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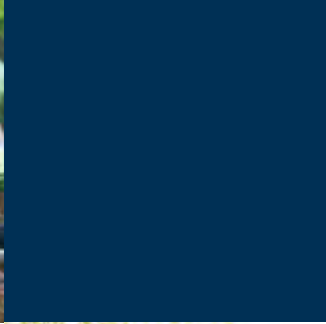
Lifestyle

MAGAZINE

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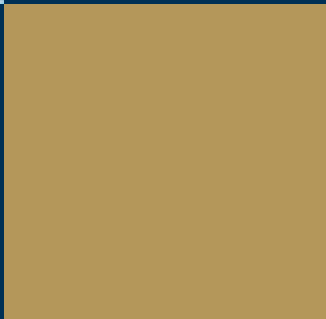
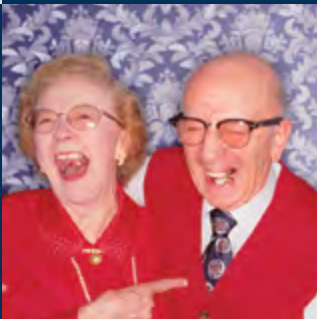
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FEATURES



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COMFORT FOODS >

by Michael Evans

While we're stuck in the dead of winter here in the D.C. area, we've rounded up some of our favorite comfort foods from right here at home, as well as from around the world, to help give you a little meal planning inspiration to get you through this winter. Guten appetit!



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SUMMER CAMPS KIDS ARE RARING TO GO TO >

by Analiese Kreutzer

Summer may seem like a long way off, but it will be upon us soon enough. To help you plan some fun, enriching experiences for your children, we've put together a list of summer camp options to consider, ranging from day camps that encourage them to move or explore their creativity to learning experiences that enrich their minds and lives.

< COOPER'S HAWK

by Linda Barrett

With its unique concept, guests have several ways to enjoy the Cooper's Hawk brand. They can savor a wine tasting in the Napa-style tasting room, gather for social hours in the friendly full-service bar, enjoy upscale, casual dining in the open dining room or on the airy patio, or shop in the artisan retail market. In addition, Cooper's Hawk features a wine club, with benefits designed to educate and enhance the wine experience.



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< ONE SMOKIN' HOT CHEF

by Linda Barrett

One of America's most award-winning chefs—and one of only 70 Certified Master Chefs in the entire United States—Rosendale has amassed more than 50 national and international medals, including a perfect score at the international level. And if that isn't enough, you may recognize him from his starring appearances on more than 50 episodes of Recipe Rehab and on several Food Network television specials.



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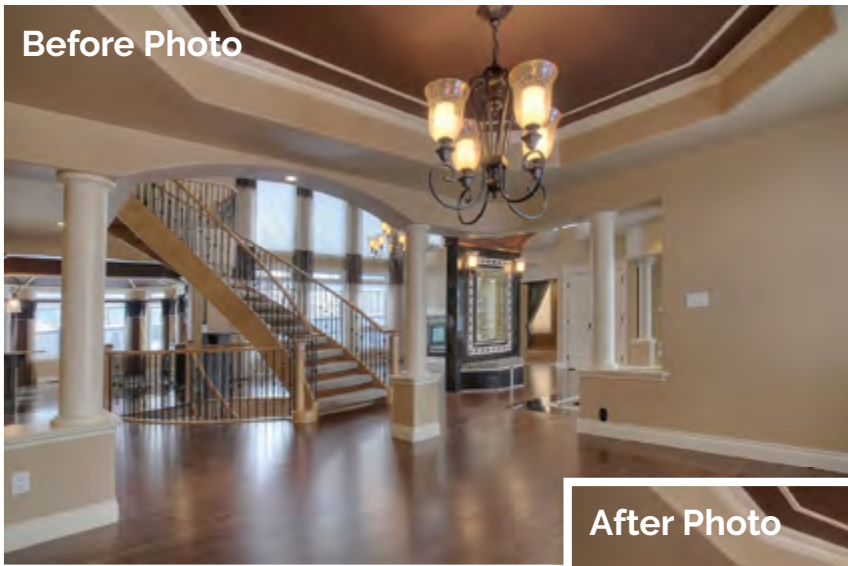
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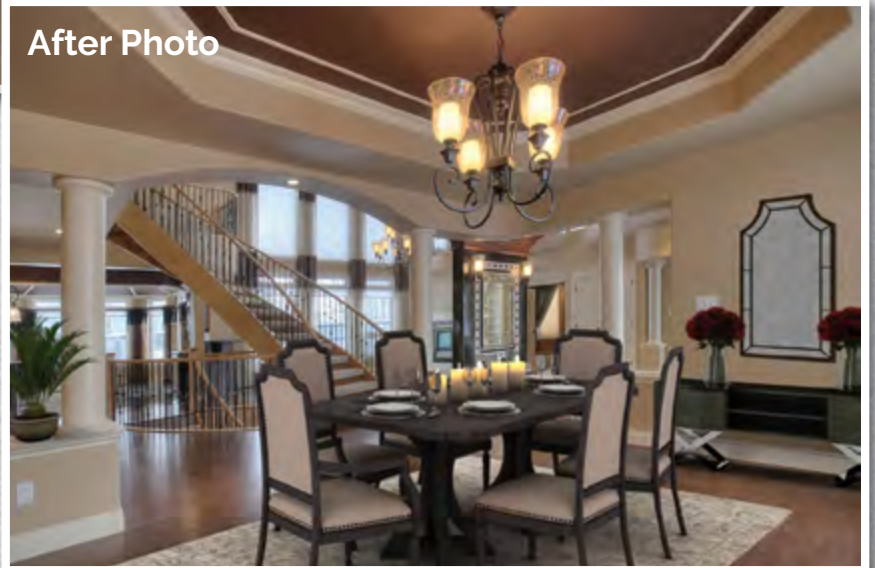
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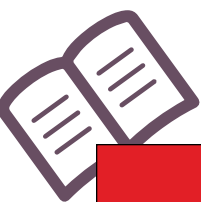
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JANUARY/FEBRUARY 2018

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ON THE COVER:
Cooper's Hawk Winery and
Restaurant arrives in Reston.
See page 14.



Happy New Year!

It was November 2008 when we published our first *VivaTysons Magazine*. Retired from a 35-year career in the food business and noticing the struggles many of my customers were having trying to compete with the well-capitalized public companies, I decided the persons who most needed a cheerleader and friend in the media were the small, independent brick and mortar community businesses. They are the ones who support the Boy Scouts, Girl Scouts, Little League, public school projects... and whose existence is dependent on a thriving small business community.

The concept of the "3/50 Project" whose purpose was to retain locally owned businesses whose dollars provided a large portion of annual revenue critical for funding public resources and services caught our eyes and hearts.

The simple consumer-friendly message spoken in "dinner table language" asked consumers to think of three businesses they would miss if they disappeared—and to remember that their support is what keeps them open. The number 50 calls to our attention that if just half of the current population dedicated just \$50 of their current monthly spending to 3 locally owned businesses more than \$42.6 billion of revenue would be generated annually. The project claimed that for every \$100 spent in local businesses more than \$68 returns to the local economy. Spend that amount in a big box or chain store, the amount drops to only \$43, and money spent online (except if you live in the e-tailers town) nothing comes home. Nothing. This was in 2009.

As I look at the retail landscape today, even tonight only 11 days from Christmas, I am amazed at how empty many of my favorite stores are—and saddened by the look in the

eyes of many of the sales and service persons who have been hoping for a brighter holiday to bring them into the black. I know the convenience and competitive pricing available to us on the web. But I can also see the effect it has brought to our local merchants. (Ouch). We promise to continue to support them any way we can; we hope you'll do the same. "Keep it Local" is still our rallying cry.

Our editors and writers have some great reading in store for you. Linda Barrett brings us more about the exciting "Cooper's Hawk Winery and Restaurant" and Emily Wines, the Master Sommelier—we love the place—as well as a piece on Rich Rosendale, one of America's award-winning chefs. Thank you, Linda. Michael Evans of Helga's Caterers shares some thoughts on comfort food—and just in time.

Winter activities for the family? You bet! Summer camps are just around the corner; Analiese Kreutzer has some ideas and options.

If you're looking for tips to make that perfect smoothie, Reneé Sklarew sends us to Blender Girl, Tess Master. Great reading and some super tips, too.

Julie Holland knows all about "Glamping" and she's going to show you what you need to do it right. Did you know even dogs get the flu? I didn't. See page 92.

Delegate Kenneth Plum heads south for the winter and Jan King will leave you in stitches with her article, "Weekend with Grandma."

In the coming year, we will do our best to bring our community closer—that's a promise. You can help. Feel free to write us at info@vivareston.com.

Please accept our best wishes for a Happy, Healthy and Peaceful New Year.

Johnny Hanna



PUBLISHER'S LETTER



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BY LINDA BARRETT



Imani Sanchez and Amorie Beasley



Savor and Sip

**Cooper's Hawk Winery and Restaurants
combines great food with great wines.**

Combine a winery with a restaurant concept and what do you get? Cooper's Hawk Winery and Restaurants, now with two locations open in our area: Ashburn and Reston.

It was an idea that should have happened long ago, but it took founder Tim McEnery to bring Cooper's Hawk to the table. A graduate of business school, with former work experience in both a winery and managing restaurants, McEnery created a business plan, met with investors, and opened the first location in October 2005. He never imagined how big it would get, however. Cooper's Hawk just opened its 30th location, with more to open in 2018.

With its unique concept, guests have several ways to enjoy the Cooper's Hawk brand. They can savor a wine tasting in the Napa-style tasting room, gather for social hours in the friendly full-service bar, enjoy upscale, casual dining in the open dining room or on the airy patio, or shop in the artisan retail market. In addition, Cooper's Hawk features a wine club, with benefits designed to educate and enhance the wine experience.

COOPER'S HAWK WINERY LOCATIONS

- 19870 Belmont Chase Drive
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- 12130A Sunset Hills Road, Suite 101
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www.coopershawkwinery.com



The Wines

Cooper's Hawk is best known for its hand-crafted wines, with a wine menu featuring sparkling, white, blush, red, sweet, dessert, fruit, specialty, and International wines. There is even an almond wine that begs to be sampled, and mulled red and white wines for the holidays. A Winemaker's Barrel Reserve and Large Format Cabernet Sauvignon round out the options.

"We only serve Cooper's Hawk wines. There are around 50 total, with about 42 mainstream wines in our typical varietals and special wines for our club members," General Manager Ryan Delisi explained. All grapes are sourced from California, Washington or Oregon and shipped to the Cooper's Hawk winery in Woodridge, Illinois, the brand's flagship location.

Cooper's Hawk now produces more than 600,000 gallons of wine each year under the artistry of winemaker Rob Warren, using 20 tons of grapes from the wine-growing regions, and has won more than 450 wine awards since opening in 2005.

The tasting room experience is designed to emulate that of a Napa Valley winery, with knowledgeable staff who can extol the highlights of each wine in your flight. Wine flights are available in Sparkling, White, Red, Cooper's Hawk Lux, Dessert and Create Your Own. Our flight consisted of a delicious array featuring their Super Tuscan, Zinfandel, Petite Sirah and Cabernet Sauvignon.

Adding to the experience are the talents of Master Sommelier Emily Wines, in a corporate role to enhance guests' enjoyment of the wines through educational, experiential and membership opportunities.

A full bar rounds out the alcoholic beverage selection, with each Cooper's Hawk location featuring local beers. "It is our way of staying true to our local community," Delisi explained.

The Wine Club

The Cooper's Hawk Wine Club was designed exclusively for members to explore, share and pair wines with wonderful food, and enjoy access to rewards and one-of-a-kind events. Members earn points toward dining rewards with every dollar spent, take advantage of domestic and international trips, and enjoy members-only dinners with chefs, sommeliers, and cooking demonstrations. In addition, members receive special bonuses and gifts to celebrate birthdays, Cooper's Hawk anniversaries or just to say thanks.



Meloney Wheeler



All photos credit: Linda Barrett



General manager: Ryan Delisi



Each month, members are offered exclusive wines not available to the public, wine, food and retail purchase discounts, and a free monthly tasting for two in the tasting room. One- or two-bottle-per-month programs are available for as low as \$19.99/month, with a membership cancellation option at any time. Gift memberships also available.

The Food

Modern, upscale, casual dining is how the food experience at Cooper's Hawk is described, "with a menu designed around the wine, with each dish specifically designed to pair with one of our wines," Delisi said. Utilize the "no-risk" tasting policy to sample a wine or two before ordering a glass.

Although the 110-item menu is designed by corporate's Executive Chef Matt McMillan, it takes the skill of the local executive chef, like Reston's Laurence Cohen to bring it to life. "Our local team drives the quality and consistency our team in Chicago outlines," Cohen said.

Who would have thought that Crispy Brussel Sprouts would be one of most popular appetizer items, but one taste of the dish will convince you as well. They are coated with a layer of cashews, mint, sweet Thai chili and sesame-sriracha aioli and deep fried for a minute and a half. A squeeze of the accompanying lime over the top and you're ready to enjoy. Choose this or one of many other appetizers to begin your meal.

Entrees include beef and pork, seafood, pasta, chicken, surf & turf combinations and specialty dishes. As more casual fare, burgers, sandwiches and chopped salads round out the options. For those seeking a lighter meal, a variety of items under the Life Balance menu provide meals for fewer than 600 calories each.

We chose two entrees. First, the Churrasco Grilled Steak, a chimichurri-rubbed skirt steak with a cilantro-lime aioli, parmesan fries and oven-roasted vegetables. According to Chef Cohen, "this classic Brazilian dish

The people who run the show at Reston's Cooper's Hawk bring years of varied experience to the mix. Chef Cohen described his interesting background that took him from a graduate of Woodbridge High School locally, to becoming the chef for movie and TV show sets (like *The King of Queens*), sports entertainment (Washington Nationals and NY Mets), and most recently the Capitol Grill in Texas. General Manager Ryan Delisi attended culinary school in Portland, Oregon, and built a career with the Red Lobster brand before joining Cooper's Hawk and opening several of its locations prior to landing in Reston.



is created with a three-step process—brushed with Chimichurri marinade, seasoned, and char broiled to perfection.

The Pan-Roasted Barramundi was also a mouth-watering choice, served with blistered green beans, grape tomatoes, ginger rice, and a Thai lemongrass sauce. Seasoned lightly and pan seared, it came together perfectly, with the fish flaky and the perfect amount of sauce.

Menus are changed once a year, with staples remaining, with new items like the Barramundi added to create a whole new layer of taste experiences.

Top off the meal with one of Cooper's Hawk's house-made desserts including a lemon ice wine cheesecake or a salted caramel crème brûlée. Or choose a confection from the case like a chocolate truffle (or truffle of the month) or cheesecake lollipop, accompanied by one of the dessert wines like the Ice Wine or Nightjar port-style wine. Or what the heck, go all out and order the Wine & Chocolates, a selection of chocolates and truffles from the bakery paired with a flight of three sweet wines.

The Artisanal Market

Entering any Cooper's Hawk location puts you into the tasting room and Artisanal Marketplace where you can find all kinds of wine-related merchandise including glassware, corks and corkscrews, decanters, cookbooks and holiday-themed gift options. This is also where the tempting pastry case is—it's so very hard not to stop in awe of the many delights contained within.

The Cooper's Hawk Difference

"The mantra at Cooper's Hawk is that we want to create community in four ways," Delisi said. "1) We are all about the people: our guests, our staff and our vendors. 2) We look for ways to be different. 3) We are committed to offering the best in food, wine and service. 4) We have fun and celebrate. Our founder, Tim McEnery, says that if we're not having fun, we're not doing it right.

"The community and truth behind what we do here is why I love this restaurant so much. I don't see myself ever leaving, and I couldn't say that with any other restaurant chain."

Cooper's Hawk is open for lunch and dinner, with tasting room and extended bar hours. Valet parking is also offered at the Reston location Wednesday through Saturday, and plenty of free parking is available in the adjacent parking garage. ♦



Meet Emily Wines, *Master Sommelier*

In June 2017, Cooper's Hawk Winery & Restaurants named Master Sommelier Emily Wines its Vice President of Wine & Beverage Experience. In her role, she will engage with guests, staff and the company's 250,000+ Wine Club members to create unique experiences centered around wine. It is the brand's step forward to making the world of wine more personal and accessible.

Working her way up the ladder through apprenticeship programs and in various restaurants, Wines began to "fall in love with the history of wine and the unique cultures of the various regions where wines were made traditionally," she explained. "So I abandoned my college aims and went full-time into becoming a sommelier."

She became head sommelier in the restaurant where she was working, with a wine list of more than 1,500 selections, many of which were luxurious, high-end wines. "Once I took over as lead sommelier, I wanted to push myself to become credentialed. It would force me to learn more than just my wine list and help me to be further respected in the industry," she explained.

Wines pursued her higher-level exams, passing the advanced and master's levels, and obtaining the Remi Krug Cup award, given for those who pass their Master Sommelier examination on the first attempt. (She is one of only two women to do so.)

"Now, I concentrate on working with wines for everybody," she said. In 2018, Cooper's Hawk will launch a big education program for its guests that goes beyond tastings to include wine classes and more ways for Wine Club members to engage. "I go around the country to visit our various locations and train the staff so they have more stories to tell, like why our Super Tuscan is called that, or how the Meritage got its name. These stories make enjoying wine a richer experience."

Her tips for tasting wine are to "find a baseline of what you like. Pay attention to the things you like or don't like about the wine, including the aromatics, acidity, sweetness, dryness, and tannins. Tell your wait staff what you like about the last wine and that will help them show you something else you might like," Wines advised.

Comfort Foods

BY MICHAEL EVANS

“Oh, the weather outside is frightful, and the fire [FOOD!] is so delightful...” There’s no better way to warm up from the bitter cold than old fashioned comfort foods and a taste of home; the types of foods that make you forget about all that is going on in the world, and brings you back to your roots. As my mom, Helga, says, “Es ist gut für dem magen” which means, “it’s good for the stomach.” When my stomach is happy, I am happy!

While we’re stuck in the dead of winter here in the D.C. area, we’ve rounded up some of our favorite comfort foods from right here at home, as well as from around the world, to help give you a little meal planning inspiration to get you through this winter. Guten appetit!



Lasagna – While recipes vary from vegetarian to meatball, and white lasagna to classic, you’d be hard pressed to find someone who doesn’t love a good lasagna. That’s why it is one of Italy’s most iconic dishes, and it’s not uncommon to find spin-offs of this layered, cheesy pasta dish in many other cuisines!



Pot Roast with Mashed Potatoes and Gravy – There’s nothing quite like the combination of pot roast with mashed potatoes and gravy to satisfy the ever comforting “meat and potatoes” craving. Tender and juicy meat, paired with buttery mashed potatoes and savory gravy, and you’ve got the perfect recipe to remind you of your favorite country kitchen cooking.

Poutine – This Canadian favorite revamps the classic French fries by topping them with cheese curds and brown gravy for a delicious savory dish. It’s no wonder variations of this popular dish are commonly being created in sandwiches, flatbreads and more!



Macaroni and Cheese – Nothing says “childhood” like a bowl of creamy macaroni and cheese! Whether you prefer to stick to the classic, or doctor it up with various cheeses or fix-ins (lobster and gouda mac and cheese, anyone?), this is one dish that the adults and kids can always agree on.

Beef Bourguignon – This French favorite features beef braised in flavorful Burgundy wine and beef broth, with garlic, pearl onions and mushrooms to make a hearty beef stew a la Julia Child. Pair it with a glass of red wine and you’ll warm up in no time!



Chicken Noodle Soup – The quintessential “comfort” meal, chicken noodle soup is good for the body and the soul. That’s why it’s a go-to for cold winter days, or when you’re feeling under the weather, because there’s nothing like mom’s homemade chicken noodle soup to make you feel better!

Coulash – Looking for another spin-off to classic beef stew? This traditional Hungarian dish features meat and vegetables seasoned with paprika and caraway seed to make a flavorful stew, and is often served over egg noodles or potato dumplings, making it a hearty meal for the coldest of days.



Moussaka – A casserole-style Greek favorite, Moussaka is typically made with eggplant, potatoes, and minced meat, layered with a creamy béchamel sauce. This delicious combination is one of our favorite Mediterranean comfort foods!



Old Fashioned Bread Pudding – When you think of comfort foods, there’s no doubt that bread pudding comes to mind. While there are tons of delicious renditions to this classic dessert, there’s something about a good old-fashioned bread pudding, complete with raisins and hot butter rum sauce, and served with vanilla ice cream that warms the heart (and stomach!).



