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◀ GLENFIDDICH FARM COOKERY SCHOOL

by Linda Barrett

Food is one of the joys of life, and what better way to enjoy it than to learn to cook from a professional chef in a bucolic setting like the Glenfiddich Farm Cookery School, nestled amidst the rolling landscapes of Loudoun County.

HOLIDAY EVENT CALENDAR ▶

Has the Thanksgiving Art and Craft Show been your family's go-to place for holiday gifts? Or has visiting Meadowlark's Winter Walk of Lights been the most recently added family tradition? Find out when your your favorite holiday event is to take place this year or try something different and make 2017 a year for making new memories.



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MAKE THIS HOLIDAY SEASON MORE ABOUT GIVING THAN GETTING ▶

by Analiese Kreutzer

The holiday season often motivates people to reach out to others, to be thankful and to give to those in need. Not only does volunteering help the less fortunate, but studies have shown that it benefits the volunteers as well. Volunteering strengthens your ties to your community, makes you feel useful, provides a chance to meet new people and gives you a sense of perspective. Here's how to volunteer and make a difference in your community.

◀ HOLIDAY EVENT SPACES

Would you love to host a holiday party? Would you love it even more if it weren't at your house? Have all the fun—without all the mess—and feast your eyes on a few of the areas party spaces just waiting to be filled with your friends and family!



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DEPARTMENTS



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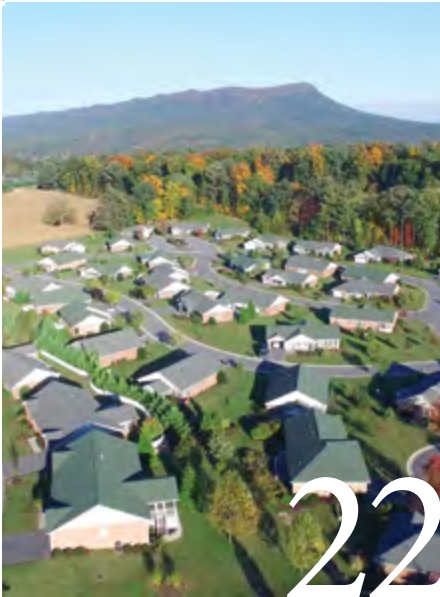
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NOVEMBER/DECEMBER 2017

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

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WELCOME TO GREENFARE!

Born from a desire to bring her knowledge (gleaned from working with leaders in nutrition, including the Physicians' Committee for Responsible Medicine) to local diners seeking optimum health, Owner Gwyn Whittaker, founded the GreenFare Organic Cafe, a new cafe and healthy eating cooking school offering delicious organic whole plant food. GreenFare serves as a beacon to those who seek to achieve their weight goals, increase their energy, and improve their vitality as well as reduce their environmental impact in a compassionate way.

GreenFare's menu selections are lovingly created with local produce and are oil free with no added salt or sugar. Prepared at GreenFare to assure freshness and flavor, meal plans are available individually as well as through the 21 Day Kickstart program for those looking to enhance their health and create a new "you." Read the testimonials available on www.greenfare.com attesting to the ease of the program and the awesome results.



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Generally, when I am meeting a client or discussing a campaign with a potential client, I will ask the client to pick a place to meet, hoping they will feel more comfortable. Recently, it seems the meetings are taking place at new spots like Cooper's Hawk and restaurants like Kalypso's and Not Your Average Joe's.

Last week, I had a chance to enjoy a late lunch at a favorite spot of mine in the Reston Town Center. I have always enjoyed the Town Center....spent many New Year's celebrations there, shopped there for the holidays, and just walking around with the family is a treat. I was shocked to find so few people at the restaurant. I knew that the pay parking was affecting business, but this was more than I imagined. How sad. Even though a few establishments are providing parking for clients, I imagine that the word hadn't gone out because the foot traffic was so light. I wondered as I ate whether perhaps this holiday season, when so many merchants are looking to make ends meet, if there might be some sort of "Free Holiday Parking" offering to bring back the shoppers and diners. It would be helpful, I'm sure.

On the bright side, as we go to bed with this issue, we hear that Herndon is a very strong contender for Amazon's East Coast Headquarters with the promise of up to 50,000 new jobs for the area. Stay tuned.

Linda Barrett gives us a great piece on the Glenfiddich Farm Cookery School who has some holiday menu considerations, and our staff put together some options for holiday celebrations this year from catering to special places to hold those holiday celebrations, large and small.

Love, Love, Love Zeffirelli Ristorante in Herndon... so does Linda! We hope you will, too.

With so much suffering around the country from hurricanes to fires, we hope you'll consider making this holiday season more about "Giving than Getting." Analiese Kreutzer gives us a few options to consider. Thanks, Analiese.

I spent some time with Gwyn Whittaker of Greenfare in Herndon earlier this month—she's on a mission to optimize your health and well-being. It's exciting stuff and making a big difference in so many lives in our area. While reading about her work, I came across a video with Dr. Caldwell Esselstyn who ended it with an old Tibetan proverb which reads: "Eat Half, Walk Double, Laugh Triple and Love without Measure."

A great plan for the New Year.

All of us at Viva wish you a safe, happy, and joyous holiday. See you in January.

Johnny Hanna



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Glenfiddich Farm Cookery School

BY LINDA BARRETT

Photo credit: Linda Barrett



Food is one of the joys of life. What better way to enjoy it than to learn to cook from a professional chef in a bucolic setting like the Glenfiddich Farm Cookery School, nestled amidst the rolling landscapes of Loudoun County.

Run by Chef Olwen Woodier, the cooking school is housed inside her home, a former 1840s dairy. You can still see the rustic elements of its stone walls and exposed beams, along with the large, modern kitchen where Woodier conducts her classes.

Outside the house, it is from Woodier's extensive cottage gardens, abundant with vegetables, fruits and herbs, which she selects her fresh produce for the menus that accentuate the harvest of each season. She makes it a point to cook organically whenever possible, so freshness is always assured. "About 75% of the meal comes from my garden in the summer," she said. She also uses three aéro gardens for hydroponic farming.

It was quite the treat to gather fresh herbs and tour through the maze of plantings. The beautiful landscaping was accented by flowers, birdhouses, sculptures and a pond to create a refreshing retreat—we barely wanted to go back inside to cook. But, baskets of fresh produce and farm-fresh eggs from her own chickens awaited.

This day, we four ladies were in charge of creating our meal, and chef Olwen put us right to work peeling, chopping, mixing and sautéing. Our recipes included:

- Potato spinach gnocchi with prosciutto, parsley and parmesan
- Cucumber tomato gazpacho
- Sautéed shrimp
- Eggplant tomato Caprese salad with red pepper basil pesto
- Strawberry fool with homemade waffle cone cookies

We gathered around the expansive island and practiced rolling gnocchi beneath an oversized demonstration mirror. Then, were assigned to cooking stations throughout the kitchen. At once the tantalizing aromas filled the room. When finished cooking, we proudly displayed our feast on a large sideboard before helping ourselves to the delicious contents, a glass of wine, and a few selfies. There is nothing like a shared meal to bond old and new friends.

"It is certainly a great learning experience and a healthy way of eating since we use a lot of vegetables. Students have a good time and they learn in a laid-back atmosphere," Woodier said.

"I don't just throw the students into it with the recipe; it's really about teaching. I will stop and demonstrate how to do something or how to use an unfamiliar tool. Some people have never cooked in their lives. And they get quite excited about it. Although, most are pretty good cooks already."





a bread. "This way, everyone in the class gets the chance to work on something." Students are located at stations around the kitchen. If the group is large, work in teams on a particular recipe, bringing it all together at the end. Special food requirements can also be accommodated.

Open-enrollment classes are scheduled Wednesdays throughout the year, and Woodier often hosts special groups who want to learn to cook, ranging from Osher Lifelong Learning Institute to corporate enrichment sessions to groups of friends. A minimum of eight attendees is preferred. Check the website at www.glenfarmcooking.com for upcoming classes.

Chef Olwen Woodier

Woodier is passionate about good food. She was raised in a large farming family in the north of England where "we had big fields, goats, cows, and a huge garden, where we cooked everything we grew. As a child,

For the menus, "I pick things I think people will like and that I know how to do very well." She tests recipes two or three times before offering them in the classes. "I also like to incorporate travel, choosing recipes from counties where I've eaten or taken classes." Each class revolves around a theme, like Italian or Mediterranean, comfort foods or garden bounty.

Olwen's name is Welsh and means "white flowers." It comes from the legend of Princess Olwen, the fairest princess in Cornwall and daughter of Bran Dhu. It is said that wherever she walked, white flowers grew.

I was given little jobs to do, like picking this or stirring that, and we would have these huge harvest festivals and home harvest dinners. It was easy to develop a love of food." In her 20s, she moved to Geneva and studied at the Culinary Arts Academy Switzerland.

Transferring to America, Woodier accepted a job as a personal assistant to the CEO of a New York publishing

CONTINUED ON PAGE 18

A typical cooking class features five courses: an appetizer, two mains, a side and dessert, and possibly

Glenfiddich Farm

Pottery



Most of the crockery and serving plates used in the cooking school were created by Woodier's husband, ceramic artist Richard Busch, whose Glenfiddich Farm Pottery is housed in the lower level of the barn. His pottery is available through various galleries and juried exhibitions, as well as through two studio sales, held June and December, and the shop.



Photos credit: Linda Barrett



HOLIDAY MENU

Pork Tenderloin with Pears and Apples

Serves 8-10

2 pork tenderloins (1 ¼ to 1 ½ lbs each)
 2 TBSP olive oil
 6 cloves garlic, minced or crushed
 ½ tsp each sea salt and freshly-cracked pepper
 2 sprigs thyme (1 TBSP leaves)
 1-2 sprigs rosemary (¼ cup leaves)
 ¼ cup sherry or Marsala
 ½ to 1 cup chicken or vegetable broth
 3 small Gala apples, cored and sliced ½" thick
 1 or 2 Bosc or Anjou pears (medium-ripe), cored and sliced ½" thick
 ½ cup Half and Half

- Preheat oven to 425 degrees F.
- Combine 1 TBSP olive oil in an oven-proof skillet and place over medium heat. Add garlic, sea salt and freshly-cracked pepper, thyme and rosemary. Cook 30 seconds or so to bring out the flavors.
- Boost heat to medium-high and add the pork tenderloins and the remaining 1 TBSP olive oil. Sear the tenderloins about 2 to 3 minutes on each side, until lightly browned.
- Pour in ¼ cup sherry and let sizzle a bit. Pour ½ cup of broth over the top. Arrange the apple and pear slices around the tenderloins.
- Place the skillet in the middle of the hot oven and roast 20 minutes, until a thermometer inserted into the center reads 140 degrees F.
- Remove from oven, transfer pork to a cutting board, and allow to rest for 10 minutes before slicing into ½" to 1"-thick pieces.
- While the pork is resting, place the skillet with the fruits and liquids over medium-high heat. Add the remaining ½ cup broth to deglaze. Cook about 5 minutes until fruits are soft.
- Use an immersion blender to puree the apples and pears.
- Stir in ½ cup Half and Half and heat through to finish the sauce.
- To serve, place the pork slices onto a serving dish and drizzle with the apple-pear sauce.

Smashed Butternut Squash with Crumb Gratin Topping

Serves 8-10

SQUASH FILLING:

2 medium-large butternut squash*, peeled, halved and seeds removed
 (*Can substitute four sweet potatoes for the squash. Cook them with the skins on so they don't turn black.)
 ¼ stick sweet butter
 ½ cup sour cream (more as desired)
 ½ tsp each sea salt and freshly-ground pepper to taste
 ¼ cup chopped chives or finely-sliced green onions

CRUMB TOPPING:

2 cups fresh bread crumbs from whole wheat, oat or multi-grain (but tasty) bread
 1 tsp dried oregano or 1 TBSP fresh thyme leaves
 ½ cup grated or shredded Parmesan cheese
 ¼ cup melted butter

- Preheat oven to 425 degrees F.
- Place butternut squash in a 7" x 11" microwavable dish. Add 2 TBSP water and cover with plastic wrap. Microwave on medium-high (no higher than Power 8) for 15 minutes, or until tender to the touch.
- Remove from oven and mash the squash, then stir in the butter, sour cream, salt, pepper and chives. Place in an ovenproof dish or use the same one as in the microwave if it is ovenproof.
- In a separate bowl, combine the bread crumbs with the herbs and Parmesan cheese. Sprinkle over the smashed squash. Drizzle with melted butter.
- Place dish into preheated oven and bake 15 to 20 minutes, until crumb topping is golden. (Once sufficiently heated through at 15 minutes, you can pop it under the broiler for a couple of minutes to brown crumbs more as desired.)

Recipes courtesy of the Glenfiddich Farm Cookery School.



Photo credit: Linda Barrett

CONTINUED FROM PAGE 16

house who, when he learned about her cooking background, asked her to cook for the executive office on Fridays. For inspiration, she followed Julia Child. "Julia was my abstract mentor in a way," she chuckled. (This is what started her on her path to a more formal education. She continues to take cooking classes and camps, both locally and at the Culinary Institute of America (CIA)).

Now married to photographer Richard Busch and mother of a small daughter, Woodier started freelancing for magazines, selling food stories and photography to the New York Times, National Geographic, Family Circle, Gourmet, and many other publications.

She also began writing cookbooks. Her first, the award-winning Apple Cookbook, was published in 1984, followed by Peaches and Other Juicy Fruits, Corn, and several others. Her latest cookbook, featuring Pestos, will publish in early 2018.

After relocating to Virginia for Busch's job as an Editor for National Geographic, someone suggested that she might offer cooking classes at local community centers. Instead of taking her courses offsite, she decided to revamp her home into a teaching facility. After major renovations, the cooking school opened in 2005.

It's nice to be able to share something you're passionate about. "People come here because they want to learn. But, the rewards for me are also great," Woodier said. "I like nurturing people and making them happy and get a good feeling from sharing." ♦

RESOURCE

Glenfiddich Farm Cookery School
Leesburg, Virginia
Email: glenfarmcookery@cs.com
Website: www.glenfarmcookery.com
Olwen Woodier, Director/Chef



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STYLE MATTERS

By Davelle Clothiers

My wife quotes from Mark Twain all the time- "Clothes make the man. Naked people have little or no influence on society." You've heard it said that "The Days of wearing suits are gone. Casual Fridays? Appearances are irrelevant, it's only the results that matter..."

All of these comments ignore the fact that I have and always will continue to judge a man by his appurtenance. I remember "Dress up Day" in High School and what a difference "dressing up" made in the mood of the school. Doors were being open to me as a courtesy to me, manners were the order of the day... even the way everyone ate lunch—what a difference.

We all know that people make a decision about you within the first three or four seconds of meeting, then the next 90 seconds or so of confirming our first impressions. Even before they open their mouths, I seemed to have sized them up and profiled. My thoughts may change in time, but I still think a person only has one chance at the "first impression." And that "first impression" is the one that stays with me.

I remember my father, and how he never left the house without a hat. At many of the companies he worked with, a hat was mandatory and part of the dress code of the day. At restaurants in NY, a jacket and tie were required for seating—and even in the Washington area, jackets were required in the main bar in Clyde's of Tysons and many other Washington restaurants and bars. Walking into a room filled with well-dressed men made the bar scene more comfortable for me—and I was sorry to see it go.

Amazing how one of the "powers of clothing" is that it can transform an individual's state of mind. Dress like a professional businessman and you're more likely to act like a professional businessman.

Dale Carnegie once said people know you four ways, the first one being "What you look like..."

Jeans and T-shirts are fun, I admit—but give me a well-dressed person and I'm more likely to be interested.

In a nutshell: Focus on "Fit." Clothes too tight make you look cheap and heavy. Clothes that are too large tend to make you look fat. Choose your colors—Dark Blues and Grays will give you the look of authority—it says "I can make a difference." And get yourself a consultant now and then. Trends change, as do colors and "cuts."

Finding a "Personnel Consultant" is always a great idea... let someone help you in your search for that traditional look that is all yours. ♦

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When the Carter family sang “Keep on the sunny side of life,” they could easily have been talking about the retirement living options at Sunnyside Communities. With three distinguished retirement communities located in Harrisonburg (Sunnyside), Martinsville (Kings Grant) and Waynesboro (Summit Square), Virginia, Sunnyside offers a range of senior living choices to create a dynamic and engaging retirement lifestyle.

Sunnyside Communities is a nonprofit 501(c)(3) organization funded through contributions, an endowment fund, and yearly fundraising activities. Those who choose Sunnyside Communities do so for the carefree lifestyle and community of friends they build, as well as peace of mind for their futures. “As our vision statement states, we want to create life experiences to enhance the quality of life by respecting human diversity and providing outstanding value,” explained John “Jack” Broaddus, president and CEO.

“Sunnyside Communities are considered destination localities and attract a lot of interest from Northern Virginia residents,” Broaddus said. The Sunnyside campus is located on more than 150 acres surrounded by breathtaking mountain views and award-winning amenities. King’s Grant features two lakes and lush green fields on its 120-acre campus, and Summit Square, nestled in the heart of the Shenandoah Valley, offers small-town charm in a city that ranks among the country’s top micropolitan areas.

The beauty of the Shenandoah Valley and Southern Virginia and their surrounding mountains, paired with the cultural amenities in

the flourishing towns, offer a sweet respite from busy city life while still providing much of the resources of and proximity to larger metropolitan areas.

ARE YOU READY FOR RETIREMENT?

“I’m not sure people who are 55 are ready to think about retirement,” Broaddus said. However, he urges people to start thinking about retirement options early, especially when many communities have waiting lists. “Since 10,000 people are turning 65 every day, there is a tremendous demand for retirement living. I ask people, ‘are you preparing yourself now or waiting until the last minute?’ The worst thing is to make a decision in a crisis situation.”

“You have to evaluate your financial situation and physical condition and decide whether you want to go somewhere where people can take care of you as you age. It’s never too early to at least investigate the different options,” Broaddus said.

Sunnyside Communities offers a full spectrum of retirement living options ranging from independent living villas, cottages and apartments, to assisted living, to healthcare, to memory care and home health services. “The beauty of Sunnyside is that we are licensed to provide all levels of care. Other communities may not be licensed to do health care.”

All three campuses hold a five-star rating from the Centers for Medicare and Medicaid Services (CMS), a designation received by fewer than 20% of healthcare centers nationwide.



Jacob's Tavern, Summit Square



Bocce Ball, Francks' Place, King's Grant

AN ABUNDANCE OF ACTIVITIES

A vibrant array of activities keeps residents as active as they want to be. Activities including movie nights, dance classes, seminars, crafts, hikes, yoga, themed dinners, club meetings, continuing education and lifelong learning programs, and off-campus trips fill the monthly calendars. Residents can also enjoy the wellness centers with their exercise classes and equipment, pools, restaurants and other onsite amenities. At the Sunnyside campus alone there are more than 30 resident-led clubs like a computer club, travel club, and the Buzzards, composed of former military pilots, in addition to staff-planned activities. “Depending on one’s physical and mental needs, we have an array of programs that attract various age groups,” Broadus said. “We are also investing heavily in technology, seeing that our residents are technology-driven.”

A major renovation at Kings Grant includes a new clubhouse with bocce courts, a theater, billiards, putting green, fireplace and outdoor dining. Sunnyside just added a new bistro offering mixed spirits and wine. Summit Square now has three dining options including a full-service restaurant, a traditional pub and a grab-and-go café. “It is a nice lifestyle, with a variety of dining experiences,” Broadus added.

VISIT FOR THE WEEKEND

You can “check in” to check out what it is like to live at a Sunnyside community through their Staycation Program. Spend a few days at any of the three communities to experience living there without actually moving in, including meals and activities. This is a marvelous way to meet the residents, ask questions, and feel out the option of living here.

Visitors should also tour the campuses to explore the range of living options and services, including healthcare and assisted living. “People think they will enter a community in the independent living space and don’t always consider what may happen down the line with physical or mental challenges as they age,” Broadus explained. “We can offer the entire range of care at all of our campuses, whereas other communities may not, requiring residents to move as their conditions change.”

Another way to experience life at Sunnyside Communities is to join the Horizons Club (Sunnyside), Trailblazers Club (King’s Grant), or Skyline Club (Summit Square), even if you are not yet a resident. This allows people to enjoy the amenities and meals, receive the newsletters and get invited to special events, for example, and make friends long before moving in.

At least twice a year, Sunnyside Communities presents a “lunch and learn” program in Northern Virginia. For notifications of upcoming programs, call 540-568-8518 or visit the website at www.sunnysidecommunities.com. You can also follow Sunnyside Communities on Facebook.

Sunnyside Communities has distinguished itself as one of the premier senior living options in Virginia. Consider how you’d like to spend the next phase of your life, and check them out. ❖



Sunnyside Campus



Cottage on Lake, King's Grant





What's Your Favorite Holiday Memory?

2017 HOLIDAY EVENTS CALENDAR

Has the Fairfax Holiday Craft Show been your family's go-to place for holiday gifts? Or has visiting Meadowlark's Winter Walk of Lights been the most recently added family tradition? Find out when your your favorite holiday event is to take place this year or try something different and make 2017 a year for making new memories.

November 11

VETERANS DAY WREATH LAYING CEREMONY

Memorial Amphitheater, Arlington National Cemetery, 11am, Free
About 5,000 visitors attend each of the two major annual remembrance ceremonies in the Memorial Amphitheater. They take place on Memorial Day and Veterans Day and are sponsored by the U.S. Army Military District of Washington. Many military organizations also conduct annual memorial services in the amphitheater. In addition, organizations also host memorial observances and events at Arlington. All ceremonies and special events are free and open to the public. Call (877) 907-8585 for details.

