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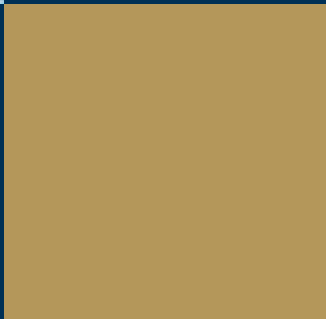
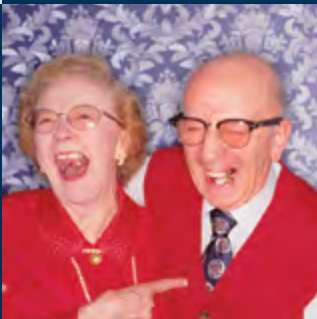
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FEATURES



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ALMOST HEAVEN >

by Linda Barrett

Remember the scene in the movie *Brigadoon* where the “blessed village rises out of the mists every hundred years for only a day?” That’s how I felt after ascending the winding road into the West Virginia mountains and entering Capon Springs & Farms.

< SIX WAYS GARDENERS ARE PLANTING WITH A PURPOSE

by Ana Kreutzer

In 2018, gardens will do much more than provide attractive accents around homes. Environmental concerns and awareness of the calming effects of nature are having a big impact on garden design and plant selection. People are turning to gardens to escape, unplug, and rejuvenate their minds by creating private spaces that focus on wellness. Concerns about water and pesticide use, dwindling pollinator populations, and eating a healthy diet also are influencing what people choose to plant and why. Read about trends to consider when planning your garden.



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< PREVENTING BEAUTY BACKFIRES

by Ana Kreutzer

You don’t always get the results they expected from cosmetic surgery, which can leave you disheartened, especially when you have to spend more time and money to change the outcome. You need to take a proactive role in your procedure from start to finish, because there are things you can do to prevent or resolve disappointing results. Dr. Christopher Knotts of Austin-Weston, The Center for Cosmetic Surgery shared some stories about what can go wrong and what patients can do to ensure the best possible outcome.



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ASK AN EXPERT ABOUT PREVENTATIVE ANTI-AGING MEDICINE >

by Dr. Patricia Pettitt, DO, MPH

The gradual wasting away of the body over the course of decades is not a necessary or normal component of aging. Rather, it is the natural outcome of a lifetime of unenlightened choices. Through unhealthy choices you may actually function and be aging biologically at the same level as someone 15-20 years older. The question is how can you be one of those people who function and age biologically at a level equivalent to someone who is many years younger than you?



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RESTON
Lifestyle MAGAZINE

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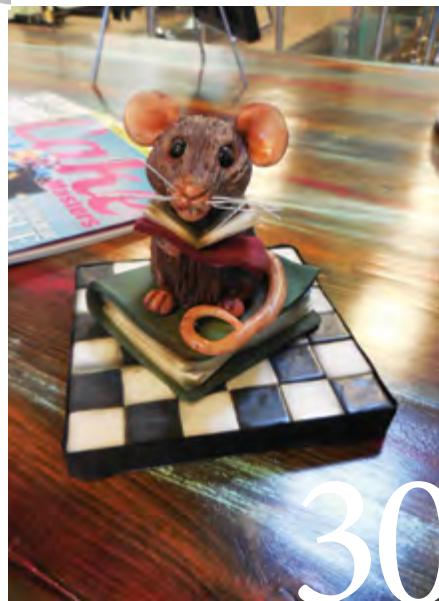
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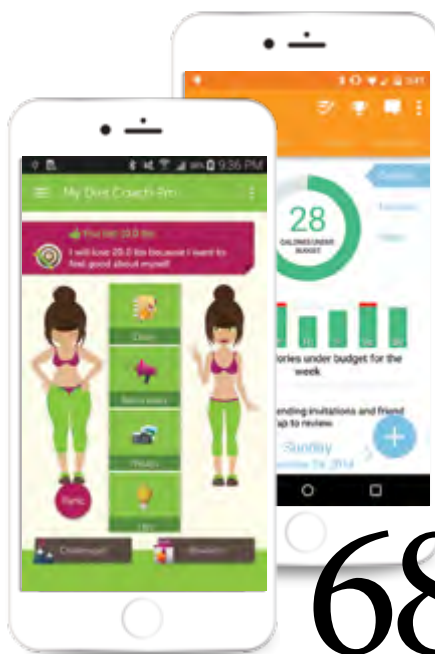
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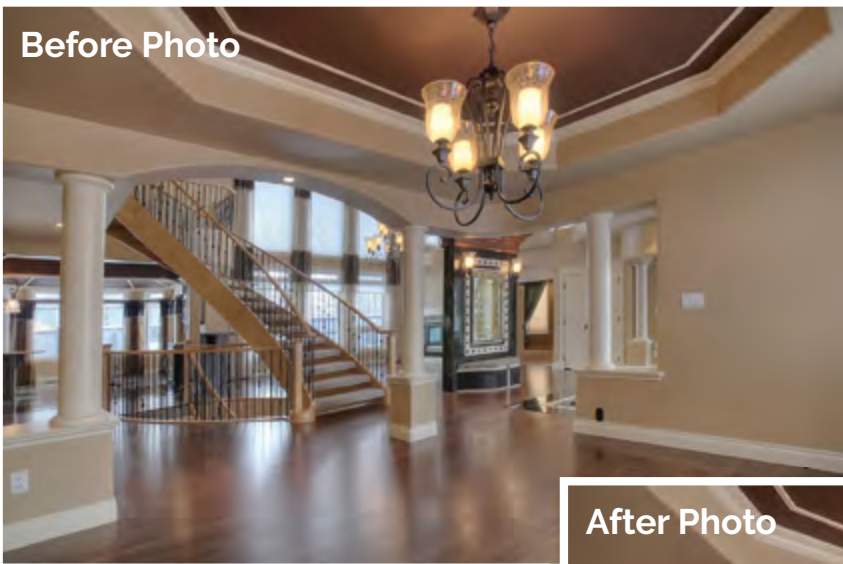
-Margaret Heidenry, Realtor.com

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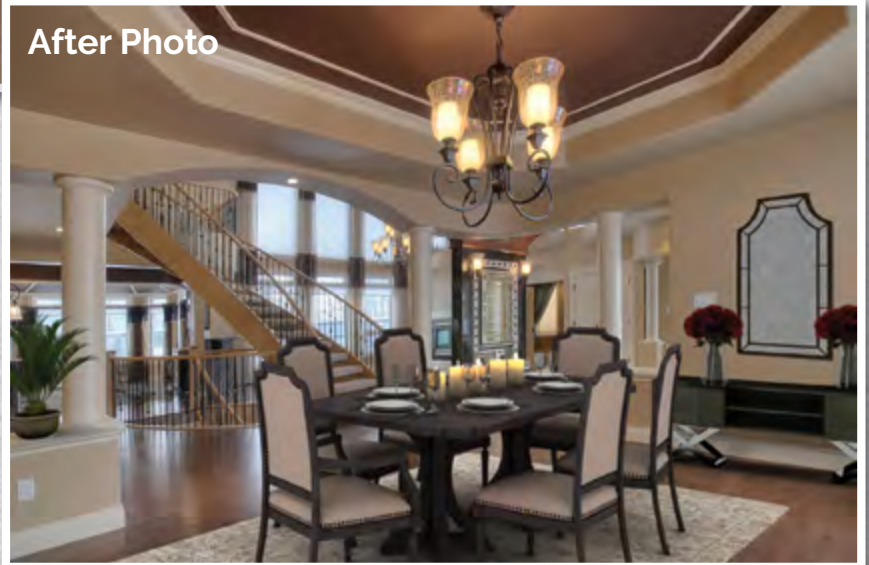
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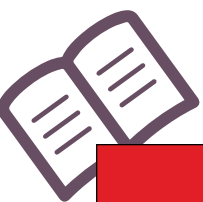


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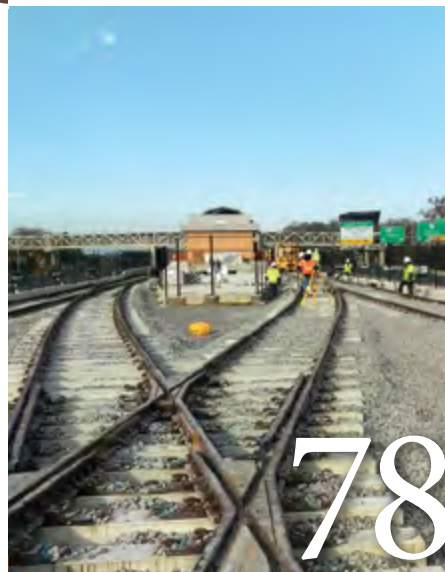
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THE MAGAZINE FOR RESTON
HERNDON • CHANTILLY • STERLING • LEESBURG • ASHBURN
MARCH/APRIL 2018

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We have always enjoyed the springtime in Reston. Our planners must have had the season in mind when they created the master plan filled with trees, parks, walking and bike trails, and wonderful lakes to take in the spring breezes.

Not far from us, Linda made a visit to Capon Springs, the all inclusive resort in West Virginia. Thanks Linda, great story.

Gardening? Start planning now, and read "Gardening with a Purpose" by Ana Kreutzer which shares current gardening trends.

Our area is rich with some wonderful health and beauty professionals whose service is right around the corner. Please read Dr. Patricia Pettit's article on Anti-Aging Medicine, Ana Kreutzer's "Preventing Beauty Backfires" with Austin-Weston and "The Lowdown on Highlights" with Colour Bar Studios. Did you know that there are apps that can make dieting easier? Emma Blancovich has options for us.

Michelle and I were married in 1972 on Long Island. And even back then we had to plan way ahead for any of the services we needed. Our article, "How to Choose a Wedding Planner" is a great start.

Linda spent some time with Olympian Skater, Michael Weiss, Read about his talents, life after competitive skating, his election to the US Figure Skating Hall of

Fame and giving back.

Not far from here, in Marshall, Virginia is "Tasty Grass Farm" which was recently awarded with a Grassfed and Animal Welfare Certification. With the explosion of consciousness with regard to sourcing, it's a super read.

Summer is just around the corner—and we have some super camp options for the kids.

Erin Schwartz and Joe Mariano are creating cakes to die for. Linda talks about how the duo are creating an art form out of cake-baking.

"Eating here is like eating with family," says Renee Sklarew. Her review of Our Mom Eugenia in Great Falls is going to make you hungry and give you a new destination to go to when you're looking for something special. Thanks, Renee.

And wait, there's more! Read about the Music Scene by Keith Loria, Around Town with our editors, The Maple Syrup Festival, caring for your pets, Silver Line updates, "Virginia is for Lovers" by Delegate Ken Plum, Fun with Jan King, and more.

We hope you enjoy the read, and thanks for the support you give us and the great people who work tirelessly to bring us the best in goods and services in our area. Lucky us!

Cheers...

Johnny Hanna



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MARCH 30
SAN FERMIN
The Barns at Wolf Trap

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MARCH 10

SPRING FLEA MARKET

Reston Community Center Hunters
Woods, 9am–12pm

Another person's trash can very well be your treasure. Are you searching for small appliances, books, jewelry, clothing, tools or toys? This is the perfect place to find these items while supporting your neighbors—and our environment—by finding hidden gems to be taken home and enjoyed rather than filling up the nearest landfill.

MARCH 10

KIDS TROUT FISHING DERBY

Event meets behind the Herndon Police Station on the Sugarland Run Trail, 8am–12pm, \$8 per child (check or cash only at the event)

Start an annual family tradition! 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. Event meets behind the Herndon Police Station on the Sugarland Run Trail. 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

SUNDAY AFTERNOON DANCE

Reston Community Center Hunters Woods, 2:30pm–4:30pm, \$5 Reston, \$10 Non-Reston, 18 years and older
Dancers of all skill levels convene the second Sunday of the month to foxtrot, swing, cha-cha, and waltz during these fun afternoon dances. Music selection ranges from golden oldies to today's more modern dance selections. Three mini-lessons, door prizes and light refreshments add to the fun; partners are not required.