Glühwein – Glühwein, or German mulled wine, is a delicious classic for the holidays, but great to warm you up anytime! Red wine, spiced with cinnamon, cloves and citrus makes this festive and heartwarming drink a favorite for many.



Hot Chocolate – It doesn’t get more comforting than a warm cup of hot cocoa on a cold winter’s day! Creamy hot chocolate, topped with marshmallows or whipped cream,

or spiked with Grand Marnier or peppermint schnapps, the versatility of this family favorite makes it a timeless crowd pleaser.

Keep warm with Helga's Glühwein!

- 1 Bottle Red Wine
- ½ c. water
- 1 lemon, sliced
- 1 cinnamon stick
- 1 Tbsp. ground cloves
- 1/3 c. sugar

Boil water, lemon, cinnamon stick, cloves and sugar for 5 minutes. Strain. Add red wine and heat, but do not boil. Serve with cinnamon stick for garnish. Recipe serves 8-10. ❖



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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Chef Rosendale
Holding Brisket



Chef Rosendale, autograph signing



BY LINDA BARRETT

One Smokin' Hot Chef

Master Chef Rich Rosendale delights local residents with his internationally-acclaimed culinary talents.

We are lucky enough to have in our midst renowned Master Chef Richard “Rich” Rosendale. As proprietor of Leesburg restaurant Roots 657, Chef Rich is bringing his culinary skills home.

One of America’s most award-winning chefs—and one of only 70 Certified Master Chefs in the entire United States—Rosendale has amassed more than 50 national and international medals, including a perfect score at the international level. And if that isn’t enough, you may recognize him from his starring appearances on more than 50 episodes of *Recipe Rehab* and on several Food Network television specials.

Rosendale’s Rocket-like Career

Rich Rosendale grew up in southwest Pennsylvania, delighting in his grandmother’s Italian cooking. “Since I didn’t know what I

wanted to do after high school, I got a job in a local kitchen. I loved it. This started the fast-paced whirlwind that has taken me all over the world and allowed me to cook for presidents, dignitaries and TV stars,” he said.

With a two-year degree from culinary school and a three-year apprenticeship, a first job was at Nemacolin Woodlands Resort in Pennsylvania. Rosendale then accepted a position at The Greenbrier in West Virginia to run their fine dining restaurant, The Tavern Room.

At age 30, Rosendale moved to Columbus, Ohio and opened his first restaurant—Rosendale’s. It was critically acclaimed and named Best New Restaurant locally. He opened his second restaurant there in 2008.

In 2009, The Greenbrier invited Rosendale to return as executive chef, to oversee the entire food and beverage operations including 18 kitchens, a 44-acre produce farm,

the apprenticeship program, casino, and 185 chefs. He was the youngest executive chef ever appointed at The Greenbrier. When Rosendale entered the Bocuse D’Or competition finals in Lyons, France, The Greenbrier built him an exact replica of the French kitchen in its underground bunker expressly for training his team.

In 2010, Rosendale passed (on his first try) his Certified Master Chef (CMC) exam, a 130-hour, eight-day examination held in Hyde Park, NY—the highest level of certification a chef can receive, with a 90% fail rate.

The Awards Kept Coming

Rosendale was the youngest member ever of the American Culinary Federation (ACF) Culinary Team USA, was named ACF Chef of the Year in 2005, became captain of the team in 2008, won gold at the preliminary competition for the Bocuse d’Or competition



Brisket sandwich at Roots

children more.” He chose Leesburg. “I was quite popular when I first moved into my neighborhood. Even on Thanksgiving Day neighbors were asking me how to spatchcock a turkey, and gathered around to watch, like a cooking demo,” he laughed.

Now 42, Rosendale operates two businesses: Roots 657 Restaurant and Market and the Rosendale Collective, offering cooking classes and events around the world. At Roots, you’ll find a delightful selection of everyday casual-fare soups, all-natural hamburgers, smoked meats, freshly-baked breads, and from-scratch desserts. “Simple, fresh and local, it’s not intimidating, yet you can tell that the quality is there,” he said.



Chef Rich cooking class in Ecuador

“People were surprised when I opened Roots; they thought I’d open another high-end, fine dining restaurant. But I’ve done so much of that. I wanted a restaurant that wasn’t ego-driven. Roots is a great venue to use my reach and platform to benefit people in my own region. There aren’t many places where you have that personal interaction with the chef.”

Roots 657 is named for its location at the intersection of Routes 15 and 657 in Leesburg and sells local products from local growers, artisans and wineries, along with items found in Rosendale’s travels, like Ecuadorian chocolate. In the spring, Rosendale will add a pergola, solar panels and a live-fire theater outdoor grilling area, and cover the outdoor patio where he will hold cooking classes. Roots is designed to be eco-friendly, with geothermal floors, radiant heat, and eco-friendly pots and pans that conserve on natural gas usage. “I like to say it’s rustic, with a level of refinement,” he added.

In 2018, Rosendale will launch a series of classes, both professional and novice, ranging from two hours to two-day intensives such as barbecue and grill classes, including those offering professional chef continuing education certifications. You might find a Michelin star-rated chef sitting alongside a local foodie.

Rosendale’s weeks are anything but routine, with world-wide travel interspersed. “When I’m at home, I’m at Roots.” He also cooks daily for his family. “Even on nights I’m not home!” He freezes meals his wife can easily prepare using a sous vide method. “I make traditional comfort food, but high-quality fare, although I try to make it a little lighter and healthier by sneaking things in that are nutritious.”

Rosendale is also certified as a professional ice carver and his new passion is in smoked meats, which you can enjoy at Roots 657. What doesn’t he like? “I just can’t get excited about exotic things that the average person wouldn’t eat, although I might try them once,” he said, recalling being served Amazon worms in Ecuador. “I would not eat them again.”

Don’t miss your opportunity to meet Chef Rich, taste his culinary creations, and learn from the master—master chef, that is. ♦

held at the Culinary Institute of America (CIA) in Hyde Park, NY, and was awarded the Presidential Medallion by the American Culinary Federation for his contributions to the culinary arts.

He was also one of the five chefs representing the United States in the 2004 World Culinary Olympics (The International Exhibition of Culinary Art) held in Erfurt, Germany every four years. Their team ranked #1 in the world among the 32 teams.

Bocuse d’Or

The feather in Rosendale’s cap has to be the prestigious International Bocuse d’Or. As the most internationally-competitive American chef, he was the 2013 U.S. candidate selected to compete in France, with his journey recorded and released in a 2015 documentary film titled, “The Contender.” (Watch on Amazon Prime or at Roots 657.)

Rosendale did not win that year—he scored 7th—and has become a stalwart coach for subsequent teams, assisting U.S. candidates to take silver in 2015 and America’s first-ever gold in 2017.

At Home

“Although I loved The Greenbrier, I left there in 2013 because my wife and I wanted to move closer to a metropolitan area to offer our three



BY TERESA DECARMEN

RCC RIDES— Gift of a Lift in the New Year!

Two years after its launch in Reston, RCC Rides is helping hundreds of older adults get where they need to go.

The free, door-to-door transportation service has caught on with both volunteer drivers and Reston-area residents 55 and older. RCC Rides currently has 38 registered drivers and 250 riders.

With the older adult population in Northern Virginia growing at twice the rate of rest of the population, RCC developed the service in the summer of 2015 in association with NV Rides to support the evolving needs of this growing population cohort. Karen Brutsché, RCC's Lifelong Learning program director, saw how NV Rides had success with other Fairfax County nonprofits and the Jewish Council on Aging, and knew it would be a great fit for Reston's independence-craving older adults.

To enter the program, riders must live in Small Tax District 5. Before requesting their first ride, they fill out an application. When they need a ride, they email or call in their request at least a week in advance. Drivers check needed rides online and select those rides that fit their schedule.

There is no limit on the distance a driver can go, but some destinations can be harder than others to match and drivers cannot transport wheelchairs.

NV Rides conducts background checks for drivers, who receive a handbook and go to a short training meeting. Once approved and in the system, drivers log on to the scheduling website to choose rides. Many

drivers say RCC Rides is an ideal volunteer opportunity because it allows flexibility.

Brutsché calls the service “the gift of a lift.” The program was honored in 2015 as the Virginia Parks and Recreation Society’s “Best New Program” for communities of more than 50,000 residents.

“Unlike many ride programs, this one is not based on income,” she said. “We will take you to the places you need and want to be. Being connected to a ride service like this really increases the quality of life for older adults. It has exceeded my expectations in how helpful it has been for people.”

The most popular ride destinations are medical appointments and grocery shopping, Brutsché said, but riders tell her they have called for a ride to attend a class, get to religious services, keep a hairdresser appointment or just meet up with friends.

RCC Rides user Joan A. calls her drivers “my angels.”

“My husband and I were in an automobile accident last summer,” she said. “Our car was totaled, so we aren’t driving any longer. We really depend on our volunteer drivers for my exercise classes, which are medically necessary, and trips to the grocery store. They all are just angels; they’re my angels. We are recent transplants, so our friendship with Eve and Elaine, two of our angels, has meant the world to me.”

Driver Ann M. said she sees every ride as an opportunity to connect and improve someone’s life.

“Once you start giving rides, you get to realize what a big difference your simple action makes,” she said.

For more information about RCC Rides, contact Karen Brutsché, Karen.Brutsche@fairfaxcounty.gov or 703-390-6198. ❖





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From Acorns to Little Oaks

Little Oaks Montessori Academy leads the way of early learning

First impressions are very pleasing when you enter the doors at Little Oaks Montessori Academy (LOMA) in Herndon, Virginia. Fresh flowers, plants and custom pieces from local artists adorn the lobby and hallways. Classrooms are spacious, bright and airy. The sight of happy, engaged children is apparent in every classroom. Since opening in Fall 2017, LOMA is quickly becoming one of the most sought-after destinations for parents wanting the finest educational opportunities for their preschool-age children.

Uniquely, Little Oaks Montessori Academy was founded by two doctors of clinical psychology: Dr. Heather Abbott and Dr. Areej Iftaiha. Studying various methods of childhood learning, both founders believe the Montessori method is the best approach to ensure that children receive a high-quality early education. "The Montessori philosophy is the most comprehensive philosophy of learning that corroborates with our current understanding of brain development," stated Dr. Abbott.

"In the first six years of life, children's brains are like sponges. Everything they see or hear, they absorb," added Lisa Shaw, head of school.

"You'll never see a chalkboard hanging in a classroom because our teachers don't dictate information," Shaw continued. "Research indicates the most effective way for children to learn is through teaching others and having hands-on experiences. We incorporate hands-on, tactile learning into most lessons. For example, LOMA has a garden-to-table program where the children cultivate the garden and use what they grow for practical life lessons. Children learn botany and science, how to prepare foods, and where foods come from. And older children may help younger children practice skills, such as planting seeds or peeling a banana."

Little Oaks Montessori Academy focuses on many other areas of development. "We are preparing children for life, not just elementary school. For example, grace and courtesy are an important part of our program," Shaw said. "When we eat, we set the table with place mats,

napkins and real plates and glassware. Children practice social skills, using greetings, common courtesy as well as learning to share."

The Little Oaks curriculum is divided into three programs. The Infant Program (ages 8-18 months) offers a warm, safe and experience-rich environment for young learners. The Toddler Program (ages 18 months-3 years) focuses on language and growth through simple, imitative tasks. The Primary Program (ages 3-6 years) helps students understand their place in the world, along with introductions to basic traditional disciplines, such as mathematics and biology. All age groups experience dual language programs, where both English and Spanish are taught in the classroom.

LOMA follows the Fairfax County Public School calendar, and is open from 7:00AM to 6:00PM Monday through Friday, including before-care and after-care hours. Summer programs are offered in July and August.

Parents are welcome to set-up an appointment to visit Little Oaks Montessori Academy or attend an open house. One look at the beautiful facility and engaged students will demonstrate the value of a truly authentic Montessori education. ♦

Contact:

LITTLE OAKS MONTESSORI ACADEMY
13525 Dulles Technology Drive, #103
Herndon, VA 20171
571-336-2559
www.lomamontessori.com



Is your child mouth breathing?

What is the connection with Early Orthopedic and/or Orthodontic Intervention?

As parents we see our little ones with lips of her face separated at rest or while they sleep.

The first indication of mouth breathing is when a child sleeps with unsealed lips, this is also associated with anterior tongue rest posture. Both positions soon become a dominant reflex with the tongue invading the oropharyngeal area, reducing airway space that could result in snoring on a child, as early as two years old.

Changes in muscular activity will create functional imbalances in the facial environment: the palate in your child will be deep, the tongue will change its lateral configuration, the face will narrow with lack of posterior width.

As mouth breathing patterns become dominant, multiple regions of the face and airway will lack development, your child might present with:

- Purple/dark eye circles
- Sleep disturbances (child waking up, without reaching third and/or fourth phase of sleep)
- Alterations in growth hormone (GH) release
- Lack of muscular mass and bone development

- Night time wetting
- Alterations in craniofacial growth and development
- Secondary habit developments such as thumb or any other finger in the mouth.
- Teeth in the front do not touch (anterior open bite)

When your child presents these characteristics, delaying treatment after age of six years old can deteriorate and complicate a malocclusion; that will not self-correct with natural growth.

"The earlier a deviation from the normal facial and airway development on a child can be detected, the earlier we are able to treat, as early as three years old," Dr. Calkins.

"We invite our families to join us in a complimentary evaluation as early as three years old to evaluate for possible soft tissue dysfunction in your child, that could be associated with developing sleep disorder breathing."



For more information on soft tissue facial dysfunction, please reach Dr. Calkins at Sunrise Orthodontics.

Summer Camps Kids are Raring To Go To

By Analiese Kreutzer

Summer may seem like a long way off, but it will be upon us soon enough. To help you plan some fun, enriching experiences for your children, we've put together a list of summer camp options to consider, ranging from day camps that encourage them to move or explore their creativity to learning experiences that enrich their minds and lives.



Montessori of McLean

www.mcleanmontessori.org

The Montessori School of McLean (MSM) offers summer camp for children aged 3 through 6th grade. You can register your child or children for one, all or a combination of weeks to fit your schedule. Camps for children aged 3 to 5 are for a half day from 8:30 a.m. to 12 p.m., but, during some weeks, MSM offers extended stay until 3:30 p.m. Elementary school-aged camp starts at 8:30 a.m. and ends at 3:30 p.m.

Past camp themes have included science, dinosaurs, art, Spanish, and nature and the environment. Check the website for this summer's themes.



Brookfields School

www.brookfieldschool.org

Children aged 3 to 10 enjoy age-appropriate fun and educational activities at the day camps offered at the Brookfields School in McLean. Camp activities may include arts and crafts, yoga, field games, gardening, cooking, and more.

The youngest campers—aged 3 to 5 years—build confidence, self-esteem, communication skills, and teamwork as they participate in Teddy Tennis and swimming lessons throughout the week. Older campers go on Adventure Field Trips courtesy of the Brookfields bus. Some past adventures include farm visits, nature programs, canoeing, rope courses, and horseback riding.

Tuition is weekly, giving you the flexibility to register for one or several weeks. Registration opens in January.



Westminster School's Camp Griffin

www.westminsterschool.com

Let Camp Griffin at Westminster School fill your child's summer break with fun and exploration! Camp is held on their beautiful 6-acre campus which includes a spacious gymnasium, theater, playground and field. Offering three different programs catered to campers, ages 3-14, Camp Griffin employs qualified and experienced staff who are ready to bring fun and personal growth to your child. The camp includes a variety of specialty options including cooking, water exploration, adventure, history, golf, French, art, swimming, field trips, and more! Camp Griffin provides flexible scheduling for campers by offering early and extended care. Open June 11–August 16, 2018.

Camp Griffin is located at 3819 Gallows Road, Annandale, VA 22003. Registration opens January 4, 2018. Any questions? Call 703.340.7268 or email campgriffin@westminsterschool.com.

Experience. Explore. Create.



Fusion Academy

www.FusionAcademy.com

Fusion Academy is a revolutionary private middle and high school where positive relationships unlock academic potential. They are a non-traditional community of learning with the smallest class size possible: one student and one teacher per classroom. This allows them to personalize curriculum for each student's unique strengths, interests, and learning style. Fusion Academy is also able to customize scheduling; students may enroll at any time (even during the summer) and take classes at a time of day that works best for them.

Their supportive staff and campus environment provide a safe space for students to flourish emotionally, socially, and academically. It includes a state-of-the-art recording studio and a mixed-media art studio for students to express their creativity. Their Homework Café® is where students complete all their homework before they leave for the day with help and supervision from a teacher.

Classes are offered at three levels: essential, college prep, and honors. From algebra to yoga and everything in between, they have a wide variety of classes to choose from. Students can enroll full-time, take classes for credit, or utilize their tutoring services. Their customized scheduling creates a summer school that won't take away summer fun. Whether you want to catch up, get ahead, or take a class for fun, Fusion Academy has got you covered. In addition to academics, they partner with outside therapeutic professionals to support students' emotional health and help foster a balanced life.

While it's impossible to put students into categories, they generally serve students with the following backgrounds: ADHD, accelerated/gifted learners, dyslexia, mild learning differences, social challenges, school anxiety, or students with challenging schedules. Students who attend Fusion have one thing in common: traditional school isn't working.

Connect with a Director of Admissions at either Fusion Loudon or Fusion Tysons by visiting FusionSummerClass.com to learn more!

Continued on page 28



Culinaria Cooking School

CulinariaCookingSchool.com

Kids and teens who want to learn basic knife skills, food safety, and how to prepare delicious foods should check out the summer camp offerings at the Culinaria Cooking School in Vienna. Camps run weekly and are held in half-day sessions from either 9:30 a.m. to 12:30 p.m. or 2-5 p.m. Each weekly session focuses on a theme, such as Italian food, baking, international foods, or foods of the Southwest.

Campers prepare and eat the meals they prepare each day. In addition, they receive a recipe packet, t-shirt and certificate of completion. Kid camps enroll children from 9-12 years old, and teen camps accept 13-17 year olds. Campers must be the minimum age for each group by the start of the session. Registration opens in mid-February.



Sweet Briar College

SBC.edu/summer-programs

As kids get older, their camp options may seem limited or nonexistent, but great programs do exist. You just have to look for them in places you might not have thought of, like on college campuses. Sweet Briar College hosts all kinds of summer camps on its scenic 3,250-acre campus, and some will earn your child college credit.

High school students who are serious about their creative pursuits enjoy BLUR, the Blue Ridge Summer Institute for Young Artists. This three-week program for rising high school sophomores, juniors, and seniors interested in creative writing, visual arts or sound art encourages and inspires campers to explore their chosen medium.

If your daughter is passionate about STEM, then find out more about the one-week Explore Engineering Design Course for sophomore, junior and senior high school girls. From July 29 to August 3, 2018, campers will work on creative and fun design projects, taking them from brainstorming through completion.

Intermediate or advanced-level equestrians can take advantage of the Summer Collegiate Riding Clinics at Sweet Briar. Rising junior and senior high school students have a choice between two three-day sessions this summer, either June 8-10 or June 22-24, 2018.



Little Oaks Montessori

lomamontessori.com

The Little Oaks Montessori school accepts children from as young as 8 months up to 6 years into its summer program. Children participate in age-appropriate activities involving play, arts and crafts, and enjoying the outdoors. Some past themes have centered around bug biology, the planets, and sea life.

Little Oaks offers seven weeks of camp, and you have the flexibility to choose how many weeks you enroll in and either half-day or full-day camp, whichever works best for you and your child. Registration opens in February.



Continued on page 30

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

-Maria Montessori

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YMCA

www.ymcadc.com

At the YMCA in Reston, your child can choose from more than 50 summer camps with a wide array of options. In traditional day camps, children make friends, sing, play, explore, and learn. Specialty camps include cooking, dance, sports, science and technology, rock climbing, art, and more. The YMCA even offers an overnight camp option called Camp Letts located on a peninsula off the Chesapeake Bay.

Campers range from age 6 through teenagers and extended care hours are available so your child has a continuum of care from 7 a.m. to 6 p.m. if needed.



Reston Montessori

www.restonmontessori.com

Toddlers to primary school-aged children can enrich their summer experience by attending camp at the Reston Montessori School. Children in camp engage in a wide variety of creative activities on a daily basis, and each week centers on a different theme such as oceans, space, farm animals, or dinosaurs.