November 11-13

NORTHERN VIRGINIA CHRISTMAS MARKET

Dulles Expo Center, South Hall, 4368 Chantilly Shopping Center, Chantilly, VA 20153 Friday & Saturday 10am - 6pm, Sunday 10am-5pm, \$8 for adults (children under 12 free) Receive \$1 off admission by bringing a canned food donation for the Capital Area Food Bank
More than 300 juried artisans from across the country offer fine art, functional & decorative pottery, handcrafted jewelry, glass, photography, woven baskets, furniture, decorative arts, collectible dolls, wearable art, and much more. Specialty food vendors offer gift-packaged gourmet fare such as steamed puddings, almond pound cakes, party dips, sparkling cider, and fruit cakes. Events Management Group, Inc. works with the Capital Area Food Bank helping needy families during the holiday season by collecting donations of canned goods. Receive \$1.00 off admission by bringing a canned food donation for the Capital Area Food Bank. Call (757) 417-7771 for details.

November 15-18

OAKTON CHURCH OF THE BRETHREN CHRISTMAS CRAFT SHOW

Oakton Church, 10025 Courthouse Rd, Vienna, Thurs-Fri 10am-7pm, Sat 10am-4pm, FREE
Come browse and find unique presents and stocking stuffers; cards and gift bags; seasonal decor; kitchen accessories; baby and children's items; scarves, hats, and other attire; jewelry; pillows and linens,

ceramics; fresh baked pies and cakes; and much more. This three-day event features a wide variety of handmade items and craft supplies for purchase, plus a soup and sandwich lunch and bake sale. The church is located where Courthouse Rd. intersects Rt. 123 near Oakton. For more information, see www.oaktonbrethren.org, or call 703-281-4411. The event is a fundraiser for church projects.

November 17 - January 7

MEADOWLARK'S WINTER WALK OF LIGHTS

Meadowlark Botanical Gardens
9750 Meadowlark Gardens Court, Vienna, VA, 5:30pm-10pm, timed tickets required (online purchase) \$14 adults, \$8 children ages 3-12, Children under 2 are free
Visit Meadowlark's Winter Walk of Lights from November 17 - January 7th to experience over 500,000 LED lights and displays that bring Meadowlark Botanical Gardens to life! Imagine the beauty of Meadowlark's renowned gardens transformed into a winter wonderland, including a flowing stream of softly glowing lights. Marvel at the two-story animated fountain, stroll past the Gingerbread Village, and explore the beauty of nature like you've never seen it. This event is sure to be the highlight of your holiday season! Make s'mores over the firepit and other snacks for sale. Call (703) 255-3631 for details.

November 18-19

FAIRFAX HOLIDAY CRAFT SHOW

Fairfax High School, 3501 Rebel Run Fairfax, VA 22030, Saturday 10am-5pm and Sunday 10am-3pm, \$5, \$8 for 2-day pass, children under 18 are free
Enjoy handmade crafts and holiday gift items including baskets, dolls, floral items, jewelry, paintings, photographs, pottery, clay, wood items and more from artisans from all over the United States, including many local artists.

November 19

VIENNA TURKEY TROT

Vienna Volunteer Fire Department
400 Center Street South, Vienna, VA
7am Registration, 8am Kids Fun Run, 8:30am 5K/10K, \$20-45
The James Madison High School Band

will be hosting the 14th Annual Vienna Turkey Trot 5K/10K and Fun Run. All proceeds benefit the JMHS "Pride of Vienna" Band and the Vienna Volunteer Fire Department. Join us for a great run, super music, fun prizes, refreshments after the race, and the Finish Line Festival! Visit www.viennaturkeytrot.org for more information.

November 22 - January 7

THE BULL RUN FESTIVAL OF LIGHTS

7700 Bull Run Drive, Centreville, VA 20121, 5:30pm-10pm, Fees vary
For more than 12 years, the Bull Run Festival of Lights at Bull Run Regional Park has drawn thousands of visitors from hundreds of miles away to Centreville, Virginia, just outside Washington, DC. This year's festival opens November 22 and runs through January 7, 2017! The Bull Run Festival of Lights is held each year to celebrate the winter holiday season. The event sees more than 30,000 cars each season, and over 130,000 people! Bull Run Festival of Lights is located just off of Interstate 66 in Centreville, on Rt. 29 (Lee Highway), just 3 miles from historic Manassas Battlefield Park. Visit www.novaparks.com/events/bull-run-festival-of-lights for more information.

November 23

ARLINGTON TURKEY TROT

Christ Church of Arlington, 3020 N. Pershing Drive, Arlington, VA 22201, 8am Adult \$40, child (6-17) \$25, child (under 6) FREE, All Runners Registered by November 1st, will be guaranteed an Arlington Turkey Trot cotton tee.
The 12th annual Arlington Turkey Trot takes place on Thanksgiving Day 2017 and was founded by the Christ Church of Arlington. In 2016, with over 4,000 registrants, \$100,000 was generated for the five beneficiaries. Over the past 11 years, the race registrants and business sponsors have raised over \$460,000 to help Arlington residents who need a "hand up."

November 24

HOLIDAY PARADE, TREE LIGHTING AND SING ALONG

Reston Town Center, 11900 Market Street, Reston, VA 20190, 11am-10pm
Reston Town Center launches the

festive season at the 27th annual Reston Holiday Parade at 11:00 a.m. with Macy's-style balloons, musicians, dancers, antique cars, characters, community groups, dignitaries, special guest emcees, and much more. Voted as #4 in the nation's top 10 holiday parades by USA Today readers, the one-of-a-kind, one-hour, half-mile parade along Market Street also welcomes the arrival of Santa and Mrs. Claus in a horse-drawn carriage. Since 1991, rain or shine, the parade has been an annual tradition on the day after Thanksgiving. Before the parade begins, thousands of jingle bells are handed out to spectators along the route. After the parade, enjoy visits and photos with Santa and Mrs. Claus, plus Mini-Train rides until 4:30 pm and street entertainment. The Clauses will return for the Fountain Square Tree Lighting and Sing Along at 6 pm. Afterwards, on Market Street, horse-drawn carriage rides continue from 6:30 until 10 pm. Proceeds for the photos and rides benefit local charities. The acclaimed Ice Skating Pavilion is open all day and every day from November until March.

November 24- December 9

MOUNT VERNON BY CANDLELIGHT

3200 Mount Vernon Memorial Hwy
Mount Vernon, VA 22121, Fridays and
Saturdays, 5pm-8pm, \$16-24

Come join the estate for the brand new, candlelit, character-guided tour and learn more about holiday traditions in 18th-century Virginia. Guests will see the Washingtons as they prepare for a festive celebration with friends and family, a favorite holiday activity at Mount Vernon.

In the Mansion, Washy Custis has just arrived home from school, and Martha Washington is admiring an impressive array of desserts in the New Room, including a reproduction of her Great Cake. Some of the hired and enslaved servants are busy inspecting bills in the study, discussing the family's culinary preferences in the kitchen, and moving furniture in the New Room and hanging greens over doorways.

Guests will also stop at the Slave Quarters, the Blacksmith Shop, and the Greenhouse where they will be able to participate in 18th-century dancing. Aladdin the Christmas camel will also be on site.

November 24-26

THANKSGIVING ART AND CRAFT SHOW

Spring Hill RECenter 1239 Spring Hill Road,
McLean, Virginia 22012

Fri 10am-5pm, Sat 10am-5pm, Sun 11am-
4pm \$5, Return Free, Parking Free

This terrific show features some 80 juried artisans offering original, handmade arts and crafts, including decorative painting; fused, etched, painted and stained glass; ceramics and pottery; hand-painted silk; woodworking; handweaving; photography; paintings and drawings; clothing and functional textiles; jewelry; and much more. All of the artists and artisans will be on hand to answer questions and talk about their work.



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November 25 **A CHANTICLEER** **CHRISTMAS**

George Mason University Center for the Arts, 8pm, \$33-55
"The world's reigning male chorus" (The New Yorker) kicks off the holiday season at the Center for the Arts with a beautiful concert of acappella music that includes gorgeous seasonal classical pieces as well as holiday favorites. Chanticleer is renowned for the seamless blend of 12 male voices, ranging from countertenor to bass, with superior technique, sublime tone, and unparalleled musicality. Their original interpretations span period and genre—from Gregorian chant to jazz, popular, and contemporary music. The group, which has been praised by the San Francisco Chronicle for its, "tonal luxuriance and crisply etched clarity," has a long list of impressive achievements: sales of more than a million albums, two Grammy® Awards, being named Ensemble of the Year by Musical America in 2008, and induction in the American Classical Music Hall of Fame. Begin the Christmas season with this beautiful holiday concert.

November 27 **CHURCH STREET** **HOLIDAY STROLL**

Historic Freeman Store and Museum
131 Church Street Northeast, Vienna 6pm-9pm Free
Santa will arrive and greet children at the historic Freeman Store and Museum and then help the mayor light the holiday tree at 6:20 pm. All merchants along Church Street will remain open for holiday shoppers. Enjoy fun, family—friendly activities including a petting zoo, free hot chocolate, and roasting marshmallows at supervised bonfires. Holiday entertainment will be provided throughout the evening.

December 1-3 **MERRY OLD TOWN**

Historic Manassas, Inc.
9431 West Street, Manassas, VA 20110
Starts at 5pm on Friday, Parade starts at 10am on Saturday
Make time to enjoy old-fashioned family fun at the "Merry Old Town" celebration in Historic Downtown Manassas! The holiday fun begins on Friday at 5:00pm with holiday cheer as everyone awaits Santa's

arrival at the Manassas Depot via VRE train. The Annual Christmas Tree Lighting will be at 6:30pm on the Manassas Museum Lawn.

On Saturday at 10:00 am, celebrate the holidays as we honor the 72-year long tradition of the Greater Manassas Christmas Parade!

Historic Downtown Merchant Open House is held on Sunday from noon until 5:00 pm!

December 1-3 **FREDERICKSBURG** **HOLIDAY CRAFT SHOW**

2371 Carl D. Silver Parkway
Fredericksburg, VA 22401 Friday and Saturday 10am-6pm, Sunday 11am-4pm
Tired of the same old... same old holiday shopping? Then get on over to the Fredericksburg Holiday Craft Show at the Fredericksburg Expo Center. The annual Holiday Craft Show is your one-stop Shopping destination where you can find memorable and unique gifts for your family, friends and of course for your pet too. Come join the fun festive mood at one of the area's best Holiday Craft Shows at the Fredericksburg Expo Center that will host almost 300 vendors. There will be lots of handcrafted items including holiday ornaments and wreaths, jewelry, soaps and lotions, gourmet foods, glassware, artwork, organic dog treats, clothing, candles and much much more. Not only that, but on Saturday, you can walk out with your items gift wrapped For FREE. The Fredericksburg Expo Center is off I-95, exit 130b.

December 1-3, 8-10, **15-17**

HOLIDAY MARKET

3999 University Drive, Fairfax, Fridays 6-9pm, Saturdays 10am-6pm, and Sundays 1pm-5pm
Attend the 1st Annual City of Fairfax Holiday Market in Old Town Square. Come and shop at the market of craft vendors as you enjoy Old Town Square, in the heart of Historic Downtown Fairfax, covered in holiday lights. The festival will include live holiday music, hot drinks, gourmet treats, and more!
The Holiday Market will be open the first 3 weekends of December on Friday, Saturday and Sunday. Craft vendors will vary each weekend.

December 2 **ANNUAL TREE LIGHTING** **AND SING-ALONG**

Herndon Town Hall Square, 730 Elden Street, Herndon, VA 20170, 5-6pm
Get into the holiday spirit with the Towne Square Singers as they usher in the season with holiday music, both old and new! The Herndon Towne Square Singers, sponsored by the Town of Herndon Parks and Recreation Department, numbers 25 strong for the upcoming concert. Many members hail from the Town of Herndon and others come from surrounding communities in Fairfax and Loudoun counties. Call 571-323-5304.

December 2 **FESTIVAL OF LIGHTS** **AND CAROLS**

Old Town Square, 3999 University Drive, Fairfax, 2-7pm
Come listen to live holiday music and caroling and enjoy s'mores and hot cider at Old Town Square. The tree lighting ceremony begins at 5:30pm.

December 3 **WASHINGTON** **SYMPHONIC BRASS**

Home for the Holidays and Chamber Music at the Barns
The Barns at Wolf Trap, 3pm, \$45
"Impeccable musicianship...roundness and warmth of sound" —J. Reilly Lewis
The Washington Symphonic Brass is comprised of the finest professional musicians in the greater Washington area who have played with some of the nation's finest orchestras, including the National Symphony Orchestra, the Baltimore Symphony, and The Philadelphia Orchestra. As a group, the WSB promises a resounding celebration of the holiday season.

December 1-2 **CITY OF FALLS CHURCH** **HOLIDAY GIFT AND** **CRAFT SHOW**

Falls Church Community Center, 223 Little Falls St. Sat 9am-4pm, Sun 11am-4pm
\$1 All-Weekend Shopping Pass. Children under 12 receive free admission.
Deck the halls during the holiday season with special gifts from the annual Holiday Gift and Craft Show. More than

50 crafters and merchants show their wares, selling unique handmade items, baked goods, and more. Various holiday-themed children's activities are offered, attracting many young shoppers and their parents.

December 3

CELEBRATION OF LIGHTS

Great Falls Village Centre Hill, 4pm to 6:30 pm

Celebrate the beginning of the season with our 27th annual Christmas Tree Lighting. Drink hot cider or cocoa next to the fire as you listen to our local children's choral groups sing seasonal music. The petting zoo and pony rides will keep your kids busy until Mr. and Mrs. Claus arrive by antique fire truck. Event held rain or shine. Visit www.celebrategreatfalls.org/celebration-of-lights for more information.

December 3

HERNDON HOLIDAY ARTS AND CRAFTS SHOW

Herndon Community Center
814 Ferndale Avenue, Herndon, VA 10am-4pm, Free

Over 70 artisans and craftspeople will exhibit and sell their work at this annual arts and crafts show, sponsored by the Town of Herndon Department of Parks and Recreation. A variety of handcrafted items and fine art will be on sale including wreaths, quilts, jewelry, Christmas ornaments, decorations, original artwork, photography, stained glass, and more. Free admission and parking. Additional parking at the Herndon Centennial Golf Course.

December 8

Natalie MacMaster and Donnell Leahy

A CELTIC FAMILY CHRISTMAS

Concert Hall at George Mason University Center for the Arts, 8pm, \$33-55

Two of Canada's brightest stars, Natalie MacMaster and Donnell Leahy, marry their exceptional talents in this festive evening of lightning-fast fiddling and lively step-dancing. This husband-and-wife duo captivates the audience with their unmistakable chemistry as they perform foot-tapping rave-ups, heartfelt ballads, and remarkable step dancing. In their newest program, A Celtic Family

Christmas, they are joined onstage by talented musicians and their whole family to recreate all of the warmth and joys of a typical Christmas in their home on Cape Breton Island. "Dual fiddle wizardry...amazing synergy," raves the *Intelligencer Journal*. Celebrate the holidays as they share their traditions in song, dance, and stories by the fire.

December 9

AMERICAN FESTIVAL POPS ORCHESTRA HOLIDAY POPS: SONGS OF THE SEASON

George Mason University Center for the Arts Concert Hall, 8pm, \$33-55

Celebrate the Christmas season with Northern Virginia's very own pops orchestra in its annual family concert of cheerful carols and cherished holiday tunes. This jovial evening includes a program of sentimental favorites including Leroy Anderson's festive "Sleigh Ride," and culminates in a rousing sing-a-long in which the audience gets a chance to share in the experience. Under the baton of founder and artistic director Anthony Maiello, these talented musicians from the greater D.C. area perform favorites that are guaranteed to fill you and your family with holiday warmth and merriment.

December 9

LUNCH WITH SANTA

Sherwood Community Center, 3740 Old Lee Hwy, Fairfax, Seatings at 11:30am and 12:30pm, \$6 per child, parents free.

Children ages 10 and under can enjoy lunch with Santa at Sherwood Center. Two lunch seating's will be offered: 11:30am and 12:30pm. Tickets (\$6 per child) will go on sale November 1 at the Parks & Recreation office at City Hall, Sherwood Center, and Green Acres Center. Limit of 10 tickets per person. Pre-Registration is required for this event—children 1 years of age and younger may attend at no cost but still must be registered. Parents do not need to purchase tickets. All are welcome—both Fairfax City residents and non Fairfax City residents.

HAVING A PARTY?

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December 15-16

CHRISTMAS ILLUMINATIONS AT MOUNT VERNON

3200 Mount Vernon Memorial Hwy
Mount Vernon, VA 22121, 5:30pm-
9pm, \$34 adult/\$24 youth with
Mansion tour. \$30 adult/\$20 youth
without Mansion tour

Kick off your holiday season with
sparkling fireworks overlooking the
Potomac River!

Join Mount Vernon for an evening
of family-friendly fun and fireworks
choreographed to holiday music, with
fireworks beginning around 9pm. Take
a stroll through the estate while being
serenaded by local choirs, visit with
re-enactors from the First Virginia
Regiment in winter encampment, and
learn 18th-century dance moves from
costumed guides in the Greenhouse.
George and Martha Washington will
also be on site to greet Mount Vernon's
holiday guests.

Watch as colonial artisans demonstrate
the 18th-century process of creating
chocolate. Keep toasty by warming up
by a bonfire, visiting the blacksmith
shop, or enjoying some hot chocolate
or cider. Additional tasty food will be
available for purchase. Still haven't
found the perfect holiday gift? Take
some time to complete any last minute
gift needs at the Shops at Mount
Vernon, open late during Christmas
Illuminations.

December 16

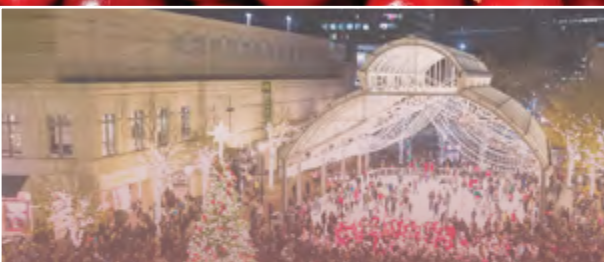
BREAKFAST WITH SANTA

Maggiano's Little Italy, Tysons Corner,
8am-10am, \$36

Bring the kids for a Full Breakfast
Buffet of Scrambled Eggs, Bacon,
Chocolate Chip Silver Dollar Pancakes,
Fruit Salad, Cinnamon French Toast
with Caramelized Bananas, Croissants,
Muffins. Fun activities to include Face
Painting, Arts and Crafts, Reindeer
Food, Cookie Decorating and Pictures
with Santa and Ms. Claus!

Special Appearances by The Tin Soldier
and The Sugar Plum Fairy. Watch
The Sugar Plum Fairy create Balloon
Animals for the little ones!

Featuring Maggiano's famous Hot
Chocolate Bar! Pour yourself a cup
of steamy Hot Chocolate and indulge
in all the delectable toppings they
have to offer, big marshmallows,
little marshmallows, chocolate chips,
white chocolate chips, chocolate



RESTON TOWN CENTER

HOLIDAYS ARE HERE!

FRIDAY, NOVEMBER 24

8 AM

Gingerbread Man Mile for Kids
Shops, restaurants, and ice skating open early

11 AM

27th Annual **RESTON HOLIDAY PARADE**
USA Today "10 Best" Holiday Parade!

12:30 - 4:30 PM

Visits and Photos with Santa & Mrs. Claus
Mini-Train Rides

5 PM

Performance at Fountain Square

6 PM

Tree Lighting and Sing Along

6:30 - 10:00 PM

Horse-Drawn Carriage Rides

WEEKENDS

SUNDAYS

November 26, December 3, 10, 17

12 - 4 PM

Mini-Train Rides

SATURDAYS

December 2, 9, 16, and 23

4 - 9 PM

Horse-Drawn Carriage Rides

THROUGHOUT DECEMBER

Holiday Performances

NOVEMBER UNTIL MARCH

Ice Skating Pavilion - Open Daily



*Garage parking is free on November 24,
free after 5 pm, and free every weekend*

11900 MARKET STREET, RESTON, VA 20190
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& Film Art Gallery
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Charles Schwab
Chico's
Cigar Town
Crunch Fitness
Davelle Clothiers
Dawn Price Baby
Eyewear Gallery
Faber, Coe & Gregg Sundries
Francesca's Collections
Greater Reston Arts Center
Hyatt Regency Reston
Jos. A. Bank Clothiers
Jouvence/Aveda
Kendra Scott
L'Occitane
Lou Lou
Madewell
Mayflowers
Midtown Jewelers
PNC Bank
Potomac River Running
Pottery Barn
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Scout & Molly's Boutique
South Moon Under
Talbots & Talbots Petites
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White House Black Market
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DINE!

American Tap Room
Ben & Jerry's
Big Bowl
Busara Thai Restaurant
Chipotle
Community Canteen
The Conservatory Lounge
The Counter
CraftHouse
Edibles Incredible!
Hen Penny
Le Pain Quotidien
M&S Grill
Mon Ami Gabi
Neyla
Obi Sushi
Potbelly Sandwich Works
Starbucks Coffee
Tasting Room Wine Bar & Shop
Tavern64
Ted's Bulletin
Uncle Julio's
...and much more!

and sprinkle covered spoons, Chocolate dipped marshmallows! Visit www.eventbrite.com/e/breakfast-with-santa-tickets-36203242874 for tickets.

December 16

FAIRFAX SYMPHONY ORCHESTRA: THE NUTCRACKER

Christopher Zimmerman, conductor
Tchaikovsky: The Nutcracker,
Featuring the Fairfax Ballet
Margaret Virkus, Artistic Director
George Mason University Center for the Arts Concert Hall, 4pm, \$39-65
Experience this timeless holiday classic with the FSO and the Fairfax Ballet – a holiday tradition your family will always cherish. Enjoy a winter wonderland of dancing snowflakes, sugar plum fairies, and epic battles between heroic toy soldiers and mischievous mice. It's the perfect holiday treat for the entire family!