MARCH 11

ICE BREAKER 5K RACE

200 Spring Street, Herndon, VA 20170, 8am, Pre-registration available until 3/9 at noon: \$20 per person, Race Day Registration: \$30 per person

Join us for the 5th Annual Ice Breaker Family Fun Run 5K. This event is for runners age 4 and up. Put winter behind you 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. Visit <http://www.herndon-va.gov/recreation/special-events/ice-breaker-5k-race> for more information.

MARCH 11

SUNDAY COUNTRY WESTERN DANCE

Reston Community Center Hunters Woods, 6:30–9:30pm, \$5 Reston, \$10 Non-Reston, 18 years and older
Line dance, two-step, shuffle

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Saturday, March 24

12:00 – 6:00 p.m.

It's time for RCC's annual dress giveaway! We invite all middle and high school students to come shop for their prom or middle school formal. Browse our selections of hundreds of dresses in various sizes and styles, including multiple designer brands. Pick up your shoes, purse and jewelry. We will have hair and makeup pros in our boutique for tips and tricks as well as goody bags and refreshments. Bring a friend and don't miss out, everything is absolutely **FREE**.

Limit one dress per student.

For more information, please contact LaTanja Jones, Collaboration & Outreach Director, at 703-390-6158.



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CONTINUED
FROM PAGE 14

and swing the night away to popular country/western tunes played by RCC's DJ. Dances are held monthly in the Community Room, which offers a spacious wooden dance floor and a smoke free environment. Refreshments will be provided. No square or contra dancing, please.

MARCH 12-13

SHEN YUN

Presented by Falun Dafa Association of D.C.

George Mason University Center for the Arts, Concert Hall, Times vary, \$80-180

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spiritual roots, was displaced by communism in China. Today, only the New York-based Shen Yun is keeping this precious heritage alive on stage. And it's an experience that will take your breath away.

For more information, visit www.ShenYun.com.

MARCH 15

RESTON HISTORIC TRUST EVENT

RCC Lake Anne's Jo Ann Rose Gallery, 7pm-9pm, Free

The Reston Historic Trust is an established community treasure that preserves the past, informs the present, and influences the future of Reston through its education programs. It was founded in 1996 as a community-based, non-profit organization to sustain the unique history of the award-winning, innovative, planned community of Reston. The Trust operates the Reston Museum & Shop in Lake Anne Plaza, offering community exhibits and archives, educational programs, the annual Reston Home Tour, and public events such as Founder's Day. The museum also offers original art, crafts and Reston signature items for sale.

MARCH 15-16

BARRY FLANAGAN OF HAPA

With Special Guest Eric Gilliom

The Barns at Wolf Trap, 8pm, \$25-30
Journey to the Islands with the "Soundtrack of Hawaii" composed of ancient chants, warm, contemporary tunes, and liquid guitar runs. Barry Flanagan of HAPA is joined by award-winning Hawaiian rocker Eric Gilliom for these special performances.

MARCH 17

WILLY PORTER & CARMEN NICKERSON

Jammin Java, 7pm, \$25

Midwest artists Willy Porter and Carmen Nickerson are an exciting addition to the indie-

duo scene. With their liquid harmonies and unassailable, playful performance chemistry, these two solo artists have joined their unique talents to create the unforgettable sound of Porter Nickerson.

MARCH 17

SWAN LAKE

Moscow Festival Ballet

George Mason University Center for the Arts, Concert Hall, 8pm, \$34-56

The exquisite dancers of the Moscow Festival Ballet showcase the traditions of Russian grand ballet in this performance of Tchaikovsky's beloved masterpiece. Inspired by a fairy tale, *Swan Lake* follows the story of Odette, a beautiful princess who falls victim to a spell cast by an evil sorcerer. Celebrated for its stunning choreography by Petipa and Ivanov and, of course, its sublime score, this crown jewel of classical ballet continues to earn adulation from audiences worldwide. The esteemed Moscow Festival Ballet Company, founded in 1989 by legendary principal dancer of the Bolshoi Ballet Sergei Radchenko brings together the best of Russian ballet. "The dancers of the Moscow Festival Ballet spoke to the soul through the body" (*Post and Courier*). The whole family will enjoy this stunning full-scale production complete with elaborate sets and beautiful costumes.

MARCH 18

SPHINX-TRAVAGANZA

Debut Artists

Chamber Music at the Barns

The Barns at Wolf Trap, 3pm, \$35

The Sphinx Organization is dedicated to transforming lives through the power of diversity in the arts, and has made a huge impact in the classical and chamber music fields. We celebrate their 20th anniversary with a program featuring both current Virtuosi and past winners of the Medal of Excellence in a program built around Dvořák's Bass Quintet Op. 77 No. 2.

Photo courtesy of Wolf Trap

7:30 PM



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.

MARCH 20

THE LAST BANDOLEERS

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

Throw a tablespoon of Tex-Mex, a hint of Beatles harmonies, a cup of country-rock, and the admiration of rock icon Sting in a blender, and you've got The Last Bandoleros: "country's most thrilling new band" (*Rolling Stone*).

MARCH 21

LÚNASA

Center Stage, Reston Community Center, 8pm, \$25 Reston, \$50- Non-Reston

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

MARCH 21

ALTAN

The Barns at Wolf Trap, 8pm, \$25-27

With a career at the pinnacle of Irish music for nearly 35 years, Altan has achieved legendary status in a genre that has been shaped by the band's influence and genius.

MARCH 21-APRIL 5

MPA@CHAINBRIDGE: YOUTH ART EXHIBITIONS

1446 Chain Bridge Rd, McLean, VA 22101, 10am-9:30pm

This exhibition, organized and curated by local public school art teachers, will feature art made in the Fairfax County Public Schools in the McLean area. Closing Exhibition Reception April 4 from 4:30-6PM. RSVP at mpaart.org.

MARCH 22

NEIL HILBORN "THE FUTURE TOUR"

Jammin Java, 8pm, \$16-20

Neil Hilborn is a bestselling author, and with over 100 million views to his credit, he is the most-watched poet ever. He is a graduate from Macalester College with a degree in creative writing. Originally from Houston, Texas, he now lives in Saint Paul, Minnesota.

CONTINUED ON PAGE 18

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MARCH 18
The Barns at Wolf Trap



SPHINX TRAVAGANZA

MARCH 22-25

THE SECOND CITY

Look Both Ways Before Talking

The Barns at Wolf Trap, 8pm, Saturday 7pm and 10pm, \$27-32

Full of the live and in-your-face entertainment Netflix can't provide, this must-attend show features improvised comedy, audience interaction, and of-the-moment sketches and songs from The Second City made famous by superstars like Tina Fey, Stephen Colbert, Steve Carell, Gilda Radner, Bill Murray, and more.

MARCH 23-24

2018 MASON SCHOOL OF DANCE GALA CONCERT

George Mason University Center for the Arts, Concert Hall, 8pm, \$10-25

The Gala Concert is Mason Dance Company's crowning season event featuring dance by Mason's beautifully trained dance majors. This Gala performance will also be presented at the Hylton

Performing Arts Center on Sunday, March 25, at 4pm.

MARCH 24

EGGNORMOUS EGG HUNT

Sunrise Valley Elementary School, 10824 Cross School Road, Reston, VA, 10am-11:30am, Free, Infant-8 years old

Come enjoy a great community tradition at Sunrise Valley Elementary School. Carnival games, entertainment, moon bounces, prizes, and a strolling magician will be featured along with our ever-popular egg hunt. The egg hunt starts at 10:30am sharp! Don't Forget To Bring:

- Egg hunt graphic egg
- A basket to carry your eggs
- A camera for all the photo ops
- A picnic to enjoy outdoors

Rain date: March 31

MARCH 24

AQUA EGG HUNT

Reston Community Center, \$10, Times determined for different age groups.

Join us in the Herndon Community Center pool on Saturday, March 24, 2018 for a Aqua Egg Hunt where children will collect as many floating and sinking eggs as possible in the time allowed. Everyone will receive a prize! Please be aware of the group selected when registering and arrive early to sign-in and receive your egg collecting bag. After your hunt, stay for an open swim which will begin approximately at 4pm. Swim attire is required. No mesh shorts are allowed in the pool. Children 6 years & under must be accompanied by a parent in the water. Each group is limited to 30 children. \$10 fee includes one parent and one child. <http://www.herndon-va.gov/recreation/special-events/aqua-egg-hunt-141> for times.

MARCH 24

DIVA CENTRAL EVENT

RCC Lake Anne, 1609-A Washington Plaza, 12pm-6pm, Free, Ages 12-18 years old

Diva Central is Reston Community Center's annual high school prom and middle school formal dress giveaway. This incredible one-day event is open to any current middle and high school student who is in need of a formal dress, shoes, jewelry and other accessories. Everything is absolutely FREE. Limit one outfit per person.

MARCH 27

ERTH'S DINOSAUR ZOO LIVE

Spring Break Special

Center Stage, Reston Community Center, 11am and 2pm, \$10 Reston, \$15 Non-Reston

Erth's Dinosaur Zoo Live leads you on a breathtaking tour that begins in prehistoric Australia. Meet and interact with an eye-popping collection of life-like dinosaur puppets presented

CONTINUED ON PAGE 20

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South Lakes Village Center

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Safeway
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7 Eleven Soapstone

Plaza America

Whole Foods Market
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Starbucks
UPS
Gold's Gym
CVS

Spectrum Village Center

Harris Teeter
Red Door Salon

Hunters Woods

Reston Community Center
Safeway

Other locations in Reston

Silver Line Metro Station
Sheraton Hotel Reston
Reston Hospital waiting rooms
emergency lobby
Inova Reston
YMCA Reston
Greater Reston Chamber of Commerce
Reston Library
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Hartke Building

STERLING

Starbucks Leesburg Pike
Giant
Shoppers
Inova Sterling
Wegmans
Claude Moore Rec Center

HERNDON

Fox Mills Shopping Center

Giant
Starbucks
Herndon Library

Worldgate Center

Starbucks
Mom's Organic

Elden Plaza

Panera

Woodland Crossing

Harris Teeter
Starbucks
Panera

OAK HILL

Franklin Farm

Starbucks
Giant

Dulles Park

Shopping Center

CVS Pharmacy
Starbucks
Giant

ASHBURN

Ashburn Library

Starbucks Pipeline Plaza
Starbucks Farm Market Center
Starbucks Broadland Village Center
Wegmans
Harris Teeter Ashbrook Commons
Plaza
Giant Ashburn Village Center

LEESBURG

Starbucks Bellwood Commons
Giant Leesburg Plaza
Giant Marketplace at Potomac
Station
Ida Lee Park Recreation Center

CONTINUED
FROM PAGE 18

in an entertaining and educational live theatrical performance created by Erth Visual & Physical Inc. of Sydney, Australia. Running Time: 58 minutes.

Want a full day of dinosaur activities? Check out RCC's Spring Break Dinosaur Camp.

MARCH 28

FRANCES LUKE ACCORD

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

Frances Luke Accord are an independent Chicago-based duo hailing originally from South Bend, Indiana. Both dedicated multi-instrumentalists and meticulous songwriters, Nicholas Gunty and Brian

Powers distinguish their music with genre fluidity, buttery harmonies and acoustic ensembles. Although prevailing a modern folk band, FLA sip copious inspiration from Americana, jazz, soul, and rock.