Camps can be half or full day, and extended care is available to fit your schedule. Check the website for the summer's planned themes, camp schedule, tuition rates, and more.

Catch up,
get ahead,
or try
something new
this summer.

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Mason Game & Technology Academy

vsgi.gmu.edu/mgta

The Mason Game & Technology Academy (MGTA) is the Community Outreach Youth Program for the University's Virginia Serious Game Institute (VSGI) and the Mason Computer Game Design Program. George Mason faculty develop and teach the courses, assisted by university advanced Game Design and Computer Science students.

MGTA offers age appropriate courses for students aged 9 to 18. MGTA integrates all of the STEM core competencies in a challenging, fun and engaging way. The program combines both the sciences and the arts with creative, critical thinking, and problem solving skills. Students are encouraged to discover and explore their most innovative ideas and concepts.

Camps cover topics such as virtual reality game development, art and animation, 3D game design, story-based game design for girls, mobile app development, and more. ❖

Anaiese 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 AnaieseKreutzer@gmail.com.

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SELECTED EVENTS

FEBRUARY 2
LES BALLETTS TROCKADERO
DE MONTE CARLO
GMU Center for the Arts



LOCATIONS

THE BARNS AT WOLF TRAP

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

JAMMIN' JAVA

227 Maple Ave E, Vienna
703.255.566
www.jamminjava.com

THE STATE THEATRE

220 N. Washington St.
Falls Church
703.237.0300
www.thestatetheatre.com

THE ALDEN

1234 Ingleside Ave.
McLean, VA 22101
mcleancenter.org/alden-theatre

GEORGE MASON CENTER FOR THE ARTS

4373 Mason Pond Dr.
Fairfax, VA 22030
cfa.gmu.edu

1ST STAGE

1524 Spring Hill Rd, McLean,
VA 22102.
www.1ststagetysons.org

JANUARY 12

BEN MILLER BAND

Jammin Java, 8pm, \$15

Since its formation in 2004, the Ben Miller Band has staked out a singular niche that's established the Joplin, Missouri threesome as both a potent creative force and a perennial fan favorite. *Any Way, Shape or Form*, the BMB's New West debut release, showcases the seasoned threesome's fierce creative spirit and infectious performing chemistry, as well as Miller's melodically catchy, lyrically resonant songwriting.

JANUARY 13

MARK WENNERS BLUES WARRIORS

Jammin Java, 8pm, \$20

The iconic blues band The Nighthawks take January off but band leader and harp virtuoso Mark Wenner isn't about resting on his laurels. Each January Mark brings some amazing side project and tonight is no exception. Digging in the renowned collections of '50s blues labels Chess, Vee Jay and Excello, Mark brings together some shining traditional blues from the Chicago and Louisiana schools. He shows

them off with a band created just for tonight. Mark's Blues Warriors feature Mark Wenner's harp and vocals and up-and-coming DC-based Clarence "Bluesman" Turner. Clarence's creative guitar playing and authentic vocals have garnered him a fast-growing following in DC. The accomplished band is flushed out with Steve Wolf on upright bass, Robert Frahm (for yet another hot guitarist), and the Nighthawks' own Mark Stutso on drums and vocals.

JANUARY 14

RORIE

Jammin Java, 7:30pm, \$15

Rorie's new EP, *Dawn*, is a lush combination of electro and cinematic pop, while still maintaining her signature, singer-songwriter sound. The EP was produced by award-winning producer Tommee Profitt in Nashville, TN. As a whole, Rorie's music tells stories of both heartache and hope. Known for poetic lyrics and ambient vocals, Rorie and her band have captivated rooms of all ages. In July 2016, she released her debut EP, *Singing & Silence*, which was featured in the iTunes Singer-

Songwriter New Artist Spotlight. These songs feature intricate composition, uplifting melodies, and thought-provoking lyrics. Prior to this, Rorie released a single, "Restore," which was funded by 98 Kickstarter backers. The song was inspired by her time working for an anti-human trafficking non-profit in NYC, and has resulted in bi-annual donations to organizations that are doing this important work.

JANUARY 15

HONEYSUCKLE

Jammin Java, 7:30pm, \$15

Honeysuckle is a progressive folk act that blends older influences and traditional instrumentation with modern effects and inspiration. In 2015, Honeysuckle performed at Newport Folk Festival, was chosen as a Converse Rubber Tracks artist, and was nominated for Best Folk Artist of the Year, and Best Americana Artist of the Year at the annual Boston Music Awards. In 2016 the group played Lollapalooza on the Pepsi Stage as well as CMJ in New York City. They have also been nominated again for the

CONTINUED ON PAGE 18

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CONTINUED
FROM PAGE 32

categories Best Americana and Best Folk Artist at the 2016 Boston Music Awards, as well as new nominations, Americana/Roots Act Of The Year and Album Of The Year for Red

Line Roots' 2016 Big Reds.

JANUARY 20 BABY BOOMER COMEDY SHOW

Clean Comedy for People Born Before Seatbelts, Safety Helmets and Facebook

George Mason University Center for

the Arts, Harris Theatre, 7pm, \$25
The Baby Boomer Comedy Show is 90 minutes of hilarious clean stand-up comedy focusing on work, family, do-it-yourself projects, and many other topics that these audiences can relate to! Kent Rader and Jan McInnis are both baby boomers who have spent the past 20 years performing for thousands of business groups, non-profit organizations and other professional events. They have a reputation for clean and funny humor - Jan was featured in *The Wall Street Journal* and *The Washington Post* for her clean humor, and Kent's clean comedy won him the Branson Comedy festival.

JANUARY 20

LUCY KAPLANSKY

And Heather Maloney

The Barns at Wolf Trap, 8pm, \$26-28
A contemporary and collaborator of Suzanne Vega, Shawn Colvin, and Richard Shindell, among others, "Lucy Kaplansky is a truly gifted performer with a bag full of enchanting songs" (*The New Yorker*).

JANUARY 21

THE COLOR ORANGE

A Hip Hop Concert about Friendship and Multiculturalism
CenterStage, Reston Community Center Hunters Woods, 3pm, \$15-20
Mohammed Bilal and Josh "Boac" Goldstein use their friendship to actively challenge the American stereotypes of Black and White, Jew and Muslim, urban and suburban. Through hip-hop, theatre and sheer mayhem, they create and demonstrate 10 steps we can take toward true cross-cultural communication and understanding. The Color Orange is a fun, vibrant new look at race, racism and the ways we can get along.

JANUARY 21

KRAKAUER-TAGG DUO

Chamber Music at the Barns

The Barns at Wolf Trap, 3pm, \$40
"This was music-making at its best: joyful abandonment without

a trace of inhibition..." (*Cue Magazine Clarinetist*)

David Krakauer has been widely praised as a major voice in chamber music. Pianist Kathleen Tagg has been praised for her outstanding technique and deep musicality. Together they delve into the canon of works inspired by folk music, beginning with Brahms and Debussy, and ending with their own arrangements.

JANUARY 25

CHRIS BARRON "ANGELS & ONE ARMED JUGGLERS" CD RELEASE SHOW

Jammin Java, 8pm, \$20

Ask Barron for a pivotal moment from his journey and he'll rewind the reels to a high-school music theory class, where a cherished teacher advised him to "learn the rules so that you can break them." Almost four decades later, that same irreverent wisdom hangs over *Angels and One-Armed Jugglers*. In a cynical era of songwriting by committee, these eleven songs rip up the verse/chorus template, eschew the stock lyrical themes and crash thrillingly among genres, as this fascinating songwriter acts entirely on instinct. "These songs range from old jazz standards to funky beer-hall folk tunes. But I've never really been that interested in genres. I'm just interested in songs. I think the reason it's so eclectic is because the songs were chosen more thematically than based on genre."

JANUARY 26

THE ALTERNATE ROUTES: THE ODDSMAKERS TOUR

Union Stage, 8pm, \$18

The Alternate Routes are the band that helped us to remember "we are how we treat each other, and nothing more." Now they're back with a new single, "Safe Haven"—a love song that uses real life as its backdrop. "Safe Haven" continues the socially-conscious, no-hold-barred examination on modern living that the band has increasingly embraced. It reflects an evolution



Photo courtesy of GMU Center for the Arts

8 PM

LES BALLETS TROCKADERO DE MONTE CARLO

George Mason University Center for the Arts, Concert Hall, 8pm, \$30-50
Muscular men wearing tutus and dancing en pointe with flawless technique? It must be the worldwide dance phenomenon, Les Ballets Trockadero de Monte Carlo. The world's foremost all-male comic ballet company, affectionately known as the "Trocks," performs a full range of ballet and modern dance repertoire in faithful renditions as you've never seen it before. Portraying both male and female roles, these highly trained dancers are delightfully earnest in their efforts, complete with the humor of intentional foibles and accidents that keep audiences rolling in the aisles. This company was founded in New York in 1974 by a small group of ballet enthusiasts as a playful parody of traditional ballet. They immediately attracted the attention of the press and the Trocks were off and pirouetting. Whether this is your first time at a dance performance or your 1000th time, you will be delighted and entertained.



and maturity that results from sticking together and trying new things, musically and lyrically, for over a decade.

JANUARY 26-27

AARON TVEIT

The Barns at Wolf Trap, 8pm, \$40-55

A charming veteran of stage and screen productions including *Grease Live!*, *Les Miserables*, *Gossip Girl*, and *Graceland* returns to The Barns for two evenings filled with Broadway favorites and pop tunes.

JANUARY 27

DUBLIN IRISH DANCE

Stepping Out

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

Follow the evolution of Celtic culture in Stepping Out, a high-energy extravaganza of sights and sounds presented by Dublin Irish Dance. These accomplished Irish step-dancers and musicians take us on a journey, exploring the history of the Celtic cultural experience through song and dance. This entertaining production reveals influences that have shaped Irish music and dance throughout history: from the farms of rural Ireland in the 1800s, to the Great Famine and the mass migration to New York, where Irish and American cultures blended and influenced each other. This production features the fast footwork of talented Irish step-dancers, an eight-member traditional Irish band, and a vocalist—many of whom have performed with internationally famous Irish ensembles like Riverdance, Michael Flatley's *Lord of the Dance*, and Celtic Woman.

JANUARY 27

PITTSBURGH'S OWN JOE GRUSHECKY AND THE HOUSE ROCKERS

Jammin Java, 8pm, \$18

In 1979 *Rolling Stone* magazine crowned his band's, the Iron City Houserockers, first album *Love's So Tough* the "debut record of the year." Acclaimed rock writer Jimmy Guterman, named their second album, *Have a Good Time (But Get Out Alive)* as one of the 100 best rock & roll records of all time! Legendary guitarist and Rock Hall of Famer Steve Cropper produced *Blood on the Bricks*. Rock superstar and Hall of Famer, Bruce Springsteen, produced *American Babylon* in 1995 and continues to perform with the band and write with Joe including the Grammy winning "Code of Silence."

In a world where truth is rare and nothing seems genuine anymore, some things remains constant...there is still real music being made

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FEBRUARY 9
The Barns
at Wolf Trap

MARCIA BALL

out there. And Joe Grushecky is still making it.

JANUARY 28 THE BIRDLAND ALL-STARS

Featuring Tommy Igoe

George Mason University Center for the Arts, Concert Hall, 7pm, \$29-48 Direct from New York's legendary Birdland, this extraordinary band brings a fine mix of jazz, funk, Brazilian, Latin, and world music together. Featuring the city's finest musicians and led by drumming sensation Tommy Igoe, the Birdland All-Stars have been packing the house every Friday night at "The Jazz Corner of the World" for the past 10 years. For this tour, they have created new arrangements featuring music of David Bowie, The Police, and Steely Dan, as well as fresh interpretations of iconic works by Charlie Parker, Chick Corea, and Herbie Hancock. Tommy Igoe is one of today's most successful and diverse drummers, having performed with Blood, Sweat

and Tears, Art Garfunkel, New York Voices, and Stanley Jordan. He also helped create the drum set book for Broadway's *The Lion King*. Don't miss this "completely unique experience... there isn't another band like this anywhere" (*Time Out New York*).

JANUARY 29 & 30 "THE SNOW WHITE VARIETY SHOW" AUDITIONS

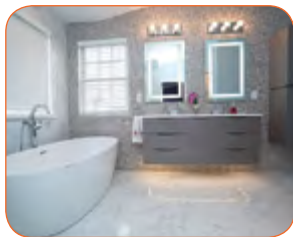
The Alden at McLean Community Center, 7-9pm

Who can audition: Students between the ages of 10-16 who live in the MCC tax district.

This is a part talk show, part reality show dramatic retelling of a classic story you thought you knew! The dwarves team up to share their own side of Snow White's story. Rehearsals: Tuesdays, Wednesdays and Thursdays, 7-9 p.m., from early February through mid-March 2018. Performances: Sat. and Sun., March 10-11, and 17-18, at 2 p.m. at the Old Firehouse Center, 1440 Chain Bridge Rd.

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CONTINUED
FROM PAGE 36

Participation Fee: \$150. To schedule an audition time, please email Danielle Van Hook at danielle.vanhook@fairfaxcounty.gov with your date and time preferences. Please specify your age and address in your email.

JANUARY 31-
FEBRUARY 1

INTERNATIONAL GUITAR NIGHT

The Barns at Wolf Trap, 8pm, \$27-30
Four global guitar masters come together to create two exhilarating evenings of entertainment. Germany's gypsy jazz legend Lulo Reinhardt

returns along with Canadian contemporary sensation Calum Graham, Poland's innovative classical composer/performer Marek Pasieczny, and award-winning American guitarist Michael Chapdelaine.

FEBRUARY 2

NEW YORK FESTIVAL OF SONG

Bernstein At 100

Chamber Music at the Barns

The Barns at Wolf Trap, 7:30pm, \$40
Pianist Steven Blier returns with pianist & colleague Michael Barrett and a quartet of singers to celebrate the legacy of Leonard Bernstein in a program built around arias and barcarolles.

FEBRUARY 3

THE MASON CABARET IN CONCERT

George Mason University Center for the Arts, Harris Theatre, 8pm, \$30
A perennial favorite, our musical theater ambassadors, the Mason Cabaret, return with a fresh lineup of stellar vocalists offering showstoppers, ballads and duets from the Great White Way. As Sondheim once wrote, "Something familiar, something peculiar, something for everyone..." This "Fund-raiser" will have you dancing in your seats and humming all the way home!

FEBRUARY 3

THE STRANGER—A TRIBUTE TO BILLY JOEL

The State Theatre, 9pm, \$17-20
THE STRANGER is the complete premiere tribute to the music of one of the world's most beloved performers, Billy Joel. Comprised of some of the best and most experienced musicians in the business, this 6-piece band brings together an authentic replication of Billy's timeless music, crowning it with soulful, spot-on vocals that make listening to a Billy Joel song so special. Out front on piano & lead vocals is founder & frontman Mike Santoro. Born

and raised in Levittown like Joel himself, Mike not only looks and talks a lot like Billy, but has the piano chops, vocal prowess and stage presence of the Piano Man - so much so that you will soon forget you are watching a tribute show.

FEBRUARY 5-6

LADYSMITH BLACK MAMBAZO

The Barns at Wolf Trap, 8pm, \$40-42

For over 50 years, South Africa's four-time Grammy Award-winning group, Ladysmith Black Mambazo has warmed the hearts of audiences worldwide with their uplifting vocal harmonies, signature dance moves, and charming onstage banter. In their fall 2017 release *Songs Of Peace & Love For Kids & Parents*, the group shares their uplifting message with audiences of all ages through their music and the stories behind the songs.

FEBRUARY 7

WHAT'S GOING ON—THE MARVIN GAYE PROJECT

In partnership with Dance Place

CenterStage, Reston Community Center Hunters Woods, 8pm, \$20-30
The music of Marvin Gaye is given fresh perspectives with choreography by Vincent E. Thomas, Ralph Glenmore and Sylvia Soumah in this evening-length work that features modern, jazz and West African dance, provoking thoughtful engagement with audience members. What's Going On begins conversations that can spark change in each community it touches.

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

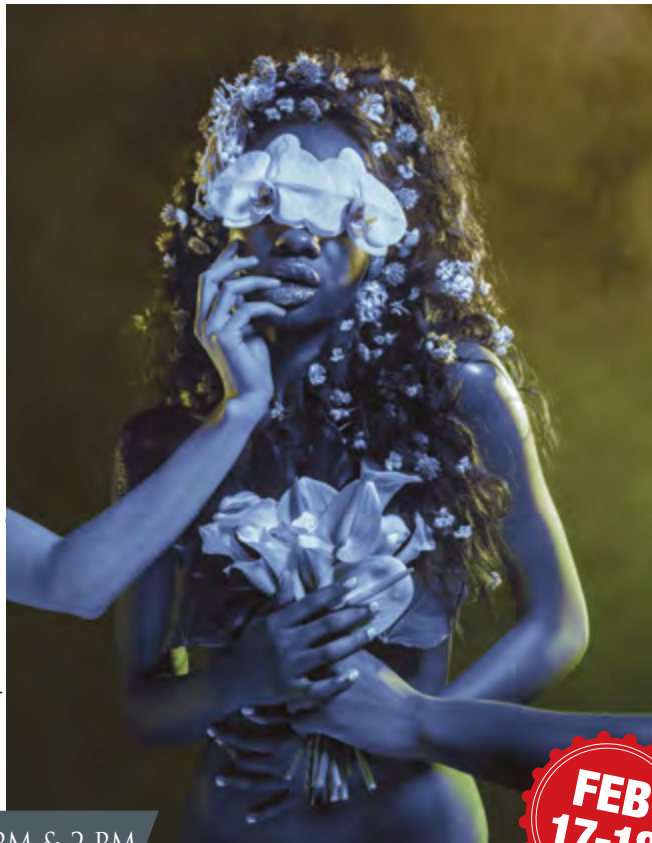
FEBRUARY 9-10

BRUCE IN THE USA

The State Theatre, 9pm, \$25

"If Matt Ryan and his band, American Dream, took the stage at a Springsteen concert ...few people would be able to tell the

Photo courtesy of GMU Center for the Arts



**FEB
17-18**

8 PM & 2 PM

VIRGINIA OPERA: A MIDSUMMER NIGHT'S DREAM

George Mason University Center for the Arts, Concert Hall, Sat 8pm, Sun 2pm, \$54-110

William Shakespeare's iconic 15th century language meets Benjamin Britten's 20th century inventive and enchanting music in this delightful opera about love, forgiveness, and the power of dreams. A domestic dispute between the king and queen of fairies spills into the human realm, creating chaos as the stories of three couples and a troupe of amateur actors collide with hilarious results. Nothing is what it seems as fairies, "rude mechanicals," and moonstruck young lovers spend a single, magical night in the forest. Adam Turner conducts this opera's lush dynamic score while many Virginia Opera favorites—soprano Heather Buck (Titania), baritone Matthew Burns (Bottom), and tenor David Blalock (Lysander)—return to perform in this comic tour de force. Sung in English with English supertitles.

difference.” —Gregg Maltby, Bruce Springsteen’s Emmy award-winning lighting director. Bruce in the USA is much more than just another tribute...it’s a shore thing! This high-energy musical experience is a note-perfect and visually accurate recreation of a Springsteen show that turns into one giant Jersey party! Even Bruce fans at the Stone Pony in Asbury Park (some of the toughest critics in the world) were amazed by Matt Ryan’s jaw-dropping portrayal of the Boss.” As one fan aptly put it... “We were expecting to see a “tribute” to Bruce Springsteen. But, what we saw could have been the Boss himself!”

FEBRUARY 9 HELSINGBORG SYMPHONY ORCHESTRA

Stefan Solyom, conductor
Nareh Arghamanyan, piano
George Mason University Center for the Arts, Concert Hall, 8pm, \$16-60

Smetana: “Šárka” from *Má Vlast* (My homeland)

Rachmaninoff: Piano Concerto No. 2 in C minor, Op. 18

Tchaikovsky: Symphony No. 5 in E minor, Op. 64

One of Sweden’s oldest orchestras, the Helsingborg Symphony Orchestra (HSO) presents a dynamic concert of cherished orchestral works. Under the direction of Stefan Solyom, the orchestra performs a thrilling concert featuring works by Smetana, Rachmaninoff, and Tchaikovsky. World-renowned Armenian pianist Nareh Arghamanyan joins the orchestra to perform Rachmaninoff’s second piano concerto. The HSO has performed at many prominent European venues, including three recent sold-out performances at the Great Festival Hall in Salzburg and in Vienna.