December 16

CHRISTMAS IN FAIRFAX

The City of Fairfax Band
The Fairfax Choral Society
Fairfax High School, 3501 Rebel Run,

7:00pm, Tickets are free, but reserve yours early for this annual capacity-crowd event
The City of Fairfax Band's annual tradition of this gift to the community continues. The Fairfax Choral Society Adult Chorus joins the band on stage, and John Lyon entertains with his singular wit and a reading of 'Twas the Night Before Christmas. Santa is on hand to get those last-minute Christmas lists. This program is free to the public, but tickets are required. Don't miss out on what has become THE Christmas program in Fairfax!

December 17

VIENNA BOYS CHOIR CHRISTMAS IN VIENNA

George Mason University Center for the Arts Concert Hall, 2pm, \$33-55
One of the finest choral ensembles in the world makes its traditional visit to the Center for its glorious vocal celebration of Christmas. Always a highlight of the Center's holiday season, this concert features cherished carols, pop favorites, and sacred hymns sung with the purity and excellence of these talented young boys—all between the ages of 10 and 14. This internationally renowned choir "has stood the test of time since its founding in 1498 and continues

to share its bright, light voices through the centuries" (*The New York Times*) with the world. Don't miss this heartwarming concert, perfect for the holiday season!

December 20-21

MOSCOW BALLET'S GREAT RUSSIAN NUTCRACKER

George Mason University Center for the Arts Concert Hall, 7pm, \$28-175
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Holiday Party Planning

What's Your Service Style?

BY MICHAEL EVANS

It's the most wonderful time of the year. But, we know that, sometimes, entertaining for the holidays can be stressful! If you're hosting family and/or friends for a get together this year, continue reading for some tips and tricks for how to pull off a memorable holiday celebration with minimal stress, regardless of if you're a DIY fan or if you've called in the professionals for some back-up!



DIY

If you're going the do-it-yourself route and have a group coming over to celebrate the holidays, there are several different ways to approach the food, depending on the nature of your event. If you're hosting a traditional Thanksgiving, Christmas or Hanukkah meal, a **family style dinner** might be the way to go for you! Family style dinners are a cozy, intimate way to serve your guests. With platters served on each table, your family and friends have the ability to select their portions through self-service. In order to successfully carry out a family style meal, a key factor is ensuring there is enough space at the tables to comfortably fit your guests, as well as the food and drinks.

Alternatively, maybe you're hosting a New Year's Eve pre-party before heading out into the city to ring in the New Year... This could be a great time to try **heavy hors d'oeuvres**. With heavy hors d'oeuvres, you can tailor your selections to provide a mix of stationary portions for all to share (think: baked brie & crackers or fruit, or spinach artichoke dip with fresh crudité), as well as bite-sized individual servings of your favorite appetizers, such as pear and prosciutto crostinis, grilled beef hibachi skewers, or shrimp cocktail martini glasses.



Drop Off Service

Another alternative for hosting the holidays is to hire a caterer for drop-off service. This is a great option for those who want help with preparing the food, but want to tackle the set-up and hosting themselves (and it's also a great cost savings alternative!). You can still serve up heavy hors d'oeuvres or a lovely family style meal this way, or you might choose to serve your meal **buffet style**. Buffets are always an excellent option, particularly for those who want to serve a wide variety of food choices to their guests. Buffets provide greater flexibility, allowing guests to pick the items that most satisfy their palates, as well as controlling how much or little of each item is served. They also serve as a great way to provide a dramatic focal point for your event due to the endless display possibilities.



Full-Service

If you've called in for some back up and have a full-service caterer helping to make your holidays memorable (and alleviating some of the pressure on you!), you have a few additional options for service styles. First, you could plan to do **food stations**. Food stations are a fun, interactive alternative to buffets that allow for increased flexibility and menu options, but provide your guests with even more opportunity to customize their meals and to promote mingling. Multiple stations are set up, usually with a common

theme at each station. For example, you may find a DIY potato bar with all the fixings at one station, whereas at the next station you would find a variety of sushi and sashimi, and other asian favorites. Food stations are also a great way to provide an additional dimension to your reception. Depending on how elaborate you want to get, food stations can give chefs a great opportunity to have more facetime with guests while providing interactive food displays as they prepare some of their signature dishes made-to-order!



Finally, a tried and true option for an elegant holiday celebration is the **sit down dinner**. Sit down dinners typically consists of a multi-course meal in which each course is often plated and served individually to guests. This option allows your guests to feel pampered, and is traditionally used for more formal affairs. Drawbacks to the sit down dinner include a more focused menu, as well as greater expense due to the increased staffing requirements to adequately serve your guests. However, formal sit down dinners can be quite regal and beautiful!

Remember that there is no one 'right way' to host a gathering, and what works for one family may not be the best for the next. When choosing a service style, keep in mind the size of your party, family traditions, and the formality of the event and go with the route that works best for you. No matter which service style you choose, your loved ones will be thankful for your hard work and planning. And you all can celebrate together with good food and good company. Happy Holidays! ♦



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.

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5 MISTAKES TO AVOID *When Visiting Private Schools*

BY CASSANDRA PARKER

Visiting private schools is one of the most important steps in finding the right private school for your child. Once you've weighed the pros and cons of private school and started looking for the right private school for your child, you will need to schedule school visits to check out each potential private school, in person. Each school visit will reveal more information and help you decide which private school is best for your child.

It's best to plan ahead and schedule your private school visits well in advance of any application deadlines, so you have plenty of time to prepare for each visit.

Before you start visiting private schools, take a look at the five of the most common mistakes parents make and how to avoid them:

#1 *Being Unprepared for Your Private School Visit*

There is nothing more important than being well-prepared when you're visiting private schools. One of the most common mistakes parents make when visiting private schools is not taking the visit seriously enough and showing up unprepared. Block out your schedule, so you won't have to rush through your visit. Prepare yourself for questions the admissions staff will surely ask, like why your child skipped the third grade or why his or her grades dipped last semester in history class. The admissions staff will likely meet with dozens of other parents, so you need to be prepared to make the best first impression to secure your child's chances of acceptance. Be honest and open with the admissions staff, and take the time to prepare yourself appropriately before you conduct your private school visits.

#2 *Being Over-Prepared for Your Private School Visit*

The second most common mistake parents make when visiting private schools is being over-prepared for their visit. There is such thing as being too prepared! You don't want to sound rehearsed or drill the admissions staff with question after question. It's smart to prepare some questions for the school's staff, but you want your visit to flow naturally. Be sure to listen carefully to everything the admissions staff tells you and take care to make your questions sound more like thoughtful queries and less like an inquisition. Private schools are looking for families that truly fit with their school's mission and philosophies, so don't force anything.

#3 *Arriving Late for Your Private School Appointment*

It's never a good idea to show up late for an appointment, and a private school visit is no different. You only have one chance to make a good first impression. Arriving late for your school visit will only hinder your

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child's chances of being accepted. Try to arrive at least ten minutes early for your visit to ensure you're on time. The admissions staff will likely be very busy and have many other appointments scheduled, so don't disrespect the staff by arriving late and wasting their time. If you have an emergency, call the school to let them know you'll be late or try to reschedule the meeting for another day. Avoid this common mistake to make your private school visit as successful as possible.

#4 *Dressing Inappropriately for Your Private School Visit*

It may seem like a no-brainer, but you'd be surprised at how many parents and kids show up to their private school visits in inappropriate clothing! It is one of the most common mistakes parents make when visiting private schools, but very easily avoided. When in doubt, go for business casual. If you dress too casually in jeans and a t-shirt, it will imply to the admissions staff that you could care less about the visit. Study each private school's dress code and make sure your child dresses appropriately too. It will go a long way on making a good first impression.

#5 *Giving Away too Much Information Too Fast*

When you're visiting private schools, do your best to keep your opinions to yourself until the end of the visit. A common mistake parents make is giving away too much information too soon when they're speaking with the admissions staff. Private school visits are a good time to practice your poker face because you don't want to seem overeager or disinterested. It's best to be as neutral as possible until you have successfully toured the school's facilities and had all your questions answered. Don't tell the admissions staff that their school is only your second choice or that it's your child's "safe bet." Be open-minded and tight-lipped at your private school visits to give your child the best chance at being accepted. ♦

Private Schools At-A-Glance



Brookfields School

Brookfields School's focus on the arts, nature, and mindfulness is a part of what sets them apart from traditional schools. According to their philosophy, every child's creative spirit and voice needs to be expressed and developed and when a child is free to investigate, study, and observe, the world opens up with new possibilities.

Their organic gardening program provides opportunities for children to develop skills in understanding their relationship with the earth. The experience in planting seeds, watering gardens, harvesting bounty, and preparing meals fosters this stewardship.

www.brookfieldschool.org

1830 Kirby Rd, McLean, VA 22101

(703) 356-5437

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www.lomamontessori.com

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(703) 481-2922

Montessori School of McLean

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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.

www.mcleanmontessori.org

1711 Kirby Rd., McLean, VA 22101

(703) 790-1049



SELECTED EVENTS

Photo credit: Shervin Lainez



NOVEMBER 10
RED BARAAT
The Barns at Wolf Trap

NOVEMBER 8

JD SOUTHER

The Barns at Wolf Trap, 8pm, \$40-45
Whether performing hits like

"You're Only Lonely" solo or collaborating on songs with artists like the Eagles, Linda Ronstadt, Bonnie Raitt, and James Taylor, this singer-songwriter helped shape the country rock sound of the '70s and '80s.

NOVEMBER 8

HUMMING HOUSE "COMPANION" RECORD RELEASE TOUR

Jammin' Java, 8pm, \$15-25
Humming House is Justin Wade Tam, Bobby Chase, Joshua Wolak, and Benjamin Jones. Their newest album begins with Tam's unmistakable voice intoning, "I want to be your companion." It's an appropriate beginning for a band who has built itself on complex musicianship and careful collaboration. They know the value of hard work and compromise. Their music is evidence of the thrill of creativity. "Sign Me Up" and "Companion" nod to Paul Simon, while "Silver

Lining," "Find What Waits," and "London" gesture to Humming House's long engagement with classical composition and songwriter-driven melodies so strong in the realm of Americana. The album isn't all hip-swinging bravado; halfway through, "Silver Lining" will stop and compel you to attend to the broken things that shape us. "Make it Through" and "Hope in My Head" are prisms to transform difficult days into livable ones. "I Want It All" does justice to the nostalgia and influence of a favorite album, while "Sign Me Up" conveys the increasing distance between our digital, urban lives and the ecosystems that sustain us.

NOVEMBER 10

RED BARAAT

The Barns at Wolf Trap, 8pm, \$30-35
Led by dhol (Indian double-headed drum) player Sunny Jain, "the best party band in years" (NPR) delivers its high energy, exuberant fusion of jazz, hip-

hop beats, rock, funky go-go, and scalding hot bhangra to The Barns.

NOVEMBER 10

THE ACCIDENTALS

Jammin' Java, 7pm, \$15-25
Billboard's Breakout Band at SXSW 2015, *Huffington Post's* Sweet Sixteen of 2016, and Yahoo Music's Top Ten Bands to Watch 2017. Described by John Sinkevics of Local Spins as "genre-melding indie-folk," The Accidentals (Sav Buist, Katie Larson, and Michael Dause) exhibit "a musical and lyrical sophistication that outstrips most mainstream bands." "In performance, they can rock. Their live act is frequently electric. The stage patter and presence is polished but real. They switch instruments before the song they have finished sinks in. A 45 minute set passes like a train. They already have more good originals than most hit acts, and their

CONTINUED ON PAGE 46

LOCATIONS

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

JAMMIN' JAVA
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703.255.566
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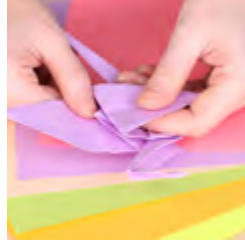
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NOVEMBER 13
The Barns at Wolf Trap



HERB ALPERT & LANI HALL

CONTINUED FROM PAGE 44

tastefully eccentric list of covers, well... covers the gamut. They pack performing space with a multi-generational mix any act would beg for." (*Jim Linderman, Grammy Award Winning Blogger and Author*)

NOVEMBER 11

GEORGE WINSTON

The Barns at Wolf Trap, 3pm and 8pm, \$40-45

One of the best-selling pianists of all time, George Winston is

still "setting a high bar for every pianist in genres as diverse as rural folk piano, stride piano, and New Orleans R&B piano." (*Paste*)

NOVEMBER 11

WILLIE NILE PRESENTS A NIGHT OF ROCK N ROLL

Jammin' Java, 7:30pm, \$25-35

The New York Times called Willie Nile "one of the most gifted singer-songwriters to emerge from the New York scene in years." His album *Streets Of New York* was hailed as "a platter for the ages" by *UNCUT* magazine. *Rolling Stone* listed *The Innocent Ones* as one of the "Top Ten Best Under-The-Radar Albums of 2011" and BBC Radio called it "THE rock 'n' roll album of the year."

NOVEMBER 11

TUSK—THE ULTIMATE FLEETWOOD MAC TRIBUTE

The State Theatre, 9pm, \$20

The five seasoned, well-respected musicians comprising TUSK have been making music together in various combinations and styles, from complete originals to covers, for over 30 years themselves. It is only fitting

that they should come together to form the Ultimate Fleetwood Mac Tribute, and pay homage to a group that dominated the charts during the band members' formative years. Fronted by solo artist Kathy Phillips (vocals) and supported by veteran players Scott McDonald (guitar, vocals), Kim Williams (keys, vocals), Randy Artiglere (bass) and Tom Nelson (drums), TUSK takes its audience members on a sweet ride down memory lane.

Authentic-sounding and always respectful, TUSK leaves no stone unturned in replicating the sounds of one of the world's best-loved, top-selling bands.

NOVEMBER 12

HAMLET BY WILLIAM SHAKESPEARE

Aquila Theatre

Concert Hall at George Mason University Center for the Arts, 7pm, \$26-44

Aquila Theatre sheds new light on this tragic story by William Shakespeare. Recognized by many as his greatest and most popular play, *Hamlet* is a compelling tale of familial conflict, personal ambition, love, and revenge. Set in the Kingdom of Denmark, the play centers on Prince Hamlet and his pursuit for vengeance against his uncle, Claudius, who murdered his own brother—Hamlet's father, King Hamlet. Claudius seized the throne and married King Hamlet's widow. Guided by his father's ghost, Prince Hamlet is driven to avenge this treason and from there ensues an epic drama replete with deceit, mistrust, and schemes. Four centuries after its premiere, *Hamlet* remains one of the classics of the world stage and Aquila Theatre's signature physical style honors this masterpiece with a stellar production that is "beautifully spoken, dramatically revealing and crystalline in effect." (*The New Yorker*)

NOVEMBER 13

HERB ALPERT & LANI HALL

The Barns at Wolf Trap, 8pm, \$55-65
Herb Alpert, the Grammy-winning leader of the Tijuana

Photo courtesy of Wolf Trap

8 P.M.

NOV
16

CALIFORNIA GUITAR TRIO

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

Celebrating over 25 years together, the California Guitar Trio (Paul Richard, Bert Lams, and Hideyo Moriya) is still crisscrossing genres from rock and jazz to classical and even world music while mixing their dazzling musicianship with captivating stories and humor.

Brass, and Lani Hall, the Grammy-winning former lead singer of Sergio Mendes & Brasil '66, team up for two evenings of "happy music made by happy people...[an] exuberant brand of Brazilian- and Mexican-flavored pop." (*The New York Times*)

NOVEMBER 13

THE CONTENDERS (JAY NASH & JOSH DAY): LAUGHING WITH THE RECKLESS TOUR

Jammin' Java, 7:30pm, \$15-20

Americana/folk rock band The Contenders follow up their 2014 released "Meet The Contenders" with their first full length studio album *Laughing with the Reckless*. Singer songwriter Jay Nash and singer and drummer Josh Day as The Contenders make the sort of music found in the intricate and varied tapestry that is real Americana—full of grit, with a steady heartbeat and a hint of honky-tonk—writing songs that speak of wanderers and highways, lovers and losers, good times and missed chances, all of it with a ferocity born of hard work and honed skill.

NOVEMBER 14

ANTIGONE RISING

Jammin' Java, 7:30pm, \$17-20

Antigone Rising's latest EP is "Whiskey & Wine Vol II." With W&W Vol. 2, the songs have gotten much more personal and the productions a little more elaborate. Founding sisters Cathy and Kristen Henderson have always had the same philosophy. Play better than the boys and make sure the fans feel like part of the family. That philosophy plus writing undeniably catchy songs has allowed this self-sustained group to maintain their independence and leave an indelible mark on an industry best known for leaving girl (bands) behind. Antigone Rising continues to play a major part in LGBT advocacy. Their latest release from "Whiskey & Wine Vol 2," includes an "equality" inspired video for the single "Game Changer." Another EP, "Whiskey & Wine, Vol 1" released in 2014, kept the band on the road for most of the year to support the massive success of the release of "That Was The Whiskey." Antigone Rising puts on a great show, and their excellent musicianship, songwriting and soaring three-part harmonies have kept them a favorite in clubs and festivals for the past few years.

NOVEMBER 15

AN EVENING WITH ADRIAN LEGG

Jammin' Java, 7:30pm, \$20-25

Since the 1990 release of his first U.S.

CONTINUED ON PAGE 48

Reston Art Gallery & Studios

Exhibits in November and December



"Pinball Wizard I" by Marthe McGrath

Marthe McGrath

"Primary Purpose"

Exhibit: November 2 - December 7

Reception: November 12, 2-4 pm

Public Welcome



by Rosemarie Forsythe

Group Show

"Holiday Sparkle"

Exhibit: December 7 - January 4

Reception: December 10, 2-4 pm

Public Welcome

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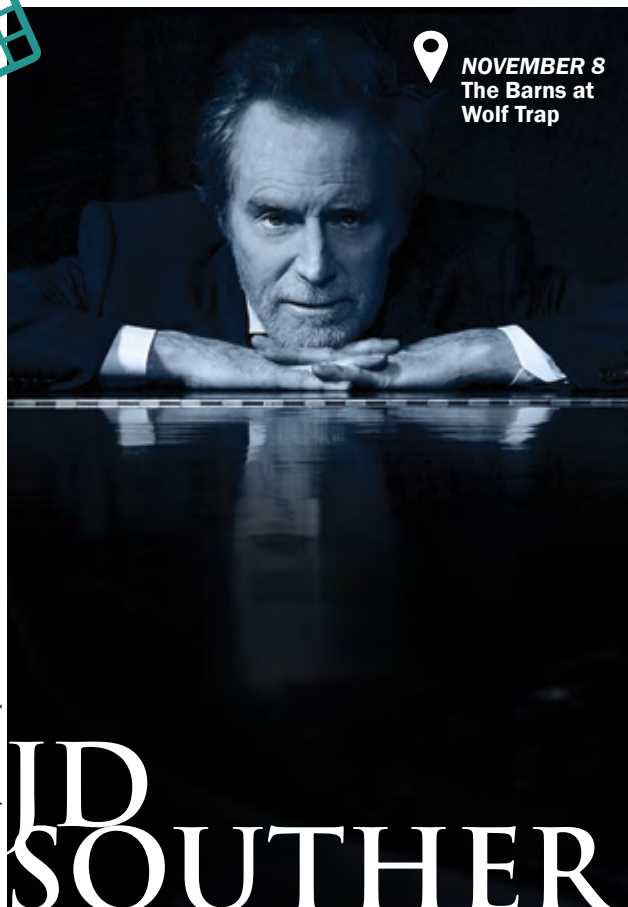


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Photo courtesy of Wolf Trap



NOVEMBER 8
The Barns at
Wolf Trap

recording *Guitars and Other Cathedrals*, Adrian Legg has more than lived up to the expectations stirred by an ongoing avalanche of praise from critics, fans, top guitar mags and peers alike. Joe Satriani once said, "He's simply the best acoustic guitar player I've ever heard...he plays like he has hammers for fingers." The genius that the *Boston Globe* has called, "technical brilliance paired with a troubadour's tale-weaving skill," led him from 1993-96 to be voted Best Fingerstyle Guitarist four years straight by the readers of *Guitar Player* magazine. On *Inheritance*, his second release for Favored Nations and ninth overall, Legg blends his extraordinary virtuosity on the acoustic with a lush sonic arena that harkens back to the musical textures of his childhood life before the guitar.

NOVEMBER 16

MATT WERTZ

Jammin' Java, 7:30pm, \$18-22
Something changed after 2014's *Heatwave*, a record that shone a

neon light on Wertz's appreciation for '80s pop music. Wertz realized he'd grown perhaps a bit too comfortable in Nashville, where he'd been making music for more than a decade. Looking to write an album that tackled contemporary pop music from a different angle—literally—he headed to Los Angeles, where he spent several months writing songs for his ninth album, *Gun Shy*. Fueled by infectious, 90's-inspired beats, lush textures, and soaring airtight pop melodies, *Gun Shy* fires twin barrels of modern pop and synthesized R&B, finding new life in old-school influences.

NOVEMBER 16-19

THE PILLOWMAN

By Martin McDonagh;

Directed by Hollyann Buccia

A Studio Series Production

George Mason University Center for the Arts, 16th-18th at 8pm, 18 and 19th at 2pm, \$10-20

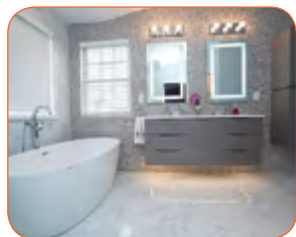
With echoes of Stoppard, Kafka, and even the Brothers Grimm,

CONTINUED ON PAGE 50

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Photo courtesy of Wolf Trap



NOVEMBER 17
The Barns at
Wolf Trap

THE QUEBE SISTERS

CONTINUED FROM PAGE 48

an unnamed totalitarian state interrogates a writer about the gruesome content of his short stories and their similarities to a series of murders. The result is an unflinching examination of the very nature and purpose of art in a time of political urgency.