MARCH 29-APRIL 8

THE NIGHT THOREAU SPENT IN JAIL

By Jerome Lawrence and Robert E. Lee; Directed by Edward Gero

George Mason University, Harris Theatre, \$15-30

With contemporary resonance, Lawrence and Lee imagine circumstances surrounding 19th Century writer Henry David Thoreau's imprisonment for his refusal to pay a poll tax designed

to support an unpopular war. Reflected through the memories of his friend and mentor Ralph Waldo Emerson, the play explores the roles of government and the governed, civil disobedience, education, and the interdependence of man and nature.

MARCH 30

SAN FERMIN

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

This Brooklyn-based Baroque pop ensemble brings "classical flourishes to indie and folk conventions, bolstered with soaring choruses and spirited performances" (*Pitchfork*) that have rocked stages and festivals worldwide.

MARCH 30

ELLIS PAUL

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

Though some may refer to Ellis Paul as a folksinger, he is more, for lack of a better word, a singular storyteller, a musician whose words reach out from inside and yet also express the feelings, thoughts and sensibilities that most people can relate to in one way or another, regardless of age or upbringing. The exhilaration of the open road. A celebration of heroes. The hope for redemption. Descriptions of those things that are both near and dear. The sharing of love..., intimate, passionate and enduring.

MARCH 30

FAMILY SPLASH AT RESTON COMMUNITY CENTER POOL

The Terry L. Smith Aquatics Center at RCC Hunters Woods, 7pm-9pm, \$13 Reston, \$26 Non-Reston

Drop in for a night of family fun. Groups of six or more must pre-register by calling the Aquatics Service Desk at 703-390-6150.

MARCH 31

MAYSOON ZAYID—COMEDIAN, ACTRESS AND ACTIVIST

CenterStage, Reston Community Center, 8pm, \$15 Reston, \$20 Non-Reston

As a professional comedian, Maysoon has performed in top New York clubs and has toured extensively at home and abroad. She was a headliner on the Arabs Gone Wild Comedy Tour and The Muslims Are Coming Tour. Maysoon was delighted to be a 2013 honoree of United Cerebral Palsy of NYC's Women Who Care Awards and currently sits on the planning committee. Maysoon was a full-time On-Air Contributor to Countdown with Keith Olbermann and has appeared on The Queen Latifah Show and *Huffington Post Live*.

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

MARCH 31

EASTER EGG HUNT

777 Lynn Street, Herndon, \$9-10

One of the most exciting annual events for children will take place on Saturday, March 31, 2018. Children are invited to bring their parents, cameras, baskets and egg-hunting shoes for a fun-filled morning.

Games, arts & crafts, and music will begin at 9:30am, along with a photo opportunity with the Easter Bunny. Registration is \$9 in advance or \$10 onsite the day of the event (cash or check only).

The event takes place at 777 Lynn Street behind the Herndon Municipal Building. Parking is free and available at various parking areas in downtown Herndon. Event held rain or shine.

Visit herndon-va.gov special events for a detailed schedule.

Photo credit: Frederico Martins



8 PM

APR
4

ANA MOURA

The Barns at Wolf Trap, 8pm, \$50-60

A collaborator of both The Rolling Stones and Prince, this Portuguese fadista's "melancholic intimacy dominates the moment it sashays out of the speakers...setting a mood of mesmerizing sorrow" (*BBC*).

MARCH 31

METROPOLITAN JAZZ ORCHESTRA

George Mason University Center for the Arts, Concert Hall, 8pm, \$28-46

Named as a Millennial "Shaking Up the Jazz World" by *Vanity Fair*, Canadian singer, trumpeter, and songwriter Bria Skonberg joins Mason's own Metropolitan Jazz Orchestra in a swinging evening of fresh beats and brassy standards. Music Director and alto sax virtuoso Jim Carroll leads this distinguished ensemble comprising some of the metro area's finest jazz musicians in this sensational concert. The orchestra is joined by the multitalented Skonberg, whose soulful, sultry voice and impressive trumpet dexterity fuses modern pop with jazz. In 2016, she released a debut LP of original compositions titled *BRIA* showcasing her extensive range from the bluesy instrumental "Down the Deep" to the Brazilian-

flavored "How Can It Be." *The Wall Street Journal* called Skonberg one of the "most versatile and imposing musicians of her generation," and she was recognized in 2016 as one of "25 for the Future" by *DownBeat* Magazine.

MARCH 31

ZOSO THE ULTIMATE LED ZEPPELIN EXPERIENCE

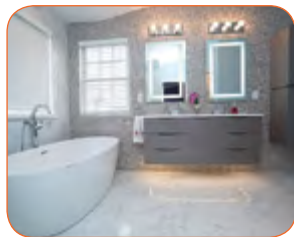
The State Theatre, 9pm, \$17-20
ZOSO-The Ultimate Led Zeppelin Experience formed in 1995 to perform the most accurate and captivating Led Zeppelin live show since the real thing. For Zoso, it's much more than just being a tribute. It's about touching a golden era in music. Zoso embodies Page, Plant, Bonham and Jones in their spirit, tightly-wound talent and authenticity.

CONTINUED ON PAGE 22



Photo credit: Lella Grossman - Grannis Photography

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Photo credit: Reuben Thomas

Photo courtesy of GMU Center for the Arts

APRIL 25
The Barns
at Wolf Trap



ANAPROPOVIC

CONTINUED FROM PAGE 21

APRIL 7

ANTHONY DE MARE-LIAISONS: REIMAGINING SONDHEIM FROM THE PIANO

CenterStage, Reston Community Center, 8pm, \$15 Reston, \$20 Non-Reston

Liaisons is a landmark commissioning and concert project, conceived by acclaimed concert pianist Anthony de Mare. The project has brought together 36 of the world's foremost contemporary composers to re-imagine Stephen Sondheim songs as solo piano pieces. Liaisons affirms Sondheim as one of the 20th century's most influential composers—his music is as at home in the concert hall as on the Broadway stage.

APRIL 8

SUNDAY AFTERNOON DANCE

Reston Community Center Hunters Woods, 2:30pm-4:30pm, \$5 Reston, \$10 Non-Reston, 18

years and older
Dancers of all skill levels convene the second Sunday of the month to foxtrot, swing, cha-cha, and waltz during these fun afternoon dances. Music selection ranges from golden oldies to today's more modern dance selections. Three mini-lessons, door prizes and light refreshments add to the fun; partners are not required.

APRIL 8

SUNDAY COUNTRY WESTERN DANCE

Reston Community Center Hunters Woods, 6:30-9:30pm, \$5 Reston, \$10 Non-Reston, 18 years and older

Line dance, two-step, shuffle and swing the night away to popular country/western tunes played by RCC's DJ. Dances are held monthly in the Community Room, which offers a spacious wooden dance floor and a smoke free environment. Refreshments will be provided. No square or contra dancing, please.

APRIL 14

FOUNDER'S DAY

Lake Anne Plaza, 12pm, Free, All Ages

Celebrate the 54th anniversary of Reston's founding with the Reston Historic Trust! The event is open to the whole community. Enjoy performances, a public art walk, Reston Museum exhibit and family activities.

Presented by Reston Historic Trust and Museum, Reston Association, Reston Community Center, Public Art Reston, and Lake Anne of Reston Condominium Association.

APRIL 14

THE MOUNTAINTOP

L.A. Theatre Works
George Mason University Center for the Arts, 8pm, \$26-44
Fifty years ago, on April 3, 1968, after delivering his famously

2 PM

MOSCOW FESTIVAL BALLET

George Mason University Center for the Arts, Concert Hall, 2pm, \$34-56
Fifty graceful dancers from this world-renowned ensemble perform a ballet for the whole family. Cinderella is based on the well-known fairy tale about the kind but mistreated step-daughter and step-sister who is forbidden to attend the royal ball. When her fairy godmother magically appears, Cinderella's fate is wondrously transformed. With enchanted melodies, opulent costumes, lavish scenery, hilarious physical comedy, and highly-skilled dancers, this performance is a family friendly treat for all to enjoy.

MAR
18

prescient speech, punctuated by the immortal line, "I've been to the mountaintop," an exhausted Martin Luther King Jr. retired to his room at the Lorraine Motel in Memphis. By the following evening, Dr. King had been assassinated. In her provocative play, *The Mountaintop*, Katori Hall imagines what may have transpired between the legendary civil rights leader and a seemingly inconsequential hotel maid on the eve of his assassination when a storm rages outside. Winner of the prestigious Olivier Award for Best New Play, L.A. Theatre Works applies its signature style, complete with sound effects made the "old-fashioned" way on stage, to this acclaimed and gripping play rife with humor, political jabs, and an intimate glimpse at Dr. King's hopes, regrets, and fears. On this solemn anniversary, don't miss this radio-style production of a contemporary play about this great man.

The Mountaintop contains mature language.

APRIL 14

SPRING COMMUNITY GARAGE SALE

1420 Beverly Rd. (intersection of Ingleside Ave. and Beverly Rd.) 9am-1pm, Free admission, Registration deadline April 11, if not sold out. Vendor space fee \$35-45, Kid's Corner (children up to 15 years old) \$15-25

Shoppers find the best bargains at the biggest garage sale in McLean! Residents selling used household items are welcome. Limited commercial vendors or flea market dealers are also welcome. Come scope out the bargain prices at the Kids' Corner, where children (up to age 15) sell their toys, clothes, games and other items. Register for your space early! Advanced registration is required. You may register online, in-person or by phone by contacting the MCC Registrar at 703-744-9365 or registrar@mcleancenter.org.

APRIL 18

THE SUFFERS

The Barns at Wolf Trap, 8pm, \$22-27
From packing Houston venues to performing at festivals, this soulful, 10-piece band is "the sort of neo-retro group you never knew music was so badly missing" (SPIN).

APRIL 19

JOHN MCCUTCHEON

The Barns at Wolf Trap, 8pm, \$25-28
Called "one of the best musicians in the USA" by the late Pete Seeger, the master storyteller who has 38 releases to date, returns to The Barns with his timeless and traditional folk music.


APRIL 20

THE KING'S SINGERS

50th Anniversary Tour

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


This acclaimed a cappella sextet offers a sublime performance of diverse and compelling vocal works. From Renaissance madrigals to contemporary, popular music, The King's Singers is known for their extensive repertoire and strong command of varied styles. Consummate entertainers, the singers' renditions are marked by immaculate intonation, vocal blend, diction, and incisive timing. At a recent concert, *The Washington Post* affirmed, "Their vocal production was effortless, stylistically varied and beautifully blended, even in the most complex polyphony." Over the past fifty years, The King's Singers has secured its place as "the superlative vocal sextet" (*The Times*, London).



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APRIL 22

PROJECT TRIO

CenterStage, Reston Community Center, 3pm, \$25
Reston, \$20 Non-Reston

Greg Pattillo, **Flute**

Eric Stephenson, **Cello**

Peter Seymour, **Double Bass**

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

APRIL 25

ANA POPOVIC

The Barns at Wolf Trap, 8pm, \$30-35

The "Serbian Scorch" practically sings the stage when she shreds on the guitar. No wonder she's shared the stage with blues luminaries like B.B. King, Buddy Guy, Gary Clark Jr., and Joe Bonamassa.

APRIL 28

BEER, BACON AND MUSIC FESTIVAL

One Loudoun, 20626 Easthampton Plz, Ashburn, Virginia 20147, 12pm-5pm

Beer, Bacon & Music is an all ages festival featuring some of the best things in life: cold beer, hot bacon, live music, awesome interactive lawn games, and unique food and merch vendors.

The festival is set in an expansive outdoor area where you can kick-back and enjoy the sunshine and fresh air. Oh, and it's kid-friendly! What's not to love?

NOTE: 12-1 pm is VIP admission only. 1-5 pm is general admission.

MAY 5

SPRING FESTIVAL

Walker Nature Center, 11450 Glade Drive, Reston, VA, 1pm-5pm, Free, All Ages, Rain or shine

Produced and presented by Reston Association, the Spring Festival is fun for all ages with live animals, fishing activities, craft-making for kids, displays and information from environmental groups, and family-friendly entertainment. Entertainment sponsored by Reston Community Center.