FEBRUARY 9 MARCIA BALL

The Barns at Wolf Trap, 8pm, \$35-45
For over 40 years, the ever-reliable Marcia Ball has put her



FEBRUARY 28 AND MARCH 1
The Barns at Wolf Trap

Photo courtesy of Wolf Trap

own spin on the blues. “Ball is the real deal: equal parts New Orleans, boogie woogie, swamp music, and Texas soul all wrapped up into one package” (*PopMatters*).

FEBRUARY 10

THEATER ALLIANCE PRESENTS WORD BECOMES FLESH

By Marc Bamuthi Joseph

Directed by Psalmayene 24

CenterStage, Reston Community Center Hunters Woods, 8pm, \$20-30
Taken from a series of letters from a single father to his unborn son, *Word Becomes Flesh* examines masculinity and responsibility within the constructs of hip-hop culture. This searing performance received five Helen Hayes awards including Outstanding Play, Outstanding Director, Outstanding Ensemble, Outstanding Supporting Actor, and Outstanding Lighting Designer.

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

FEBRUARY 10

TAO

Drum Heart

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

Drum Heart, TAO’s newest production of taiko drumming, is a heart-pounding experience like no other that is guaranteed to thrill the whole family. The thunderous sights and sounds of powerful, athletic performers dressed in stunning costumes playing instruments and fiercely striking drums is a spectacle to behold. TAO is celebrated for its precise choreography filled with energy and stamina, and is the first professional taiko company to include female performers in this traditionally male-dominated art form. Critics describe the company members as “extraordinarily talented percussion artists, and they’re seductive, alluring performers” (*Chicago Tribune*).

FEBRUARY 10

MARY GAUTHIER

Jammin Java, 8pm, \$20

Gauthier’s first nine albums presented extraordinary confessional songs, deeply personal, profoundly emotional pieces ranging from “I Drink,” a blunt accounting of addiction,

to “March 11, 1962,” the day she was born—and relinquished to an orphanage—to “Worthy,” in which the singer finally understands she is deserving of love. Maybe that’s where the confessional song cycle ends, for she has midwived these eleven new songs in careful collaboration with other souls whose struggle is urgent, immediate, and palpable. And none are about her.

Each song on *Rifles and Rosary Beads*, Mary Gauthier’s tenth album, is a gut punch: deceptively simple and emotionally complex. From the opening “Soldier On” (“What saves you in the battle/Can kill you at home”) to “Bullet Holes in the Sky” (“They thank me for my service/And wave their little flags/They genuflect on Sundays/And yes, they’d send us back”), and to the abject horror of “Iraq,” each song tells the story of a deeply wounded veteran.

FEBRUARY 10-11

MASTERS OF HAWAIIAN MUSIC

The Barns at Wolf Trap, 8pm, \$25-30
Performing in a traditional Hawaiian style, the Masters of Hawaiian Music bring “folklore and cultural memory into a



FEBRUARY 10
GMU Center for the Arts

performance that...[unfolds] as breezy entertainment" (*The New York Times*).

FEBRUARY 15– MARCH 11 THE FARNSWORTH INVENTION

By Aaron Sorkin, Directed by Alex Levy

1st Stage of Tysons, times vary, \$15-33

It's 1929. Two ambitious visionaries race against each other to invent a device called "television." Separated by two thousand miles, each knows that if he stops working, even for a moment, the other will gain the edge. Who will unlock the key to the greatest innovation of the 20th century: the ruthless media mogul, or the self-taught Idaho farm boy? The answer comes to compelling life in the regional premiere of this "firecracker of a play" (*Chicago Sun-Times*) by

Aaron Sorkin, creator of the *West Wing*, *The Newsroom*, and *The Social Network*.

FEBRUARY 16 THE SEAMUS EGAN PROJECT

The Barns at Wolf Trap, 8pm, \$20-22
Seamus Egan, a founding member of Irish-American supergroup Solas, hits the road for the first time with The Seamus Egan Project. Bringing along friends and musical guests, Egan will introduce fans to his immense and influential catalog of music, as well as new music he's never recorded or performed live.

FEBRUARY 17 AMERICAN RHAPSODY: THE GERSHWIN SONGBOOK

The Barns at Wolf Trap, 8pm, \$45
American Rhapsody: The

Gershwin Songbook is an evening of iconic American music by one of the most indelible composers of the twentieth century, George Gershwin. This special evening features The Gershwin Big Band, led by "the next Harry Connick, Jr" (*The New York Post*), Michael Andrew.

FEBRUARY 18

MARK BRUTSCHÉ IS SNOW WHITE AND THE SEVEN DWARFS

CenterStage, Reston Community Center Hunters Woods, 3pm, \$5-10
The "bear" facts are these: Mark Brutsché is a very funny man; Snow White and the Seven Dwarfs is a very old story. Or is it that Mark Brutsché is a very old man and Snow White and the Seven Dwarfs is a very funny story? You and your whole family can decide for yourselves!

FEBRUARY 21

MARTIN SEXTON

The Barns at Wolf Trap, 8pm, \$42-\$47

With "a soul marinated voice that can easily be compared to the likes of a young Steve Winwood or Van Morrison" (*Rolling Stone*), the self-taught guitarist and singer blends folk, soul, blues, and more into a distinct and unique sound.

FEBRUARY 22-23

1964: THE TRIBUTE

The Barns at Wolf Trap, 8pm, \$38-42
"Twist and Shout" and relive Beatlemania with "best Beatles tribute on Earth" (*Rolling Stone*).

FEBRUARY 23

FAMILY PASSPORT TO FUN

Herndon Community Center, 6:30-9pm, \$2 -er person or \$5 per family
Parents will be encouraged to become Treasure Hunters and seek the hidden talents, strengths, and abilities of their children and those around them. This annual family event

is designed for children to share the fun with a caring and significant adult in their life. Therefore, a caring adult must accompany each child. Swim, eat pizza, and enjoy hands-on activities.

FEBRUARY 24

RAHIM ALHAJ PRESENTS LETTERS FROM IRAQ

CenterStage, Reston Community Center Hunters Woods, 8pm, \$20-30
In *Letters from Iraq* (Smithsonian Folkways, 2017), this two-time Grammy nominee's eight compositions for oud, string quintet, and percussion convey the story of contemporary Baghdad from the fall of Saddam Hussein to the present day. AlHaj, one of the world's most renowned oud masters, began writing the music after reading touching personal letters he received from Iraqi women and children during a 2014 trip to his homeland. This virtuoso musician has created chamber music that beautifully depicts a city in crisis but not without hope.

FEBRUARY 24

RIOULT DANCE NY

From Purple to Pärt

George Mason University Center for the Arts, Concert Hall, 8pm, \$29-48
The sensual, articulate, and exquisitely musical work of acclaimed modern choreographer and former Martha Graham principal dancer Pascal Rioult returns to the Center for the Arts with his company, RIOULT Dance NY, in a two-part dance program titled *From Purple to Pärt*. *Te Deum*, set to the music of Estonian composer Arvo Pärt, is a reimagining of one of Pascal's earliest works. The newly-premiered *Fire in the Sky* is inspired by club dancing from Rioult's youth and the music of Deep Purple, the famed British rock band whose sound flourished through the '70s and '80s. Founded in 1994, the daring and imaginative RIOULT Dance

NY company continues to deliver “powerful, emotionally moving” (*Durham Herald Sun*) performances and has received accolades from around the world. “Musically astute, visually arresting and kinetically exciting...Riout and company are undeniable champs of modern dance” (*The Daily Gazette, Schenectady*).

**FEBRUARY 28 AND
MARCH 1**

CHERISH THE LADIES

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

Consistently creating “thoroughly engaging performance[s] brimming with spirit, precision, wit and soul” (*The Washington Post*), this Irish-American supergroup returns with Grammy-nominated music and stepdancing that has earned great acclaim.

MARCH 2

THE BIG PICTURE

David Krakauer and The 35mm Orchestra

George Mason University Center for the Arts, Concert Hall, 8pm, \$26-44

Step into a musical and cinematic voyage as this renowned clarinetist along with this jazz-inspired orchestra explores themes of identity, place, and resilience. Celebrated clarinetist David Krakauer and The 35mm Orchestra reimagine the music and visuals of some of the most important films in history, featuring scores by Academy Award and Grammy®-winning composers such as John Williams, Marvin Hamlisch, Randy Newman, and Mel Brooks. While these groundbreaking music arrangements are playing, a series of new animated films created by the New York video company Light of Day is projected on a screen behind the performers. Don't miss an evening of “enlivening panoramas with emotive exuberance” (*All About Jazz*).

MARCH 2

MARC-ANDRÉ HAMELIN, PIANO

Chamber Music at the Barns

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

“Marc-André Hamelin ranks among the small handful of performers in every generation whose abilities defy the imagination.” (*The Toronto Star*)

Hamelin is ranked among the elite of world pianists for his unrivaled blend of musicianship and virtuosity in the great works of the established repertoire. In his Barns debut, he presents works by Liszt, Feinberg, and Debussy.

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Piper Education and Research Center

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MARCH 7
The Barns at Wolf Trap



Photo courtesy of Wolf Trap

ENTER THE HAGGIS

MARCH 3

BASKERVILLE: A SHERLOCK HOLMES MYSTERY

Walnut Street Theatre

George Mason University Center for the Arts, Concert Hall, 8pm, \$26-44

Madcap mastermind, Ken Ludwig (*Lend Me a Tenor* and *Moon Over Buffalo*), reinvents Sir Arthur Conan Doyle's 1902 classic mystery into a hilarious romp about everyone's favorite detective and his most infamous case. The male heirs of the Baskerville line are being murdered one by one, and Sherlock Holmes, along with his trusted sidekick Dr. Watson, must work feverishly to crack the mystery of the curse before it dooms the newest heir. With only five energetic actors playing the roles of more than 40 quirky characters, this production from America's oldest theater takes the audience on a sidesplitting caper through the Devonshire moors, crowded railway stations, foggy London streets, and gloomy baronial mansions where the duo searches for clues, runs into dead ends, and puzzles out the truth for the shockingly funny conclusion.

MARCH 4

DOKTOR KABOOM: "IT'S JUST ROCKET SCIENCE"

The Old Firehouse, 1440 Chain Bridge Rd., 2pm, \$10-15

For ages 7+. Doktor Kaboom is an over-the-top German physicist with a passion for science that knows no bounds. Sporting chrome goggles, orange lab coat, motorcycle boots and wicked cool hair, Doktor Kaboom travels the world, thrilling adults and children alike with his explosive comedic style of science experiments designed to involve, excite, educate and entertain!

MARCH 7

ENTER THE HAGGIS

The Barns at Wolf Trap, 8pm, \$28-34

For more than 20 years, Toronto's Enter The Haggis has been bringing a rock edge to contemporary Celtic music by effortlessly melding bagpipes and fiddles with classic rock 'n' roll instrumentation and powerful vocals.

MARCH 10

KIDS TROUT FISHING DERBY

Event meets behind the Herndon Police Station on the Sugarland Run Trail, 8am-12pm

Start an annual family tradition and join us for this special day! Children age 2-15 and their families learn about fishing and experience a relaxing and successful day catching fish. All kids MUST be accompanied by an adult. Limited fishing poles and bait are available for use.

Trout Unlimited will help clean and store your catch. Volunteers will be on hand to teach you how to bait, cast, hook, and cook your freshly caught dinner. Please wear shoes you don't mind getting wet or muddy, no sandals.

Teens and adults age 16 & up MUST have a valid Virginia state fishing license to fish. Adults are not permitted to fish during kids fishing time.

MARCH 11

ICE BREAKER 5K RACE

200 Spring Street, Herndon, VA 20170, 8am, \$20-30

Join the Town of Herndon for the 5th annual Ice Breaker Family Fun Run 5K. This event is for runners age 4 and up. Let's put winter behind us and get active outside and geared up for the spring. This course will take you around the Herndon Parkway and through parts of the scenic Sugarland Run Trail. Race starts and ends at campus of event co-sponsor, Northwest Federal Credit Union, 200 Spring Street.

Long-sleeved sport-tek shirts guaranteed to the first 200 registered runners.

Pre-registration available until 3/9 at noon: \$20 per person. Use code 357150.00 to register online. Race day registration: \$30 per person.

MARCH 11

SHOSTAKOVICH AND THE BLACK MONK: A RUSSIAN FANTASY

Chamber Music at the Barns

The Barns at Wolf Trap, 7:30pm, \$60

Dmitri Shostakovich dreamed of creating an opera based on Chekhov's mystical tale, "The Black Monk." Decades of suffering under political attacks within an oppressive Soviet regime wreaked havoc on the composer's life, leaving the work ultimately unfinished. Haunted by the looming aftermath of Stalin's totalitarian reign, Shostakovich is left with a deteriorating body and mind, struggling to complete his life's work. In a bold intersection of chamber music and theater, witness the trials and redemption of one man's obsession as the Emerson String Quartet and a cast of actors tell this story through the eyes of Shostakovich himself.

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.

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 W&OD, 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,



Photo credit: Sean Harris

ZEFFIRELLI

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 night 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*.

PR RUNNING

WEEKLY FUN RUN

Runners meet at Potomac River

Running Store in Village of Leesburg,

6:30-7:30pm

Do you love running or would you like some motivation to get out there and run with a group? If so, join PR Running for a weekly all-comers group fun run! The run is typically no more than 50 minutes — from the store on the trails and paths of Leesburg and the W&OD Trail. 50 minutes is not a magic number, but by going out and back, everyone can start and finish together and run at their own pace with others of similar ability. New runners may only want to run a mile or two. Experienced athletes might do a tempo run.

Runners meet for a run at =PR= Leesburg at 6:30pm, go out for a run, then head over to BurgerFi to enjoy some exclusive deals on burgers!

Call (571) 918-0302 for questions and details.



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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. ♦



FACES *of Reston*

Filled with entrepreneurs, medical professionals award-winning restaurants, and professional service providers, Reston and the surrounding areas have access to individuals and companies that offer world-class exceptional services and results. Here's what they look like.



Pediatric Dentistry
Orthodontics
Real Estate
Catering
Cosmetic Medicine
Quality Clothing

Amanda Rose Esthetics

Amanda is a respected Clinical Esthetics Specialist in the field of anti-aging and facial rejuvenation, with more than 10 years of experience.

Amanda performs a wide range of treatments (including some of the most cutting-edge procedures on the market), all according to the highest medical standards established by the industry. She has garnered a reputation as an innovator who deftly balances cosmetic rejuvenation with inner health and wellness in order to deliver beautiful, natural looking results that help her patients to look and feel great.

FACE

Amanda Rose

(703) 999-1282

2 Pidgeon Hill Dr #490
Sterling, VA 20165

www.amandaroseesthetic.com



THE FACE OF
Cosmetic Medicine

Dave and JoAnne Adams Group

When it comes to Real Estate in Reston and the surrounding area, the Dave & JoAnne Adams Group is a tough act to beat. With a laser focus on client's need, whether buying or selling, a conversation with Dave and JoAnne is always a great idea. JoAnne's years as a retail business executive with extensive marketing and negotiation skills (Toys R Us) and Dave's high tech background is your assurance that you're getting today's state of the art technology combined with that personal human touch. Real Estate? The Dave and JoAnne Adams Group.

FACES

Dave and JoAnne Adams

(703) 963-4491

dave@joanneadams.com

www.JoanneAdams.com



THE FACES OF
Reston Real Estate

Helga's Caterers

Helga's Caterers is an award-winning, full-service catering company with diverse menu selections ranging from All-American BBQs to formal gala fare to ethnic menus. Although Continental cuisine got them started, with their German roots, they do it all today and are sensitive to dietary restrictions such as gluten-free, vegan, and Paleo diets.

Helga's Caterers has been voted one of Washington's Top Five Caterers by WUSA Channel 9; was awarded TheKnot's Best of Weddings for the past five years, and also inducted into their Hall of Fame.

FACES

Owner Michael with mother and founder, Helga Evans

(703) 556-0780

6710 Old Dominion Drive
McLean, VA 22101

www.helgascatering.com



THE FACES OF
Wedding and Event Catering

Smile Wonders

Dr. Rishita Jaju is a board certified pediatric dentist. She has achieved the Advanced Laser Proficiency Certification from the Academy of Laser Dentistry. Her expertise in using Waterlaser safely and effectively is recognized by the World Clinical Laser Institute with their highest mastership certification. She received her specialty training in pediatric dentistry at Children's National Medical Center (CNMC) in Washington, DC where she continues to serve as clinical faculty.

FACE

Dr. Rishita Jaju

(571) 360-3662

11790 Sunrise Valley Drive, Suite 105
Reston, VA 20191

www.smilewonders.com



THE FACE OF
Pediatric Dentistry

Davelle Clothiers

For over 25 years, Washingtonians have come to Davelle Clothiers in search of quality, style, and uniqueness few can match in the Washington area. Master Custom Designer David Eisele, Sr. and his senior wardrobe stylists are always ready to bring clients new and exciting wardrobe selections and refinements. Using only the finest material and offering the best international brands, those who look to Davelle Clothiers for style are easy to spot. They look "Marvelous."

FACES

David A. Eisele Sr. and David Eisele Jr.

(703) 904-0011

11921 Freedom Dr #100,
Reston, VA 20190

www.davelleclothiers.com



THE FACES OF
Quality Clothiers

Sunrise Orthodontics

Dr. Calkins is dedicated to providing patients with the highest quality and technology in orthodontic care. An internationally trained orthodontist, she holds two degrees in dentistry and orthodontics. Dr. Calkins is a continuous student, and has access to the best training centers in her specialty, such as the elite Dawson Academy and The Piper Research and Education Center. Dr. Calkins successfully combines the latest technology in her field with her education to better serve the oral health needs of her patients.

FACE

Dr. Liliana Calkins

(703) 476-3969

11490 Commerce Park Dr, Ste 430,
Reston, VA 20191

www.sunrise-orthodontics.com

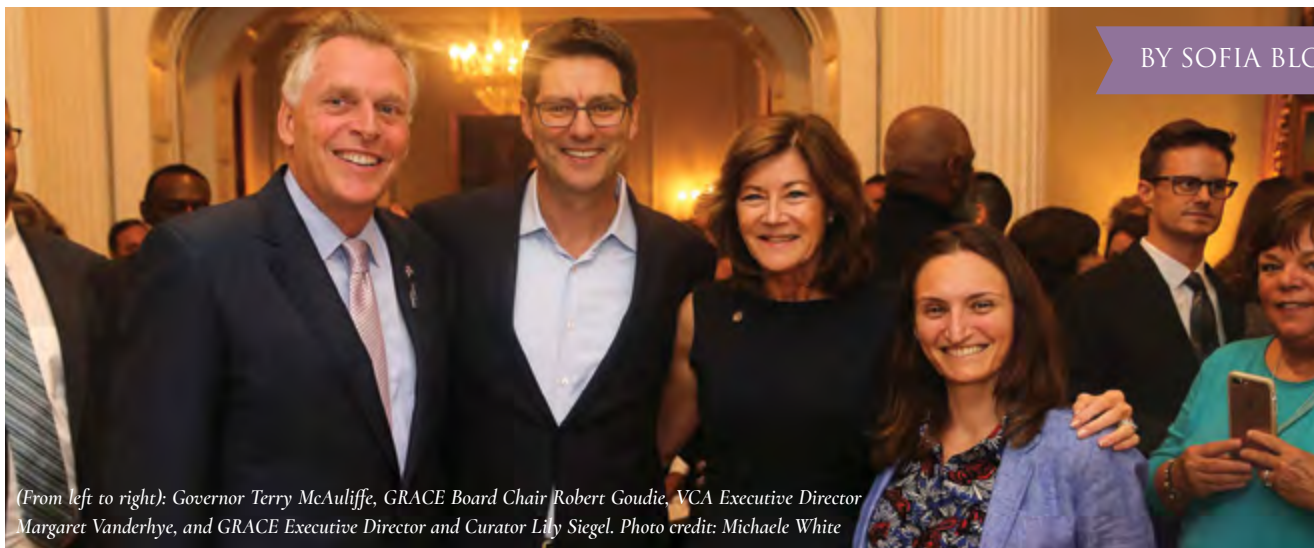


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Orthodontics

AROUND TOWN

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

BY SOFIA BLOM



(From left to right): Governor Terry McAuliffe, GRACE Board Chair Robert Goudie, VCA Executive Director Margaret Vanderhye, and GRACE Executive Director and Curator Lily Siegel. Photo credit: Michael White

GREATER RESTON ARTS CENTER SELECTED AS A “50 FOR 50 ARTS INSPIRATION” AWARDEE *by the Virginia Commission for the Arts*

From an original pool of over 350 nominees, the Virginia Commission for the Arts, the state arts agency, has selected the Greater Reston Arts Center (GRACE) to receive one of its prestigious “50 for 50 Arts Inspiration Awards” in the category of Bedrock Institutions.

