKU PUZZLES

To solve a sudoku, you only need logic and patience. Simply make sure that each 3x3 square region has only one instance of the numbers 1-9.

Similarly, each number can only appear once in a column or row in the larger grid.

The difficulty on this puzzle is medium.



PATRIOTISM IS SUPPORTING YOUR
COUNTRY ALL THE TIME AND YOUR
GOVERNMENT WHEN IT DESERVES IT.

Mark Twain

ENDING WITH DRUMS, CYMBALS

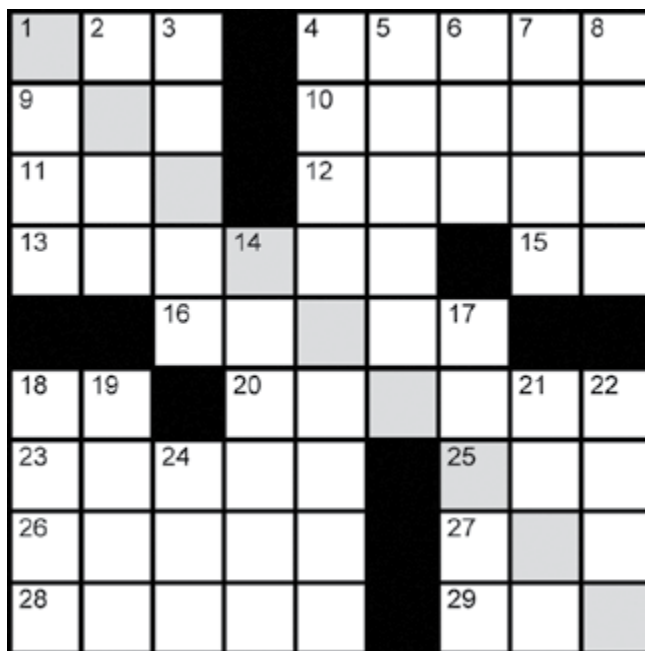
CROSSWORD CLUES

ACROSS

1. Letterman's network
4. Sausage
9. Skill
10. Kind of tube
11. Ed's request
12. Condoleezza Rice's department
13. Movie preview
15. That guy
16. ___ tenens (substitute)
18. Sooner St.
20. Come up with
23. Home to more than a billion
25. Affirmative action
26. Physics lab device, for short
27. Eccentric
28. Shadow
29. Aussie hopper, for short

DOWN

1. Actors
2. Scottish hillside



3. Baseball datum
4. Smart remark
5. Not factual
6. Genetic info carrier
7. Actor Green of "Buffy the Vampire Slayer"
8. Arborist's concern
14. Friendly
17. Country estate
18. Alternative to acrylics
19. Make a sweater
21. Type of list
22. Taro root
24. Modern courtroom evidence



BRIDGE CLUB SOLUTION

BOOK LEARNING

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

| West | North | East | South |
|------|-------|----------|-------|
| | 1 ♣ | pass | 1 ♥ |
| pass | 1 ♠ | pass | 3 ♥ |
| pass | 4 ♥ | all pass | |

Opening Lead: ♥ K

'Read any good books lately?' I asked at the club.

'I just finished one about levitation,' Cy the Cynic replied. 'Couldn't put it down.'

'Somebody gave me a book on milk production,' Unlucky Louie offered, 'but I just skimmed it.'

'I knew I wouldn't get a straight answer from you clowns,' I groaned. 'I mean bridge books. This deal could be straight from a chapter on play techniques.'

West cashes three diamonds and leads a spade. South wins with the ten, lets the ten of trumps ride and leads a trump to the jack. West shows out, and South seems doomed to lose a trump.

South leads a club to dummy, ruffs a club, leads a spade to dummy and ruffs a club. He gets back with a spade and leads a club at the twelfth trick, trapping East's king of trumps.

'It's a Double Grand Coup,' I said. 'Declarer ruffs two winners to reach the coup position.'

'Very nice,' Louie said, 'but I'm starting a book on trees.'

'You'll probably just leaf through it,' I observed.

Excerpts taken from: Frank Stewart's Bridge Club. Pages 82.

SUDOKU Answers

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

CROSSWORD Answers

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| C | B | S | | W | U | R | S | T |
| A | R | T | | I | N | N | E | R |
| S | A | E | | S | T | A | T | E |
| T | E | A | S | E | R | | | H |
| | | | L | O | C | U | M | |
| O | K | | | C | R | E | A | T |
| I | N | D | I | A | | | N | O |
| L | I | N | A | C | | | O | D |
| S | T | A | L | K | | | R | O |



"Do we have any low calorie food? The doctor told me to stick out my tongue and say, 'Oink.'"

MY FATHER USED TO PLAY WITH MY BROTHER AND ME IN THE YARD.
MOTHER WOULD COME OUT AND SAY, "YOU'RE TEARING UP THE
GRASS." "WE'RE NOT RAISING GRASS," DAD WOULD REPLY. "WE'RE
RAISING BOYS."

Harmon Killebrew



BY JAN KING

Not since the 1960 debut of the Playtex 24 Hour Girdle have women been so excited about squeezing their internal organs to the point of rupture. The latest rage is a line called SPANX body shapers which claim to "offer a flawless figure under form fitting dresses." Don't let the cute names of their different styles like Shape My Day and "Trust Your Thinstincts" fool you. These torture devices for women can pose a threat to personal and public safety.