NOVEMBER 16- DECEMBER 17

MY NAME IS ASHER LEV

By Aaron Posner,
Directed by Nick Olcott

1st Stage Tysons, \$15-33, Times vary
Adapted from the celebrated novel by Chaim Potok, a humorous and compelling journey of a young Jewish painter torn between his Hassidic upbringing and his desperate need to fulfill his artistic promise unfolds. As art and faith collide, Asher must choose between his cultural roots and his vast artistic promise. This stirring adaptation of a modern classic presents a heartbreaking and triumphant vision of what it means to be an artist. "Thought-provoking, humorous and deeply insightful." (*Talkin' Broadway*)

NOVEMBER 17

THE QUEBE SISTERS

The Barns at Wolf Trap, 8pm, \$25-30
Truly transporting the Americana sounds of Texas everywhere they go, the triple-threat fiddle champions of The Quebe Sisters create, "a unique, effervescent amalgam of Western swing, hot jazz and tight sibling harmonies," (*NPR*) across the country.

NOVEMBER 18

EVENING OF INDIAN DANCE

The Barns at Wolf Trap, 8pm, \$25-27
Performing multiple Indian classical dance styles, IDEA presents Meghadoot The Cloud Messenger—an epic lyric poem written by Kalidasa (5th Century Classical Era) in Sanskrit. Told from the perspective of a lover to his absent beloved, Meghadoot contains an extraordinary series of unparalleled and knowledgeable vignettes describing the mountains, rivers, and forests of northern India.

NOVEMBER 18-19

PEGGY THE PINT- SIZED PIRATE

At the Old Firehouse, 1440 Chain Bridge Rd., 2pm, Free

Peggy is a small pirate with big dreams but has bigger pirates standing in her way. When a sea monster captures her friends, can Peggy find a way to save them?

Due to an outpouring of community support for our youth productions, The Alden is launching its first-ever fall production for youth. These "studio-style" productions are sure to entertain the community and provide a professional-level theatre experience for our community's young actors.

NOVEMBER 18

MIDDLEWAY MUSIC STUDIO CONCERT XV

Jammin' Java, 12pm, \$10

Recently written up in the *Washington Post Magazine*, Middleway Music is a fast-growing private teaching studio in Silver Spring that specializes in adult learners. Twice a year

the most talented members take the stage alongside an all-pro backing band, including their multi-instrumentalist teacher, and live their performance dreams in an especially inspiring performance which has come to be called the 'Studio Concert.' Forget everything you remember about recitals, Middleway Music has put the concert first! The arrangements are airtight and well-rehearsed, and the material—chosen by the students—spans the decades from classic rock to reggae, soul, blues, folk, indie rock and more. More than a show, the Studio Concert is an inspiring testament to creativity, self-development, and pursuing your musical dreams at any age.

NOVEMBER 18

BACK TO THE 80S

Presented by Music
Club and Cafe

Jammin' Java, 7pm, \$20

Another hilarious, unexpected, interactive, live, comedic whodunnit! *Die Laughing Productions* presents the world's greatest 1980's themed murder mystery comedy show, "Back to the 80's." This Ferris Bueller, Marty McFly and all things 80's murder mystery mashup stars 98 Rock's Justin Schlegel and Danny Rouhier from 106.7 The Fan. You are attending an event at Glenbrook North High School in Chicago, IL. Students, faculty and alumni are gathering to open a time capsule that was planted exactly 30 years ago. But a still-unsolved murder case will transport you back to that time when gas was under a dollar a gallon and cell phones were the size of a brick. Eat. Drink. Laugh. Solve a Murder.

NOVEMBER 18

BETTER OFF DEAD

Jammin' Java, 9:30pm, \$12-25

Better Off Dead is inspired by and pays tribute to the music of the Grateful Dead and The Jerry Garcia Band. Better Off Dead create music for those fans who are touched by this music

as much as they are.

NOVEMBER 19

JOHN EATON FOUNDING FATHERS: IRVING BERLIN & JEROME KERN

The Barns at Wolf Trap, 2pm, \$25-27
Wolf Trap favorite and, "Washington legend," (*The Washington Post*) John Eaton returns to The Barns with an evening of piano selections.

NOVEMBER 19

MOUTHS OF BABES

Jammin' Java, 3pm, \$15
With more than a dozen albums and over a thousand shows between them, Ty Greenstein and Ingrid Elizabeth of Mouths of Babes are no strangers to the alternative folk music scene. For years, their respective bands Girlyman and Coyote Grace captivated thousands of loyal fans as they criss-crossed the country, rocked festival main stages, and toured with the likes of the Indigo Girls and Dar Williams. Now, as Mouths of Babes, Ty and Ingrid have distilled the very best of the songwriting, humor, and musicianship of their previous groups into a new power duo that brings more style and depth than ever before. "If I was forced to categorize it, I'd call it modern folk. It's powerful, romantic, and giddy. And the two are insanely infectious together onstage, like a musical and a personal love fest all at once." (*Huffington Post*)

NOVEMBER 19

P.O.S

Jammin' Java, 8pm, \$15-25
Doomtree co-founder, punk philosopher and lyrical bomb-thrower Stefon Alexander, aka P.O.S, makes tight, declamatory music that builds on the Minneapolis-bred rapper and producer's penchant for grinding beats and radical lyrics. Known for welding hip-hop with guitar squalls, screamed vocals, and

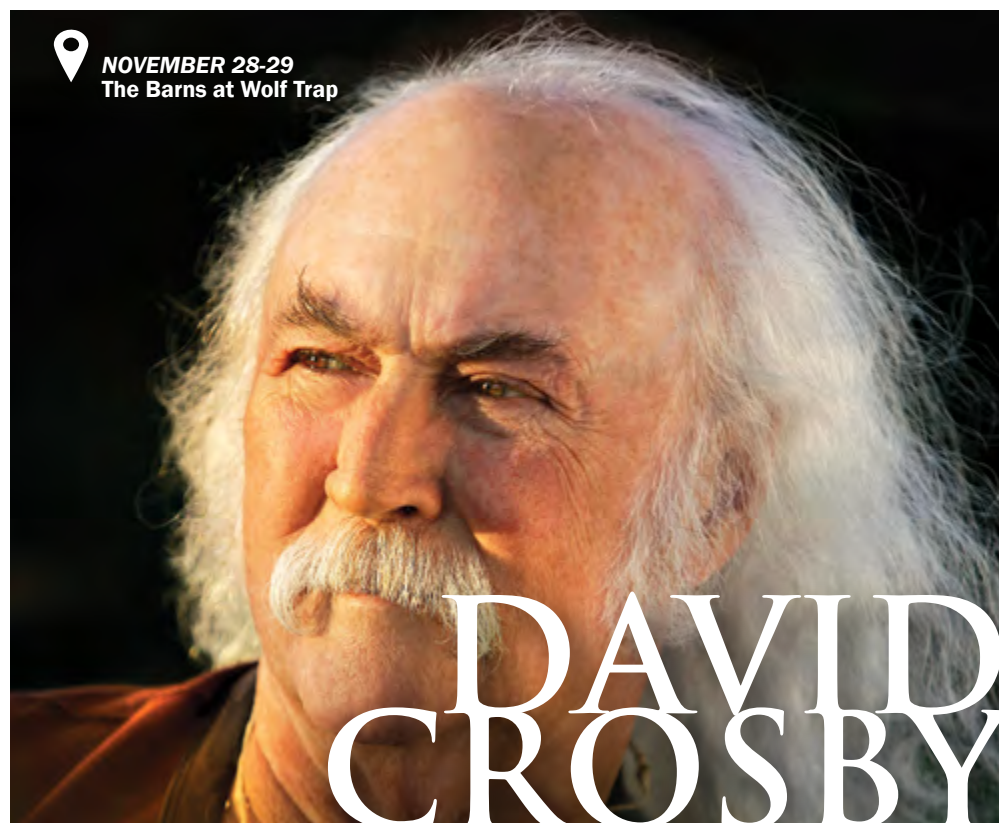


Photo credit: Django Crosby

 **NOVEMBER 28-29**
The Barns at Wolf Trap

futuristic beats fit for a Berlin nightclub, P.O.S steps even further into genre-blurring territory with *Chill, Dummy*, his first official release with Doomtree Records since his 2004 debut *Ipecac Neat*. The album reflects on the past three years since a near-fatal kidney transplant sidelined him from making music and deals with the difficulties of trying to maintain peace of mind and navigate through a confusing world which is becoming increasingly more alienating.

NOVEMBER 20

MASON JAZZ VOCAL NIGHT

Concert Hall at George Mason University Center for the Arts, 8pm, \$5-12

Join us for an evening of music dedicated to Jazz Vocals! Performances by Mason Jazz Studio soloists and the Mason Jazz Vocal Ensemble, directed by Dr. Darden Purcell.

NOVEMBER 25

NEWMYER FLYER The Songs of Burt Bacharach &

Hal David

The Barns at Wolf Trap, 8pm, \$25-29
Over their nearly 20 year partnership, Burt Bacharach and Hal David created some of the most memorable songs of all time including "Walk On By," "What the World Needs Now is Love," "I Say a Little Prayer," and "Raindrops Keep Fallin' on My Head." Commemorate this songwriting duo's long-lasting radio, Broadway, and film success with Newmyer Flyer's tribute to one of the most successful songwriting partnerships ever, featuring Julia Nixon with the Dave Ylvisaker Dozen.

NOVEMBER 20

THE STRAWBS: CHAPTER & VERSE FEATURING "HERO & HEROINE"

Jammin' Java, 7:30pm, \$20-35
Strawbs have sold more records in the USA and Canada than anywhere. In the USA, the band had seven consecutive albums in the Billboard Top 200. Strawbs album, *Hero & Heroine*, has been listed by *Rolling Stone* magazine as, "one of the 50 greatest

progressive rock albums of all time."

NOVEMBER 25

KOO KOO KANGA ROO

Special Guest MC Lars

Jammin' Java, 6pm, \$15
Koo Koo Kanga Roo is the dance-a-long comedy show from Bryan and Neil, two friends who set out to experiment with live music and make it more fun. Armed with nothing more than an iPod, two mics, one giant rainbow and some gold sneakers, Koo Koo Kanga Roo puts on an all-ages dance party that invites everyone to join in. Whether you know them from "brain break" videos in your classroom, the Warped Tour or a late night bar show, you've probably gotten sweaty dancing to their jams at some point.

NOVEMBER 28-29

AN EVENING WITH DAVID CROSBY & FRIENDS

The Barns at Wolf Trap, 8pm, \$95-110



November 11
THE BARNs AT WOLF TRAP



Photo courtesy of Wolf Trap

Two-time Rock and Roll Hall of Famer and co-founder of The Byrds and Crosby, Stills & Nash, David Crosby returns to The Barns. Joining him will be five musical friends, James Raymond on keys, Mai Agan on bass, Steve DiStanislao on drums, Jeff Pevar on guitar, and Michelle Willis on keys and vocals. Crosby is in the midst of an incredibly creative and powerful period, showcasing his skills as the brilliant songwriter that he is. On this tour, he will be performing music from his soon to be released new album *Sky Trails* alongside some of his best loved songs and greatest hits.

NOVEMBER 30

LOUDON WAINWRIGHT III

Lucy Wainwright Roche
The Barns at Wolf Trap, 8pm, \$25-30
The, "folk singer/storyteller/funnyman with an autobiographical sense of humor," (NPR) returns to The Barns with his self-deprecation and songs that earned him a Grammy for

Best Traditional Folk Album.

DECEMBER 1

EILEEN IVERS

The Barns at Wolf Trap, 8pm, \$28-32
The Grammy-winning, Emmy-nominated, "Jimi Hendrix of the violin," (*The New York Times*) returns to The Barns as the pre-eminent exponent of the Irish fiddle.

DECEMBER 2

STEVE FORBERT

Jammin' Java, 6:30pm, \$20-25
At a time when rootsy rock was fading in favor of punk edged bands such as the Ramones, Talking Heads, and Blondie, Forbert's folk pop "Romeo's Tune" hit #11 on the charts and brought him into the international spotlight. Critics and the public embraced his melodic and lyrical styles, a more traditional sound among the post disco punk and rock of the late '70s and early '80s. Always following his own instincts, Forbert says, "I've never been interested in changing

what I do to fit popular style and needs." And that's the motto he has lived by since the release of his debut album, *Alive on Arrival*, in 1978. *Rolling Stone* contributing editor David Wild recently wrote that, "now or then, you would have been hard pressed to find a debut effort that was simultaneously as fresh and accomplished as *Alive on Arrival*. It was like a great novel by a young author who somehow managed to split the difference between Mark Twain and J. D. Salinger."

DECEMBER 2

HOME ALONE (PG)

Quote-Along Movie Series

At the Old Firehouse, 1440 Chain Bridge Rd., 2pm, Admission and popcorn are free. Prop bags are \$5 each. Supplies are limited and advance purchase is recommended.
You and your family should come to this special holiday quote-along screening of "Home Alone" because a) Your kids have probably never seen it; b) You need a break from holiday madness; and c)

The Alden's quote-along movies are AWESOME. "B.Y.O.N.A.B" (Bring Your Own Non-Alcoholic Beverage).

DECEMBER 2-3

VIRGINIA OPERA: THE GIRL OF THE GOLDEN WEST

George Mason University Center for the Arts, 2nd at 8pm, 3rd at 2pm, \$54-110

Virginia Opera continues its season with Giacomo Puccini's magnum opus, *The Girl of the Golden West* (*La fanciulla del West*), considered the first 'spaghetti western.' Set during the California Gold Rush of 1849, this Italian opera is Puccini's take on the rough and tough Wild West and features familiar themes of unrequited love, jealousy, betrayal, redemption, and changing fate. The story follows Minnie, the gun toting saloon owner of the Polka Saloon. Minnie is the object of desire for all of the whiskey-guzzling and card-playing patrons of her establishment, but Minnie rebuffs the cowboys and gold-diggers and instead falls head-over-heels for a mysterious stranger who might just be a wanted highway bandit in disguise. This thrilling Western melodrama is vividly brought to life under the direction of Virginia Opera's beloved Lillian Groag. Sung in Italian with English supertitles.

JANUARY 6

THE BRITISH INVASION YEARS

The State Theatre, 9pm, \$30-35
The Beatles arrived in the U.S. on February 9, 1964. But that was only the beginning...

The British Invasion Years goes through the classic songs of iconic sixties groups including The Beatles, The Rolling Stones, The Who, The Kinks, Herman's Hermits, The Zombies & more. Then, the American response with songs from The Beach Boys, The Monkees, The Doors, Steppenwolf & more.

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ZEFFIRELLI

DAILY

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.

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.

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.

TUESDAYS

TRIVIA NIGHT

Crafthouse, Reston Town Center

Join CraftHouse Reston for Trivia Night Tuesdays! Free to play with purchase of drinks and or food.

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.

FRIDAYS AND SATURDAYS

LIVE ENTERTAINMENT

Crafthouse, Reston Town Center, 10pm-1:30am

Join CraftHouse every Friday & Saturday Nights from 10pm-1:30am for some live entertainment!

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*.

STYLIST SECRETS AND FREE CAPPUCCINOS

Davelle Clothiers, Reston Town Center

Visit Davelle during Small Business Support Sundays and receive a free cappuccino along with stylist secrets including how to tie and properly fold a pocket square (among the lessons: the four-in-hand, Windsor, and Half

Windsor). Clients can also learn how to pair a tie with your casual attire for a “power casual look.”

15% OFF RETAIL COUNTER CULTURE COFFEE BAGS

Pitango, Reston Town Center

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

BRUNCH

Crafthouse, Reston Town Center

Enjoy the all new Craft Brunch. Craft fare includes french toast, chicken and waffles, and drink specials.

ARTINSIGHTS GALLERY OF FILM AND CONTEMPORARY ART

ArtInsights, Reston Town Center

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

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

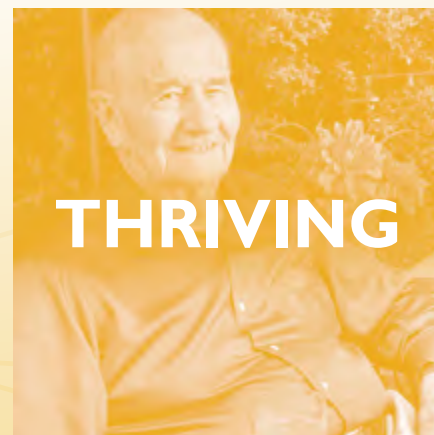
SUNGLASS SUNDAYS

Eyewear Gallery, Reston Town Center

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



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AROUND TOWN

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

“ALL IN” FOR A CURE: 22ND ANNUAL JOKER’S WILD CASINO NIGHT *Benefiting the Cystic Fibrosis Foundation*

On February 17th, the Metro D.C. Chapter of the Cystic Fibrosis Foundation will host its 22nd Annual Joker’s Wild Casino Night at the beautiful Hilton McLean. Last year, more than 200 supporters raised over \$120,000 to help fund cystic fibrosis research, care and programs.

Event Chairs Carl and Judy Riedy started this event back in 1996, shortly after their son, Chad, was diagnosed with cystic fibrosis (CF). This event has grown exponentially in its two decades of existence, from the amount of people who attend, the wonderful array of auction items – including a very robust live auction, featuring special trips and exclusive experiences – to the unique entertainment experience of playing mock table and card games. The CF Foundation’s Metro D.C. chapter, as well as its volunteer event committee, seeks to create something memorable for guests to look forward to each year, while raising the awareness and funds needed to help save thousands affected by this CF, including Chad.

Cystic fibrosis is an inherited chronic disease affecting approximately 30,000 children and adults in the United States. More than 10 million people are symptomless carriers of the defective CF gene, and about 1,000 new cases of CF are diagnosed each year. CF causes chronic lung infections and complications to other organs. The median predicted age of survival for a person with CF is about 40, and there is no cure.

The Riedy family has kept the momentum going for so long, because the results of this annual event are measurable. They are grateful for the Foundation’s aggressive approach in drug development and discovery, saying, “Through the progression of this event, we have watched the Foundation develop a series of new drugs and therapies that have added not only years, but dramatically

increased the quality of our son’s life.” Chad is now a healthy 36-year-old, married to his wonderful wife Julie and father to two young boys. Joker’s Wild Casino Night is definitely a family affair, with Chad and Julie piloting the appeal to include young professionals.

Besides the miracle of Chad’s life, as he has now surpassed his original prognosis by living past middle school, Carl and Judy are seeing firsthand the hope and continued success that the Foundation has created. The most recent CF drug therapy, Orkambi was approved by the FDA last year – this drug is considered a major advancement for the nearly 30,000 Americans living with CF. Chad comments, “I am fortunate to be where I am today, and I support the direction the Foundation is moving towards, now that more than half of the CF population is over 18 years old.” Not only is Chad helping in the fight to one day find a cure, he’s advocating as an adult living with CF. Chad’s helping to navigate previously uncharted waters as a member of the National Adult Advisory Committee, by working closely as a liaison between the Foundation and CF adults nationwide, bringing to the forefront new issues they are facing such as mental health, lung transplants, and family planning.

While the progress of the Foundation is clear, there is still much to do to ensure ALL CF patients live a long and healthy life. Without the continued support of the community, the CF Foundation will not reach its mission of a cure for all. To find out more about the CF Foundation’s mission and its venture philanthropy model, please visit cff.org.

For more information about the Joker’s Wild Casino Night on February 17th, including tickets and sponsorship opportunities, please contact Jenna Vince, Development Director, 301-215-7422 or jvince@cff.org. ♦



2ND ANNUAL FAIRFAX COUNTY BREWFEST *at Mustang Sally Brewing Company*

The Dulles Regional Chamber of Commerce and Mustang Sally Brewing Company presented the 2nd annual Fairfax County Brewfest at Mustang Sally Brewing Company in Chantilly last September. A portion of the proceeds benefitted K9 for Warriors, who brought several service dogs to the event, and VAVETS.

All of Fairfax County's breweries participated in the event, including: Aslin Beer Company, Caboose

Brewing Co., Fair Winds Brewing, Forge Brew Works, Lake Anne Brewhouse, Mustang Sally Brewing Co. and Ono Brewing Co. The Brewfest also included live music from Scott Kurt and Memphis 59 and The Blues Buckets, DC101 radio station, Wild Mustang Club cars on display, adoptable dogs from the Fairfax County Animal Shelter, brewery tours and food and table vendors. ♦





THE RESTON MULTICULTURAL FESTIVAL

Reston's multicultural heritage was celebrated last September at Lake Anne Plaza.

The community's annual Multicultural Festival, sponsored by Reston Community Center and Reston Association, included music, entertainment, dress, food, and cultural treasures from all over the world as well as a naturalization ceremony.

The entertainment lineup included more than a dozen performers on two stages — the World Stage and the Global Stage — as well as at RCC's Lake Anne facility. The "Global Market" featured jewelry, clothing and more from around the world. ♦



The Welckers family



FLAVORS OF FALL FESTIVAL *at Reston Town Center*

On Saturday, October 7, Restonians savored the flavor of autumn brews and delicious fare from area restaurants. Food, wine, German and craft beers on tap, and live entertainment was enjoyed by all at the Flavors of Fall festival at Reston Town Center, produced by Greater Reston Chamber of Commerce. ♦





MOVEMENT PREP

MORE THAN JUST A WARM UP

“Warm up before you begin vigorous exercise”—a standard practice almost everyone has followed for decades, and still good advice today. At One To One, and other advanced training facilities, we aim to make the “warm up” much more productive through effective “Movement Preparation.” What does Movement Prep mean and what led us to this term?

The age old reasons we have always warmed up are certainly still valid today—gradually increase heart and respiration rate, increase body temperature, increase tissue (muscles, tendons, ligaments, fascia) elasticity, enhance joint motion, etc., all of which can contribute to better performance and reduced injury risk. Fitness enthusiasts and athletes have always exercised to improve various aspects of physical fitness – lose body fat, gain strength, power, endurance, flexibility, etc. At One To One, a critically important additional objective of all of our client’s training is to improve their “Movement Quality.” By improving movement quality, training can be more safe, efficient and effective, and performance in the gym, on the field, or throughout the day can be enhanced. Effective Movement Prep is one way we can help prepare our bodies to move well (more safely, efficiently and effectively), before we begin training or competing.