Winners in the Bedrock Institutions category have been in existence more than ten years, have demonstrated a benefit to the economic health and/or tourism in the community, exhibit artistic excellence, celebrate diversity, and showcase Virginia as a cultural destination. GRACE is one of only four visual arts institutions statewide to be honored.

“This is an incredibly proud moment for GRACE. To be in such rare company is humbling,” said Executive Director and Curator Lily Siegel. “All of us here view this as a real legacy award—one that honors the many people, fantastic partners, and generous sponsors who over GRACE’s 40+ years have made this iconic community institution what it is today. I am very pleased to be moving GRACE forward on its vision to elevate the arts in the area by showcasing local and regional artists alongside artists of national and international reputations. We will continue to contribute and grow our importance and relevance in the Commonwealth and DC metropolitan region.”

The “50 for 50 Arts Inspiration Awards” were conceived and designed by the commission as a 50th anniversary tribute to 50 examples of programs, individuals, and organizations critical to the arts in Virginia.

“We are indeed fortunate in Virginia to have an abundant and diverse roster of outstanding artists and organizations and their supporters spanning disciplines and decades,” said Margaret Vanderhye, the commission’s executive director. “The 50 selected winners are representative of the best, but this list is far from definitive. Every day in communities across the commonwealth, thousands of people benefit from the creative energies and pursuit of excellence that characterize Virginia artists and arts organizations,” she concluded.

VCA Commissioner and 50th Anniversary Co-Chair Jo Hodgkin (Annandale) stated, “These awardees carry the banner for countless arts workers and supporters who use the arts to build a strong Virginia. We believe the arts are essential for a creative 21st century workforce, economically dynamic communities, and a culture based on wellness and accessibility.” ♦



YMCA FAIRFAX COUNTY RESTON *18th Annual Community Gala*

For the last 18 years, the only YMCA in Fairfax County has celebrated its annual fundraising gala on the third Saturday in November. On November 18th 2017, it was once again a night to remember with 324 community leaders in attendance.

Executive Director Joseph Crawford, when asked what is the best part of the YMCA annual gala? He said in one clarifying word, “togetherness.” Crawford shared that together we are better as a community and that every year the YMCA works to have a true focus on service that is tied to our mission. If our cause is “strengthening community” and we do that one person at a time, then service is the vehicle that helps us do it. Hence, we feel that service is inextricably tied to our mission, and it has to be done from the heart.

This year the YMCA raised over \$115,000 dollars at the annual gala in just one night. In addition, the volunteer board of directors, specifically Gala Co-Chairs, Sue Richey, Valerie Novak and Emcees Karen Cleveland and Hugh Taylor raised \$46,705 in just 12 minutes when they made a charitable appeal to the crowd of 324 guests. The overwhelming YES resulted in \$46,705 which will be used to send over 150 children to a week of summer camp in 2018 at YMCA Fairfax County Reston.

Another fun fact is that the YMCA Fairfax County Reston will be going through a capital “Rejuvenate Reston Y” project in 2018 with Little Diversified Architectural Consulting and according to key volunteers and community leaders the multimillion dollar remodel will bring the Y into the 21st century to best serve Fairfax County. ♦



2017 AWARD WINNER FUN FACTS

The Jim & Karen Cleveland Partnership Award was established in 2012 by the YMCA Fairfax County Reston to recognize exceptional leadership in bringing community organizations together to better achieve the common good.

2017 Recipient—Larry Butler

The Boofie O’Gorman Volunteer Service Award—The YMCA Fairfax County Reston Volunteer Service Award is presented to an individual or corporation for extraordinary commitment of time and resources to the fulfillment of the YMCA’s mission and capacity to serve the Reston community.

2017 Recipient- Kim Bailey Middleton

The Joseph L. Ritchey Community Service Award is presented to an individual for their outstanding service and dedication through generous contributions and commitment to the Reston community.

2017 Recipient- Delegate Ken Plum



(Back row) Carolyn Silvi, Lisa Jackson, Jim and Ashley Cash (aka Woven Green), Maryam Sardari (Front Row) Hope Parisi, Lisa Goodwin (founder and owner), Marcia Childress (program director)

Deborah Buelow, AIA, LEED AP is the architect for Rise and is founder of CEDAR.



teachers and therapeutic practitioners to create well rounded class options. Designed to serve the busy professional, the center's classes will be offered during the morning, lunchtime and in the evening after work hours.

In addition to decades of nursing and integrative health study and practice, Childress is a Yoga teacher and Healing Touch practitioner. She is a graduate of the University of Massachusetts, Amherst and received her BSN from Georgetown University. "Rise is a whole new concept," said Childress. "We provide an environment to immerse in nature's healing capacities, while learning how to cultivate clarity and calm in the body and mind. These states maximize health and help us to access our greatest capacities to manage the challenges of life," she added.

Guest speakers and instructors will host Lunch & Learn classes and workshops. The Lunch & Learn sessions will teach important concepts and offer solutions to easily shift into a peaceful, balanced state at any time. Workshops will vary in scope and non-members of Rise can attend at no charge. Coming up in January 2018, the center will celebrate with a weeklong grand opening and at that time offer free attendance to its classes and events.

"Rise is a special place with an emphasis on showing green initiatives on a budget. We have thought of every detail for a relaxing experience—from soothing sounds to eye catching greenery and reclaimed wood products," says Goodwin.

For more information about Rise visit [RiseWellBeing.center](https://www.RiseWellBeing.center) (Facebook: Rise Well-Being Center) or email info@Risewellbeing.center. ♦

FIRST OF ITS KIND WELL-BEING CENTER *Now Open in Reston*

Rise Well-Being Center has just completed its 3,500-square-foot space designed as a nature-centered gathering place offering respite to those with busy lives. It is housed in Suite 150 at 11130 Sunrise Valley Drive and will offer a variety of mindful movement, meditation and wellness classes along with one-on-one sessions.

Rise Well-Being Center is a dream realized by Founder and General Manager Lisa Goodwin to offer a path to wholeness and lasting well-being. According to Goodwin: "Rise is a conscious company being built in alignment with green environmental principles. The Center is architecturally designed and constructed with natural, recyclable and renewable elements, furnishings and products." Goodwin graduated from the University of Virginia and has a background in finance and marketing. She spent three years refining the center's business model, scope of offerings and its green-focused natural environment.

Studies show that it is scientifically true that letting thoughts go and being immersed in nature helps calm, center, and heal both body and mind. Clearly that is what Lisa Goodwin had in mind when she included an indoor garden in the center's design plan. The garden is separated from the movement studio by sliding barn doors. Both areas become one when the doors are parted to make room for special events and large gatherings. In keeping with the nature-centered focus, organic foods, snacks and refreshments are also part of the offering.

Rise will have a full range of movement and meditation classes on its schedule. Marcia Childress, RN and program director, is working with highly experienced and naturally gifted

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

www.zeffirelliva.com



Perfect
for Any Occasion

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.



Celebrating
26 YEAR
ANNIVERSARY

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 many tables.

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

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www.kalypsosportstavern.com

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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 Catocin Circle, SE | 703-771-1131

www.aiyarathairestaurant.com

TUSCARORA MILL

Leesburg | American | \$\$\$

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

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

www.tuskies.com

THE WINE KITCHEN

Leesburg | American | \$\$\$

Enriched by the bounty of nearby Virginia and Maryland farms, The Wine Kitchen combines 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 FRANCOIS****Great Falls | French | \$\$\$**

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

332 Springvale Rd, Great Falls, VA | 703.759.3800

www.laubergechezfrancois.com**THE OLD BROGUE****Great Falls | Irish | \$\$**

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

760 Walker Rd, Great Falls, VA | 703.759.3309

www.oldbrogue.com**STERLING****MOKOMANDY****Sterling | Korean-American | \$\$**

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

20789 Great Falls Plaza #176 Sterling, VA

571-313-0505 | www.mokomandy.com**THE BUNGALOW LAKEHOUSE****Sterling | American | \$\$**

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

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

www.bungalowlakehouse.com**THAI BY THAI****Sterling | Thai | \$**

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

46930 Cedar Lake Plaza #180, Sterling, VA

703-444-8908 | www.thaibythai.com


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11790 Sunrise Valley Dr. Suite 105 | Reston, VA 20191 | (571) 350-3663 | WWW.SMILEWONDERS.COM

WINTER ACTIVITIES *for the whole family*



Winter is a great time to spend with your family, indoors and outdoors, with snow or without snow. People think of summer as being the perfect time to enjoy family since the kids are out of school and you can do more outside, but there is plenty to do when the air is chilly and the fire is warm. Try some of these suggestions this year, and enjoy what our area has to offer.

Lace Up the Skates

An old favorite, but nonetheless still a favorite. Ice skating brings out the child in all of us and is a perfect activity for kids too. Grab some skates, throw on your coat and scarf, and test your balance. The kids will love gliding and sliding around with their parents; they'll have a great time outside and seeing everyone together. Need some suggestions? Try **Pentagon Row** in Arlington, **Fairfax Ice Arena** in Fairfax, or **Mount Vernon Rec Center** in Alexandria. There are many others too!

Roll the Dice

Too cold outside? Maybe it's snowing and you want to stay in. Well then, turn that TV off and break out the games! There are so many varieties these days that you can get the whole family involved, even the dog or goldfish. Games are a fun way to test your trivia, acting, artistic, and even strategic skills. There are also games that are educational for kids, and adults too. Don't have any games? Visit **Child's Play** in McLean, or go to the many shops in the **Tysons Corner Center** that have a plethora to choose from.

Drama vs. Comedy

Nothing works better for interaction than acting. With all of the local theatres and schools in our area, there is a never-ending stream of fabulous plays and shows. You can go out and watch these productions but don't forget that you can also get involved. Check with your local schools and get you and your kids involved, or visit places like **1st Stage Theater** in McLean, or **Jammin' Java** and **Wolf Trap** in Vienna, and enjoy their performances all year long.

Sports with a Roof

Does your family love to play sports during the summer? It doesn't have to stop with the season, continue that fun during the winter. Many local places offer indoor activities such as tennis, swimming, soccer, rock climbing, basketball, you name it! Splash around in the pool with your kids, teach them how to play tennis, climb up a rock wall with them, they'll love being able to get out and be active with their parents! Visit one of the many gyms in the area, or the **Spring Hill Rec Center** in McLean, they even have a Wallyball court!

Hit the Slopes

Grab your gear and head to the mountains! Skiing and snowboarding is a great all-around activity that everyone in the family will enjoy, even the little ones. Many mountains also offer tubing, which will bring the adrenaline junkie out of you. Not a fan of skiing? You and the kids can still enjoy the slopes by hiking, snowshoeing, sledding, or savoring a hot cup of cocoa by the fire. With several options around

Virginia, you'll have an impressive list to choose from for a fun getaway.

Take in Nature

Even though we live in a metropolitan area, there is still plenty of open space to enjoy. Great effort has been made to preserve our forests and land so get out there and go for a nature walk, breathe in the crisp air, listen to the wildlife hustle and bustle, and enjoy the quiet. The forests are a very different ecosystem during the winter, and are just as wonderful as the summertime. Teach your kids about our forests and how important they really are to us; they'll appreciate every minute.

Learn Something

Enhance your nature walks by enjoying time at the many nature centers and conservancies around us. The kids will be fascinated by the animals they can interact with, and they will love the exhibits that have been painstakingly put together by the centers. You may also pick up a few little tidbits that you never knew before; the interaction and education will be enjoyed by all in the family. Stop by the **Jerome Buddie Ford Nature Center** in Alexandria and **Gulf Branch Nature Center** in Arlington and see what they have to offer.



LIBERTY MOUNTAIN RESORT

With sixteen trails and slopes placed along two sides of the mountain, Liberty Mountain has a very diverse layout that offers a wide variety of terrain for each guest. There are beginner slopes which are gentle and easy to learn on, as well as many groomed and challenging intermediate slopes. They actually have the most expert terrain in the area. Liberty Mountain Resort also offers several levels of terrain parks ranging from beginner to expert for skiers and boarders. Enjoy a stay at the Liberty Mountain Hotel with 99 comfortable guest rooms or stay in one of the nearby inns or hotels. Located only 60 miles from the DC area, Liberty Mountain will be a great place to stay this winter.

Carroll Valley, PA

www.libertymountainresort.com

Season: Dec-March
Summit Elevation: 1190 ft
Annual Snowfall: 45 inches
Skiable Area: 100 Acres
Number of Lifts: 8
Number of Trails: 16
Longest Run: 5200 ft
Easiest: 35%
More Difficult: 40%
Most Difficult: 25%
Expert Only: 0%
Terrain Park: Yes
Tubing: Yes

WINTERGREEN SKI RESORT

Located less than three hours from Washington DC is the scenic and appealing Wintergreen Resort. This stunning vacation spot is applauded for their seasonal skiing, snowboarding, and snow tubing activities, as well as full-service spas, luxury accommodations, and gourmet dining options. Upon deciding to book a vacation here, you can choose from various housing options including villa-style condos and rental homes that overlook the picturesque Blue Ridge Mountains. Whether you choose the simple and quaint studio suites, or one of the more elaborate seven-bedroom homes, each housing option offers a fully furnished kitchen and a comfy living room-most of which offer fireplaces, balconies, and decks.

WHITETAIL RESORT

Their goal at Whitetail Resort is to provide a total recreational experience so enjoyable that their guests choose to return again and again. With improvements coming each year, the resort now offers more trails, more lifts, two terrain parks and plenty of amenities for recreation and relaxing – 2 dining areas, snack shop, Starbucks café, and sport shop. Night skiing and snowboarding is offered every evening until 10 PM. From skiing and snowboarding to snow tubing you'll have a blast with the whole family. Places to stay around Whitetail include everything from a cozy bed and breakfast to roomy hotel suites, and all are located in close proximity to the slopes. Whitetail is located just 90 minutes from DC.

Mercersburg, PA

www.skiwhitetail.com

Season: Dec-March
Summit Elevation: 1800 ft
Annual Snowfall: 40 inches
Skiable Area: 109 Acres
Number of Lifts: 7
Number of Trails: 21
Longest Run: 4500 ft
Easiest: 22%
More Difficult: 53%
Most Difficult: 25%
Expert Only: 0%
Terrain Park: Yes
Tubing: Yes

Wintergreen, VA

www.wintergreenresort.com

Season: Dec-March
Summit Elevation: 3515 ft
Annual Snowfall: 40 inches
Skiable Area: 129 Acres
Number of Lifts: 7
Number of Trails: 26
Longest Run: 7392 ft
Easiest: 23%
More Difficult: 35%
Most Difficult: 21%
Expert Only: 21%
Terrain Park: Yes
Tubing: Yes

Give Kids a Smile Day

Saturday, February 24, 2018, 9am–1pm

Free Dental Care

For Kids Ages 3-14

Smile Wonders
11790 Sunrise Valley Drive, Suite 105
Reston, VA 20191
(571) 350-3663

www.smilewonders.com



Dr. Rishita Jaju of Smile Wonders annually opens the doors of her Reston-area pediatric dental practice every February to host Give Kids a Smile® Day and to provide free dental care to those in need.

This is one of the ways Smile Wonders provides community service and participates in Dental Awareness Month campaign held by the American Dental Association.

“Each February, our team goes to schools and daycare centers throughout the month to perform dental screenings and promote good dental care and oral hygiene,” Dr. Jaju explained.

“Often, we get a school nurse’s report of a child losing class time due to dental pain complaints. Other times, they have over-retained baby teeth that are irritating the gums and impacting the growth of adult teeth.”

Screenings are done at school with parental permission, to identify visible decay or areas of pain that might need urgent dental help. Some parents don’t even realize that dental pain is at the root of their child’s behavior of being a “picky eater” or a “slow and messy eater.” Once parents are informed that a dental issue is contributing to their child’s behavior, they are eager to get help, but often run into financial constraints. “It is for those children and families that we host our event,” said Dr. Jaju.

The kids who come to this yearly event are there because they are in need of support. Some children have parents who cannot afford to pay for dental treatment for one reason or another, while others are coming from the homeless shelter and are in need of dental care.

On the day of the Give Kids a Smile event, Dr. Jaju is accompanied by her team and other volunteers referred from the Virginia Dental Association.

Local and dental vendors also get in on the act, with items like coloring and activity books, and Spanish and English home care instructional materials. The event takes on a party-like atmosphere, with games, music, balloons, bubbles and toys.

The dental professionals arrive early and usually discover a queue of parents and children eagerly waiting in the first-come, first-serve line. Throughout the day, the professionals provide oral health screenings, education, cleanings, fluoride treatments, digital x-rays, fillings, crowns and extractions as needed.

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

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

LE NOUVEAU *Moi*

January/February 2018

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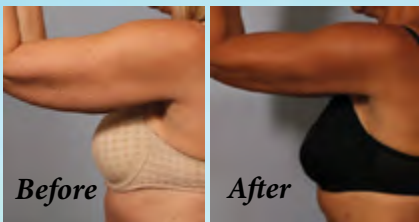
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A woman with a long braid, wearing a black and white bikini, is walking on a sandy beach. The background shows the ocean and a blue sky with light clouds.

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In March 2017, Danny watched his co-worker Grant Paulsen make dramatic changes to his life and health by losing weight. He observed as Grant shifted the patterns and behaviors that had lead him to gain weight in the first place, replacing these with healthier habits and a newfound outlook on life.

As a new father and former college athlete, Danny had his own reasons for coming to EMP180: he wanted to become a fitter version of himself, and match the body he had in college. Danny will eagerly tell you that he has surpassed his goal and exceeded his own expectations:

"I was at an event recently and overheard someone give another person directions, they said, 'it's over there by the really fit guy' It made me proud that my results were noticed, and I'm so grateful to EMP180 for helping me get to where I am."

Here are just a few indicators of Danny's progress:

BODY FAT PERCENTAGE – down 48%

VISCERAL FAT – internal/organ fat down 54%

METABOLIC AGE – reduced by 16 years

We are honored to have Danny and all of our clients serve as ambassadors for the EMP 180° Weight Loss program. It is our goal to help Danny stay at his EMPowered Weight® forever, and continue his progress towards his best life.



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www.emp180weightloss.com

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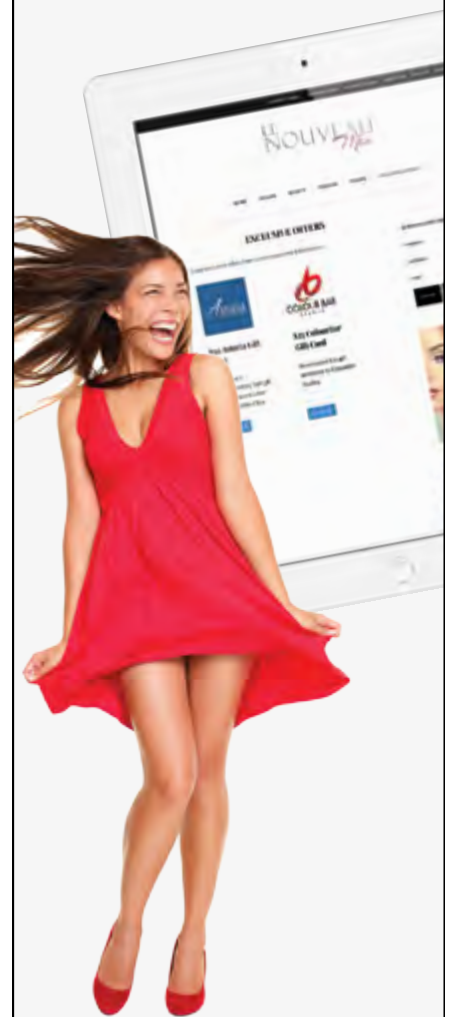




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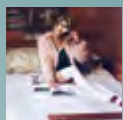
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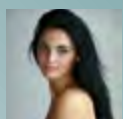
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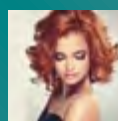
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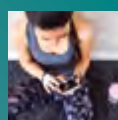
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A Spa for Every Body

Looking for a great massage? A special facial? An exclusive service? How about the latest in body sculpting or an outstanding aesthetician? We've done the research for you and have recommendations for spas in our area.