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MONDAYS

TRAIL AND ALES RUNNING CLUB

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

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

Run will be 3-5 miles with options to go shorter or longer on the 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, 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.

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 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!



SUNDAYS
\$20 off your
dinner check*

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.

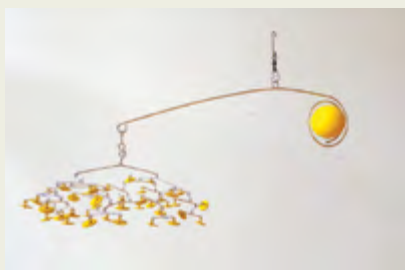
New runners may only want to run a mile or two. Experienced athletes might do a tempo run.

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

CONTINUED ON PAGE 26

Reston Art Gallery & Studios

Exhibits in March and April



by Wayne Schifflbein

Wayne Schifflbein "Art in Motion"

Exhibit: March 1–April 5
Reception: March 11, 2–4 pm
Public Welcome



by Joan Kelly

Group Show "Springtime in Reston"

Exhibit: April 5–May 3
Reception: April 8, 2–4 pm
Public Welcome

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CONTINUED FROM PAGE 25

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

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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. ♦



Dr. Calkins

Pediatric Sleep-disordered Breathing (SDB)

Craniofacial Orthopedics' Role.

As member of the Northern Virginia Airway Group, Dr. Calkins, Specialist in Orthodontics & Dentofacial Orthopedics, focuses on the correct function, growth and development of the craniofacial complex.

In Sleep-disordered breathing (SDB), a decrease in the lumen of the upper airway happens during sleep. Children can have airflow limitations such as apnea, complete cessation of air exchange at nose and mouth; or hypopnea, a partial cessation of air on the same sites.

The pharynx is collapsible during sleep, with no rigid support and functions differently from wakefulness than sleep. The upper airway needs the correct development of skeletal muscles and soft tissue to support its function. External factors, that can influence the genetic and environmental development of the upper airway; can have an adverse effect on upper airway. These factors have been identified under four categories:

- Bone structures (oral-facial bones)
- Infiltration of soft tissues (fat)
- Leukotriene (Inflammatory mediator)
- Inflammation arising from abnormal breathing during sleep.

During Dr. Calkins comprehensive clinical evaluation, a pediatric sleep questionnaire is used to elucidate if infants, toddlers, preschool

children and teenagers could have complaints that are related to sleep-disordered breathing.

Toddlers can experience noise breathing, nocturnal sweating, mouth breathing, poor eating or failure to thrive, witnessed apneic episodes. In preschool children heavy snoring, mouth breathing, drooling, agitated sleep, sleep terrors, persistence of bedwetting, aggressiveness, hyperactivity inattention.

Abnormal growth patterns, delayed puberty, dental problems such as small jaws, overcrowding can be seen in age groups 5-14 years-old.

We have learned that changes in oral-facial growth can begin at birth. The general pediatric population can have a percentage of sleep disordered-breathing as high as 11%. Dr. Calkins, at the Center for Facial and Airway Development at Sunrise Orthodontics; can assist parents and children in recognizing abnormal craniofacial growth that can have a negative impact in the function of the upper airway. Adequate oral-facial bone development, will decrease the risk for sleep-disordered breathing in children as young as 3 years old, or as soon as the abnormal breathing is recognized in early infancy. ♦

This article references Dr. Christian Guilleminault from Stanford University. Credits are given to Dr. Guilleminault.

For more information on Pediatric SDB, please reach Dr. Calkins at Sunrise Orthodontics. Phone 703.476.3969 www.sunrise-orthodontics.com



BY LINDA BARRETT

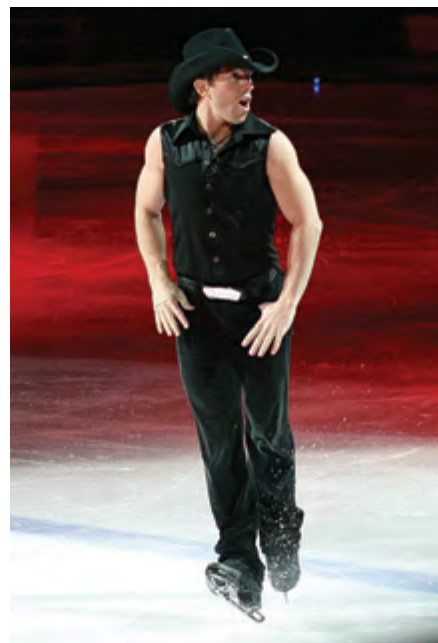
ON THE ICE AND OFF

Former Olympic Ice Skater Michael Weiss

On January 5, 2018, local resident and former Olympic skater Michael Weiss, 41, was elected to the U.S. Figure Skating Hall of Fame, accepting his award in a ceremony at the 2018 Prudential U.S. Figure Skating Championships in San Jose, California, surrounded by friends and family.

"When I was younger, my family traveled with me often—my mom, dad, sisters, aunts and uncles—so having them all come to the ceremony was reminiscent of my old competitive days," Weiss said. "But since my daughter and son were younger when I was competing, they knew about the titles, but they hadn't heard my training stories and how and why I started my foundation," which Weiss related in his acceptance speech. Weiss resides in McLean with his wife and former choreographer Lisa and their two children, Annie Mae and Christopher.

Michael Weiss is a two-time Olympian (1998 and 2002) and two-time World bronze medalist (1999-2000), winning the U.S. men's titles in 1999, 2000 and 2003. In 2003, as the Grand Prix Final bronze medalist, Weiss earned a top-four finish in each of his nine senior U.S. Championships. In 2000, Weiss won U.S. Figure Skating's *SKATING* Magazine Reader's Choice Award and was named USOC Athlete of the Year for figure skating.



Weiss was the first American to land a quadruple toe loop in competition (1999 World Championships). "I always wanted to push the bar technically. When competing against people like Todd Eldredge who were pushing skating artistically, I wanted to take it to another level and began trying to land the quad at age 18. When I was about 20 or 21 I could do them consistently in competition." Weiss was also the first to do a backflip with a full twist on the ice (not allowable in competition, however).

Retiring from competing, Weiss skated in professional shows including *Stars On Ice*, and currently coaches hockey. His advice for local kids: "Get onto the ice and have fun."

"Having fun is why I got involved in this sport," he explained. "I loved the individuality, the speed I felt when on the ice, and the fact that I relied on myself. The things I learned through skating were important too, like how you had to deal with setbacks and failures in order to be successful. When I messed up, I took the blame, and when I did well, I took the praise."

Weiss has been lucky to have a number of outstanding moments in his career. One of his favorites happened when being selected for his first Olympics team. "I was not really favored, but I had a shot at the team after winning the nationals in Philadelphia. I had been practicing the quad lutz all week, but nobody ever did it before and the judges told me I didn't have to take the risk. But I was young, just 21, and I went for the quad as my first jump in the program. Everyone knew it would be the first time ever tried in a competition."

"I built up speed, rotated four times, and the crowd just went crazy," he remembered. "The



hair on my arms and the back of my neck stood straight up. But I had to completely compose myself; I still had eight other jumps to do and had to land everything else. Immediately I had to refocus. I landed all the other jumps, and as I reached the final pose in the last spin, that's when I knew I made my first Olympic team. Now when people asked me 'Are you going to the Olympics?' I could finally say 'Yes.'"

LIFE AFTER COMPETITIVE SKATING

After retiring from competitive skating, Weiss has served as a figure skating commentator for NBC, ABC, Universal Sports and icenetwork. He also established the Michael Weiss Foundation that has awarded more than \$850,000 in scholarship money to promising athletes to help offset costs of the sport.

"I started the Michael Weiss Foundation in 2003 to help financially support the skating careers of up and coming Olympic figure skating hopefuls," Weiss explained. One of the skaters who benefitted was 2018 Olympic favorite Nathan Chen who wrote and said his skates were two sizes too small, and asked if the foundation could help get him new skates.

"We've been supporting him ever since."

"I was given a picture of Nathan at then age five doing a spiral on the ice, a position I couldn't even hit—and I was in the Olympics! Now he does quads like I used to do triple jumps," Weiss laughed. Among other skaters the foundation has supported are Olympians Ashley Wagner and Mirai Nagasu.

Weiss was the first American to land a quadruple toe loop in competition (1999 World Championships).

Growing up in Fairfax County, Weiss hails from a family of athletes. His father Greg was a 1964 Olympic gymnast, his mother Margie a national champion gymnast, and older sisters Geremi and Genna were a junior national silver medalist in skating and a junior world diving champion, respectively.

"When I was young, I started out as a diver, but at age nine told my mother I didn't want to dive any more. She recommended 'Why don't you go with your sister to the rink.' After

seeing me skate, she said 'You're not the figure skating talent in the family; that belongs to your sister. Luckily being surrounded by a great coaching staff, I quickly picked it up.'"

Nowadays, Weiss has his hands in several endeavors. In addition to coaching, playing indoor soccer and skating in an occasional charity event, he owns Weiss Design & Build, a custom homebuilding company. His wife Lisa owns the Wine Cellar Company that designs and builds wine cellars. He also owns and manages several rental properties in Reston.

The family plays together often, whether in their backyard basketball court, the basement synthetic skating rink or out on the soccer field. They also sing together, creating special musical tributes for Michael's skating show routines. "It was a cool way to collaborate, with us all doing what we loved."

"My family has been a huge part of my success and I am a stronger person when I have family around," Weiss said. "It was wonderful to have them there at my Hall of Fame induction." ♦



Stacked

Local bakers elevate cake-making to an art form.

BY LINDA BARRETT

When is a cake not a cake? When it is a sculpture...even though it's still a cake! Sound confusing? When you see (or sample) the fantastic cake creations made by Erin Schwartz and Joe Mariano, partners in the local cakery Stacked, you'll understand what I mean.

Literally anything imaginable can be created with cake, gum paste and fondant through the genius of this couple. Inside their bakery you'll see tiered and sculptured cakes that look like a chandelier, dancing pig, extraterrestrial, old-fashioned telephone, the cutest miniature foods, and even a human-sized Santa Claus. You'll want to touch them to see if they're really cake. But don't.

Already known as go-to cake masters, Stacked opened its physical location in Ashburn, Virginia in 2016. Tucked into a commercial building, it serves as a baking

facility and training center, but not a retail bakery. It is a destination for anyone who wants to order a fabulous, one-of-a-kind cake.

Everything Stacked creates is extremely customized and made fresh on site. "For example, our sculpted cakes create a centerpiece that people will take photos of and talk about for weeks. They are truly a piece of art—most people don't even realize it's cake. They're definitely not your grocery store cakes," Joe said.



"When designing a cake, we meet with clients to get a feel for what they want and we pull inspiration from various areas: a Pinterest board, a piece of lace or the wedding dress itself. We've never made a cake more than once," Erin explained. Concept sketches or digital renderings are provided for approval.

Surprisingly, these unbelievable cakes cost no more than a dessert at an area restaurant per serving, and are made using only the highest-quality ingredients like European butter and real vanilla beans. "Flavor is paramount," Joe emphasized. And while there are a few baking products and tools for sale in the front of the shop, they are mostly for students, including Satin Ice fondant for which Erin is a national representative—their youngest Artist of Excellence ever.

View Stacked's custom creations on their website Gallery where categories showcase samples of Cookies, Cupcakes, and Tiered, Sculpted, and of course, Wedding Cakes, in sizes from 6 inches up. Other wedding options include a groom's cake, "name plate" cookies on easels, a dessert table, or edible favors. Whatever you imagine.

Meet the Bakers

As a girl, Erin Schwartz, 27, enjoyed the cakes her mother Maribeth created for her dance recital each year, reproducing her dance costume in icing. "I just fell in love with them." Then at 15, she created her own fondant cake for a friend's birthday. Following high school Erin attended the Culinary Institute of America (CIA), graduating first in her class with a degree in pastry and baking. She worked in a high-end New Jersey cake shop for several years and contracted out for custom cakes.