The human body is amazing. It can find ways to accomplish tasks or movements despite various injuries, deficiencies, nervous (nerve) inhibitions, etc. through compensations and substitutions. For example, the quadriceps muscles are some of the primary muscles involved in gait (walking, running). However, if someone has completely torn her quadriceps she could still find a way to walk or run, possibly through greater use

of her hip flexors or hamstrings or calves, or more likely through a complex compensatory effort involving her entire body, momentum, gravity, etc. While this is a very impressive and valuable ability our bodies have, often we can rely on this ability to accomplish our task at hand instead of recognizing that we have a movement restriction or limitation that we may be able to improve or correct. Over time, accomplishing movements through compensation or substitution patterns can cause undue and damaging wear and tear, and also will limit how well we can execute the particular movement.

A completely torn quadriceps is an extreme example and, unless in a true emergency, no one would attempt to walk or run with such an injury. However, almost everyone has more subtle restrictions that they may be unaware of and train through. Watch any road race (5K, 10K, Marathon) and you will see runners, even ones who lead the pack, who seem to have very poor form (maybe bad posture, maybe uneven symmetry, loud landings, feet pointing in odd directions, knees buckling in or bowing, etc.). Observe weightlifters in a big box gym, even ones who are very big and strong, and you will see people executing lifts with poor form, unsafe back positions, poor ranges of motion, misaligned joints, etc. Often these runners or weightlifters will continue to put in more miles, or load on more weight, in their efforts to progress, but sooner or later they will get hurt. However, if these exercisers regularly implemented effective movement preparation techniques, they may be able to improve their posture, grace, alignment, range of motion, form, technique, etc. (all elements of movement quality), and actually make more gains in speed or strength while avoiding injury.

Movement Prep can be implemented generically or specifically. For example, when we train our high school sports teams we will have ten to twenty student athletes show up for conditioning after having been sitting in class all day with spines flexed, hamstrings and hip flexors shortened, shoulders rounded, forward head posture, etc. Our general movement prep for the group might include foam rolling and stretching these shortened muscles and including neuromuscular activation exercises for all the areas that have been relatively dormant throughout the day. With our one-on-one personal training clients we can individually assess their posture, gate, flexibility and movement mechanics, and can implement techniques specifically selected to address any restrictions or movement deficiencies we observe.

Some common techniques that we use at One To One during the movement preparation phase or our workouts include foam rolling, massage stick, static and dynamic stretching, Egoscue “e-cises” (from the Egoscue Method), among others.

Effective Movement Prep goes well beyond simply warming up, it is designed to address potential impediments to effective or quality movement.

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.



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

BY SHAUNA ATWOOD AND MARILYN WEMPA



November 10th is the last weekend to see *Aida*, winner of four Tony Awards and featuring music by pop legend Sir Elton John and lyrics by Tim Rice. This musical is popular and special because its story combines a tragedy of love and intriguing politics. Although set in Egypt centuries ago, theatergoers will experience the tension created by the forbidden love between a Nubian princess and an Egyptian soldier betrothed to the Pharaoh's daughter.

Sir Elton John, one of the most successful music artists in the modern era, composed *Aida*'s stirring music and the amazing Sir Tim Rice, who made his reputation writing hits like *Jesus Christ Superstar* and *Evita*, wrote the lyrics. To the delight of audiences, they combined their talents to create *Aida*, Disney Theatrical Productions' first Broadway musical for grown-ups.

Production dates at the CenterStage at Reston Community Center are on October 20, 21, 27, 28, 29* and November 3, 4, 5*, 10, 11. The curtain time is 8pm except for the 2pm matinees on October 29 and November 5. For tickets and information, call the box office at 703.476.4500 ext. 3 or purchase tickets online at restonplayers.org/tickets-show-1/. For more information, see restonplayers.org/show1/.

WHAT'S NEXT?

An adventure that started it all! Before Wendy...Before the dreaded Captain Hook... Before a boy named Peter Pan... There is a tale you may not know about; an apprentice

starcatcher named Molly, a pirate named Black Stache, and a nameless orphan. Thrown together in a perilous adventure, they are about to find themselves on a life-changing journey on the high seas.

Based on the novel by humorist Dave Barry and suspense writer Ridley Pearson, *Peter and the Starcatcher* is the swashbuckling, grownup prequel to the treasured story of *Peter Pan*. The winner of 5 Tony Awards in 2012, this magical

and hilarious tale of fantasy will make your imagination take flight with clever wordplay, daring movement, and live music. Allow us to turn the story you've known all your life into a whole new-yet-familiar adventure.

Production dates at the CenterStage at Reston Community Center are on January 19th, 20th, 26th, 27th**, 28th* and February 2nd and 3rd. The curtain time is 8pm except for the 2pm matinees on February 27th and 28th (sensory-friendly performance on the 27th). For tickets and information, call the box office at 703.476.4500 ext. 3 or purchase tickets online at restonplayers.org/tickets-show2/. Reston Community Center is located at Hunters Woods Village Center at 2310 Colts Neck Road, Reston, VA 20191. For more information, see restonplayers.org/show2/.

In its 51st season, Reston Community Players is a 501c3 nonprofit organization that has been producing high quality theatrical productions since 1966. RCP is partially funded by grants from Fairfax County, in cooperation with the Arts Council of Fairfax County. It welcomes all and offers something for everyone. ♦

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



Zeffirelli's owner, Sayed Hussain

BY LINDA BARRETT

Mangia!

Enjoy Authentic Tuscan Cuisine at Zeffirelli Ristorante Italiano

One has to only step inside Herndon's Zeffirelli Ristorante Italiano to know that they are in for a rare treat. From the warm and friendly greeting, to the aromas of Tuscan Italian cooking, to the chatter of enchanted diners, Zeffirelli subtly invites you to make yourself at home.

Known for its exquisitely prepared meals, impeccable service and elegant setting in a white-tablecloth atmosphere, Zeffirelli is often the choice for special occasions. Owner Sayed Hussain can recite story after story about engagements that happened here and the couples who return year after year, now

with their children, to celebrate. You might also find celebrities and politicians as well as local patrons enjoying a sublime meal.

Zeffirelli is so well known that two of its most popular—and most requested—dishes do not even appear on the menu, although they are always available. They are proudly introduced as specials by the server who describes them in mouth-watering detail: the Lombata di Vietello veal chop and the Linguini Cleopatra.

The large, inches-thick veal chop is buoyed above a perfectly-seasoned demi-glaze and

cooked to tender perfection. It is so popular that "People come from around the country demanding our veal chop!" Hussain said.

The Linguini Cleopatra features several seafood options of jumbo scallops and shrimp, an array of mussels, and a grilled lobster tail over a bed of linguini. Diners have the option of selecting the featured champagne lobster sauce or can spice things up with a fra diavolo sauce.

Either selection will elicit the desire to slow down and savor the experience. Enjoy your meal along with a glass of wine from the extensive



wine list (Manager's Special half-price wines on Mondays).

Other daily specials might include rack of lamb in a garlic rosemary sauce, Osso Bucco Milanese, a veal shank with a light demi-glaze over risotto, chicken, duck, or the fresh catch of the day fish entrée. Fresh herbs, grown in the rear garden, enhance most dishes. Additional items are featured for holidays.

Authentic Tuscan Cuisine

The regular menu impresses as well, with classic Tuscan cuisine options including homemade pasta, veal, chicken and seafood. Begin the meal with one of their appetizers like fresh mussels in a tangy marinara sauce or baked stuffed clams, followed by a soup or salad like the mozzarella caprese featuring thick slices of fresh Buffalo mozzarella. And be sure to save room for their homemade Italian desserts. Thick pieces of cheesecake, a lemon sorbet, or tiramisu are among the options that will perfectly cap off any meal.

You could say that Hussain was fortuitous in his choice of Chef Francisco Salamanca, who joined Zeffirelli in 1994. Together they create what can only be called a "dining experience." "My challenge is to ensure that every meal

is perfectly prepared and served, and my staff and I work very hard to make sure that happens," Hussain said. "Honestly, it brings me joy to know we did a good job." Zeffirelli is open daily for lunch and dinner.

2017 Renovations

The building, located in historic Herndon at the corner of Pine and Station Streets, dates back to 1918, and still retains some of its original features, such as the tiled floor and doors of the entryway. It was built on this spot following the big Herndon fire on March 22, 1917 that started at a nearby livery and consumed most of downtown Herndon. In all, 14 buildings were lost. A commemorative plaque about the fire can be found just outside the front door.

The building went through various iterations, serving as a five-and-dime and even a pharmacy prior to becoming a restaurant. In 1991 it opened as Zeffirelli Ristorante Italiano. Those who can remember back may recall the stage and dance floor that used to be featured within the restaurant.

By the end of 2017, Hussain will have completed renovations that include repainting

the interior to its former white walls with deep green trim, carpet replacement, new chairs and curtains, and upgrades to both restrooms. Plans are even in the works to extend the balcony seating area to a second wall overlooking the main dining room.

Downstairs, Zeffirelli has seating for 110, with another 30 seats available on the balcony. Instead of one large eating area, the space is divided into more intimate spaces or semi-private rooms, with each bearing a name. You might want to reserve a seat by the oversize windows for additional ambiance, although any seat in the restaurant is perfect.

While you're here, don't miss the fine wine-themed artwork that lines the walls. It is the creation of Zeffirelli supervisor Moses Rayo who exhibits and sells around the world.

Zeffirelli also offers banquet services for anniversaries, birthdays, rehearsal dinners, wedding receptions, business lunches or dinner, dedicated parties and other occasions. Choices can be customized to accommodate any specific needs.

Whether you are dining out for a special occasion or simply looking to enjoy an authentic Italian meal Zeffirelli Ristorante Italiano is worth the visit. Reservations are encouraged. ♦

Zeffirelli Ristorante Italiano

728 Pine Street, Herndon, VA 20170

Reservations: 703-318-7000

Banquet: 703-508-7769

www.zeffirelliva.com

Note: Since the building is historic, those with mobility issues are encouraged to use the back entrance.



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

KALYPSO'S SPORTS TAVERN

Reston | Mediterranean | \$\$

Whether you're with the family, on a date, or watching the game with friends, Kalypso's Sports Tavern has something for everyone. Enjoy an extensive menu featuring authentic Greek cuisine with a lake front patio and lounge located on Lake Anne of Reston, Kalypso's is a fully stocked sports bar with 30+ HDTVs, gorgeous lounge with separate bar, and a full service indoor dining room. A weekend brunch menu is offered every Saturday and Sunday until 2pm.

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

www.kalypsosportstavern.com

NOT YOUR AVERAGE JOE'S

Reston | American | \$\$

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

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

www.notyouraveragejoes.com/reston/

PASSIONFISH

Reston | American | \$\$

Offering fresh sustainable fish and seafood (with raw bar!) in an upscale casual fine dining atmosphere, Passionfish is a great spot for a date or the whole family. Fine dining with kids has never been so easy. Their kid-tested, mother-approved "Beach Bucket" menu arrives in a jaunty nautical blue & white tin bucket, bargain entrees are



703.318.7000 | In Old Town Herndon 728 Pine St, Herndon, VA 20170

Let Us Host Your *Special Event*

Zeffirelli Ristorante Italiano has been preparing delicious Italian food for the community for over 20 years. We bring our special entrees just for you! Zeffirelli Ristorante has a phenomenal selection of wine to go with the food. Since 1991, we have been bringing the finest authentic dishes of Italy to Herndon, VA.

www.zeffirelliva.com

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

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

**OPEN
11AM - 2AM**

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- Corporate Events
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- Wedding Rehearsals & Receptions
- Small Party Private Dining

Off-site or in our beautiful Lake Anne location
For more information and catering menu, visit
www.kalypsosportstavern.com

Kalypso's

SPORTS TAVERN

ONE FREE LUNCH OR DINNER ENTREE when a second
LUNCH OR DINNER ENTREE of equal or greater value is purchased
(Up to \$15 Maximum Discount)

1617 Washington Plaza N. | Reston, VA
703-707-0660 | www.KalypsosSportsTavern.com

May not be combined with other offers • Max 1 coupon per table (DINE-IN ONLY)
Must present coupon • Sun - Wed only • Expires Jan. 31, 2018

RUSSIA HOUSE

Herndon | Russian | \$\$\$

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

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

www.russiahouserestaurant.com

SPAZIO ITALIAN KITCHEN & BAR

Herndon | Italian | \$

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

13005 Worldgate Drive, Herndon, Virginia 20170

703-437-3700

www.spazioitaliankitchen.com

TURCUISINE

Herndon | Turkish | \$

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

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

www.turcuisine.com

ZEFFIRELLI RISTORANTE ITALIANO

Herndon | Italian | \$\$

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

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

zeffirelliristorante.com

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

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


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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 FRANÇOIS****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

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Make This Holiday Season More About *Giving* Than Getting

HERE'S HOW TO VOLUNTEER AND
MAKE A DIFFERENCE IN YOUR COMMUNITY

By Analiese Kreutzer

The holiday season often motivates people to reach out to others, to be thankful and to give to those in need. Not only does volunteering help the less fortunate, but studies have shown that it benefits the volunteers as well. Volunteering strengthens your ties to your community, makes you feel useful, provides a chance to meet new people and gives you a sense of perspective.

Share those good feelings by getting others involved along with you. Bring family members or assemble a group of neighbors, friends or colleagues and start a new holiday tradition. We've gathered some resources to guide you to your volunteering niche. All you have to do is figure out what you're passionate about and choose where to donate your time.



Clearinghouses Make It Easy

Volunteer Fairfax is a great place to start searching for ways to step up over the holidays. Each year, the organization puts together a Holiday Heroes Handbook. This online database serves as a meeting place for nonprofits and volunteers to find each other. Go to VolunteerFairfax.org and click on the 2017 Holiday Heroes Handbook to find opportunities taking place between November 1, 2017 and January 15, 2018.

Other databases not only guide you to places to volunteer but help you meet people as well. DoSomething.org matches young people with organizations and Meetup.org coordinates volunteer events for singles.



Feed the Hungry

At a time when many of us overindulge in big meals and special treats, it's easy to forget that a shocking one-sixth of Americans don't have enough to eat. According to the Feeding America website, more than "half of all soup kitchens, food pantries and other meal programs rely entirely on volunteers," making this a great way to support your community.

Because many people choose to volunteer this way during the holidays, it's important to call ahead to find out which ones have the greatest need. To locate soup kitchens, shelters, food pantries and food banks in and around Fairfax County,

visit HomelessShelterDirectory.org or FeedingAmerica.org.



Spread Cheer

Check with nursing homes and hospitals near you about spending time there, especially with people who don't get many visitors. You can decorate, entertain them if you have a talent to share, or just spend time with them talking, playing card or board games or reading aloud. If you have a particularly loving and gentle pet, inquiry about bringing him or her along to provide some pet therapy.

Many houses of worship and other organizations sponsor programs to bring holiday gifts and meals to needy families. The Salvation Army's Angel Tree Program provides toys and clothes to 14,000 children in Virginia, DC and Maryland during the holidays. To learn more about the Angel Tree Program or other ways to volunteer through the Salvation Army, go to SalvationArmyNCA.org/volunteer.



Support Our Troops

Aid active service members and their families by volunteering with the USO in the Washington-Baltimore area. The USO provides airport assistance to military

travelers, runs five USO centers in the area, holds events and welcomes volunteers for all of its efforts. Learn more at Metro.USO.org/support/volunteer.

Disabled American Veterans (DAV.org) offers a wide range of tasks for volunteers. You can help out at a VA hospital, drive veterans to appointments or provide other assistance based on individual needs.

Participate in a special volunteer opportunity unique to our area through Honor Flight, an organization created to transport America's veterans to DC to visit and reflect at their memorials. The organization gives priority to World War II and terminally ill veterans. Volunteers greet veterans at the airport and travel with them to the memorials. Volunteer opportunities are dependent on when flights are scheduled. See HonorFlight.org for more information.



Help Animals

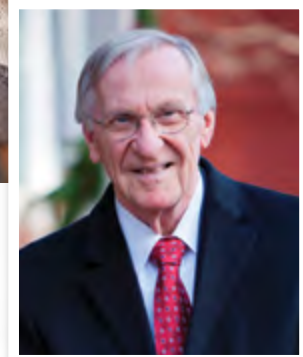
If you're an animal lover, rescue groups and shelters always need assistance. Since many families open their hearts to homeless pets at the holidays, it's a great time to volunteer at an adoption event such as those sponsored by the Lost Dog and Cat Rescue Foundation. Sign up at LostDogRescue.org.

The Humane Society of Fairfax County welcomes volunteers to walk dogs, play with cats, sit with new rescues, sort through donations to its Ani-Meals Pet Pantry, photograph the animals, provide administrative support and more. In addition to dogs and cats, the Human Society cares for birds, horses and small mammals waiting for homes. To volunteer, go to HSFC.org/support/volunteer.

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



BY DELEGATE KENNETH R. "KEN" PLUM



Holiday Remembrances

The decline of Sears as a mail-order retail company is sad for me for Sears, Roebuck and Company as we referred to it when I was growing up brought many happy holiday memories. We were no place near a Sears store where I grew up near Shenandoah in the Page Valley of Virginia. The Page Valley was a small valley created by the Massanutten Mountain range in the larger Shenandoah Valley. We did not need a store because the rural-route mail man brought the store to our home with an inches-thick catalog. You did not have to search long to find the merchandise of interest to you. You simply fanned through the pages until you found the right section. You were always up-to-date since a new catalog with the latest products arrived a couple of times each year. The pages of the old catalog could be folded in half resulting in a colorful round object that was heavy enough to be a door stop.

Near the holidays I would look forward with great anticipation to the arrival of the Sears Roebuck "wish book" that had the latest toys and gifts for the holidays. While it was less than half the size of the regular catalog, every page of the wish book had magical new toys to dream about and to wish for. The fact of the matter is that we ordered very few items from the regular catalog or from the Christmas catalog as it was officially known; we simply did not have the money to be able to afford these special gifts. That shortcoming did stop me from dreaming about the latest toy. For some I could find a way to craft them myself, or I could pretend that whatever I was playing with at the time was that new toy. I was kind of like what you see today when children seem to have as much fun playing with the boxes as with the new toys they receive.

We did get something for the Christmas holiday we were celebrating delivered by Santa Claus down an amazingly narrow chimney because

we did not have a fireplace. The present from Santa was always a surprise even though I had prepared my wish list. One Christmas I asked for a roll-top desk just like the one Dr. B. C. Shuler sat at during our visits to him when we were sick. Much to my surprise on Christmas morning there was a roll-top desk beside the decorated cedar tree we had cut from the local woods and decorated. My desk was a fraction of the size of Dr. Shuler's; in fact, it was so small that I could not put my legs under it. None the less, the top did roll up. It was close enough for my imagination. One Christmas I got membership in a science club. Every month for the next year I got in the mail a small cardboard box of directions and components for science projects. I build a crude but nonetheless working radio receiver, a radio transmitter (parts were interchangeable so you could only build one at a time), microscope and telescope from interchangeable lenses and cardboard tubes and much more.

These holiday remembrances are happy times. I have never felt sorry for myself or disappointed at the things I could not order from the Sears wish book. I can still feel the excitement of just looking at all those wonderful toys. The one or two gifts that Santa brought me provided me great joy. The focus was on what I got, not what I did not receive. I love Christmas and over the years I have come to realize that the greatest pleasure comes from giving rather than receiving.

Whatever your faith tradition or the holidays you celebrate, may you discover the joys of the simple and meaningful things of life and build remembrances that may make you feel blessed as I do at this beautiful season of the year. ❖

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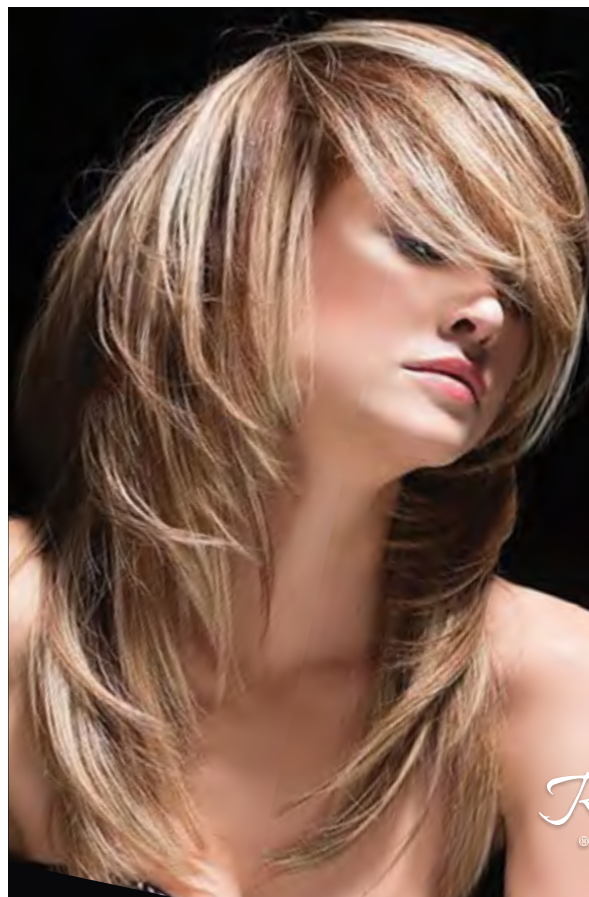
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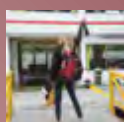
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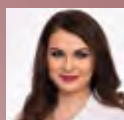
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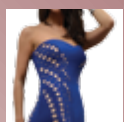
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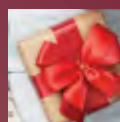
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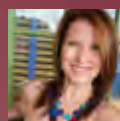
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Sleep and Be Well

By Analiese Kreutzer

In our plugged in, always on society, getting a good night's sleep has become, well, a dream for many people. According to a study by the Centers for Disease Control and Prevention, more than one-third of American adults get less than seven hours of sleep per night on a regular basis, when most of us need seven to nine hours.