A Unique Rejuvenating Facial

The Vampire Facelift and Facial available at Amanda Rose Esthetics won't make you stay away from sunlight, but it does promise to give you a more youthful, lifted face with improved skin texture, color, and tone. The facelift and facial are available separately or can be combined. Both procedures use your own platelet rich plasma (PRP), which is rich in growth factors, to rejuvenate the cells and boost collagen formation. The facelift is nonsurgical, synthetic and drug free, and requires little to no down time. The facial uses microneedling or rezenenerating to deliver the PRP into the tissues and create tighter, smoother skin.

Amanda Rose Esthetics | 703-999-1282
2 Pidgeon Hill Dr #490, Sterling | www.amandaroseesthetic.com

Amanda Rose



Olga Solovienko and Nuha Handoush



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When it comes to laser treatments, body contouring, facials, and more, two of the technicians at Astoria Laser Clinic and Med Spa receive high praise from area residents, Nuha Handoush and Olga Solovienko. Both are licensed LME clinicians and laser technicians, and they each graduated from the CoolSculpting University. Their clients appreciate how knowledgeable they are, but what keeps people coming back is their honest recommendations and friendly professionalism.

Astoria Laser Clinic and Med Spa | (703) 992-9290
2106 Gallows Road, Suite B, Vienna | astorialaserclinic.com



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Elysee 360 MedSpa believes in an individualized treatment plan for each of its clientele and will work with you to find the right treatment to address your concerns. Perhaps you would be a good candidate for CoolSculpting, an innovative technology for fat reduction and body contouring. Elysee MedSpa offers CoolSculpting on many different parts of the body, including abdomen, thighs, back, love handles, under the neck, and the back of the arm. A session lasts only 60 minutes, and you can relax, read, check email or even sleep while you have the procedure.

Elysee 360 MedSpa | 703-281-3000
6858 Old Dominion Drive, McLean
ElyseeMedSpa.com

Next Level Exfoliation

As we get older, our skin needs help to rid itself of dead cells. The vibradermabrasion facial at Vitalia MedSpa in Falls Church uses mechanical exfoliation to buff the skin, leaving it smoother and softer. Unlike microdermabrasion, vibradermabrasion is completely painless and takes a fraction of the time, about 30 minutes per treatment. This facial follows the exfoliation with a deep infusion of vitamins and hydrators that leave a healthy glow. Maximum benefits will likely take four to six treatments, but the professionals at Vitalia MedSpa will begin with a consultation to determine if this is the right treatment for you.

Vibradermabrasion can be performed on the face, back, arms, décolletage, and legs.



Gro DeClerk

Vitalia MedSpa | 703-356-7546
7506 Leesburg Pike, Falls Church
VitaliaMedSpaVA.com



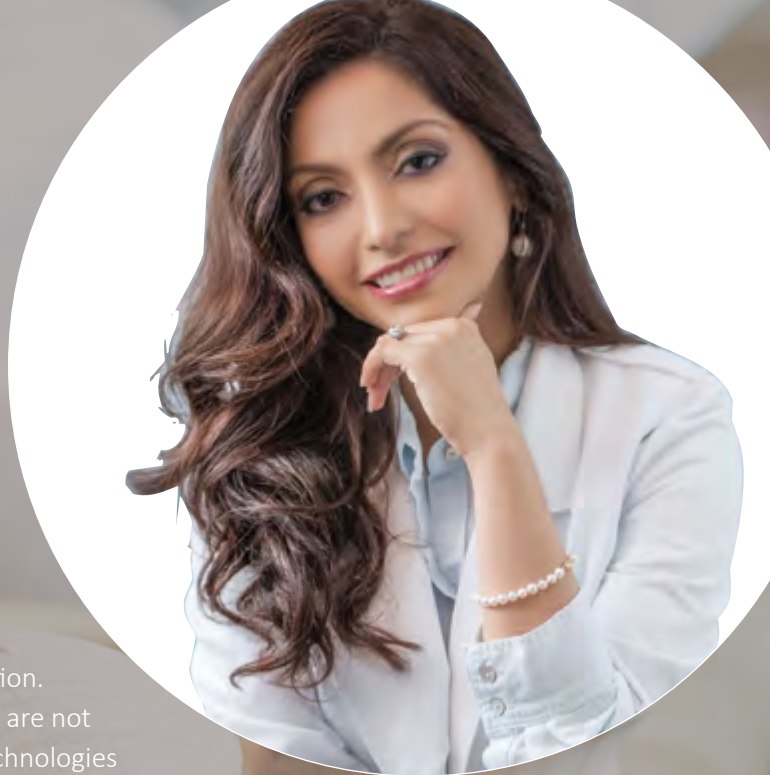
Put Your Best Face Forward

When you want the perfect look for a special occasion, visit Agnes Constantino at Hello Beautiful Aesthetic & Makeup Studio in Vienna. Constantino is a Virginia licensed master aesthetician who offers makeup application, airbrush makeup, and false eyelash application. She also provides permanent makeup services for eyebrows and lips as well as microblading.

Hello Beautiful Aesthetic & Makeup Studio | 703-942-8988
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11 Steps to Healthier Winter Skin

By Analiese Kreutzer

Cold winter weather takes its toll on your skin. Dry air outside as well as heated air inside saps your skin of vital moisture. In addition, cold wind can leave skin chapped and cracked. Taking the chill off with hot showers or baths makes winter skin problems even worse.

According to world-renowned celebrity makeup artist and creator of Gustavo Skincare & Mineral Makeup, Gustavo Mottola, "You need to counteract these effects to keep skin looking youthful and smooth." He recommends the following tips to reduce chapping, redness and itching and to keep skin healthy all winter long.

High Quality Organic Skincare

Gustavo Mottola developed his 100% natural Gustavo Skincare & Mineral Makeup line using top-grade ingredients that have breakthrough abilities. His products are organic, paraben-free, preservative-free, sulfate-free and contain no petrochemical fillers. They are vegan and have been approved by the American Cancer Society and People for the Ethical Treatment of Animals.

Packaged in special airless containers that protect the products from contamination and degradation, the product line includes anti-aging treatments, moisturizers, facial masks, acne treatments, cleansers and toners, and mineral makeup. To explore the full product line and purchase products, visit www.GustavoCosmetics.com.



① Wash with Lukewarm Water

Hot showers and baths may feel nice, but they actually strip natural oils from your skin, leaving it dry and irritated. When washing your face and hands, use lukewarm water, and if you can't bear a tepid shower, then at least keep it brief and move to tip number two as quickly as you can.

② Seal in Moisture

Replenish your skin's moisture as soon as possible after you wash. Gustavo recommends applying lotion to damp skin to seal in moisture. "Keep a bottle of lotion near your bath or shower and at every sink, and use it liberally every time you wash," he says.

③ Choose Moisturizer Carefully

Some moisturizers use petroleum-based ingredients that further dry your skin in the winter months. "Choose a smart formula that has natural and organic nourishing ingredients," says Gustavo. Also, use an anti-aging serum before moisturizing to boost moisture levels and to help your skin stay hydrated.

④ Protect Your Skin

Wearing sunscreen in the winter is just as important as in the summer. Apply a zinc-oxide- or titanium dioxide-based sunscreen to your face, neck, ears, hands, and any exposed skin. Wearing a hat, scarf, and gloves also protects skin from the sun and cold.

⑤ Add Some Humidity

Although many of us complain about the humidity in the summer, our skin benefits from added humidity in the winter when indoor heat dries the air. Putting a humidifier in your house, particularly in your bedroom, puts moisture in the air and helps your skin stay hydrated.

⑥ Work from the Inside Out

Drink plenty of water in the winter to stay hydrated. Hot coffee and tea may be soothing, but the caffeinated versions have a diuretic effect, which can be dehydrating. For a warm drink that will help keep you hydrated, try decaffeinated teas and coffee or hot water with lemon. Eating foods high in water content also helps keep you hydrated.

⑦ Moisturize While You Sleep

Some skin tends to get drier than others. Thinner skin, such as that on our hands, feet, elbows, and knees, loses moisture faster than that on other areas of the body. Apply a rich cream or lotion to these areas and wear cotton gloves and socks to seal in the moisture while you sleep.

⑧ Exfoliate

Using an exfoliating mask on your face, hands, and lips will help your skin shed dead cells so moisturizers can penetrate more easily.

⑨ Avoid Toxins, Specifically Allergens and Irritants

"Particularly if you have eczema, dermatitis, psoriasis or very dry skin, you have to avoid allergens and irritants like parabens or phthalates that may trigger a flare up. These preservatives are used in all skincare and makeup products except organic or natural product lines," says Gustavo.

⑩ Nourish Your Skin

Make sure you're getting enough vitamin C and zinc to support the healthy production of collagen and elastin. Also consider an omega-3 supplement or consume more fatty fish and flaxseed to give your skin the building blocks it needs to appear supple and smooth.

⑪ Change Your Cleanser

Cleansers can strip natural oils from the skin and leave it dry. "If you normally use a cleanser containing glycolic or salicylic acid, change it in the winter for a more hydrating version that contains moisturizing ingredients," says Gustavo. "After cleansing, immediately apply a hydrating toner that contains no alcohol, an anti-aging serum and a moisturizer to seal in moisture." ♦

Analiene 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 AnalieneKreutzer@gmail.com.



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BY RENEE SKLAREW

THE BLENDER GIRL

Shares her Tips on Making the Perfect Smoothie

I feel, I need, I crave. Those are the prompts on The Blender Girl's website. You might insert: I feel powerful, I feel tired. I need to detox. I crave something zesty. With any of these prompts, you'll receive six recipes for smoothies that are simple enough that a twelve-year-old can make them.

"When it came time to develop a website on food," explains Tess Master, also known as The Blender Girl. "I researched a lot of different things out there. I was looking at my blender and thinking about all the things I could do with it—sauces, smoothies, juices, soups, compotes, dips, condiments, pesto, ice cream—I started researching for about a year, and realized the blender is the single greatest culinary invention, because it levels the playing field in the kitchen. That means anybody with very little skill, and even less time, can make something nourishing."

Chai Tai Smoothie

Serves 2

1 cup (240ml) unsweetened almond milk
1 cup (240ml) raw coconut water
1/4 cup (43g) chopped pitted dates, soaked
1 teaspoon natural vanilla extract
1/2 teaspoon ground cinnamon
1/4 teaspoon ground ginger
1/8 teaspoon ground nutmeg
1/8 teaspoon ground cardamom
Pinch of ground cloves
2 medium-sized frozen sliced bananas
1 cup (125g) ice cubes

Throw all of the ingredients into your blender (including any boosters), and blast on high for 30 to 60 seconds, until smooth and creamy.

Masters is an actor, lifestyle personality and cookbook author. Her goal is to help people better understand and access immune boosting nutrition. Masters' passion for healthy eating began when she was a teenager growing up in Australia and was diagnosed with Epstein Barr Virus. "I was thirteen, and I got chronic fatigue. At the time, there was not much to do but rest. That wasn't doing it for me," says Masters who is a whirlwind of energy and enthusiasm. A naturpath recommended she cut out gluten and dairy from her diet. Removing these categories of food, and focusing on a plant based diet, made her feel better. She saw food as a miracle medicine and decided to try a variety of diets. "I said to my mom, 'There's got to be something else we can do?' Something with food, diet, a natural remedy?"

"I tried macrobiotic diet. I followed vegan principles. I did paleo before there was paleo. I was grain free. I really was one of those annoying people who tried a new diet every six months," explains Masters. One day her father sat her down and said, "We are tired of hearing what you can and cannot have. Food should be fun," he told her. That statement was a "lightbulb" which led her to embrace flexibility not rigidity, leaving an extreme approach to food behind.

That also led her to the discovery of her favorite appliance, the blender. She has since developed 55 smoothie recipes working with a variety of testers including many children. Masters says she wants each person to be able to recreate these smoothies, "Why do I prescribe ingredients measured in cups? I want to make sure that when you make the recipes yourself at home, you can get a close approximation of what I'm tasting when I make it."

Having sampled a few of her smoothie recipes, I can attest to their creaminess and intoxicating flavors. Her smoothies are multidimensional, or as she describes it: "An incredible alchemy between ingredients." I met Masters recently at the Four Seasons Hotel in Washington DC, where she had helped develop The Spa Dining Menu; the hotel also offers Master's smoothies, like Mystical Mango Smoothie, on their breakfast menu.

Maybe you've made smoothies at home, but Masters' smoothies are different. She described some of her techniques that make them both smooth and nutritious. The following is a list of methods to help you expand your repertoire from making only



strawberry banana smoothies to smoothies that could change your life.

- First, Masters says, **finely chop up the fruit or vegetables** to get a high-water content. Choose a base, like frozen fruit, oranges, frozen cranberries, orange zest. Maybe you want to use vegetables instead? Vegetables like tomatoes, butternut squash and kale can be both savory or sweet.
- "Smoothies have to be creamy or frosty, not mealy, grainy or so crunchy you have to floss your teeth afterward," says Masters. "An important factor in the enjoyment of food is texture." To get frosty and creamy, Masters typically starts with **frozen fruit**, then adds avocado or nuts and some ice. "Flavored ice is a really good thing," she states. Take leftover juices, herbal teas or milk, and freeze them. Fruit gives flavor, and milk makes a smoothie creamy.
- Another way to get creamy texture is using **raw unsalted cashews**, rolled oats, cooked grain, as well as cooked vegetables like pumpkin, butternut squash, carrots, sweet potatoes even frozen zucchini (remove the peel). Dice them up, then freeze, to use later in your smoothie.
- **Add something green** like bok choy, spinach, kale, maybe some herbs. "Mix it up, don't use the same ones every day," recommends Masters. "Radish greens are the best kept secret in the smoothie

world. Cut off the greens, to get a slight peppery note."

- Special stuff happens is when you add **boosters**, Masters believes. Boost the smoothie's nutritional profile using protein powders, acai, goji berry, green tea, ginseng or flax. "I make thousands of smoothies, and you cannot taste it. Any more than a teaspoon, though, then you can taste it."
- **Spices and fresh herbs.** Masters adds both fresh and dry spices like ginger and turmeric. Many people don't feel like juicing in the winter. To warm things up, Masters adds fennel, cinnamon, cayenne pepper, chili and salt, because these ingredients have a warm flavor profile, and they enhance the flavor of vegetables.
- Another tip is to **freeze any bitter vegetables** like beets and leafy greens. When smoothies are really cold, it decreases the bitterness, and you won't taste them. She uses frozen cauliflower in her apple pie smoothies.
- **Add some acid and salt.** Masters says she adds a pinch of salt when using vegetables, and squeezing lemon, lime juice or balsamic vinegar to boost the tang as well as decrease bitterness.

To learn more tips and recipes from The Blender Girl, check out her website or on Facebook at The Blendaholic. ❖

Glamping Style

by Julie Holland

Tree houses are not just for kids. A "glamping" treehouse getaway is the perfect escape for friends, families, and couples alike.

Reconnect with nature; take a break from social media (when there's no service, you have no choice!); enjoy a cozy space that speaks to your inner child.

These are the two treehouse getaways that I recently enjoyed:

1) *Trillium Treehouse* (Linden, VA):

This is listed on airbnb and is a legit treehouse, built into a forest, high off the ground, with a whimsical interior. Be prepared to use a porta-potty and do some ladder climbing. Oh, and there's no electricity so enjoy the LED and fairy lights. Be prepared to hold off on instagramming 'til you leave, because there's little to no service (I actually emailed to ask if there was wifi before I realized there's no electricity haha), but it turned out to be a refreshing factor. It's located near the adorable town of Front Royal, so that adds a fun stop to the trip. If you want to have a movie night, make sure your computer is fully charged before you go, and pick up a DVD from a local redbox.

2) *Treehouse on Stilts* (Charlottesville, VA):

this house is also listed on airbnb and is less of a treehouse and more of a house on stilts. It looks like a cute log cabin inside, with a ladder up to the the loft area. It has a regular bathroom, but it's located outside of the house, just around the corner from the door (so no climbing down to the ground). This treehouse has electricity and wifi and is a short drive to downtown Charlottesville.



Here a few suggestions on what to pack for glamping in style:

Camping shirt to be cheeky, like this t-shirt from Cut From the Heart Clothing, or this "happy glamper" tank from It's Your Day Clothing.

Flannel shirt for looking outdoorsy in style. This one is from American Eagle.

Blanket scarf—wear it around your neck, curl up in it or use it for a picnic blanket. This plaid scarf is from ASOS, and J.Crew has some cozy options.

Felt hat for warmth and looking chic. Urban Outfitters has a nice selection.

Furry boho coat—this one pictured is from Shein.com, and Forever21 has nice choices, too

Cozy socks—these thigh highs are from Abercrombie & Fitch

Warm sweater fit for cabin life— Zara has you covered

Fashionable sweatshirt—this USA sweatshirt is from SweatyRocks, on Amazon.com.

Boots that slip on and off easily for all of those climbs down to the ground—look to DSW for these.

Stylish PJ set—Victoria's secret has pretty matching sets of satin and flannel.

Fleece lined leather leggings for comfort and warmth—great for fireside nights. Shopbop is a great site to look for these.

Snacks that fit the theme, like these Wondermade Marshmallows.

Leather backpack because why not look extra fashionable while hauling things up to the house or packing a picnic? This faux leather style is from Yonder Bags.

Cute cooler for your food and beverages, if staying at a house without a refrigerator. Wayfair.com carries this pretty "Chill out" cooler bag.

External battery charger for your phone if you opt to stay at a treehouse with no electricity.

Happy glamping!



ASK AN EXPERT

Anti-Aging Breakthroughs

for 2018



By Ivana Donley
Licensed LME
Clinician, Medical
Laser Technician
at Astoria Laser
Clinic & Med Spa

Fractional Pixel and Clear Lift Lasers are the key to turning back the clock. Unlike traditional lasers which use a stamping or scanning technique, these lasers allow the clinician to treat the targeted area with high speed and elegant efficiency.

The fractional pixel pulses are triggered as the treatment tip is rolled across the skin, regardless of the speed at which the hand piece is moved. These modules accurately and consistently deliver a single row of seven pixels per millimeter and it creates thousands of microscopic perforations while leaving the surrounding tissue intact. In more detail, the Pixel laser light passes through patented optics to penetrate the skin with tiny thermal channels. These micro-injury sites begin healing and, as collagen remodels, scars begin to fade, and texture starts to improve.

If you are looking for a shorter downtime, ClearLift is a non-ablative approach to laser skin resurfacing. Clinicians are able to offer patients skin resurfacing treatments that are fast and virtually painless with visible results and no downtime. The innovative technology delivers a controlled dermal wound deep beneath the skin. The outer layer of the skin is left undamaged. All stages of healing and skin repair occur under the intact epidermis. This laser has numerous advantages, fast treatment time, no topical numbing is required and treatments can take as little as 30 minutes. It is virtually painless and patients report a comfortable, skin resurfacing experience. Unlike other laser treatments, patients can immediately return to their daily life style. Variable tip depths can also be used for a combination of work on the same area to customize treatment in problem areas. The tips give providers the levels of flexibility needed to transcend the skin barrier and address a variety of age related skin imperfections. The end result is an optimal outcome for the patient.

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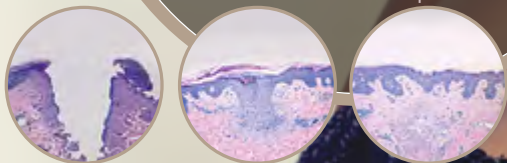
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SEE THE EFFECTS

Radio-frequency can be used in areas that demonstrate fine or deep wrinkles, scars or discolored red and brown skin tone. The most common areas of treatment are the lower eyelid, upper eyelid, smile lines, cheeks, mouth, and neck.

FACE



before

after

FACE



before

after

LEGS



before

after

FACE



before

after

WHY CHOOSE RADIO- FREQUENCY

- ✓ Radio-frequency delivers improvements in the broadest range of symptoms of aging skin including fine lines, deep lines, texture, pigment irregularities, blood vessels, and redness.
- ✓ Radio-frequency offers improvements for aging skin that would normally require two, three or even four different technologies.
- ✓ Ablation of the skin promotes skin resurfacing while untreated skin between the pins promotes faster healing of the treatment tissue.
- ✓ Versatility of parameters allows the user to vary the depth of ablation, coagulation, and heating.

HOW IT IS DONE

The treatment delivers radio-frequency energy to the skin through an array of pins producing localized heat and small micro-lesion dots in the treatment area. The gentle heat generated by the radio-frequency pins in the sub-dermal tissue promotes collagen restructuring for skin rejuvenation and an improved appearance in the skin. The methodical scattering of micro-lesions allows the skin to heal faster than if the entire area was ablated. Active phagocytosis indicates healing at five days post treatment and new restructured collagen is observed in the deep dermis.