First of all, they're made by the same factories that manufacture Michelin tires. Constructed with the same industrial grade of neoprene rubber, they're capable of compressing fat tissue under the same psi as a monster truck's. They should require the wearer to display a warning label, "Caution: Contents Under Extreme Pressure." You never know when a spontaneous blowout could occur, like at a cocktail party, wiping out a room full of adults and several dozen martinis.

The good news about the onsie style is that it provides coverage from the thighs to just below the bust line, which not only makes you look 10 pounds slimmer, but pushes all the fat tissue into the breast allowing you to miraculously grow an A cup into double D's. On the other hand (or in this case the other leg), the style that goes all the way down to the calf will make your ankles look like Hulk Hogan's. Just look at the teeny-tiny size of Spanx. OMG!

They look like part of Barbie's wardrobe. Those darn things are so tight that after 5 minutes you will become oxygen deprived and miss most of life's celebrations because you've blacked out.

However, the biggest downside is that these bad boys are really hard to peel off. It requires the muscles of The Rock and the determination of a horny high school guy on prom night. This can lead to some pretty sticky situations... literally. Did you see the TV commercial with the little kid who has to go really bad and is having a panic attack as he tries to unbuckle his belt? He yells to his mom, "Oh no. Oh no...I've got a situation here." Unfortunately while wearing Spanx we can often find ourselves in the same "situation." What's a girl to do? We're either forced to wear a Depend under our Spanx or in an extreme case like a cross-country trek, wear one of those Liberator catheters which require a conceal and carry permit.

Can you believe the things we girls do to our poor bodies in an effort to look thinner? We're such masochists! I, for one, am not willing to pay the price...literally. Because for the same \$59.99 I can buy several Mumu tops that go over elastic waist Capri pants. At least my ankles will look thin, my internal organs won't hemorrhage, and the only time I'll pass out is from too many margaritas. ♦

SEPTEMBER OCTOBER



VIRGO 8/23 - 9/22: You like results but sometimes even great performance isn't greeted with acclaim. Maintain your course. A correction is due shortly.



LIBRA 9/23 - 10/21: Your natural sense of balance wobbles a bit when a sudden change knocks you off course. Get your feet firmly on the ground by the First Quarter moon, Sept. 27.



SCORPIO 10/22 - 11/21: For those Scorpions who can't live without texting, pick up your phone this month. A call brings news you can use.



SAGITTARIUS 11/22 - 12/21: Get in touch with your spiritual side this month as you might be asked to complete a project that is both emotional and laborious. Seek answers.



CAPRICORN 12/22 - 1/19: You may well reap the fruits of your labors as the month draws to a close. Stay to your path.



AQUARIUS 1/20 - 2/18: At the Full Moon, Sept. 6, turn off the news and tune in to your place of happiness and satisfaction.



PISCES 2/19 - 3/20: Serenity is in your heart this month as you find fulfillment in unexpected places. A new friend enters your life.



ARIES 3/21 - 4/19: Your natural creativity sometimes needs to be tempered with discipline. When the moon reaches its Last Quarter, Sept. 13, you'll see the opening.



TAURUS 4/20 - 5/20: Indulge in some private time this month and enjoy your favorite music. A special tune gives you an idea worth pursuing.



GEMINI 5/21 - 6/20: A new friend needs the spotlight this month. It's so easy for you, but maybe not for others. Offer some tips.



CANCER 6/21 - 7/22: Labor Day is the hit of the month for you. Enjoy an unexpected meeting of the minds at a family gathering.



LEO 7/23 - 8/22: You'll take the lead at the New Moon, Sept. 20 but avoid dramatics. Someone looks to you for advice.



LIBRA 9/23 - 10/21: The first week of October brings a full moon and a full schedule. Most Libras find things are going their way.



SCORPIO 10/22 - 11/21: You hate those little gray areas, if you see them at all. The Stars insist that you resolve an uncertainty.



SAGITTARIUS 11/22 - 12/21: Take some time to rest after a recent period of activity and change. Recharge.



CAPRICORN 12/22 - 1/19: After months when things seem to fall apart, the first quarter moon at the end of the month ushers in a time of togetherness.



AQUARIUS 1/20 - 2/18: A feeling of satisfaction comes your way as what you expected to happen, does happen.



PISCES 2/19 - 3/20: You may need to acquire new skills or new knowledge. The time is right; a teacher appears.



ARIES 3/21 - 4/19: A long frustration is resolved and with it your anxiety. Accept the resolution and find peace.



TAURUS 4/20 - 5/20: Stay relentlessly steady in challenging circumstances. It pays off by the end of the month.



GEMINI 5/21 - 6/20: Be more aware this month of the routine contributions of others. A well-timed remark means a lot to someone special.



CANCER 6/21 - 7/22: Go ahead and take the plunge. After much thought, the time comes for action.



LEO 7/23 - 8/22: Consider doing more with less. You'll need a cushion in the final months of the year.



VIRGO 8/23 - 9/22: Decision time. If you analyze it too much you'll say no. But if not now, when?



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