Erin is rare in this industry where most cake sculptors are artists by background and use cake as their medium. She comes at it from the opposite side, with a high-end pastry background. “I know my cakes taste amazing and I’m learning the artistic parts as I go along.”

Joe Mariano, 28, grew up in a big Italian family where his grandfather was a chef. After high school he began a career as a Culinary Specialist in the U.S. Navy. For five years he served on a submarine where he won “Best Galley,” with another three years at the Pentagon as a Certified Executive Chef.

At Stacked, Joe’s talents tend toward the structural side of cake creation, or “cake tech.” To support a sculptured cake, a food-safe framework is needed, especially for larger cakes for which Joe builds a structure from what resembles PVC piping. He can also incorporate food-safe electronics that enable the cake to rotate or light up, for example. A dragon cake even blew fire! Joe has invented technology for the baking industry and is working on a structure book, all marketed under the Stacked brand.

Coming from different backgrounds, although each with a culinary history, the couple connected through online dating. At first, Erin didn’t think Joe was real. “We had too much in common to be a random match.” Even more fortuitously, they were at adjacent restaurants the night they connected, and Joe ran over to meet Erin in person. Sometimes it’s just meant to be. After four years together as a romantic pairing and now business partners, they are now known in the industry as the “cake couple.”

See Stacked on TV

Constantly approached by television production companies, Stacked has been featured on several shows and networks including the Food Network, *Cake Hunters* and *Ridiculous Cakes*, with some to air in 2018.



All photos credit: Linda Barrett

Stacked also competes in live competitions for charity—and has won all, including top prize for cake design at DC Central Kitchen’s Capital Food Fight hosted by chef José Andrés. In addition, Stacked has been featured in major international cake magazines such as *Cake Masters* and *Sweet*.

Erin and Joe dedicate time to local charities whenever possible. Stacked is a “Sugar Angel” for Icing Smiles, providing custom cakes for children with critical illnesses and their families. “I’m awed at how much impact a cake can make. We can bring grown men to tears, the fathers get so emotional,” Erin said.

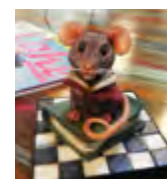
Learn to Bake

If all this talk about cake has made you hungry, sign up for Stacked’s baking classes, held in their Ashburn classroom. Erin herself teaches both locally and nationally, and brings in internationally-known artists to share their baking talents. Some

classes are professional-level several-day-long workshops, while others are geared toward the novice baker or for events and get-togethers.

Stacked encourages local groups to book their own classes. “We often host a wedding shower, birthday, girl’s night out, corporate event, team building or kids’ birthday party,” Erin said. One fun and family-friendly class offers cookie coloring.

If you haven’t heard of Stacked, just wait. You will. This cake couple is the definition of true artistry—in cake! ♦



Stacked

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BY MICHAEL EVANS

traditional finger sandwiches, pastries, fruit, tea and charm cake, to whatever the bride believes best represents the group's tastes. The main purpose of the bridesmaid luncheon is for the bride to have one last get together with her favorite women before the wedding where they can eat, drink and be merry.



Wedding Parties

With Spring upon us, wedding season is about to kick into high gear and we know those calendars will be filling up quickly! If you or someone you love is planning a wedding for this year, you're in luck... We've got the scoop on all of the wedding-related celebrations you might be involved with from engagement to wedding day, and beyond!



Engagement Party

The first of many wedding events, the engagement party provides an opportunity for the happy couple to celebrate their big news with family and friends. There are no hard and fast rules as to who should host such an event, giving free reign to anyone who would like to do so. Size varies from small and intimate to large, while formality may range from backyard barbecues to a cocktail party, or even an elegant dinner in the private room at the couple's favorite restaurant.

Bridal Shower

Traditionally hosted by close friends or family of the bride and/or groom, bridal showers are a time for the women in her life to dote on the bride-to-be. These days, however, it's not always just about the bride. Many couples opt to have a couple's shower

en lieu of, or sometimes in addition to, the bridal shower. Again, size typically varies depending on the host and the location of the event, and the style of the shower may range from heavy hors d'oeuvres, to multi-course meals, or even simply a desserts shower. Many hosts will also incorporate a theme for the shower décor and food, and may include games and activities throughout the event, in addition to the opening of presents.



Bridesmaid Luncheon

The bridesmaids luncheon is an event hosted by the bride to thank her bridesmaids and other close females involved in the wedding for all of their love and support throughout the engagement process leading up to the big day. Most brides choose to hold the event the day before or the day of the wedding in order to ensure all bridesmaids are able to attend. Menus may range from the

Rehearsal Dinner

Usually held the night before the wedding as a way to kick off the wedding festivities, the rehearsal dinner may vary in size and formality based upon the host's preferences. Some opt to keep things casual and include all out of town guests, whereas others may opt for a more upscale dinner for the immediate family and bridal party only. The parents of the groom traditionally host the rehearsal dinner, though nowadays it may also be hosted by the bride's parents, the couple themselves, or a combination of the three.



Wedding Reception

Traditionally hosted by the bride's parents, the wedding reception is a time for your closest friends and family to celebrate with you and your new spouse after watching you become Mr. and Mrs. From small intimate celebrations with a favorite few, to grand receptions that include the couple's immediate family and friends, as well as extended family and family friends, celebrating the new married couple is a time everyone looks forward to! Dinner, dancing, and toasts to the new couple often comprise the fun of the wedding reception, though the style, theme and menu are very customized to fit each bride and groom's unique personalities and preferences.



After Party

After parties are becoming quite popular among the millennial crowd as it gives the newlyweds another opportunity to spend time with their guests in a more casual setting, and it gives everyone else a chance to get more face time celebrating their loved ones' nuptials. The after party may range from a formal event held by the bride and groom or a loved one, or may be as simple as designating a meet up spot at a local watering hole near the couple's hotel blocks. No matter the formality, this can be a fun addition to the wedding night for those couples who want to increase the amount of time with their friends and family on their wedding day.



Post-Wedding Brunch

Another way to keep the party going with all of your favorite people is the post-wedding brunch. It may be hosted by the newlyweds, their parents, or anyone else close to the couple who feels so inclined, and serves as a great way to maximize time with your family and friends who came to celebrate you (if you're not leaving right away for your honeymoon). These events are typically held the morning after the reception, with breakfast and brunch items making up most menus. Many times these post-wedding events are held at the hotels where the couple has reserved a block of rooms for their guests, or at one of the parents' homes to simplify things for everyone involved.



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. www.helgascatering.com ❖

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BY BELLE SCHNEIDER

ASK AN ADVISOR ABOUT PICKING INVESTMENTS IN YOUR COMPANY'S 401(K)

If your company offers a 401(k) retirement plan as a benefit you may have questions about choosing your investment options. Everyone's situation is unique, but unique doesn't have to mean complicated or time-consuming.

In most company sponsored 401(k)'s your investment options are limited. Typically you have two options: creating a diversified portfolio from the mutual fund options available in your plan, or putting your money in a target date fund. Both options have benefits and drawbacks.

Target date funds—these are mutual funds which invest in other stock and bond mutual funds. The investment company determines the allocation to different funds based on targeted year for retirement. You can see the targeted retirement year in the name of the fund i.e. "Company 2040 Fund" which tells us that the targeted retirement is the year 2040. A target-date fund's asset allocation will become more conservative as it approaches its objective target date. Since a target date fund is a diversified portfolio within itself, it is designed to hold 100% of your account balance.

■ **Benefits:** Target date funds are usually a good option if you have limited investment experience. It is easy to do the math and figure out what year you might want to retire in, and pick the fund that has that date in the name. Since all of your money is being held in a single fund, there is no need for you to rebalance, so this is a great "set it and forget it" option. It is important to understand that target date funds do not guarantee performance and do come with similar risk to other diversified accounts.

■ **Drawbacks:** Some target date funds are expensive. It is important to identify the expense ratio of the fund (which can be found on the fund's information page). As a comparative data point, the average expense ratio was 0.73% across all target-date funds in 2015, according to data published by Morningstar.

Target date funds are also not the best option once you reach retirement and need to begin accessing the money. When you take distributions it is important to have the ability to choose which investments you liquidate in order to expand the longevity of your portfolio.

Creating a diversified portfolio—most company retirement plans have a list of funds that are available; with this option you choose how to allocate your money. There should be funds that invest in different types of stocks and bonds (there may even be a few that hold both). It is important to keep two general rules in mind when creating your portfolio:

■ **Benefits:** You get to choose your allocation and can make adjustment to your holdings. You also are able to choose how aggressive you want to be with your portfolio. If you want to learn about the basics of investing and are committed to spending time to review the investment selections, this is a great option.

■ **Drawbacks:** You will need to do some research on your options. Your plan's website should have an easy way to view a page with various statistics and descriptions of each investment. You will need to focus on two things:

- *Investment selection*—consider the following when selecting your investments: the fund's expense ratio (cost), strategy (goal), past performance (though not a predictor of future performance, it can give you some insight on how consistent the funds' performance has been) and risk level.
- *Allocation*—regardless of how far you are from retirement, have at least some (i.e. 10%) of your investments in low-risk investments such as bonds. Keep in mind you will want to move into lower-risk investments as you near retirement, and this will be something you will need to need to manage.

In the end you are responsible for preparing yourself for retirement and picking the right investments is a vital part of that process—the more time you spend learning about your options the better. ♦

Belle Schneider is a Portfolio Manager at VLP Financial Advisors. She believes that strategic planning is the key to creating, protecting, and growing wealth.

Want to learn more?

Visit: www.vlpfa.com or submit your question for an advisor to info@vlpfa.com.

VLP Financial Advisors

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A diversified portfolio does not assure a profit or protect against loss in a declining market.

The target date of a target date fund may be a useful starting point in selecting a fund, but investors should not rely solely on the date when choosing a fund or deciding to remain invested in one. Investors should consider funds' asset allocation over the whole life of the fund. Often target date funds invest in other mutual fund and fees may be charged by both the target date fund and the underlying mutual funds.

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Mindfulness and Utility Shape 2018's Gardening Trends

Six ways gardeners are planting with a purpose

By Analiese Kreutzer

In 2018, gardens will do much more than provide attractive accents around homes. Environmental concerns and awareness of the calming effects of nature are having a big impact on garden design and plant selection. People are turning to gardens to escape, unplug and rejuvenate their minds by creating private spaces that focus on wellness. Concerns about water and pesticide use, dwindling pollinator populations, and eating a healthy diet also are influencing what people choose to plant and why. Following are six trends to consider when planning your garden.

1. Planting for wellness. People are turning to their gardens as a source of both physical and mental well-being. Gardens provide a calming place to disconnect from our 24/7 digital world and find peace and renewal. According to the Garden Media Group's 2018 Trends Report, "Gardening is becoming more about creating relaxing spaces." The trends toward mindfulness and meditation that have emerged over the past few years have extended to the garden, where people are creating "breathing rooms," using plants to clean the air, clear the mind and escape from day-to-day stress.

Gardens devoted to physical wellness also are gaining popularity. Recent dietary trends have seen people eating less meat and concentrating on a more plant-based diet. As a natural extension of that movement, people are growing more of their own food. If you're focusing on eating more plants, consider

growing protein-rich edibles, such as peas, broccoli, corn, edamame, spinach, kale and sunflowers.