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ABOUT THE EXPERT

Mabir Cruz Medical Aesthetician

Mabir Cruz was born in Barranquilla, Colombia. She is certified as a Licensed Medical Aesthetician, Licensed Aesthetic Educator and certified as an International Medical Aesthetician.

Mabir is an innate artist, lover of the world of beauty and glamour; she is passionate for life: she loves to help people find their satisfaction through the talent she has cultivated for 20 years, the art of aesthetics.

She inherited from her parents a taste for aesthetics. Since a very young age, she saw them perform in this industry, which awakened in her the same desire. She learned from her parents' work the sensitivity of the beauty of the human body, a life skill in their work that stands out in this industry.

At Healthydermis, certified licensed Medical Aesthetician Mabir Cruz makes her patients' dreams come true by taking each body as a canvas to transform beauty into art, utilizing the latest in safe and reliable technology and aesthetic procedures.

With 20 years of experience, Mabir works with each patient to design and craft protocols to achieve a new level of excellence in the aesthetics of visibly beautiful skin.

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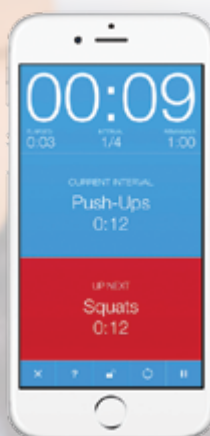
FIT BODIES

The Top 4 Apps for Staying in Shape

By Emma Blancovich

With the world today having so many apps, how can someone ever know which ones are actually worth the download? It is important to keep up a healthy and fit lifestyle and thankfully today's apps help us get there, so I have looked into the best 4 apps for keeping a fit lifestyle and they are listed below in no order. Whether you are a runner, a yogi, or someone working on strength training, there are apps out there for you to use to help you achieve the lifestyle you want.

Each app below focuses on a different aspect of living a fit and healthy lifestyle and are definitely worth the download; some are free and some cost money, but it is up to you which one would benefit you the most. I know that for me I can never beat the traffic in the DMV with enough time to make it to the gym in the evenings, so paying for apps to help keep me in line with my workouts works just fine for me. There are plenty of great free apps too; some are listed below:



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PEAR SPORTS APP

PEAR is an app that turns your fitness data into your personal coach! If you do not happen to know the slightest thing about how to set up a workout or need to have a physical trainer in front of you to actually get a workout done, this app comes packed with trainers, some even professionally known, that will coach you throughout the hardest of fitness routines. You also can choose fitness routines ranging from cycling to running and boot camps. This app is priced at \$5.99. www.pearsports.com



RUNTASTIC RESULTS

Runtastic Results is free and actually a great app for beginners who want to learn the best and fastest ways to gain muscle. You tell the app what your specific goals are and it generates a strength-training program that is geared specifically to helping you achieve your goals within a set time frame. It also has videos that show you what each strength training exercise looks like, to ensure you do not pull a muscle by doing one incorrectly. www.runtastic.com/en/results



ADIDAS ALL DAY

The Adidas All Day fitness app is a good one because, not only is it free, but it has you log in your workout sessions and sleep, so that it can help keep you mentally fit as well. Working out can be draining, so this app sends you meditations and specific types of yoga that you can do to incorporate with your workout sessions during the week as well. www.adidas.com/us/allday



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BEAUTY MUST- HAVES

By Marta Bota

www.mbfacedesign.com

When it comes to looking gorgeous from head to toe these must have products will help you do the trick! Here are some of my personal favorites!

HAIR

STYLING PRODUCTS In order to keep your tresses looking shiny and sleek, in any weather, try **Humidity Rx Anti-Frizz Weatherproof Spray** by ColorProof! It won't tamper with your hair color if you dye it and helps you maintain your style all day long, even in humid climates! This lightweight spray locks in your style while locking out humidity and doesn't feel stiff or sticky!

ROOT COVER For perfect color every single day use **COLOR WOW Root Cover Up!** This amazing hair "makeup" camouflages roots in between color. It covers grey instantly and dark regrowth on lightened or highlighted hair! This pigmented hair powder is light reflective and looks so natural. It has staying power so it won't come off until your next shampoo! It also works really well if your hair is thinning. Dab some on your scalp at your part and hairline and voila, your hair instantly looks fuller!



Humidity Rx Anti-Frizz Weatherproof Spray by ColorProof



COLOR WOW Root Cover Up

FACE

SUNSCREEN I can't stress enough how important it is to use sunscreen daily all year round! A great sunscreen with the added benefit of a moisturizer is **Murad Essential-C Day Moisturize Broad Spectrum SPF 30 PA +++**. This product packs a powerful punch! It protects, moisturizes, and nourishes the skin with the skin brightening ingredient of Vitamin C!

CONCEALER If I'm ever stuck on a deserted island the ONE ESSENTIAL I would want to have with me at all times would be my concealer! My all-time absolute FAVORITE winner, hands down, is **Cle De Peau Beaute Concealer Broad Spectrum 25**! This concealer delivers long lasting, full coverage! It corrects dark pigmentation, under eye circles, imperfections, and uneven

skin tones. It's very concentrated so a little goes a long way, as it gives a seamless finish without looking or feeling heavy! I love the extra benefit of sun protection!

BROWS Full, beautifully groomed eyebrows are a growing trend that's not going away any time soon! The great news is that, even if you don't have great brows to start with, there are so many amazing products to create a beautiful brow! **Anastasia Beverly Hills** are known for all their great brow grooming products from pencils to gels, to stencil kits, and more! There is such a wide variety of textures and color choices in their products that you just can't go wrong!



Murad Essential-C Day
Moisturize Broad Spectrum
SPF 30



Anastasia Beverly Hills Brow
Grooming Kit



Cle De Peau Beaute Concealer
Broad Spectrum 25

BODY

We tend to focus more on taking care of our face than our body. Most women neglect delicate areas that are sure to show damage when not cared for. The neck and décolletage, as well as the hands are often overlooked and will give away your age immediately! A little TLC will go a long way! **Merle Norman Brilliant C** skin care line has a wonderful cream for the neck and décolletage, and PLEASE remember to use sunscreen on these areas daily! Prevention is just as important as upkeep!

For hands I love **The Body Shop Almond Milk & Honey Calming & Protecting Hand Cream**! It's infused with real honey and almond oil and is just what your hands need to keep them happy through the harsh winter months! I love to slather some on my feet before bed to keep my feet silky smooth too!



The Body Shop Almond Milk
& Honey Calming & Protecting
Hand Cream



Merle Norman Brilliant C

Lauren *Simmons*

Name and occupation.

Lauren Simmons

Business Operations Consultant and Owner of FineLines Furnishings Design Studio. We're also really excited because we just recently launched our Virtual Staging services.

What is your biggest beauty splurge that you deem necessary?

That would probably be maintaining my hair. I've gone to Fery at Dolce Vita Salon at the Galleria for the last 10+ years and am very happy with her. She's always updated on the latest techniques and is the nicest person you'd want to meet.

What is the beauty product will you would not leave the house without?

That would probably be mascara and some face powder and blush. You never know where the day will take you.

What is your workout pick?

I'm a big yoga fan, that, and lifting weights. I've put together a great Spotify playlist for the gym that keeps me going.

What is your view on diet?

I try eating non-processed foods as much as possible and am cooking a lot more these days. I enjoy vegetables and try keeping everything in moderation.



Hair by Fery at Dolce Vita
Makeup by Merle Norman
Fur courtesy of Miller's Furs

BEAUTY *Directory*

COSMETICS

Hello Beautiful **703.942.8988**

2106 B Gallows Rd., Vienna, VA 22182

www.hellobeautifulstudio.com

With over ten years of experience in the beauty industry, Hello Beautiful specializes in aesthetic and makeup services, so let them help you customize a look for your special day. Group and private makeup classes are also available for amateurs and professionals alike.

Merle Norman **703.938.6644**

(Please see ad on page 23)

401 Maple Ave. E., Vienna, VA 22180

www.merlenormanstudio.com

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

HAIR

Calypso Salon **703.319.9101**

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calypsosalon.business.site

Find hair artists who will create a style that is uniquely yours. Calypso Salon is one of the few salons in the area featuring the Calligraphy Cut for a soft look with remarkable fullness.

Colour Bar Studio **703.848.2000**

8100 Boone Boulevard, Suite 115,
Vienna, VA 22182

www.colourbarstudio.com

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Noufal Haircolor Salon **703.893.7711**

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Vienna, VA 22182

www.noufalhaircolorstudio.com

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Jus B Salon **703.435.0015**

Lake Anne Plaza, 1606 N. Washington Plaza,
Reston, VA 20190

www.jusbsalon.com

Bonita Pines is a master stylist, Wella color specialist, Wella educator and makeup artist.

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

Salon Jean Paul **703.448.0272**

8201 Greensboro Dr, McLean, VA 22102

www.salonjeanpaulcolor.com

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

SKIN & BODY

Aesthetica **703.729.5553**

Riverside Office Park at Landsdowne
19500 Sandridge Way, Suite 350,
Leesburg, VA 20176

www.gotobeaauty.com

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

Astoria Laser Clinic & Med Spa **703.992.9290**

*(Please see article on page 76
and display ad on page 77)*

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www.astorialaserclinic.com

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Tysons Corner, VA 22182

www.aestheticmedctr.com

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Radiance Salon & Medi-Spa **571.333.3005 (Leesburg)**

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Leesburg, VA 20176

703.723.4600 (Ashburn)

43150 Broadlands Center

Ashburn, VA 20148

(Please see ad on page 74)

www.GoToRadiance.com

Radiance brings together highly trained hair stylists, master estheticians, massage therapists, nail technicians, and registered nurses so that our highly discerning clients can receive a complete beauty package and leave feeling revitalized and beautiful.

Red Rose Center **703.646.2321**

(Please see ad on page 81)

462 Herndon Parkway, Suite 101,
Herndon, VA 20170

www.redrosecenter.com

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

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(Please see ad on page 69)

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www.wellmedica.com

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

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(Please see ad on page 37)

1603 Village Market Blvd., Suite 116
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Leesburg.WoodhouseSpas.com.

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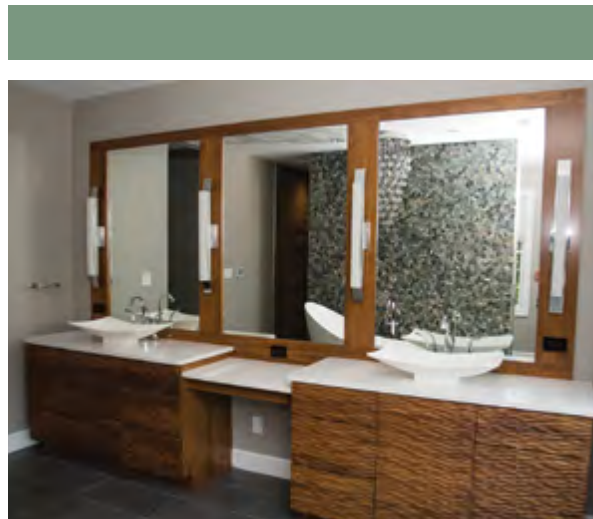
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BY LINDA BARRETT



A Fresh New Beginning

Simplifying gives both you and those in your community a fresh start.

While January is often thought of as a time of renewal, it can also represent a fresh start—in more ways than one.

Come the early part of the year, homeowners are getting restless. They're thinking about putting their homes on the spring market and relocating or downsizing. They're tired of being cooped up all winter with all their stuff, and they're beginning to embrace the trend of right-sizing, the new term that defines reducing the amount of stuff you have so you can focus more on living in the moment.

"Businesses right-size when they have too much fat. They sell assets or hold layoffs. Homeowners right-size to get the clutter out of their lives so they can live a more meaningful life, spend time with family and friends, focus on hobbies and take priority over material things," explained Collin Wheeler, president of 123JUNK.

We're seeing a trend toward smaller living, whether it's because we're retiring and moving to a smaller home that offers more options for aging in place, jumping on board with the tiny house trend, or simply wanting to spend more on experiences than objects. Simplify is the word for 2018.

The first step in simplifying is to clear out anything from your home that is unwanted, unneeded or unused. But don't consider these items

worthless. There are plenty of people in our own community who can really use them. Instead of tossing them out, take advantage of the many ways to donate them.

123JUNK: Thought Leaders in Repurposing

As thought leaders in the local junk removal community, 123JUNK was the first company to put emphasis on repurposing items. "When I researched starting my business, I noticed that most hauling companies took everything to the dump and drove away, leaving the stuff in the landfill or on the ground," Wheeler explained. "I took on a more 'social responsibility' approach than an environmental one as the core of my business model."

Wheeler recalled his own experience when upgrading from his college-days hand-me-down dishware, pots and pans. Loading several boxes of his old items into his car, he took them up to a local charity—which only accepted about a quarter of what he brought. "I was disappointed. I clearly thought my items were more valuable than they did," he said. "Having worked now to bring donations to a number of charities, I know that others can and do benefit from the items we deliver." Wheeler hand-picks the charitable partners he knows can benefit most.

More than half of what 123JUNK currently picks up from homeowners in either charity donations or hauling jobs is repurposable, and crews make the extra effort to cull these items from every pickup. "We give charities a richer quality of items than they get from anywhere else, and have become their #1 donor in most cases, with pickups seven days a week. This is the 'why we do what we do,'" Wheeler emphasized.

What you may think of as junk may be a lifesaver to someone who has little. Here are just a couple of examples of how items you no longer need or want can help your own community.

No One Left Behind: Replenishing Families

There are Afghani and Iraqi citizens who put their lives on the line every day to act as combat interpreters and cultural advisers to U.S. troops stationed in their countries. The U.S. government made a moral commitment to these allies that if their safety, or that of their families, was ever threatened by the Taliban or ISIS, the U.S. government would step in to assist them in obtaining Special Immigrant Visas (SIVs) and help them resettle to the United States and get a job, housing and cultural adaptation assistance. In most cases, these families arrive in the U.S. with nothing.

No One Left Behind's (NOLB) mission is to support these allies who have been displaced from their homes. "Every Saturday, we take a volunteer crew to the 60 dumpsters where 123JUNK places their donated items, load items into our trucks, and drive them directly to the Afghan communities in Alexandria, Woodbridge and Hyattsville to help furnish the homes of the new arrivals," described Keith Saddler, DC Chapter president.

Everything these families receive is donated, either through 123JUNK, the Realtor community or faith-based organizations. "Picture yourself arriving to an unfurnished apartment. It's not just furniture you want. Even the smallest items like cleaning supplies, silverware, toiletries or diapers are greatly needed and appreciated," Saddler emphasized. NOLB has supported more than 500 families in the DC Metro area to date, and more continue to arrive.

Loudoun Habitat ReStore: Building Affordable Housing

Other charities benefit from your donations as well, like Loudoun Habitat Restore. Selling donated items in their retail

store raises the money needed to support the housing ministry, Habitat for Humanity International, on a local front and help build affordable housing in partnership with people in need.

"There are families and singles in Loudoun County who work here but can't afford to live here, so our job is to try to get them into a livable home," explained Therese Cashen, Loudoun ReStore manager. "With your donations, we can fund affordable housing for Loudoun residents."

From 123JUNK's pickup locations, the charities can choose the items that best serve their own organizations. If you have a variety of items to downsize, are looking to make a charitable donation, or simply want to start living a more "right-sized life," schedule a pickup with 123JUNK, or take your items to one of the organizations that actually funnel the goods or money raised from them back into your own community. As the adage goes, one man's junk truly is another man's treasure." ♦

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BY ROSE PRICE, CFP® AIF®

ASK AN ADVISOR WOMEN & FINANCES

As a female Financial Advisor working in an industry traditionally dominated by men I find myself in the unique position to empower women to pursue their financial goals.

Many of the women I have worked with have made great progress, but industry studies point to a startling fact: when compared to men, women fall short when it comes to investing and saving for retirement.

Instead of concentrating on the differences between men and women and the reasons why women are falling short, I prefer to focus on some core concepts that all women should consider in order to improve their finances.

Invest in yourself

On average, women live longer than men and those extra years should be financially secure. In order to safeguard that security, it is important to prioritize your own savings. Many women are very nurturing and instinctively try to help other people, many times at the expense of their own financial future.

It is easy to put off saving for retirement and prioritize other expenses when you are busy building a career and/or taking care of a family. Retirement saving needs to be a priority - taking care of yourself is just as important as taking care of others. It is not selfish to want to be secure in your retirement.

Create a plan

While it may sound optimistic, an attitude of "it will all work out" is not realistic when it comes to finances. It is not a good idea for anyone

to assume that their financial future is secure, or depend on someone else to plan for them. It would be beneficial for every woman, married, single, or somewhere in-between to have a financial plan in place and understand how their financial decisions may affect that plan.

Get educated

Over the years I have met many smart, capable women with amazing careers who shy away from investing because they do not believe they fully understand the process or the risks. This is where a good Financial Advisor can really make a big difference.

Some Advisors assume that female clients do not want to know the details about their investments and the reasoning behind trading or allocation decisions. I believe that educating *all* clients about their investments and helping them understand any recommended changes is a big part of an Advisor's job.

My advice is to work with someone who clearly answers any questions you have and helps you understand how your money is being managed. The money is *yours*. You should understand what your money is invested in, what kinds of risks you are taking, and how your account balance fits into your larger financial picture. Ultimately, your Advisor should make you feel secure with their financial recommendations. If, at the end of an advisory meeting, you do not have clarity, find another Advisor.

Be more aggressive

When compared to men, women tend to be overly cautious when it comes to investing though they live longer and may need to be more aggressive to help their savings grow. My advice: don't be afraid to be more aggressive! Recognize that you may instinctively want to play it safe, and then allow yourself to consider taking on a little more risk. With the recommendations and support of a good Advisor, who can help you understand the risk/reward trade off, you should have the confidence to step a little out of your comfort zone.

Meet with a professional

Women have been traditionally less likely to seek out professional financial advice, but I have observed a gradual change over the last few years. More women are independently seeking the assistance of a Financial Advisor and recommending that other women do the same. It is important to talk to other women about finances, the more women talk to each other about being involved in handling their own finances, the more comfortable women will be in making important financial decisions.

As investors, women face unique obstacles both in terms of earning money and making that money grow for the future. Despite this challenge, women also have equal access to investing and investment advice. Accumulating adequate resources for longer lives requires substantial savings coupled with reasonably aggressive investing - both of which women are more than able to do. ♦

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Rose Price, CFP® AIF® is a partner at VLP Financial Advisors. She believes that strategic planning is the key to creating, protecting, and growing wealth.

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Even Dogs *Get the Flu*

VIP Petcare seeks to keep your
pets illness-free this winter

BY LINDA BARRETT



It's cold and flu season and you've taken care to get your own vaccinations, but did you think to do the same for your cat or dog? Just like humans, pets get sick with the flu or respiratory illnesses, especially in the winter months.

Veterinarians see an uptick in sick animals this time of year. Because of the cold weather, pets are kept indoors most of the time where they are exposed to lingering germs. They can also suffer due to wet or moist fur coats.

Some of the most common winter bugs for pets include:

For Dogs

Canine Influenza

The canine flu is a serious and contagious disease that manifests in several strains, the most common being the H₃N₂ and H₃N₈. Primarily infecting the respiratory system, its symptoms include a moist cough and nasal discharge in a mild case, and a high fever, malaise and pneumonia indications in a more severe case. Left unattended, it may lead to your pet's death. Protect your pet with a canine influenza vaccine.

Kennel Cough

The parainfluenza virus causes tracheobronchitis—more commonly known as “kennel cough”—an infection of the windpipe (trachea) and its lower branches (bronchi) that is similar to a cold in dogs. Most dogs get this disease at least once in their lives, and

young puppies and older or pregnant dogs are most at risk.

Kennel Cough, or Bordetella, is commonly picked up through dogs that are kenneled, boarded, or have spent time at the groomer, hence its name. This disease is extremely contagious and can even prove fatal, and appears roughly three to four days after exposure to a number of other dogs. Its symptoms include a dry, persistent cough that can last for weeks or months even after treatment, retching, and a watery nasal discharge. In more severe cases, a dog may show fever, lethargy, lack of appetite, and signs of pneumonia. The Canine parainfluenza vaccine (found inside the 5-in-1 DA2PP) is recommended.