There's more at risk than just losing beauty sleep—although that's a real thing—as a dull complexion, dark circles and puffy eyes after just one or two late nights can attest. Lack of sleep results in higher levels of the stress hormone cortisol, which breaks down collagen, and eventually leads to more fine lines and sagging, drier skin.

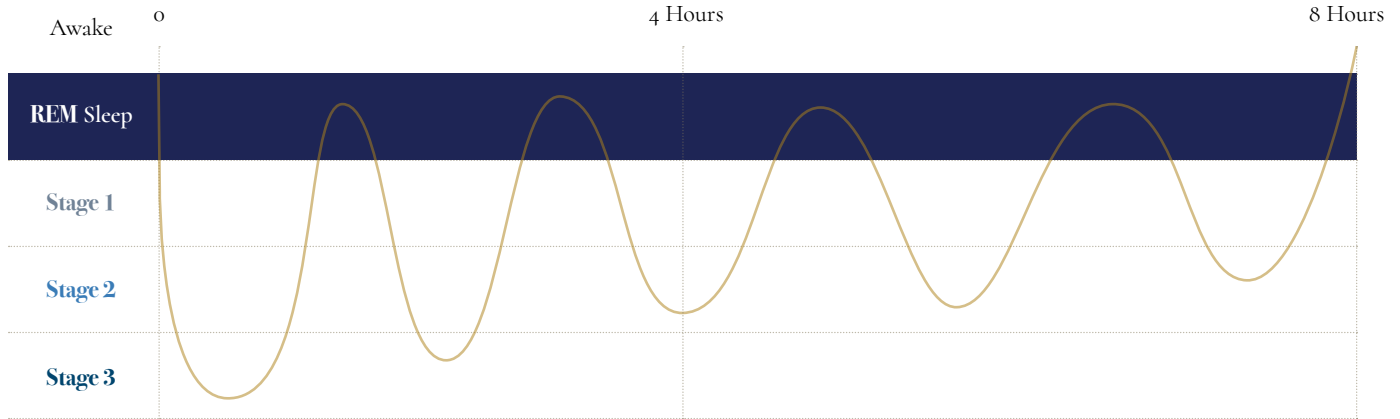
People who suffer from chronic sleep shortages also run higher risks of stroke, infections, cardiovascular disease, certain types of cancer, obesity, diabetes, high blood pressure and arthritis. Not getting enough sleep impacts your mental health as well. According to sleep.org, “People with insomnia are 10 times as likely to be depressed as people who sleep soundly.”

While you sleep, your body works hard, secreting hormones that grow and repair tissue, restoring energy and cementing your memories from the day.

The best thing you can do to get the most from your sleep is to get on a regular sleep schedule. To figure out the amount of sleep your body needs, sleep without an alarm clock for a week or so until a pattern emerges. Then adjust when you go to bed and when you set your alarm to align with what your body needs.

The Stages of Sleep

Our bodies go through four stages of sleep and cycle through the stages four or five times throughout the night.



Stage

1

Your brain activity slows, muscles relax, heartbeat becomes regular and blood pressure decreases as you transition to sleep. This stage typically lasts several minutes. People can be woken easily from this stage. In this stage, sudden muscle contractions are common, and you may suddenly jerk awake from feeling like you're falling.

Stage

2

In this light, dreamless sleep stage, your body temperature lowers, heart rate slows and eye movement stops. You can still be woken easily and become quickly alert. You spend more time in stage two sleep than in other sleep stages.

Stage

3

Previously known as stages three and four, stage three is a period of deep sleep in which your heartbeat and breathing dip to their slowest levels. It may be difficult to wake you from this stage, and you would likely feel disoriented if you are woken up during this stage. You need this stage of sleep to feel refreshed. This is when your body repairs itself, stimulates growth and development, boosts immune function and builds up energy for the next day. This stage usually starts 35-45 minutes after falling asleep. During the first half of the night, you tend to be in longer periods of stage three sleep than later in the night.

REM

Sleep

About 90 minutes after falling asleep, you experience your first cycle of REM sleep. Your eyes move rapidly from side to side behind your closed eyelids. Your brain wave activity becomes closer to what it's like when you're awake. Your breathing and heart rate increase. Most dreaming occurs during REM sleep, although some can also occur in non-REM sleep. As you age, you spend less time in REM sleep.

Overnight Beauty

Give your body's natural healing and rebuilding ability a boost with these products that work while you sleep.



Hands and Feet

To soften hands and feet, rub Vaseline or a thick, rich cream on your hands and feet and slip on some cotton socks and gloves. The cotton holds moisture in and keeps the Vaseline from rubbing off on your sheets.



Eyelashes

Swipe RevitaLash Advanced along your lash line nightly for longer, thicker lashes.



Hair

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Face

Even skin tone, reduce the look of dark spots and refine skin's texture with Garnier Clearly Brighter Overnight Leave-On Peel. It's a gentle yet powerful peel with Glycolic Alpha Hydroxy Acid (AHA) and Vitamin C.



Face

High-Potency Night-A-Mins by Origins rejuvenates your skin by sloughing off dead skin cells, replenishing moisture and enriching your skin with minerals and Vitamins C, E, and H.

Products to Help You Get Your Zzzs

Sense by Hello

Sense by Hello takes sleep hi-tech by tracking your sleep patterns, emitting ambient sound and waking you up during a light sleep cycle when you're more ready to wake up. Its sensors help you understand how the environment around you—light, humidity, air quality, sound and temperature—is impacting the quality and quantity of your sleep. The ball-shaped base unit sits on your bedside table and the Sleep Pill, a small disc, attaches to your pillowcase. You operate Sense through a smartphone app and a WiFi connection.



Drift Light by Saffron

This energy-efficient LED bulb works just like your other lights during the day, but after two flips of your switch, it emits a warmer light to promote natural melatonin production. Plus, it gradually dims over about half an hour to prepare your body for sleep.



Aromatherapy

Bath & Body Works Sleep line includes scrubs, lotions, nourishing oil, body wash and a bath soak. The products feature essential oils in lavender—to promote tranquility—and cedarwood—to calm the mind.



Night Mode Smartphone Settings

Blue light emitted from computer screens, smartphones and e-readers inhibits the natural production of our sleep-inducing hormone melatonin. iPhones and now some android phones include a setting that lets you change the color spectrum of the display from cooler to warmer light at night.

Photo credit: <http://www.buynothingnew.org/2017/06/sole-treadmill-reviews.html>



Hypoallergenic bamboo pillow

A shredded memory foam filling prevents this bamboo pillow by Xtreme Comforts from falling flat. It lets allergy sufferers breathe easy and micro-venting keeps it cool.

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



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MAKEUP DUPES

By Lauren Simmons

If you're not familiar with makeup dupes, they're less expensive beauty products that are comparable to higher-end brands. As many of us know, the cosmetics industry spends millions in marketing dollars to make items more exclusive and distinctive. Dupes allow the products to speak for themselves regardless of the packaging. The quality of lower priced items can be just as good – or even preferred to higher ones in some cases.

We've selected popular dupes that have quite the following on social media...



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*ThermiVa treatments are performed by Dr. Dima



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Tips for Packing Light

by Julie Holland

I've just returned from a two and a half week Euro trip to three countries, where the only suitcase that made sense for such an on-the-go adventure was a roller backpack. Who knew these existed? My little red pack rode/wheeled on planes, trains, buses, metros, boats...all with ease. Here are my top suggestions for pulling off a fast paced summer/early-autumn trip (not for the lay-on-the-beach-all-day types) without all of the extra baggage:

✓ Pack in **one roller backpack** (this one is from Macys) and take **one regular sized or mini pack** (love my yellow Fjallraven Kanken—available in regular size and mini, and so many colors)



✓ Choose a **comfortable but stylish sneaker** that you can wear over and over and feel cute enough in them to pair with a skirt. I went with a New Balance retro style. I only packed two other pairs of shoes, flip flops (for the beach part of the trip) and an embellished pair of flats (can't be climbing cathedral steps or walkin' across cobblestone in heels). I accidentally bought a red pair of heels at the very end of the trip, but I didn't NEED them (ha!), and I had to then carry them in a plastic bag or jam them into my daypack.

✓ Embrace **athleisure**. This trend in wearing workout type clothes for everyday/night activities is a wonderful thing! I packed two pairs of leggings to dress up or down—wear with flats or sneaks.





- ✓ **Tank dresses and tennis skirts** are so packable and easy to wear. If you aren't comfortable with tight dresses, tie a long sleeved shirt or your sweater around your waist for more coverage. I like to wear spandex shorts under my tennis skirts
- ✓ Take a **lightweight rain jacket** that you find attractive enough to wear on cool evenings.

- ✓ Don't forget an **external battery** and cable to keep your phone charged all day (and the proper converters for the countries you are visiting)—I'm a huge fan of Anker PowerCore 10000 external battery (found on Amazon)



Other tips for the journey:

- ✓ Take a **water bottle** that fits in your daypack (it can be hard to find water abroad, and if you're hiking up to castles, biking in wine country, or exploring towns all day, it's essential.)

- ✓ **Go by your bank prior to the trip** to exchange dollars for Euros or whichever currency you will be using (and don't forget to let them know the dates you will be using a credit card abroad). You can always go by banks along the way, but it's nice to start off prepared.

- ✓ Only take a handful of underwear and socks, and be prepared to hand-wash these along the journey.

- ✓ Pack **large ziplock bags or zip packing cubes** to organize clothing within your pack...undies, tank tops, leggings..

If you want to read up on my trip, I will be posting segments on BlazersandBubbly.com. The three parts of the trip will be covered: Wine biking the Mosel Valley, Germany; Exploring Lake Como and Milan, Italy; Tanning & bread-and-cheesing in the French Riviera. Hope these tips are helpful!

- ✓ Decide on one or two **sweaters** that go with everything (try using one as a scarf)

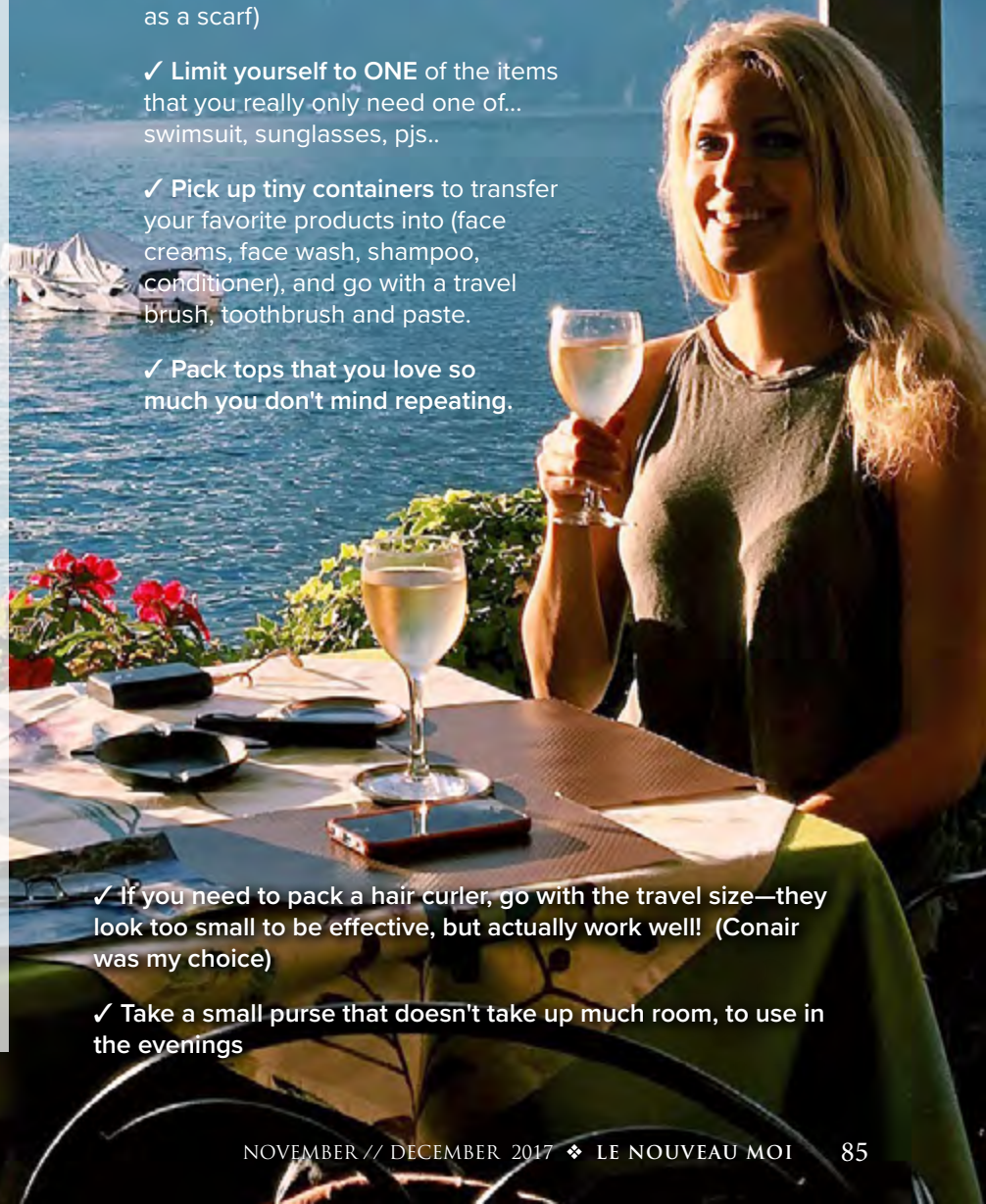
- ✓ Limit yourself to **ONE** of the items that you really only need one of... swimsuit, sunglasses, pjs..

- ✓ Pick up **tiny containers** to transfer your favorite products into (face creams, face wash, shampoo, conditioner), and go with a travel brush, toothbrush and paste.

- ✓ Pack **tops that you love so much you don't mind repeating.**

- ✓ If you need to pack a hair curler, go with the travel size—they look too small to be effective, but actually work well! (Conair was my choice)

- ✓ Take a **small purse** that doesn't take up much room, to use in the evenings



ASK AN EXPERT



By Olga Solovienko
Licensed LME Clinician
Astoria Laser Clinic & Med Spa

Taking Steps to Prevent Aging

With age comes wisdom—but also wrinkles. And even though those laugh lines and crow's feet signal a life full of emotion and expression, many find them a little less endearing the deeper they become. Noninvasive procedures to “correct” them have become more mainstream, but the skin care regime at home is just as important.

A visit to a Med Spa once every month or every other month to receive a Laser treatment, Needling or RF treatment is recommended. Then taking care of the skin at home is just as important. Give these solutions a try to reduce deep lines, discoloration, or prevent sagging of the skin.

Exfoliate Weekly

As you get older, cell turnover slows down dramatically and dead cells build up on skin's surface, which can not only make skin look dull and tired, but lines appear deeper than they really are. Peels with ingredients such as glycolic acid and fruit enzymes can help eliminate those

cells, as can scrubs, which can physically slough the cells off. Aim to exfoliate once a week, and be careful not to overdo it. Some products may irritate and dry out skin if used incorrectly or too frequently, so always follow the directions of your Clinician. If you have sensitive skin, you may not want to do any exfoliation.

Apply Retinol at Night

Collagen is a protein found in tissue, including the kind that sits below skin's surface to keep it plump and firm. Wrinkles form, in part, when collagen becomes weak or damaged. Prescription retinol triggers new collagen production and gradually helps to iron out lines. Retinol also helps speed up cell turnover, which can improve the skin's texture and soften the look of fine lines on the surface.

Moisturize Day and Night

Skin becomes drier with every decade, which contributes to noticeable

deep lines and wrinkles. Instead of a lightweight lotion, consider switching to a heavier cream moisturizer and apply it every morning and evening to damp skin. Thicker creams usually contain more emollients such as natural oils or petrolatum, which seal in your skin's natural moisture and help keep it smooth, soft and plump. Every morning follow with a sunscreen, it can help your efforts by preventing skin damage that can not only deepen wrinkles, but also cause skin spots. Some anti-aging treatments may leave skin more sensitive to the sun, it is essential to shield it from the sun's rays. Most people don't apply enough of any one sunscreen to reap its full benefits, repeated applications during the day can help increase your protection.

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Hair by Caitie Morgan, Calypso Salon
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Charcoal Cleansers

Use Activated Charcoal for a Deep Clean

By Emma Blancovich



Have you heard of using activated charcoal to wash your face? Now that sounds mighty funny, but in the latest facial cleansing products that are currently out on the shelves, this is the case. Facial cleansers are now incorporating activated charcoal as their main ingredient to thoroughly cleanse your face and the products actually do work.

The activated charcoal used in beauty products such as facial cleansers is meant to dig deep into your pores and absorb, almost like a magnet, all of the dirt and oils that would keep your pores clogged. Much how hospitals use activated charcoal to treat their patients with alcohol poisoning or drug overdoses due to its absorbency, your facial cleansers now work in the same way with this ingredient. We all know clogged dirt and oil forms into pimples, blackheads, and blemishes, so using a charcoal face wash or facemask in your weekly face washing routine would do wonders for your skin if you struggle with these skin problems.

The following products are some of the best ones that use activated charcoal and actually work to clean deep down into your pores and leave you with blemish free skin. Your pores will be so thoroughly cleansed that you will wonder what you have been doing your entire life using all the other facial cleansers, since they just will not compare to the ones with activated charcoal as a main ingredient:

Glamglow Supermud Clearing Treatment

Glamglow Supermud Clearing Treatment retails for about \$69.00 and is a very light facial mask. Do not think since you hear the word mud it will be thick and heavy. The great thing about this mask being on the light side versus heavy is that you are able to better apply it in areas close to your eyes or around your chin and ears. The mask is messy though, but with using this product just once a week, you will notice how the charcoal removes all of your impurities

not only leaving you with clear skin, but also incredibly soft, baby skin.

Boscia Charcoal Makeup Melter Cleansing Oil-Balm

Boscia Charcoal Makeup Melter Cleansing Oil-Balm retails for about \$32.00 and actually uses two types of charcoal to work its magic on your face. One of the ingredients is an activated charcoal that comes from the bamboo and the other one from Japanese Binchotan powder. Double the dose, means double the removing of facial impurities. This makeup removing cleanser is great to use for those pesky under eye mascara stains that get left on your face after using your liquid eye makeup remover; which then stay stuck on your face and turn into oily skin. This product is the texture of a balm that is greasy and smooth. It will melt off the makeup from your face within about a minute's time. The balm turns into a milky cleanser as you rub it into your skin and you can see all the dirt being removed

and sticking to the cleanser. Your skin will thank you for this.

Blaq Mask

Blaq Mask retails for about \$19.00 and is facial cleanser that works great on the t-zone area of your face (from the top of your forehead, to your left cheek over your nose to your right cheek, and then the bottom of your chin). This product is a gooey-like texture that you apply on your face and then it dries as a black, tight mask. The dirt and oil on your face will be lifted off with it when you peel off the mask with a bit of force, since it does stick very well to your skin. It is almost as if the first layer of your skin is being lifted from your face to reveal fresh, new baby skin. This product leaves your skin bright, soft, and refreshed.

Using any of the above mentioned products in your daily or weekly facial cleansing routine will give you immediate results and improve your skin's problem areas such as: clogged pores, blemishes, tired skin, etc. Your skin will be thoroughly cleansed and you will notice fewer problem areas. ❖



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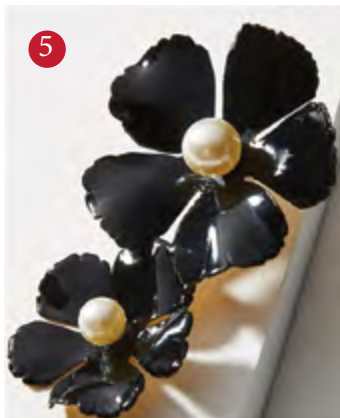
2) Gucci Viscose Jersey Gown
with Ruffles
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3) Inglot—O2M Breathable Nail Enamel
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4) Christian Louboutin—Candidate Pearly
Suede Point-Toe Pumps
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5) Farah Drop Earrings
www.Anthropologie.com

6) Stila—Perfect Me, Perfect Hue
Eye & Cheek Palette
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5



6



GADGETS, GOODIES AND GIZMOS

BY LAUREN SIMMONS



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The Gift of Beauty

By Marta Bota

www.mbfacedesign.com

As the holiday season quickly approaches we all scratch our heads, wondering what to get our loved ones. Life today is so hectic and we all have busy schedules, especially once the holidays kick in! To make life a little easier I've come up with some great holiday gift ideas for the special females in your lives!

Every woman loves to feel special, even the ones that don't like to admit it! Whether it's your bestie, mom, sister, or significant other, you can do that for her by giving the gift of beauty this year! What better gift than to pamper the special ladies in your life?

Skin care, fragrance, cosmetics

Skin care, fragrance, cosmetics are all great gift ideas! What about gifting her a special service, like a facial, massage, makeup lesson, or spray tan to give her a beautiful youthful glow? Busy women today don't usually think about doing these things for themselves, which is why the gift of beauty is always such a welcome gift! I offer makeup lessons, applications for special events, AND mobile spray tanning! I'm offering holiday package deals through the New Year! For more info contact me at www.mbfacedesign.com

Ornaments with Products Inside

Some cosmetic and fragrance product lines make limited edition holiday ornaments with their products in them, ready to be hung on the tree! Merle Norman, Tarte, and IT Cosmetics all have fun ornaments with cosmetics inside and will add extra glam to any girl's tree!

Skin care lines

Amore Pacific is one of my favorite skin care lines. Their product line is high end and can be expensive. But, during the holiday season, they have amazing gift sets that give you the opportunity to try an array of products at a fraction of the cost! Treat your loved ones! Treat yourself!

Glam Stocking Stuffers

Glam stocking stuffers are also fun! Why not get her the hottest metallic nail colors by OPI or some trendy lip colors by MAC Cosmetics? Another great stocking stuffer is Motives Fiber Lash Mascara, the one-step fiber mascara that lengthens, volumizes but doesn't flake! The GORGEOUS gold tube makes it a fabulous gift!