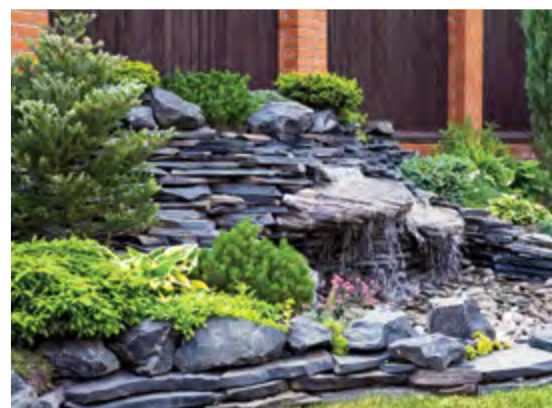
In addition, gardeners are intrigued by the health benefits and color accents afforded by purple foods. Look for berries, purple cabbage, eggplant, black raspberries, purple asparagus and herbs like purple basil to be popular in home gardens in 2018.

2. Cooperative gardening. You may have heard about the dwindling population of bees and butterflies due to disease, loss of habitat and widespread use of pesticides, but *Garden Design* magazine reports that habitat loss is also impacting birds, frogs and even turtles. As news of this threat to the ecosystem spreads, people are adjusting their garden plans to provide havens for pollinators. Three-quarters of the plants on earth require animals for pollination,

and the most important thing gardeners can do is plant pollinator-friendly native species to support local wildlife. Native plants occur naturally in a region and form the ecological basis for the life in that area. To download a guide to native plants in our area, visit www.plantnovanatives.org.

Not only are gardeners choosing plants that cooperate with pollinators, they are also focusing on plants that form a social network. Choosing perennials and self-seeding plants that come back or establish new plants year after year leads to a community of plants that help sustain a healthy environment.

3. A new take on lawns. If the word lawn conjures up an image of an expanse of neatly trimmed, lush green grass, 2018 may get you to rethink that definition. The Garden Media Group's 2018 Trends Report cited imperfect gardening, or embracing the spirit of



the Japanese term *wabi-sabi*—finding beauty in imperfection—as a rising trend. The report stated that “perfectly maintained lawns are getting less common and sought-after.”

Although traditional lawns may not go away anytime soon, busy schedules mean people have less time to devote to maintaining a manicured lawn, and smaller lawns or lawns that are not grass require less water, thereby preserving resources.

According to *Architectural Digest*, people are replacing grass lawns with ground covers, tall grasses and even sedge. Groundcovers prevent erosion, don't need as much water and don't need to be mowed. The 2018 Trends Report also reported that “growing clover and dandelions in untreated lawns is becoming a status symbol of conservation.”

4. It's big to go small. Lawns aren't the only thing shrinking in the garden. To keep gardens in scale with smaller lawns, and because people don't want to put as much effort or maintenance into their plantings,

you will see more dwarf versions of plants going into gardens in 2018. The American Meadows Blog attributes the popularity of dwarf plants to Millennials and retirees who more often live in smaller spaces, so growers are developing dwarf plant varieties to fit with their surroundings.

Another way people are going small is with container gardening. Although not new, the American Meadows Blog predicts that container gardening will become even more popular as city populations increase and yards get smaller. Containers also allow small-scale gardeners to participate in other trends, such as planting for pollinators, growing food or creating an oasis on a patio or balcony. Even gardeners with plenty of space are using containers to decorate porches, entryways, decks and outdoor eating areas.

5. Creating privacy. People not only are turning to their gardens for mental escape, they are using them to physically escape the world as well. Gardeners are turning to plants, rather than fences, to carve

out a private outdoor space and to block out noises and eyesores. According to the American Meadows Blog, some gardeners are taking it a step further. “Many aren't just planting for privacy in their outdoor spaces but are also strategically planting vines and thorny bushes to help with home security.”

6. Bringing the outside in. Although houseplants never really went away, prepare to see them make a big comeback in 2018. You will see potted plants, hanging plants and even terrariums being included as accessories in home design.

In addition to houseplants, indoor food gardening is increasingly popular. This trend allows people to grow and eat fresh food year round, regardless of weather conditions. Gardeners are growing herbs on kitchen windowsills or placing pots of leafy greens, peppers or tomato plants in a sunny spot.

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



TASTY GRASS FARM

the First Farm in Marshall, VA Awarded Top Grassfed and Animal Welfare Certification

The beef cattle at Tasty Grass Farm are now Certified Grassfed by AGW, demonstrating transparency and sustainability

Tasty Grass Farm is the first farming business in Marshall, VA, to be certified Grassfed by A Greener World (AGW). This is the only certification and logo in the U.S. and Canada that guarantees food products come from animals fed a 100 percent grass and forage diet, raised outdoors on pasture or range for their entire lives, and managed according to the Certified Animal Welfare Approved by AGW leading welfare and environmental standards on an independent farm. While other grassfed labels exist, none has fully met consumer expectations when it comes to a grassfed and forage diet, environmental management and farm animal welfare—until now.

Tasty Grass Farm sits on 410 acres of well managed pasture and is home to 117 Black Angus cattle. The farm participates in several sustainable environmental protection practices, including extensive riparian buffer zones around streams to keep the cattle from contributing to pollution in the Chesapeake Bay watershed. In addition, the Hauters engage in rotational grazing methods to discourage over grazing, encourage native flora, and control invasive plant species.

Wayne Hauter of Tasty Grass Farm says, “We chose Certified Animal Welfare Approved by AGW and Certified Grassfed by AGW because we wanted to communicate our high-welfare and grassfed farming practices to customers. Our goal is to have a sustainable farm with

excellent soil and animal health, and our cattle live healthy and happy lives eating fresh grasses and drinking pure, clean well water. This is all reflected in the quality and taste of our grassfed beef.”

According to recent research, demand for grassfed beef has increased by 25-30 percent every year over the last decade. But while demand for grassfed meat is sky-rocketing, not all grassfed certifications are meeting

consumer expectations—and some continue to permit highly questionable practices. Some meat currently marketed as grassfed could come from animals confined on dirt feedlots for long periods outside the growing season, or where growth hormones and subtherapeutic antibiotics are used—just as long as they were fed cut grass or forage.

AGW's new Certified Grassfed label is the only grassfed program in North America to guarantee:

- Ruminant animals raised outdoors on pasture for their entire lives, with an entirely grass and forage diet
- Animals raised according to the highest animal welfare and environmental standards in the U.S. and Canada
- High-welfare handling, transport, and slaughter of animals—including an annual review of slaughter facilities



Certified Grassfed by AGW is an optional, additional accreditation for farmers meeting Certified Animal Welfare Approved by AGW standards of production, which has been lauded by Consumer Reports as the only “highly meaningful” label for farm animal welfare, outdoor access and sustainability.

A Greener World Director of Outreach Emily Moose says, “No other grassfed label can match the breadth, integrity, and transparency offered by AGW’s practical and achievable Certified Grassfed standards and certification procedures. We’re proud to support farmers and ranchers like Tasty Grass Farm and to help them promote their high-quality grassfed meat and sustainable farming practices to the public.”

Certified Animal Welfare Approved by AGW, Certified Grassfed by AGW beef from Tasty Grass Farm is available directly from the farm, as well as at a pick-up location in Warrenton. For more information, visit tastygrassfarm.com and find them on Facebook. Contact Debbie at ds@tastygrassfarm.com and 540-216-3165.

For more information about the Certified Grassfed by AGW label visit <http://animalwelfareapproved.us/standards/grassfed/>. ♦



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SUMMER CAMP DIRECTORY

Soon the warm weather will be here, summer vacations begin, and boys and girls will need to keep minds and bodies active. What better way to engage kids than summer camp, whether overnight or days camps? Find something to please just about every interest and choose programs offered by these top rated schools.



Nysmith School for the Gifted

Preschool through Eighth Grade

13625 EDS Drive, Herndon, VA 20171

(703)713-3332

www.nysmith.com

TUITION: From \$23,000-\$33,000 based on age

BOARDING: No

SCHOOL SIZE: 585 students

CAMPUS SIZE: 13 ¼ acres

HEAD OF

SCHOOL: Ken Nysmith

MOTTO: We Make School Fun



Randolph-Macon Academy

Grades 6-12, co-ed

200 Academy Drive, Front Royal, VA 22630

(540) 636-5200

www.RMA.edu

TUITION: From \$30,000

BOARDING: Yes, plus grades 6-8 have a five-day boarding program available.

SCHOOL SIZE: 330 students – 270 at upper school, 60 at middle school students

CAMPUS SIZE: 135 acres

HEADMASTER: General David C. Wesley

MOTTO: Knowledge, Leadership, Character



Fusion Academy

Grades 6-12, co-ed

1934 Old Gallows Rd #200, Vienna, VA 22182, other campuses

in Alexandria, VA and Washington, D.C.

(866)461-8039

www.fusiontysonscorner.com

TUITION: Varies: full time, part time, single-course and tutoring available

BOARDING: No

SCHOOL SIZE: About 50 per school location

CAMPUS SIZE: Building sizes vary

DIRECTOR OF

ADMISSIONS: Lisa Stern, Tysons

MOTTO: A Revolutionary Way to School



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703-481-2922 | www.RestonMontessori.com

1928 Isaac Newton Square West | Reston, VA 20190

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571.252.7007

Fusion Academy Tysons

703.448.0350

SCHOOL DIRECTORY



Wakefield School

*Grades Junior Kindergarten–12, co-ed;
Lower, Middle and Upper Schools*

4439 Old Tavern Road, The Plains, VA 20198

540-253-7500

www.wakefieldschool.org

TUITION: From \$21,000
SCHOOL SIZE: 320 students
CAMPUS SIZE: 68 acres
HEADMASTER: David Colón
MOTTO: Virtus et Sapientia
(Virtue and Wisdom)



Brooksfield School

Pre-K through 4th Montessori school

1830 Kirby Road, McLean, VA 22101

703-356-5437

www.brooksfieldschool.org

TUITION: \$14,010–\$23,554
SCHOOL SIZE: 100 students
CAMPUS SIZE: 5 acres
HEADMASTER: Maryanne Duffey



Mason Game & Technology Academy

Ages 8 to Adult

George Mason University Fairfax, Loudoun,
and Prince William Campuses

703-993-9889

www.PotomacAcademy.org

(Game Design)

TUITION: Summer \$595/week; Spring/
Fall (7 weeks) \$485; \$255
(Workshops/3 weeks)
SCHOOL SIZE: 20 students max.
CAMPUS SIZE: “Very large campus.”
HEADMASTER: Vera Lichtenberg
MOTTO: Where Art and Technology
learn to play!



Oakcrest School

Girls' School for Sixth through Twelfth Grades

850 Balls Hill Road

McLean, VA 22101

703 790-5450

www.oakcrest.org

TUITION: Middle school: \$25,700
High School: \$26,950

SCHOOL SIZE: 225 students
CAMPUS SIZE: 23 acres
HEADMASTER: Miriam Buono, President
MOTTO: Where Girls Thrive



Westminster School

Pre-K through Eighth Grade

3819 Gallows Rd, Annandale, VA 22003

703 256-3620

www.westminsterschool.com

TUITION: \$18,170–\$23,466
SCHOOL SIZE: 269 students
CAMPUS SIZE: 68 acres
HEADMASTER: Ellis Glover
MOTTO: Presenting Challenge.
Building Character. Instilling
Confidence.



Camp McLean

Ages 3–10

The McLean Community Center
1234 Ingleside Ave, McLean, VA 22101

703-744-9365

www.mcleancenter.org

TUITION: Under 11 \$370/session
Over 11 \$400/week
SCHOOL SIZE: 24 max. Teen 40.
HEADMASTER: Andrew Carter



Leport Montessori-Reston

Ages 18 months – 6 years

11579 Cedar Chase Rd, Herndon, VA 20170

703-810-7811

13251 Woodland Park Rd, Herndon, VA 20171
571-222-4931

3909 Oak St, Fairfax, VA 22030

703-810-7247

www.leportschools.com

TUITION: \$16,740/half day annual
\$19,740/ full day annual
SCHOOL SIZE: 74 children
HEADMASTER: Melissa Anne Camuti
MOTTO: Knowledge for Life

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Reston Montessori

3 months through 6th grade

1928 Isaac Newton Square W, Reston, VA
20190

703-481-2922

www.restonmontessori.com



Montessori School of McLean

Ages 3-5

1711 Kirby Rd, McLean, VA 22101

703-790-1049

www.mcleanmontessori.org

TUITION: \$14,136-\$18,497

SCHOOL SIZE: 200 students

CAMPUS SIZE: 3 acres

HEADMASTER: Meredith La Grant

MOTTO: Cultivating Each Child's
Unique Ability to Flourish
in mind, body, and spirit.