For Cats

Feline Herpesvirus

Upper respiratory infections like feline herpesvirus (FVH-1), appearing as a head cold, can occur in cats of all ages, but especially in kittens, pregnant cats, or those with lower immunity. At times, no symptoms occur, but even so, a cat can still be carrying the virus and spread it to other cats.

Feline herpesvirus is often found in multi-cat households or kennels where overcrowding is present. Visible symptoms include sneezing, watery or pus-filled nasal discharge, eyelid spasm that closes the eye, runny eyes, lack of appetite, and fever.

Feline Calicivirus

Feline calicivirus (FCV) is a virus that can cause upper respiratory infection of the nose and throat and oral disease in cats. Its typical symptoms include runny nose and eyes, sneezing, congestion, or conjunctivitis, an inflammation of the eyelid linings. In addition, ulcers of the mouth, tongue, gums, lips or nose are often seen. If your cat has ulcers, it may salivate or drool excessively. More advanced cases can even lead to lameness, especially in kittens.

This disease is highly contagious and generally picked up from secretions from infected cats, such as drool or airborne particles from sneezing, up to three weeks after infection. It can be caught either from direct contact with a sick cat or from objects contaminated by secretions. Symptoms usually appear within two to six days, with the infection itself lasting 14-21 days with treatment. Even after they have recovered from the disease, cats can still act as a carrier, shedding the virus up to several months later. The recommended vaccine for cats for both diseases is the 3-in-1 FVRCP vaccine.

"The best way to keep your pets healthy is to have them vaccinated against these diseases," explained Dr. Katrina Fleer, DMV and medical director of VIP Petcare. "We highly recommend that you bring your dog or cat to one of our clinics in your area, and we're even making it even easier by offering a \$10 discount off of any vaccination package through the end of January."

You know how bad you feel when you get a cold or flu; protecting your pet from winter illnesses is just another way to show just how much you love them.❖

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BY MARCIA MCALLISTER

CONSTRUCTION CONTINUES ALONG PHASE 2 OF SILVER LINE

Dulles Station Taking Shape, Power Energized Near Innovation

Progress continues on construction of the more than 11-mile segment of Phase 2 of the Silver Line from the Wiehle-Reston East Metrorail Station westward through Dulles Airport and on to Ashburn in eastern Loudoun County.

Pedestrian bridges providing access to the stations from sides of the Dulles Toll Road/Dulles International Airport Access Highway corridor are in place at most stations. Electricity has been turned on to some parts of the system. Construction access has been secured to almost all needed areas. All six Phase 2 stations are up. Parking garages are coming along, track is being laid, and support facilities and train control rooms and traction power substations which will ensure a continuous flow of power to the trains are visible.

Such is the good news recently shared by project officials with Federal Transit Administration officials and leaders of local governments who are partners in the project being built by the Metropolitan Washington Airports Authority. The project will be turned over to the Washington Metropolitan Area Transit Authority when it is completed, and that agency will operate it as part of the region's mass transit system.

Already clearly visible atop the aerial guideway structure is the Dulles Airport Station.

"Setting of the Pedestrian Bridges over the Toll Road and the DIAAH corridor over the past months and the continued transition of the look for the Dulles Station with the removal of the tower crane there after setting the canopy roof are the most dramatic events that changed the landscape around the project," said John Kearney, the project's construction manager.

Work continues on the other five stations—Reston Town Center, Herndon, Innovation Center, Loudoun Gateway and Ashburn.

The project is being built in two parts. The first includes the track, the systems, the stations, etc., and is 74 percent complete.

The second is the rail yard and maintenance facility to service both the Silver Line and the rest of the Metro system. It is 61 percent complete, according to project executive director and vice president Charles Stark.

Looking forward Kearney pointed to the "future setting of the pedestrian bridges over the Dulles Greenway at the future Loudoun Gateway and Ashburn stations along with development of pavilions."

"Hopefully we will see roof structures on these pavilions in the next quarter starting at Innovation Station south," Kearney said.

Other upcoming events include:

- Connecting the traction power and tire breaker stations to the guideway and stations with power cables.
- Roofing, escalator installation, plumbing and electrical work and installation of concrete bridge decks at Innovation Center, Reston Town Center and Herndon stations.
- Continued installation of ballasted track at at-grade sections.
- Ongoing mechanical, plumbing, and elevator and escalator installation at Dulles Airport Station.
- Continuing installation of the Dulles Station canopy roof

Ongoing work at the rail yard includes:

- Final grading, paving and utility installation.
- Roofing at several buildings. Construction of the train-wash facility.
- Track work. ♦



SILVER LINE PEDESTRIAN BRIDGE INSTALLATION MOVING QUICKLY

Dulles Corridor Metrorail Project workers have spent recent weeks systematically installing a series of pedestrian bridge segments that future Silver Line passengers will use to access the train stations. These images were taken during the installation of segments at the site of the future Reston Town Center Station.

Pedestrian bridges are being installed at every Phase 2 station except for Dulles Airport Station. The bridges will lead to pavilions on the north and south side of each of those stations except Loudoun Gateway, which only has a pavilion on the north side.

Installation of the many of the bridge segments required lane closures along the Dulles Toll Road (DTR), the Dulles International Airport Access Highway (DIAAH) and/or the Dulles Greenway. The final pedestrian bridge segments are expected to be installed by the end of 2017 or early in 2018. ♦

FAIRFAX BUILDING PARKING GARAGES AT HERNDON AND INNOVATION STATIONS

Fairfax County is building the parking garages that will serve commuters at the Herndon Station and at the Innovation Center Station.

Construction of the Herndon garage is more than 50 percent complete. It is being built near an existing county garage which has served as the Herndon Park and Ride lot to serve Fairfax Connector buses. The two garages will be connected by a bridge for pedestrians and vehicles.

The new garage is expected to be complete in late Spring 2019.

Construction of the Innovation Center Station garage is about 15 percent complete. Completion is also expected in late spring of 2019. ♦



RAIL TEAM TARGETS REPAIRS IN TYSONS

Get set Tysons businesses, residents and commuters.

Dulles Corridor Metrorail Project crews soon will be doing some maintenance and enhancement work along Routes 7 and 123 in early 2018.

Disruptions will be minimal and alerts will be issued to make sure no one is taken by surprise. In addition, any business whose access might be impacted will be contacted directly by project officials.

Here is some of what that work will include:

- Repair of storm drains and underdrains.
- Update driveways and sidewalks to meet ADA requirements.
- Improve drainage on a section of Route 123.
- Repair bus turnouts near the Spring Hill and McLean Metrorail stations.

Crews also will adjust the alignment of Old Meadow Road at Route 123, but that work will take place later in the year.



South for the Winter

BY DELEGATE KENNETH R. "KEN" PLUM



The migratory routes of the snowbirds from the Northeast to the condominiums of south Florida each winter season are well established. Less well known are the routines of Northern Virginia members of the General Assembly making the annual trek south to the capital city of Richmond for the annual session of the state legislature. It is hardly a vacation; we do not travel farther enough south to miss the snow or cold temperatures.

This year I will be making my 39th such move. It is a move by choice I recognized when I first ran for a seat in the House of Delegates. I am not complaining but rather thought that the lifestyle of state legislators might be of interest to readers. During the regular legislative session, 60 calendar days in the even-numbered years and 45 days in the odd-numbered years, I lease a short-term living space. This session I will be living in a hotel next door to my office and across the street from the Capitol. In previous sessions I have often rented small furnished apartments. I get home most weekends, but trips home during the week are almost impossible with the long work days. Some meetings start as early as 7 am, and others run past dinner time in the evenings.

If the calendar seems crammed, it is. It is one of the inconveniences that come with having part-time citizen legislators who presumably can better represent their constituents because they live among them for most of the year. At the same time, some issues do not get the consideration they deserve because

time simply runs out. During the rest of the year I make day trips to Richmond for study committee and commission meetings.

I never celebrate my time away from Reston; summer vacations for a couple of weeks make me appreciate home even more. After all, *Money* magazine named Reston the 29th best place to live in the United States in 2017. Using different criteria, *US News* and *World Report* ranked Richmond the 24th best place to live and the 32nd best place to retire in the country. Among its inviting features, Richmond is the only region in America with whitewater rapids running through its downtown district. The Capital Trail from Richmond to Williamsburg is great for bikers and walkers. Downtown tobacco warehouses of the past have been converted to very attractive loft apartments. Richmond has wonderful restaurants that many think are even better than those in Northern Virginia.

I have little time to enjoy the amenities of the Capital City as I am generally warming myself by the fires of committee meeting discussions. If you have an opportunity to visit during the legislative session, please plan to come to see the legislature in session even though some have likened it to making sausage. Just send me an e-mail and I will help you plan your trip south! ❖

✓ Video Games

✓ Candy

✓ Junk Food

✓ Screen Time

BY JAN KING

RED ALERT

Weekend with Grandma

Unlike us Baby Boomers, today's parents are involved in their kids' lives on a microscopic level. Helicopter mothers and tiger moms worry incessantly about gluten, high fructose corn sugar, lactose, bullies, global warming and all sorts of clear and present dangers lurking about. Lucky for us, they're not aware that the biggest threat of all, the real hazard to those little darlings is...wait for it...Grandma!

Since I moved to the West coast to be closer to my grandkids, I can tell you from personal experience that grandmas are Public Enemy #1. And now I'm livin' the Granny dream in San Diego being close to Julianna, a.k.a. JuJu, my 6-year-old granddaughter. My most recent golden opportunity came when my son and daughter-in-law took a getaway vacay to celebrate their tenth wedding anniversary and entrusted JuJu into my care for the entire weekend!

However, it wasn't without its challenges. They comprised a sheet of do's and don'ts which was longer than Harvey Weinstein's accuser list, covering everything from food to activities. The food taboos stated no dairy (including ice cream, milk and frozen yogurt), no sugar, no GMO's, no apples, and no gluten-anything. Of course, this eliminated 99% of any normal person's diet, leaving me to ponder, "What does this kid subsist on... water and organic mung beans?" As far as her recreational activities, TV time was limited strictly to an hour per day in favor of healthier pursuits like educational games and puzzles.

They dropped JuJu off and handed me her Little Mermaid suitcase and the dreaded list. I took them, smiled and said, "Have a wonderful time and don't worry. I'll keep the list right here on the kitchen table." Then I closed the door and promptly deposited it in my recycle bin. Channeling my inner Jewish Bubbe for guidance, I transformed myself into the grandma to end all grandmas. "A little sugar...what can it hurt? And no ice cream? It's a shonda...a knife in the heart."

The first fairy grandmother wish I granted JuJu was lunch at her favorite gourmet restaurant, Chuck E. Cheese. This is where I got my first taste of Karma coming back to bite me in my newly channeled Jewish tush. For those who haven't been to Chuck E. Cheese, it's a place more hazardous to your health than skydiving, smoking Camel cigarettes, and vacationing in Afghanistan. Their nutritious menu features a choice between greasy pizza with a side of greasy fries

and greasy chicken nuggets with a side of greasy fries. The place is exploding with hyper kids running around shrieking and playing games on flashing, neon-lit machines, blasting out all kinds of loud sound effects. The whole scene came perilously close to inducing a grand mal seizure in my overstimulated brain. The kids play the games and collect tickets for their winnings, cashing them in before they leave. After spending 1½ hours and \$45.00, JuJu had amassed 35 tickets, enough to trade in for the coveted prizes of a cheap plastic necklace and matching bracelet, both of which broke before we reached the car. Go, Chuck E. Cheesy.

Since I already had two Excedrin and a valium on board, I was ready for the next round of "fun." I achieved this handily and incurred a lactose-free infraction by treating JuJu to a big cup of frozen yogurt loaded with sprinkles and chocolate chips. Next, we caught "Boss Baby" at the local AMC theatre where a second and even more heinous sugar infraction took place when I purchased movie-sized boxes of Red Vines and Gummy Bears. So, what does "movie sized" mean? Duh—160 grams of sugar, that's what. Upon arriving home, we spent an hour at the pool after which I served a delicious three course dinner of Kraft Mc n' Cheese, lemonade, and popsicles for dessert.

After dinner, I pulled out the giant *Frozen* puzzle I bought for us to work together. However, it was a bit advanced for Julianna and she quickly lost interest. So what's a Grandma/Bubbe to do? No problem. Like any other tech savvy 6-year-old, JuJu was able to figure out my complicated remote in two seconds flat, expertly navigating the Netflix menu. Scrolling through at warp speed, she found her favorite movie, *Moana* and watched it...twice. She sang every song with gusto and performed the dance routines as well. My little star. So, how could I refuse when she begged me to stay up a little longer to watch *Madagascar*? After three "Puleeeze Grandmas" I was dead matzoh.

We had such a fabulous weekend! However, when my son and daughter-in-law picked JuJu up, I knew there was a high probability I'd be returning her with Type II diabetes and acute eye strain possibly requiring corrective lenses. "But, I kept telling myself, 'It's not Grandma's fault—I just want to see her happy!'" So, shoot me. Even Nancy Reagan couldn't just say "no" to this precious child! ♦

JANUARY



CAPRICORN 12/22 - 1/19: Let your creativity loose this month if you plan a surprise for a loved one. You may get a lot of satisfaction from their delight.



AQUARIUS 1/20 - 2/18: Patience takes the stage as events draw to a conclusion this month, but an even pace and attitude smoothes the way for success.



PISCES 2/19 - 3/20: Swallow your pride and get back in touch with a friend you dropped for reasons that may seem silly right now.



ARIES 3/21 - 4/19: You might come into the New Year with an feeling that your fate is unavoidable. Resist that thought! You have the power to change your life in 2018 for the good or bad. Take the challenge.



TAURUS 4/20 - 5/20: In the mood for a change? 2018 is the year to do it. Stars predict luck if you make moves that are good for your family.



GEMINI 5/21 - 6/20: If a certain person is repeatedly rude to you, try detaching from the situation. Stars say returning the behavior in kind only hurts you in the eyes of others.



CANCER 6/21 - 7/22: Stars reveal a test of commitment is coming your way. This could involve family, work or friends. It could involve a special project. Respond with effort as you analyze the truth of the matter.



LEO 7/23 - 8/22: Don't skip short-term plans in January as a miscalculation could severely bog you down. That could mean you miss an opportunity by the first quarter moon on the 24th.



VIRGO 8/23 - 9/22: Time to consider honor and honorable, if difficult, action. Walk in kindness and consideration this month and the honorable action becomes easier.



LIBRA 9/23 - 10/21: Your budget squeaks as you consider a major purchase. It could be right for you if you have been responsible in all financial areas, including investing in the future.



SCORPIO 10/22 - 11/21: Two full moons in January. The first brings a feeling of trial. The second brings relief. Hold on as you move on.



SAGITTARIUS 11/22 - 12/21: Consider putting aside your reluctance to support a plan. It isn't perfect, but it might be right. More information comes at the full moon on the 31st.

FEBRUARY



AQUARIUS 1/20 - 2/18: Drop a friendly text to a friend you haven't seen in a while. Stars say unexpected messages bring happy news and some fun.



PISCES 2/19 - 3/20: Your birthday month reminds you that time flies and it moves in better and more satisfying directions this year. Envy is your enemy.



ARIES 3/21 - 4/19: Some things are tedious, a sad fact of life. Start planning those into your schedule and you'll find things go better this month. But don't let the schedule become a tyrant.



TAURUS 4/20 - 5/20: Look for a familiar pattern this month to avoid a pitfall. Good signs ahead for career initiatives if you don't let history repeat itself.



GEMINI 5/21 - 6/20: You find your general joy of life increasing as you reject negativity around you. A belief you accepted without question is challenged.



CANCER 6/21 - 7/22: Rest is welcome this month as your emotions run high and events move at a brisk pace. Visualize a goal and by the New Moon on the 15th you'll see progress.



LEO 7/23 - 8/22: The month starts well with romance brewing on the Full Moon Feb. 1. It is a pleasant time, but don't let it distract you from monthly tasks.



VIRGO 8/23 - 9/22: Face an uncomfortable situation and do your duty. Others will take care of the situation if you let them, but your own happiness increases when you meet the challenge.



LIBRA 9/23 - 10/21: This month could be pivotal for health issues. Gather your courage and resolve. Steps you take now will ripple through the rest of 2018 and even beyond.



SCORPIO 10/22 - 11/21: Your passion takes you far this month. Just make sure you back up your conviction with facts because you will be challenged.



SAGITTARIUS 11/22 - 12/21: A frugal approach to finances is in order this month. Identify places to save, but don't deprive yourself of the little things you love.



CAPRICORN 12/22 - 1/19: A friend's success makes you happy, but a little bit jealous. Beware of comparing yourself to others. Instead focus on the progress you've made. Make adjustments, if necessary.



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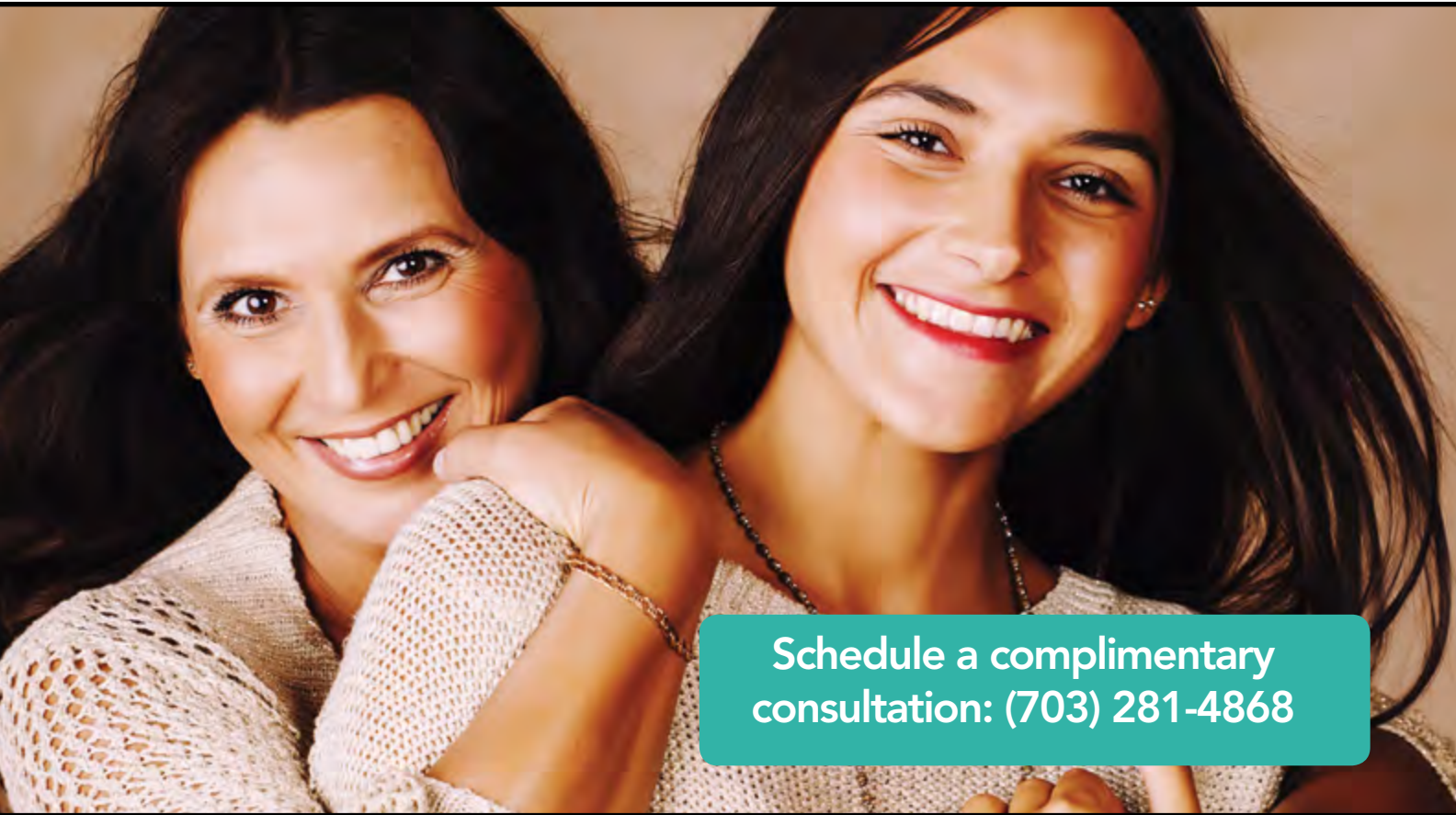
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