Highlighters

Highlighters are still in high demand, especially this holiday season! One of MY all time FAVORITES is Anastasia Beverly Hills Glow Kit! It comes with four shimmer finishing powders that highlight and contour, giving you the perfect glow!

Makeup Items

There are so many great makeup items you can give her this season, as most cosmetic product lines create gift set items this time of year! I love Too Faced and Benefits product lines for their whimsical themes, but practical makeup sets that come in compacts with eye-shadows, lip, and cheek colors! These sets are great for travel!

Brush Sets

Brush sets are a wonderful gift idea for the holidays! What female doesn't love a brand new complete set of makeup brushes to give herself that professional touch in her daily makeup application? www.crown-brush.com carries amazing brushes at very economical prices! A great set of brushes is the 504 10-piece Studio Set W/Case by Crown Brushes. This set, in particular, has brushes that are most commonly used in most makeup applications and are a mix of natural hair and synthetic brushes! They are high quality brushes, easy to care for, and they store well in their own case!

Well, there you have it! Treat the beauty in your life to some gift items that will make her look and feel great! Happy Holidays!

Julie McLean

What is your biggest beauty splurge that you deem necessary?

My hair. No doubt about it. Your hair is your most prominent feature and it truly radiates who you are as a person. A must for me are highlights and lowlights creating a multi-dimensional look, a cut and style that compliments my facial features, lifestyle, personality and resonates who I am as a woman, as well as keratin treatments. Tony at Salon O Tony, keeps my locks in check!

What beauty product will you not leave the house without?

Gosh...too many have-to-haves such as my IMAGE AGELESS total repair creme, LIVING CLAY Detox Clay Powder (external and internal use), Pure Coconut Oil (external and internal use), Magnesium Bath Flakes, Laura Mercier Body and Bath Golden Honey Musk Soufflé Body Creme, Solar Recover by Zausner, Oribe Impermeable Anti-Humidity Spray, Bobbi Brown Nude Lip Gloss, and Bobbi Brown Antigua Illuminating Bronzing Powder. But I cannot live without my Exuviance Eye Serum!

What is your workout pick?

GXC Cycling, Candlelight Vinyasa Flow Yoga, and Body Pump.

What did you formerly do that you realized wasn't worth the money?

A facial that was counter productive to my rosacea condition causing a severe rosacea breakout that lasted for weeks.

What is your view on diet?

Organic, natural, and healthy, nutrient-rich foods that are rich in antioxidants. Eat a variety of foods to get different vitamins and minerals. Daily probiotic supplements. Dark chocolate is a MUST. There are so so many health benefits to high cacao content dark chocolate. And last but not least, water and LOTS of it!

What's your spa fix?

An intensive facial specific to my rosacea condition. One that will reduce inflammation and rosacea breakouts, and desensitize and strengthen my skin. It helps improve my complexion's tone and texture as well. For body, I live for a deep tissue massage, hot rocks, reflexology, ancient sea salt scrub, seaweed wrap, and water spa treatments. My bucket list includes Cryotherapy, Hydrotherapy, and a Sound Bath!

Hair by Salon O Tony

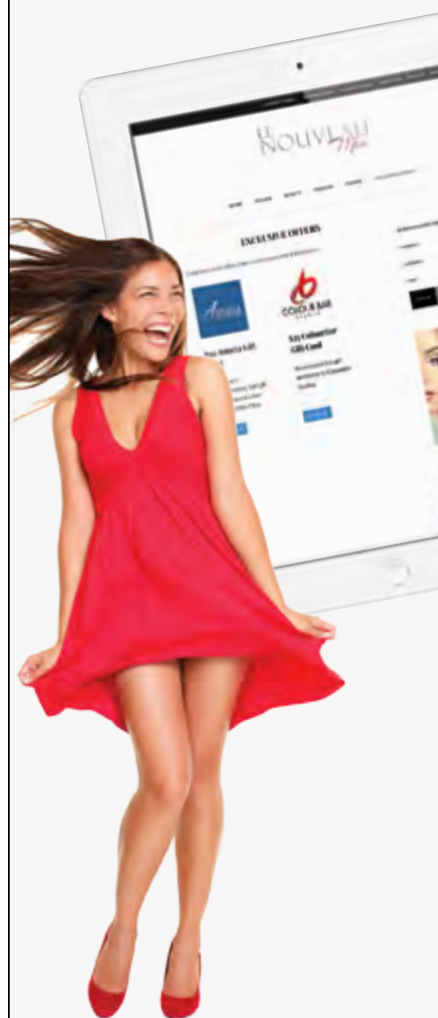
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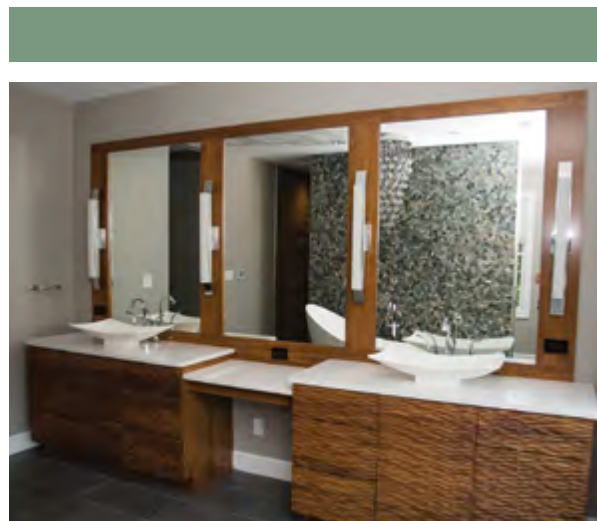
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BY LINDA BARRETT

Do I Really Need to Use a Realtor?

How technology is changing the way people find and sell homes.

Technology is causing some confusion today about whether people really need to use a Realtor to buy or sell a house. People think that with all the online portals and real estate websites, they have all they need online.

Yet all you have to do is look at the numbers to know that this opinion is false.

Between 2003 and 2007, on average, buyers were in the home search for about eight weeks. This increased to 10 weeks in 2008, and increased again between 2009 and 2013 to 12 weeks, as presented in the Vision Speech by Gary Keller, founder of Keller Williams Realty.

Why the increase? "My interpretation is that there is too much information out there and people are overanalyzing and not making a decision," explained Kyle Holloran, managing broker and team leader at Keller Williams Fairfax Gateway. "Instead of writing an offer, they are opting to 'wait for something better' and may be missing out on the opportunity they're looking for, especially since we are 100% in a seller's market right now. Listings of homes have dropped significantly over 2017, so fewer and fewer homes are coming onto the market, and selling quicker."

Another Keller Williams study found that 43% of buyers bring a list of homes to their Realtor after finding them online, yet only 22% of

those buyers ultimately purchased a home from that list. This means that fewer than 10% find their home online themselves without the aid of a Realtor.

The National Association of Realtors reports that the number of buyers and sellers using an agent is at a 14-year high—more than 90% now use a Realtor, as opposed to only 75% in 2003. And although 95% of buyers use an online website to research homes, 92% of them use a real estate agent. Both buyers and sellers are looking for service, quality and professionalism.

Common Misconceptions When Selling a Home



I can do it myself. Real estate transactions are tricky, and require detailed knowledge of the terminology, yearly changes in law, and paperwork requirements. Those who don't use a Realtor may not know how to use these documents, find them, or fill them out legally. Selling a home is a long and arduous process, and the majority of a Realtor's job happens after the offer is secured through closing—getting through home inspections, dealing with the mortgage company, the title attorney, the buyer and seller. Most people have neither the time nor the expertise to handle it.



I'll make more money selling on my own. People think they may make more money by not using a Realtor, but in the majority of cases, this is not true. Much value comes in the negotiation skills Realtors bring to the table. For example, a seller may think they have to make a \$10,000 roof repair as a result of a home inspection, while a Realtor may negotiate the home price down instead. A Realtor's commission may be \$6000, as opposed to the \$10,000 repair, saving the client \$4000 overall.



I'm not emotional. Selling a home where your lifelong memories have been made is emotional, and when emotions run high, bad decisions are made. You need a logical and neutral third party to help you negotiate the deal.



I know what my home is worth. Your home is only worth what the market will bear, no matter what online resources or tax assessments tell you. Realtors do their due diligence in pricing a home correctly for the market based on current market conditions, condition of the home, and comparables. Priced incorrectly, the home will sit on the market and become stale, and a contract can potentially fail when an appraiser determines it is not worth the amount and the loan falls through.

Other Important Reasons to Use a Realtor



Security level protection. Due to area jobs with high security levels, some people don't want to advertise their property for sale, and you may miss your dream property searching only online. These listings will not show up on the MRIS or other online portals, and are publicized only to other Realtors.



Safety. "You don't know who is coming into your home if you are selling it yourself; it could be a potential burglar casing the house for medications, money or firearms," Holloran warned. A Realtor uses a lockbox that tracks in real time who has access to your home. They also prequalify potential buyers and will

not show homes to anyone who has not gone through that process.



Governing board. A Realtor is a member of the National Association of Realtors and held to a higher Code of Ethics. If there is a problem, you can file a complaint with the governing board, and they will be held accountable.

Why Do Online Home Searches Fail?

Online real estate sites are often out of date," Holloran explained. "A home listed on Zillow, for example, may have sold 90-120 days previously, but still appear. This gives false hope to buyers and they get discouraged."

Revolutionary New Advancements in Technology You'll Want to Know About

In 2011, \$223 million was invested in real estate technology. In 2016, that number rose to \$2.93 billion, with technologies like online portals, apps, lockbox access, forms, contracts, real-time services with instant text, and 3D imagery appearing.

One of the newest tools is the Matterport Camera, an all-in-one property capture. A Realtor can provide a 3D virtual showcase tour of any property using accurate visual and spatial data to map entire areas in minutes, a big advancement over virtual tours or slide shows. Buyers can see a dollhouse view, an inside view and a floorplan view. In addition, more homes are getting their own "feature films" that help a potential buyer "see" a property before actually visiting it.

In September 2017, Keller Williams unveiled its Keller Cloud intelligent technology that helps real estate agents connect in real time with real estate-specific artificial intelligence. This technology partners with OJO, a chat bot similar to Apple's Siri and Amazon's Alexa. As with these popular technologies, anyone can ask a real estate-related question and be directed immediately to an answer, free of charge. If no answer is available, a Realtor will be immediately notified to respond. Keller Cloud also collects information based on your queries to help form a search based on your preferences, which is forwarded to your agent to pinpoint properties to present. It is available only through a Keller Williams agent.

Still think you don't need to use a Realtor? ♦



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BY LINDA BARRETT

Talk to the ANIMALS

**Animal Communication Counselor Holli Shan
Gives Your Pets a Voice**

When Holli Shan first told me she was a pet communicator through her business Compassionate Animal Communication, I was intrigued. “Like a pet whisperer?” I asked. After all, the only familiarity I had with such was from the 1998 movie “The Horse Whisperer” with Robert Redford.

It turns out that intuitive animal communication is a serious business, needed by area pet owners to understand and solve pet behavioral problems or simply check in with their pets.

Thank Goodness You’re Here

Shan was called by a client whose mother-in-law had come to visit with her dogs, one of which was relieving itself in the house. “I talked to the dog and it simply didn’t know any better. It was used to roaming outside,” Shan said. “I had to explain to the dog that if we give you a reward, could you go outside?” The dog communicated, “OK, sure, I didn’t know we had to do that.”

The very next day, Shan received a call from this client who said the dog went to the door, signaled to go out, did his business, and got its treat in return. They couldn’t believe it.

“Sometimes pets don’t know what is expected, or do things out of frustration because there’s not enough time invested in them or boundaries set,” she explained. “There are even some pets that approach me and say, ‘thank goodness you’re here.’” Although mostly called to work with dogs, horses and cats, she can intuit with any species, including birds, reptiles, and even fish.

Animal Communication Training

All her life, Shan has loved animals, and following her passion, decided to create a professional career working with them. She became a Certified Equine Sports Massage Therapist (ESMT) through the Equissage massage school in Round Hill, Virginia, and her certification as a Canine Massage Therapist (CMT).

Yearning to deepen her connection with animals, Shan took basic, then advanced, classes from instructor Janet Dobbs. To practice, she began asking her massage clients if she could communicate with their animals. Fascinated, they said “yes.” She now teaches the basic course herself.

Wanting still more, Shan was referred to Penelope Smith, the pioneer in the field of interspecies telepathic communication, from whom she took even more advanced courses. She also attended a workshop at a wildlife retreat in Driggs, Idaho.

According to Smith, “Children are born with the ability to communicate telepathically with their own and other species.” As adults, “we are socialized to use verbal language and

discouraged from getting others' thoughts and feelings directly...and are conditioned to believe that animals are generally inferior to humans."

Telepathic Communication

Holli Shan doesn't need to be in an animal's presence to communicate with it. Much of her work is done using telepathic and intuitive modalities to receive images and feelings during a communication session. She consults with clients throughout the U.S., utilizing photographs, videos or Skype.

"The definition of animal communication is communication with animals on their level," she explained. "Animals are always communicating with us telepathically, which means 'to feel from a distance.' I've honed my own senses to be open to what they are saying and serve as a mediator between an owner and their animal companion."

"You have to be quiet and get rid of the mental chatter of the day so you can start with a clean slate, and that takes time and practice. Once you learn to go quiet, you can allow yourself to be a receptor. You listen for the 'hello' and sometimes it comes in words, feelings, colors or pictures—every animal has its own way of doing it. I am listening for a response." Animal communicators use the skills of empathy, intuition and telepathy to receive information.

Of course there are skeptics, but Shan invites them to ask questions, or try her service for themselves. She has scores of amazing results. "All I ask is that they be respectful of what I do. Animals are always willing to teach us if we are willing to listen."

Working With My Own Pet

Curious to see the process myself, I asked Shan to work remotely with my own pet Skyler, a parakeet who had become fearful of leaving his cage to fly. Not wanting to know anything but the pet's type, name and age, and viewing a picture, she explained over

the telephone how the process would work. I outlined the problem and she began by asking aloud, "Sweetie, why don't you want to leave the cage?" Then she became quiet. She was listening for a response.

She interpreted that Skyler found the process of leaving the cage to be stressful; he wanted me to approach in a quieter and calmer state. She suggested I open the door and simply invite him to come out and fly.

What astounded me was that Shan knew exactly how I was interacting with Skyler currently, even to the point of where I stand. Throughout our session, she cited things she could never have known, and used words and phrases I only use with the bird. She was spot-on.

"It is the same intuitive sense we are all born with," she explained. "Anyone who has ever had a bond with a parent, child or animal has that sense of knowing. As an animal communication counselor, I learned to refocus that sense and open it to animals."

Shan still offers animal massage, and can combine communication with the therapeutic service. She also provides packages and programs for clients as well as single sessions to help with behavioral problems.

If your animal has an issue, or you simply want to touch base with your pet, let Holli's voice do the talking. ♦

RESOURCE

Holli Shan, ESMT, CMT
Animal Communication Counselor
Compassionate Animal Communication,
LLC
"A Voice For Your Pets"
Holli@CompassionSpeaks.com
www.CompassionSpeaks.com

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All That GLITTERS

When it comes to fine jewelry, the trend is toward simplicity

By Analiese Kreutzer

Jewelry trends come and go with each season, but while large earrings, mythical symbols, hand bracelets and oversized pendants made a statement on fashion runways for the fall, the trends in fine jewelry aren't nearly so dramatic.

At Princess Jewelers, located in the Village Green Centre in Vienna, Owner Lee Nguonly says the dominant trend in fine jewelry is toward simple designs for everyday wear. "A very simple, clean look is what we've seen lately," he says.

Within that larger trend, Princess Jewelers has observed trends in how people are wearing their jewelry. "Right now, a lot of people are stacking their rings, stacking bracelets or wearing multiple necklaces," says Designer Alina Yuk. She also has noticed that with a lot more people sporting multiple ear piercings, they are keeping their individual earring choices plain and simple and letting the grouping make the statement.

Nguonly also points to the popularity of rose gold as a current trend. Rose gold is a gold alloy made from a blend of gold and copper. First developed in Russia in the 19th century and popularized by Cartier in the 1920s, rose gold's warm, pink hue flatters all skin tones. It also looks good along with other metals, so go ahead and include it in a stack of rings or as one of multiple necklaces. It shows off particularly well against light-colored, neutral outfits.

Some couples are opting for rose gold for engagement rings and wedding bands to give their wedding jewelry a different—and to some, more romantic—flair, but Nguonly says platinum is still the number one choice.



Another, even more popular trend in engagement rings right now are halos, a setting of pave or micro-pave diamonds encircling the center stone. "Halos are very popular, especially with oval or round diamonds," says Nguonly.

Family owned and operated since 1988, Princess Jewelers is a fixture in Vienna, and much of what the store does is custom designs for its customers. Princess has a GIA-certified gemologist on staff as well as skilled goldsmiths, so whether you want to stick with the fine jewelry trend and simplify a more ornate piece or you want to buck the trend and make a bold statement, the professionals at Princess Jewelers can help. ♦

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



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WINTER

Pet Care

BY KERYN DOHANICH

As the temperature goes from warm summer months to cold harsh winter weather it is important to keep in mind how the upcoming cold will affect your pet. Just as you should prepare for warm weather dangers and issues, you should also be proactive in keeping your pet healthy and happy in the cold.

Flu season is upon us and outbreaks are already starting—for dogs, too! VIP Petcare has diagnostic testing and a flu vaccine for your furry friend to give him the preventative care he needs to enjoy the coming months.



Visit the Vet

After enduring the extreme heat of the summer and going into a shifting climate it is best to bring your pet to the vet for a check-up to make sure that your pet is healthy going into this ruthless season. This can also let you know if your pet has any medical ailments that may make them more vulnerable to the cold. Seeing your vet at the beginning of the season will give you the opportunity to ask any questions or voice any concerns you may have about the upcoming weather.

Baby it's Cold Outside

When the temperature finally does drop for good, is it very important to keep an eye on how your pet reacts to the colder weather. Keep in mind that although your pet may have a nice furry coat they will still get cold and uncomfortable when left out in the elements. If you are outside long enough to become cold, they probably are cold too. Try to keep your pet safe indoors during this time of the year. If left outside in the cold for too long your pet could develop frostbite or hypothermia.

Protect the Paws

In the winter months, we protect our feet with nice warm winter boots but your pup's paws are still exposed to the cold. To keep snow from accumulating between your pet's toes use a product called Musher's Wax. This will allow the snow to slip off and keep your pet comfortable. You can also use Vaseline to help keep the snow from accumulating. The Vaseline will also moisturize the pads of your pup's feet which can become dry and irritated from the salt used on the roads and sidewalks. Always rinse and dry your pet's feet after walking so the salt won't irritate their sensitive foot pads. Keep the hair between your pet's toes trimmed to further limit snow build up.

Stay Warm

While some pups are prepared for winter with thick winter coats and long legs, some

of our smaller friends are poorly equipped to deal with the cold climate. Smaller dogs like Chihuahuas and toy breeds have almost no protection against the cold and it is extra important to keep an eye on their body temperature and how they are reacting. A sweater for extra warmth is important for your pet and can be beneficial for larger dogs as well. This extra layer of protection guards against winter elements and keeps your pet safe and healthy.

Car Safety

We all know to not keep our dogs in a hot car in the summer, but it is also important to realize that when the temperature drops the inside of your car will be too cold to leave your pet in for long. A car offers little protection against the cold and your pet will succumb to the elements. Hypothermia is the biggest danger of leaving your pet in a cold car.

Heat Sources

Be careful with supplemental heat sources like fireplaces, space heaters, and other sources. Your pet will do anything it can to stay warm and cozy, including cuddling up a little too close to that warm heater. Your pet is in danger of burning itself or knocking over a heat source and endangering the house and other inhabitants. To avoid this turn off all supplemental heat sources when not at home. Make sure that heaters are on a stable base and out of reach of your pet. Heaters that don't get hot are a good investment in making sure your pet is safe as well.

If you take precautions to protect your pet during the cold winter months you both can enjoy this time of year and even some time playing in the snow. Keep your eyes open for symptoms of discomfort for your pet and keep in mind the tips above for a safe and fun wintertime. ❖

PETS WE LOVE



MILO
Owner: Maria Infante



LIONEL AND TOBY
Owner: Helen DiTanna



SMOOSH IN HAMMOCK
Owner: Helen DiTanna

**IS YOUR PET READY
FOR THEIR CLOSE-UP?
SEND PHOTOS TO
ARTICLES@VIVATYSONS.COM.**



The train storage yard or the "lay up yard" looking west toward the future Maintenance and Service and Inspection buildings. Contractor Hensel Phelps will be installing 56 track switches in the Dulles Maintenance Yard for train storage.



Facing east from the future Control Tower toward the Transportation Police Building. Train storage track installation is underway at the Dulles Maintenance Yard.



Inside of the Service and Inspection Building, contractor Hensel Phelps is forming and pouring hoist pits and turntable supports that will allow the maintenance crews to lift entire rail cars and work on the underside of the trains.



Facing the Service and Inspection Building looking toward the abutment. The rail yard entrance is being prepared for tracks and switches to bring trains into the maintenance yard from the future Silver Line.

BY SYRINA WHITE

CONSTRUCTION REMAINS ON TRACK FOR RAIL YARD AND MAINTENANCE FACILITY

As the Dulles Corridor Metrorail Project moves forward with Phase 2, construction also moves forward on a facility of equal importance – the Rail Yard and Maintenance Facility.

Hensel Phelps (HP) is the contractor building the rail yard. The facility will provide service to Metrorail cars, house trains and provide administrative work space.

"The rail yard will house five major buildings, several smaller buildings and approximately four miles of storage track," said David Bonnallie, the Airport's Authority onsite construction manager, "in addition to other important installations for use in the maintenance facility."