Sweet Briar College

134 Chapel Road, Sweet Briar, VA 24595

434-381-6100

sbc.edu/summer-programs

TUITION: \$34,000/year

BOARDING: Yes

SCHOOL SIZE: 365 students

CAMPUS SIZE: 3250 Acres

HEADMASTER: Meredith Jung-En Woo

MOTTO: Confidence, Courage
and Grit.



YMCA Fairfax County Reston

12196 Sunset Hills Rd, Reston, VA 20190

703-742-8800

TUITION: \$182-\$556

CAMPUS SIZE: 219 Acres

Temple Rodef Shalom

Pre-K through Eighth Grade

2100 Westmoreland St, Falls Church, VA 22043

703-532-2217

www.camptrs.org

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The number Rich sees on the scale now is one he hasn't seen in 20+ years. While Rich keeps busy as a financial advisor, we think his talent in the kitchen could make him a chef at any high-end restaurant. Rich used his culinary skills to create some of the most delicious and appealing program-compliant meals we've ever seen, and his culinary creations are a big reason we will be publishing an EMP 180° Weight Loss™ Cookbook full of our clients' creative takes on healthy dishes. In addition to losing weight, Rich wanted to gain energy and resume his routine of working out daily. Now, Rich is down 53 pounds, and active at the gym once again, sometimes doing two workouts a day. Rich has surpassed his goal, and can attest to the success of the EMP 180° Weight Loss™ Program. The visual pictures demonstrate Rich's progress but EMP 180° also measures other indicator of long-term success.

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tysonscientcare@emp180.com

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www.emp180weightloss.com

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NEW "GODSPELL" IN HERNDON *is Not in Limbo*

**NextStop Brings a Modern Twist
to the Musical Sensation**

NextStop Theatre Company, located near Reston Town Center, opens "Godspell" on March 1, 2018. Director Lorraine Magee brings a modern twist to the musical, setting the new production in a coffee shop.

The show, whose writers include Stephen Schwartz, creator of Broadway's "Wicked," retells parables of love, understanding, and tolerance from the Bible. The play is frequently set in an abstract, timeless environment or city street.

"Our Godspell is not in a limbo—it is in the here and now," said Magee, enjoying the ubiquitous nature of an impersonal coffee shop filled with device-clutching patrons as a backdrop for the tales of enlightenment. "In the 21st century, the internet and the coffee shop were supposed to be places to bring us together and connect us to one another, but they seem to have had the opposite effect."

Despite the title and source material, "Godspell" doesn't cater to solely religious audiences. "You don't have to be Christian, or even a believer in any higher power, to find meaning in this story," noted Magee. "The message is about compassion, understanding, and building a community despite our differences. And we need that now."

The cast includes Angeleaza Anderson, Philip Da Costa, Javier Del Pilar, Tess Higgins, Jennifer Lambert, Bobby Libby, Alan Naylor, Jolene Vettese, Chani Wereley, and AJ Whittenberg.

"Godspell" is the first of a pair of shows about religion in NextStop's 2017/2018 season. Its counterpoint, the play "Bad Jews," will provide an irreverent take on faith in America. "Bad Jews" finishes the season in May and is the capstone to a year-long commitment by NextStop to provide different perspectives on similar topics.

In addition to directing, Magee also choreographs the show, joined by a creative team including Music Director Elisa Rosman, Scenic Designer Jack Golden, Sound Designer Neil McFadden, Lighting and Projections Designer Brittany Shemuga, Costume Designer Maria Bissex, Properties Designer Colleen O'Brien and Stage Manager Rebecca Talisman.

Performances are Thursdays through Sundays from March 1 to April 1, 2018. Tickets range from \$35 to \$65 and are available online at www.NextStopTheatre.org or by calling 866-811-4111. All seating is General Admission. Additional fees may apply. Performance popularity determines ticket prices and advance booking is strongly recommended.

Information on how NextStop is using their 2017/2018 Season of Shows to build the bonds of community can be found at www.NextStopTheatre.org/Together. ♦



RESTON COMMUNITY CENTER'S *Diva Central*

For one day a year, Reston Community Center Lake Anne transforms into a not-to-be missed dress and accessories boutique for teens. There are racks of glittery gowns and bright party outfits, rows of shoes and drawers of accessories to glamorize anyone heading to a spring formal. And it is all available for free.

RCC's Diva Central, held in 2018 on March 24 from 12pm to 6pm, is in its 16th year. The community center's staff collects dry-cleaned donations during a month-long dress drive in February. Middle and high school students can "shop" during the one-day March event to completely outfit themselves for prom and other formal dances for free.

RCC Leisure and Learning Director Eileen

Boone said she is always impressed by the community's generosity in donating gently used (or even some new with tags) clothing. Donations are tax-deductible.

"I think people are excited to see new life for formalwear—items that may have cost a lot and were worn once," said Boone. "We are doing what eBay and vintage stores do, right here in the Reston community, but all at no cost. Spring dances are becoming an increasingly expensive experience for high school students; we hope to lessen that financial burden for local teens."

When you factor in tickets, limo rides, hair styling, and of course, formal ensembles, the average cost of attending the prom on the East Coast is around \$700, according to Yahoo's

2017 Prom Across America Survey. The cost of a dress averages between \$100-\$400 (or much more, depending on where you shop).

Teens will have access to hundreds of dresses and accessories across a wide spectrum of sizes. There is a one-dress-per-shopper limit. The event is open to middle and high school students. Volunteers are on hand to help teens style their choices.

Reston Community Center Lake Anne is located at 1609 Washington Plaza North at Lake Anne Plaza in Reston.

For more information, contact LaTanja Jones, RCC's Collaboration and Outreach Director, at 703-390-6158 or LaTanja.Jones@fairfaxcounty.gov. ❖

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Summer school doesn't have to be boring. At Fusion, they have the ability to customize classes to each student's individual strengths, interests, and learning style in one-to-one classrooms. Students are able to enroll at any time, and take classes at a pace that works for them. Fusion offers the choice to be a full-time student, take classes for credit, or utilize tutoring services. Fusion is an accredited private school with courses available at three levels: essential, college-prep, and honors.

Creative expression is at the forefront of Fusion's arts and music programs. Classes include: screenwriting, photography, on-camera acting, film studies, studio art, vocal fundamentals, and more. Each campus has a state-of-the-art recording studio and a mixed-media art studio. With one-to-one classes, students can pursue whatever artistic dreams they have. Teachers also act as mentors to encourage and challenge students to flourish in their passions.

From math to yoga and everything in between, students can choose classes to create the education that works for them. They have over 250 classes to choose from, all which meet state standards. Homework doesn't go home, but is completed in the Homework Café® before students leave for the day with help from a supervising teacher.

Contact one of our campuses near you to see how you can make the most of your summer at Fusion Academy! ❖





BY RENÉE SKLAREW



DINING AT OUR MOM EUGENIA *Feels Like Family*

When I heard about Our Mom Eugenia, a one-year-old restaurant in Great Falls, I immediately invited my friend Evelyn Xeron to have lunch there. Evelyn is a serious home cook who travels to Greece every summer to visit family. I knew she would enjoy sampling this taste of her homeland, and her immediate reaction was positive. She said the modern Greek taverna is just the kind of place she and her family would look for when they're traveling in Greece. Though this was a cold snap in January, I temporarily felt transported to a sun washed Greek island, if only for the afternoon.

Rustic, yet modern, Our Mom Eugenia is a casual neighborhood restaurant with wood paneling from a Virginia barn and whimsical paintings of Greek life adorning the walls. Several family style tables are available for groups, and you may hear a few diners speaking Greek around you.

We were greeted by one of the owners, Philip Hobson, who works in the front of the house. Philip and Alex Hobson are Chef Eugenia Hobson's sons who opened this restaurant with their mother, and then named it in her honor. On this chilly day, the warm interactions make you feel like you've been invited into the Hobson family home.

For a while now, Eugenia's sons had been dreaming of owning a restaurant where their talented mom could showcase her inventive Greek cuisine. Eugenia attended an Athenian culinary school, but also gleaned her recipes from cooking with her mother and grandmother. When she moved to America, Eugenia became the chef at Mykonos Restaurant in Rockville, and then moved to Nostos Restaurant in Tysons.





covered with sesame seeds wrapped around a wedge of gooey feta cheese. This pastry arrives on a bed of arugula, and is drizzled with golden honey. You could share it, but you won't want to. Evelyn and I finish every bite, and she observes, "Greeks are starting to get more modern with their food. They're going beyond the basics. I've never had anything like this. It reminds me of a Greek candy called Pasteli; it's bar made with honey and sesame." I think this captures Chef Eugenia's signature style, taking beloved Greek ingredients and reimagining them in new ways.

An appetizer that's ideal to share is the tart Patzaria & Pistachio Skordalia. Chef Eugenia has slowly baked the claret-colored beets that encircle Skordalia, a hand-whipped mash of garlic, potato and olive oil, then sprinkles it all with crushed pistachio nuts. This balance of textures and flavors is what modern gastronomies strive to achieve.

You will find a predictable Greek Salad with cucumbers, tomatoes, red onions bathed in vinegar and oil, and an Island Salad, that contains romaine lettuce. Both incorporate a hearty helping of feta cheese. Save room for dessert though, specifically consider the beignet-like Loukoumades, fried dough puffs bathed in honey and peppered with cinnamon and sesame. They are traditionally served for celebratory events, but you can have them any day at Our Mom Eugenia.

A steady flow of customers continues most of the afternoon, as the word's gotten out by word of mouth and from food critics praising Our Mom Eugenia. "I would drive across the bridge for this," says Evelyn as we prepare to leave—a high bar reached for any Maryland resident. This is a neighborhood restaurant for diners seeking a homey yet epicurean dining experience. ♦

Renee Sklarew is the author of 60 Hikes Within 60 Miles of Washington DC a new guidebook that arrived in bookstores this fall. Her family enjoys sampling the many memorable restaurants in the region together. Follow her dining adventures on Twitter @DCWriterMom

"We had been looking for a place like this for a while," says Alex Hobson who lives in the Great Falls neighborhood. They opened Our Mom Eugenia on December 6, 2016 and have enjoyed the support of enthusiastic regulars ever since.

Phil says his mother prepares dishes that are lighter than northern Greek staples like Moussaka, although the traditional dish is still on the menu here. "My mom is from an island in the Ionian Sea on the West Coast of Greece called Zakynthos. It's south of Corfu and Cephalonia. Zakynthos has more vegetation and rain. My mom's food doesn't use a lot of oils or heavy stuff. She likes light cuisine," says Phil. "If you go more to the north, the dishes are heavy, with a lot of meats and sauces, because of the weather. Further down south, the cuisine gets lighter and lighter. Down in the islands we eat a lot of fish."

Fish dishes are often among the dinner specials, while lunch features daily options like lamb burgers and Cabbage & Carrot Salad. "She cooks a soup every day, and also a lunch special. At dinner, we offer more fish specials like sea bass or rockfish," Phil explains. We were at the restaurant on Thursday, so we tried the lunch special called Gemista, which in Greek translates to "the ones that are filled." The ones, in this case, were a duo of roasted green pepper and tomato filled with cinnamon-laced minced meat and rice. This healthful entree softly fills your mouth with its lightness. "It's a favorite of the hair salon employees next door," says Phil. "They order it every week."