The following onsite buildings will be featured in the rail yard:

- The Service and Inspection Building where Metrorail trains will be maintained;
- The Warehouse Building
- The Maintenance of Way Building where track maintenance equipment and vehicles will be serviced

- The Train Wash Facility that will serve as a car wash for Metrorail trains
- A Transportation Building that will serve as an administration facility for train operators.
- The smaller buildings will include a guard house, vehicle storage facility, a salt dome and a storage building.

In the summer of 2015, HP began work on tree clearing and removal of topsoil, followed by basement excavation work, before proceeding with general earth and foundation work.

According to Bonnallie, construction is about 50 percent complete as of June 2017. Current work in the yard includes the ongoing installation of structural steel and the precast panels for the buildings. After the precast installation work is finished, the buildings will be enclosed and then the installation of the interior walls and doors begins.

The Metropolitan Washington Airports Authority, the managing entity of the project, will turn the project over to the WMATA, which will operate it as part of Washington's regional Metrorail system, upon completion. ♦

Photo by: Cory Ruck, Capital Rail Constructors



RESTON NORTH PEDESTRIAN BRIDGE INSTALLATION

Dulles Corridor Metrorail Project crews set the first pedestrian bridge at the Silver Line's Reston Town Center Metrorail Station over the westbound Dulles Access Highway in later September.

PROGRESS AT INNOVATION STATION

The Dulles Corridor Metrorail Project has completed the first pedestrian bridge for Phase 2 of the Silver Line project. This bridge connects Innovation Center Station to an entrance pavilion. This station will host bus bays, a kiss & ride, and more than 2,000 parking garage spaces. (Photos immediately below courtesy of Phil DeLeon/DRPT.)



A pedestrian bridge is set over the bus loop at the Herndon-Monroe Park & Ride facility. The pedestrian bridge will be integrated with existing and future Park & Ride infrastructure to provide access to the Silver Line's Herndon Station from the south side of the Dulles Toll Road. (Photos immediately above courtesy of Dusty Smith.)



NEW DEVELOPMENTS ON MICHAEL FARADAY DRIVE

The Fairfax County Board of Supervisors has given the green light to a plan to build a 283-unit apartment building as well as 13 townhouses at 1831 Michael Faraday Drive.

The 3.8-acre property currently has a one-story building on the site, and it is located just a third of a mile from the Wiehle-Reston East Metro station. Rooney Properties is the developer behind the project.

It's part of a real estate boom in the Michael Faraday Drive area. The lot is bordered on the east by another Rooney Properties proposal for 175 apartments and 13 townhomes, and on the west by a 1.6-million-square-foot lot owned by EYA/JBG that is planned for a mixed-use development.

"The hottest real estate in Reston is now near the Wiehle-Reston East Metro station and Michael Faraday Drive is at the center for development proposals east of the station," the county said in a statement. ♦



"CONVERGENCE" DEBUTED AT APERTURE

"Convergence," a bronze and stainless steel work that shows a human figure emerging from the lens of a camera, was debuted in front of a cheering crowd at Aperture (11410 Reston Station Blvd.). The 11-foot-tall bronze sculpture, displayed at the intersection of Reston Station Boulevard and Metro Center Drive, was created by Reston-native artist Zachary Oxman. Oxman was also the sculptor of Lake Anne Plaza's "Untold Stories" (aka "Bronze Bob") and has had his work commissioned by DC officials and presented as diplomatic gifts.

"This opportunity is very unique and very special to me, because I do have such a strong connection to Reston," Oxman said. "Public art has a unique way of not only adding visually to a community, but it also offers the opportunity to share stories about life and to inspire personal thought and reflection for those who experience the art."

(Excerpt from www.restonnow.com Photo credit: Chip McCrea Photography.)

COOPERS HAWK NOW OPEN

Cooper's Hawk Winery and Restaurant is now open at 12130 Sunset Hills Road, marking the official opening of the RTC West restaurant and retail complex.

The 9,365-square-foot restaurant also features a 522-square-foot mezzanine area. It has "a lively tasting room and market, indoor dining for 196 guests, outdoor dining for seating for 146, and a private event space that can accommodate up to 44," according to a recent press release from the restaurant. More than 200 employees were hired this summer. ♦

VERDENCE CAPITAL ADVISORS

Private wealth advisory firm Verden Capital Advisors has announced the opening a second office at 8230 Leesburg Pike, Suite 520, in Vienna. ♦

POTOMAC RIVER RUNNING

Potomac River Running in Falls Church has relocated to Maple Ave. in Vienna. The new location offers a treadmill to use during shoe fittings and lockers for those heading out on the W&OD Trail. ♦

LIBRARY REOPENING

The Tysons Pimmit Regional Library was reopened to the public on October 14, 2017. ♦

VIENNA COMMUNITY CENTER REOPENING

The Vienna Community center reopened from the renovation and expansion project on October 2nd. ♦

BRIDGE CLUB

HELPING YOURSELF

♠ Q J 5 4

♥ K 9 8 4

♦ 10 8 4

♣ 9 5

♠ K 10

♥ A Q J 10 6 3

♦ J 7 2

♣ A Q

West North East South

dbl 2♥ pass 1♥

all pass 4♥

West leads the deuce of clubs. Do you see any chance for the contract? Answer on page 176.

Excerpt taken from: *Frank Stewart's Bridge Club*.
Page 117.

BIDDING QUIZ

YOU HOLD:

♠ A J 8 5 ♥ A 7 6 2 ♦ Q 3 ♣ A J 9

Dealer, on your right, opens one diamond. You double, your partner responds one heart and the opening bidder rebids two diamonds. What do you say?

ANSWER: Since the queen of diamonds is surely worth nothing, this is a minimum hand. Your partner may have no points and a weak suit. Pass and let him decide whether to compete. If he has a few values, he won't sell out at the two level.

Excerpt taken from: *Frank Stewart's Bridge Club*. Page 121.

FEAR IS A DARKROOM WHERE NEGATIVES DEVELOP.

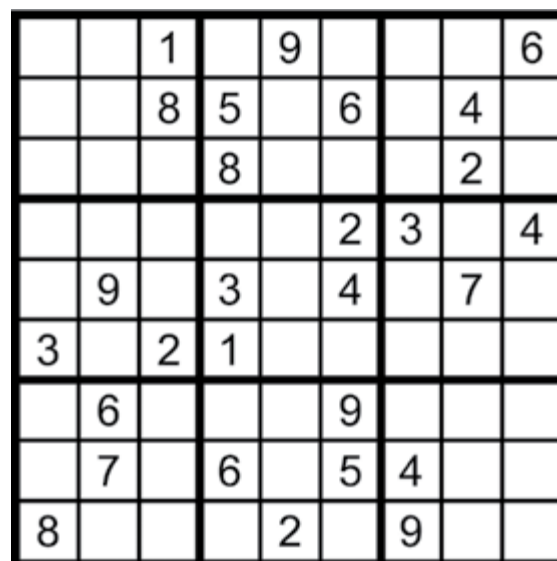
Usman B. Asif

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 easy.



YOU BLOCK YOUR DREAM WHEN YOU ALLOW YOUR FEAR TO GROW BIGGER THAN YOUR FAITH.

Mary Manin Morrissey

ENDING WITH DRUMS, CYMBALS

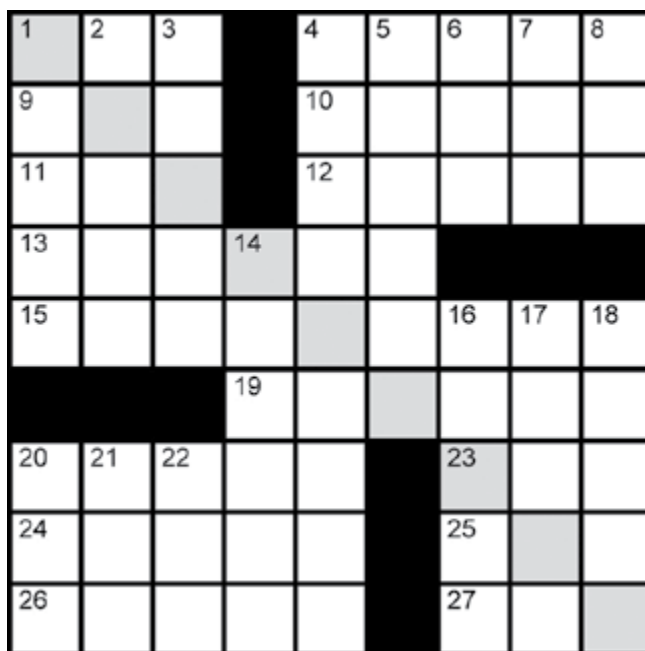
CROSSWORD CLUES

ACROSS

1. Wharton deg.
4. Spicy cuisine
9. "Days of ___ Lives"
10. Astound
11. "___ De-Lovely"
12. Set
13. All fired up
15. Monopoly avenue
19. Painter or sculptor
20. Early spring bloomers
23. Biblical verb ending
24. Pigskin carriers
25. "Fancy that!"
26. Twinge
27. Slip up

DOWN

1. Damp
2. Montana city
3. Possible fire cause
4. Advancement at any cost
5. During
6. Bender



7. Action film staple
8. Homer's neighbor
14. Special talents
16. Prolonged attack
17. Aromatic compound
18. Early anesthetic
20. "60 Minutes" network
21. Hip-hop
22. Wood sorrel



BRIDGE CLUB SOLUTION

HELPING YOURSELF

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

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

Opening Lead: ♣ 2

'Ever heard of Brigidda?' Cy the Cynic asked us.

'Who's he?' Unlucky Louie wanted to know.

'It's a she,' Cy said: 'the goddess of fate at bridge, sort of a cross between Nemesis and the Easter Bunny. I pray to her for help all the time.'

'You're kidding,' I said. 'Why not just ask the clock on the wall?'

'My wife and I prayed every night for children,' Louie offered, 'until we found out that's not how you have them. Now we have seven.'

'Look at this deal from today,' Cy said. 'When dummy turned up with three low diamonds, I needed a miracle to make my contract. So I consulted Brigidda.'

'And she intervened on your behalf?' I asked.

'No, but she gave me some good advice—the same she always gives me. She told me to help myself. Suppose I take the queen of clubs, draw trumps and force out the ace of spades. West knows his side has no more black-suit tricks, so he'll shift to diamonds, and the defense will cash three diamonds.'

'Prayers and supplications won't stop that,' Louie shrugged.

'No, but I did,' Cy said. 'I won the first club with the ace, drew trumps and forced out the ace of spades. Since West was sure East had the queen of clubs, he led another low club so East could win and return a diamond through "my" king. I claimed eleven tricks.'

A winning player is self-reliant. The Turks have a proverb: 'Trust in Allah but tie up your camel.' It's better to help yourself than to trust fate.

Excerpts taken from: *Frank Stewart's Bridge Club*. Pages 120.

THE TROUBLE WITH 'A PLACE FOR
EVERYTHING AND EVERYTHING IN ITS
PLACE' IS THAT THERE'S ALWAYS MORE
EVERYTHING THAN PLACES.

Robert Breault

SUDOKU Answers

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

CROSSWORD Answers

M	B	A		C	A	J	U	N
O	U	R		A	M	A	Z	E
I	T	S		R	I	G	I	D
S	T	O	K	E	D			
T	E	N	N	E	S	S	E	E
			A	R	T	I	S	T
C	R	O	C	I		E	T	H
B	A	C	K	S		G	E	E
S	P	A	S	M		E	R	R



"Well, if no one is willing to take
responsibility for it, we'll blame it
on climate change."

DAMN, AND JUST
WHEN I WAS
STARTING TO GET IT!

Edgar Degas, painter, on his deathbed

BY JAN KING



WHOLE FOODS:

The High Cost of Staying Alive

So, I moved to San Diego, the land of citrus, cilantro and cannabis, where the temperature is a sunny 75-80 year round. I know it sounds tough, but somebody had to do it. Besides tanning, healthy eating is a major priority out here. In fact, I believe it's a state law and any infraction is punishable by death or being forced to eat Hostess cupcakes.

The supermarkets are basically divided into two warring factions. The organic ones, like Whole Foods and Sprouts, and the un-organic ones like Vons and Ralph's ...which are generally seen as toxic waste dumps. Conventional wisdom lays odds that if you shop at one of these, your life span will be shorter than an average fruit fly's.

Organic markets are places where upon entering the doors, you'll hear heavenly trumpets blaring and see angels circling around the gluten-free shelves. You're immediately overwhelmed with the smell of fresh earth and vitamins. I wholly expect to see their produce actually growing from dirt floors while being organically fertilized by several flatulent cows. It's organic Nirvana.

The vitamin aisles take up 70% of the store. If you're not on CoQ10, your brain might literally explode from reading row after row of Vitamins A-Z plus several which haven't even been disclosed to the general population yet. You can find myriads of minerals and enzyme supplements extracted from rare plant species found in the Brazilian Rain Forest. There are even several aisles designed solely to hemp products. You can find hemp oil, hemp shampoo, hemp soap, hemp laxatives, hemp loofahs and hemp jerky. There's enough mind elevating stuff here to keep all of So Cal high for years. ...a great idea because the prices are enough to induce clinical depression in even the most happy shopper.

There's also a serenity aisle featuring wind chimes, massage oils, scented candles and several sketchy looking contraptions called "foot massagers" that probably double as bongos. Namaste. The Yogi tea aisle is especially intriguing because it promotes wellness teas

like Kombucha which contain a suspicious floating glob of mucus called the "Mother," an alleged source of anti-bacterial and anti-viral agents. The probiotic section features hundreds of high-priced bottles containing billions of cultures which promise to keep your bowels regular...even long after you're dead.

Gluten free breads, crackers, cookies, pastas, and all related non-GMO products are in such abundance they must asexually reproduce on the shelves at night. Even though all of these foods sit like lead in the stomach and taste like corrugated cardboard, the devotees swear that these products have saved lives. I overheard one woman telling another how her uncle died after eating a glutinous "Everything Bagel."

Can you get a carton of milk? Sure...as long as it's goat or yak milk raised by Tibetan Monks and exported by Sherpas. I guess they feel this justifies the exported price of \$30 a pint. Actually extorted price is a better term. Dairy products are only acceptable if they have labels saying "grass fed." What I want to know is what kind of grass? Is this why Cali cows are so mellow? Que pasa. The organic eggs are labeled "cage-free and fed only non-GMO grains." Oh yeah? Listen, if I'm going to pay \$6.99 a dozen, I want hens raised in a luxury day spa and fed a diet of caviar and champagne.

When checking out, the cashier asks "Did you bring your own bags?" Are you kidding me? You know he's thinking there's no problem paying an extra dime when you're forking over \$95 for a tiny bag containing the healthiest food on earth.

However, for me, this was the final hemp straw that broke my organic spirit. I made the decision right there to take my chances of either being shunned or stoned (in any sense of the word) and shop at Von's. If I continue going to Whole Foods and Sprouts, I can only afford to shop there for one life-extending year. But by shopping at Von's, I can use the savings to hire nurses who will keep my toxic body alive for a lot longer than that! ♦

NOVEMBER DECEMBER



SCORPIO 10/22 - 11/21: Big changes are in the works; settle in for the ride. Likely changes will be personal, not career. Sarcasm is misunderstood.



SAGITTARIUS 11/22 - 12/21: Your ruling planet, Jupiter, moves into the 9th House this month, bringing a spiritual focus.



CAPRICORN 12/22 - 1/19: Look to completing a task you have started. You'll want your mind clear as changes arise in work life.



AQUARIUS 1/20 - 2/18: Your life should be relatively calm this month, but there could still be a change in personal life. Tell the truth to yourself.



PISCES 2/19 - 3/20: Goodness is on your mind as you shed negative feelings and find your treasure in peace.



ARIES 3/21 - 4/19: Stability is the keyword for November as projects reach completion and you wait for results.



TAURUS 4/20 - 5/20: Bulls find career at the forefront, with events building until the New Moon on the 18th.



GEMINI 5/21 - 6/20: Building and rebuilding in domestic and career areas confront Gemini this month. Family gives strength here.



CANCER 6/21 - 7/22: Cancerians call on their ingenuity and patience as Jupiter moves to the 5th House this month.



LEO 7/23 - 8/22: Personal goals take a back seat to the needs to others this month as cooperation becomes essential. Go offline to find answers.



VIRGO 8/23 - 9/22: Virgos, never adverse to education, need to learn quickly this month. Key date is the Full Moon on the 4th.



LIBRA 9/23 - 10/21: Some work is never done but the Waning Crescent on the 15th reveals a sliver of progress.



SAGITTARIUS 11/22 - 12/21: The stars see you in flight by the beginning of the New Year. Could be in a plane or just on the wings of success. Relish the moment.



CAPRICORN 12/22 - 1/19: Gather your joy and sense of humor to find a sense of goodwill for the season. A loved one is demanding, but you can handle it in peace.



AQUARIUS 1/20 - 2/18: Go fully back into your loving relationship. You know its value; don't take it for granted. Go, run back. Don't let pride stand in your way.



PISCES 2/19 - 3/20: Your partner needs more attention now. Give appreciation. Find things to do together. Offer support.



ARIES 3/21 - 4/19: Focus on the future and don't dwell on the past. This is the way ahead. The New Moon on the 18th might herald sluggish days for some, but you might find it hectic.



TAURUS 4/20 - 5/20: You have the magic in December as family life takes center stage while you still manage to meet deadlines at work. The juggling act suits you this year.



GEMINI 5/21 - 6/20: Complete your plans by the Winter Solstice on the 21st to fully enjoy the holidays. Balance is the key for December and into 2018.



CANCER 6/21 - 7/22: A chance to join an adventure comes your way. Unless the adventure is top of your bucket list, money should be the controlling consideration. Your needs in the New Year remain unclear.



LEO 7/23 - 8/22: You may be surprised and flattered by an unexpected flirt at a holiday party. Enjoy but the person you came with means more in the end.



VIRGO 8/23 - 9/22: Money and romance rule December. You'll catch up with the money early in the New Year. In romance, your heart takes a chance but keep in mind your brain says no.



LIBRA 9/23 - 10/21: You'll be itching to make a firm decision by the Full Moon on the 3rd. If you don't have all the facts, wait. If you prefer to go with your gut, be prepared to take the consequences, good or bad.



SCORPIO 10/22 - 11/21: At a holiday gathering, spare some charity for the one who annoys you most. That person is fully loved by someone. Try to see why. You find it changes your whole outlook.



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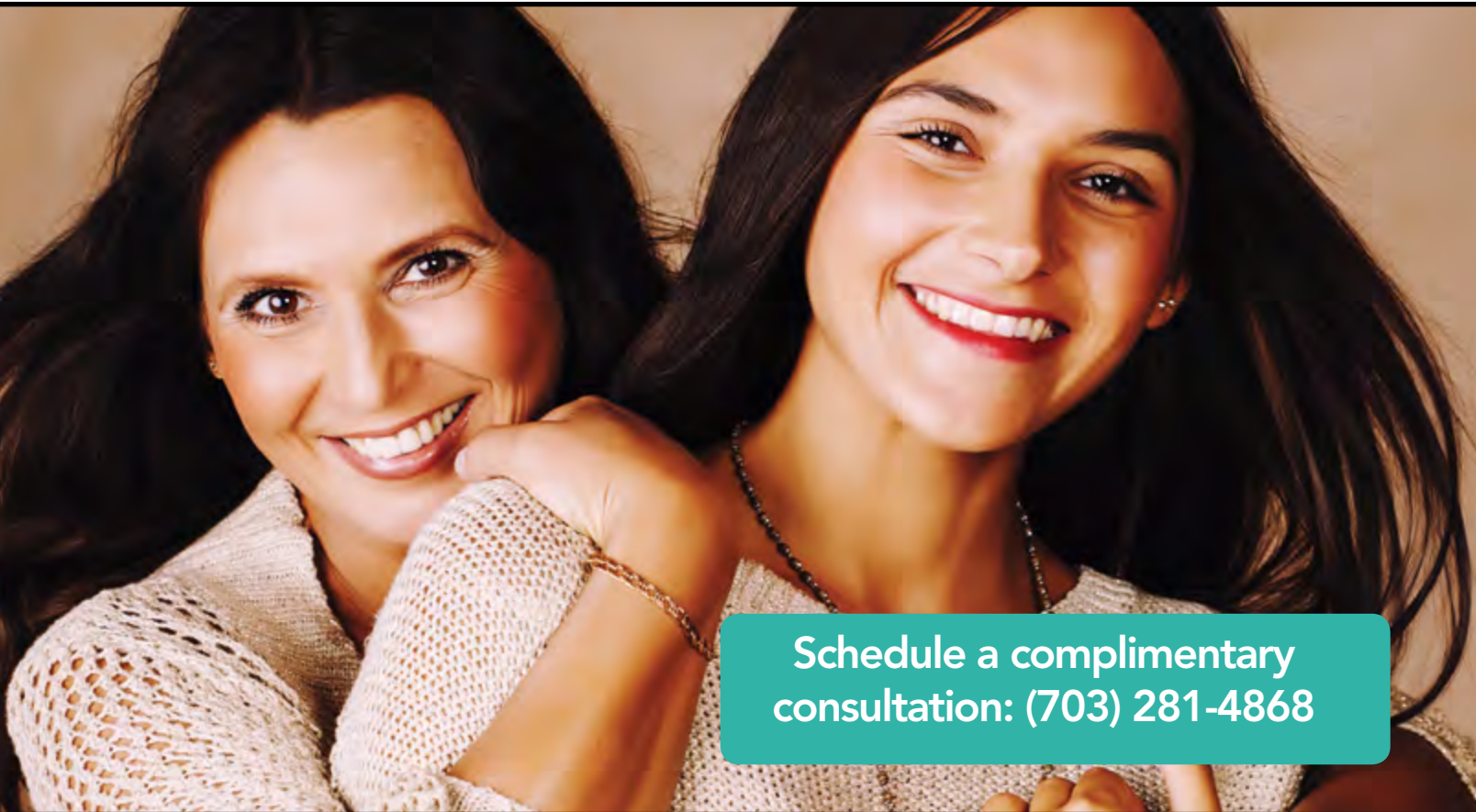
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