Chef Eugenia smiles from her window in the kitchen, as she watches the rapt reactions to a flaming appetizer called Saganaki—Kefalograviera cheese set ablaze in brandy. She has clearly mastered conventional Greek cookery but incorporates recipes that reflect the palates of her native island. Vegetarians, pescatarians, dairy free and gluten free folks will all find inspiring options here.

A carafe of luscious green olive oil sits on the table, intended for the restaurant's crusty bread spotted with oregano. An assortment of appetizers includes customary Greek dips like Tzatziki, Melitzanosalata and Taramosalata, but with standouts like Feta Psiti—a crisp puffed pastry



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 just \$6 [including a drink].

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

www.passionfishreston.com

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www.zeffirelliva.com

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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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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.russianhouserestaurant.com

TURCUISINE

Herndon | Turkish | \$

Located in the Worldgate shopping center, TurCuisine is a standout in the area, offering authentic Turkish and Mediterranean fare in a modern atmosphere. Start with the meze tabagi – a mixed mezze platter. Then try the doner kebab, their house specialty,

prepared fresh daily with a mixture of thinly sliced marinated lamb and beef, grilled in front of a spitfire. They also offer kebabs and pides (Turkish pizzas).

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

www.turcuisine.com

ZEFFIRELLI RISTORANTE

ITALIANO

Herndon | Italian | \$\$

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

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

zeffirelliristorante.com

LEESBURG

AIYARA THAI

Leesburg | Thai | \$

A favorite with the locals, this family-owned and operated, full-service Thai restaurant with a friendly staff offers fantastic food at a great price. It’s very kid-friendly, so bring the whole family. Enjoy patio seating, a full bar, and of course, authentic Thai cuisine.

5 Catoctin Circle, SE | 703-771-1131

www.aiyarathairestaurant.com

TUSCARORA MILL

Leesburg | American | \$\$

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

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

www.tuskies.com

THE WINE KITCHEN

Leesburg | American | \$\$\$

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

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

www.thewinekitchen.com

GREAT FALLS

BOLLYWOOD BISTRO

Great Falls | Indian | \$

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

9853 Georgetown Pike, Great Falls, VA | 703.865.0450

www.bollywoodbistrofairfax.com



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DANTE RISTORANTE**Great Falls | Italian | \$\$\$**

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

1148 Walker Rd, Great Falls, VA | 703.759.3131

www.danterestaurant.com Italian born**L'AUBERGE CHEZ 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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Almost Heaven

Photo credit: Linda Barrett

BY LINDA BARRETT

EXPERIENCE A GOOD OLD-FASHIONED FAMILY VACATION AT WEST VIRGINIA'S CAPON SPRINGS & FARMS' ALL-INCLUSIVE RESORT.

Remember the scene in the movie *Brigadoon* where the “blessed village rises out of the mists every hundred years for only a day?” That’s how I felt after ascending the winding road into the West Virginia mountains and entering Capon Springs & Farms.

I wasn’t sure what to expect, but I surely didn’t anticipate the overwhelming old-fashioned charm of this family-friendly 19th-century resort that simply took my breath away. Or perhaps it was that clean, cool mountain air in that provided me with the heady oxygen. How have I not heard of this place?

A family-owned operation, Capon Springs has been cared for by generations of the Austin family and more than 140 co-workers, many of whose families have been with the resort for generations, as have the guests. “It not unusual to see the same multi-generational families here year after year,” explained Jonathan Bellingham, a third-generation family member himself and current marketing and recreation manager, or “chief host,” as he likes to say.

Capon Springs is an all-inclusive historic mountain resort surrounded by 4,700 acres

of West Virginia wilderness—the perfect place to get away from it all. Meals, lodging, activities, and complete access to the resort facilities and farms are all included (golf and spa are extra for a tiny fee).

Leave your stress and your electronics behind. This resort encourages family togetherness with a multitude of fun daily activities in a kind of fusion between a summer camp and a pampering bed and breakfast. You won’t have a care in the world except when to show up for meals. And even that is taken care of for you with inspiring music through the trees and the ringing of the dinner bell to announce meals three times a day.

Arrive early for the pre-breakfast flag-raising ceremony to hoist a flag that previously flew over the U.S. Capitol, or help lower it after the hilltop barbeque. Those who assist receive an official certificate suitable for framing...like mine!

There is a renewed focus on livestock farm-to-table, like the eggs from free-range chickens and pork products from the resident pig herd. “We serve comfort-style foods presented family-style and several buffets throughout the week, with three of the meals at the outdoor lodge,” Bellingham explained.

“And all the breads, rolls, pies, cakes, and cookies are all baked daily onsite.”

“Guests can walk down to visit with the hogs, dig for fossils, or fish in the stocked pond and bring their fish to the kitchens to serve with breakfast the next day,” he continued. “And anything you need—from equipment to bathing suits—is available for you to borrow.”

There are a variety of room options, from the quaint Pavilion, to the centrally-located Main House, to 14 wonderful and unique cottages. Each historic building has its own special attributes that makes it perfect for a family, couple, individual or groups. We were lucky enough to stay in the Pavilion, with its two wide porches, front and back, and a babbling brook just beyond that lulled us to la-la-land through the screen door.

To help you disconnect from the outside world, guest rooms do not have televisions or phones. (Cell service depends on your carrier.) Old-fashioned ceiling and box fans cool the rooms, while air conditioning is available in public spaces. Guests are encouraged to unplug; go outside and play! If you need internet connectivity, ultra-high-speed access is now available throughout the Meeting House facility.



Capon's Healing Waters

It wouldn't be right to talk about Capon Springs without mentioning the waters around which it was built. (The name "Capon" itself comes from the Native American language, meaning "medicine or healing waters.") In the early 1800s, up and down the Appalachian region, many resorts like Capon Springs were first developed based on underground springs. When the popularity of these resorts began to die off in the early 1900s, Capon Springs began bottling and delivering its water up and down the East coast. Extremely popular for its purported healing powers, it was used by the 1924 and 1928 U.S. Olympic teams in training, and in the 1930s-40s was the "official" and only water used by the entire U.S. Congress.

Guests can enjoy this natural spring water in the swimming pool and spa, and for drinking, cooking and bathing. All the water at Capon Springs comes entirely from the spring itself.

Spa

The entire essence of Capon Springs was founded on its water, so it is only natural that co-founder Lou Austin envisioned a "spa for the practice of natural healing" in its future. Opened in 2006, the Hygeia Bath House and Spa offers a variety of body treatments, from massage to facials to reflexology, but the highlight is a hot soak in the Capon water. Your aches and pains will vanish. A Wellness Room and endless pool are also housed within the Hygeia Spa. Tip: Schedule your appointments before you arrive for the best times.

Golf

The two distinct golf courses include The Golf Course at Capon Springs, a nine-hole regulation course with tees placed for golfers of all ages, and a nine-hole Par 3 course to hone your short game. Golf carts and sets of clubs are available for rent daily or for your stay; single clubs and other equipment are free.

In 2016, Capon Springs added Fling Golf. A hybrid between lacrosse and golf, this family-

friendly game involves "flinging" the golf ball. 2018 welcomes the new U.S. Kids Golf Family Course layout and upgrades to the locker house. Try a round of Hickory Golf, as golf was played when the course opened in 1936, named for the sport's original use of Hickory-Shafted clubs. Or take a lesson or clinic from resident golf professional Mike Rogers.

For more than a century, Capon Springs has served as a hidden gem, a secluded refuge from the world, yet it is less than a two-hour's drive from Northern Virginia, and the ideal spring, summer or fall getaway for the entire family. ♦

Resource

CAPON SPRINGS

304-874-3695

www.caponsprings.net

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HOW TO CHOOSE A *Wedding Planner*

By Analiese Kreutzer



Between the excitement of your engagement and the joy of your wedding, there's a whole lot of work to be done to plan your big day. If the thought of orchestrating your wedding leaves you feeling overwhelmed, then you might want to consider getting some help. Wedding planners—also called wedding consultants or wedding coordinators—offer a range of services, so your first step is to decide what level of help you want.



If you already have a venue in mind, check if it has an on-site coordinator before you spend any time searching for a wedding planner. Many larger venues that host a number of weddings each year, such as hotels or country clubs, employ on-site coordinators whose services are usually included in your rental fee.

On-site coordinators explain what the venue provides, help plan the menu, provide written cost estimates, oversee the setup for your event and more. At places, some of the decisions are made for you. For example, you may be obligated to use the venue's catering services, but for other decisions, such as music, the on-site coordinator should be able to make recommendations if you need them.

Types of Wedding Planners

- * Full-service planners are with you throughout the process, working on all the details from the beginning through the wedding day itself. They work closely with you to get to know your tastes, needs, budget and timeline. They have relationships with vendors, and can find the ones that fit your style and budget. Full-service wedding planners keep the process on track, create a timeline for your wedding day and make sure everything runs smoothly.
- * Partial planners step in a few weeks before your wedding to make sure all the details are finalized and the rehearsal and wedding go according to plan. Partial

planners also can be used to help with specific tasks, such as catering or floral arrangements.

- * Day-of wedding planners ensure that everything goes well on your wedding day so you can relax and enjoy yourself. If you're using a day-of coordinator, you select all the vendors and make all the arrangements, then you meet with the planner prior to your wedding day and go over everything that has been arranged. They handle all the vendor coordination leading up to the final days before the wedding and the wedding day itself.

Another alternative is to have a consultation with a wedding planner to get one-time help early in your planning process so you start on



the right path. The consultation could include help with your timeline, budget and to do list so you know what needs to be done, when to do it and how you can create or stay within your budget. Your wedding consultant may also make vendor recommendations.

Finding the Right Fit

Now that you've decided to get some help, you need to identify potential candidates. The best way is to ask family and friends who they have used. If you're among the first of your family or friends to get married, or none of them used a planner, ask a trusted local vendor, such as a florist, for recommendations. Your church or reception venue may be able to recommend wedding planners, or you can use the locate a wedding planner function on the Association of Bridal Consultants website (www.bridalassn.com).

After you've gathered a list of potential planners, your next step is to check them out online. Look at photos of weddings they have done to see if you like their style. Also see if they tend to specialize in anything. For example, if a planner focuses on large weddings for the rich and famous, maybe she's not the right fit for your small intimate affair. Look for information about the services she offers, professional associations she's a member of and clients she's worked with.

Once you've identified a few you like, find out if they are available for your date and their price range and cost. These are the two biggest obstacles you may face, and you'll be wasting your time if you set up a meeting only to find out the planner's not available or is way out of your price range.

Set up a meeting, and note how easy or difficult it is to do that. Did the planner return your call right away? Was it easy to find a mutual time to meet? Did she seem excited to get together with you? The most important part of the meeting is to find out if you can work with this person for potentially months on one of the biggest events of your life. You may have gotten a feel for this person's work

from her website, but this phone call will provide your crucial first impression. If she's abrupt with you, it could just be that she was in a rush, but be wary if she continues to be brusque in your face-to-face meeting.

Before the meeting, gather any Pinterest images, magazine clippings, swatches or other ideas you'd like to share. Gauge the planner's reaction to your ideas. Is she enthusiastic? Does she listen to what you're saying?

You'll find many lists of questions to ask a wedding planner posted on the internet. These lists cover everything from how many other weddings she will be working on during your timeframe to her pricing structure to whether she has insurance. Take some time to look at some of these lists and compile yours based on the things that are important to you and relevant to your situation.

After the meeting, check some of the wedding planner's references. Call a few recent clients and see how things went. She's probably not going to give you names of people who were unhappy with her services, so don't just ask if they were satisfied. Ask specific questions to uncover any issues. What was the planner was responsible for? (You may be looking for a full-service coordinator and this reference only hired her for day-of services.) Find out if anything went wrong and how the planner handled it. Ask about the vendors she recommended, how easy it was to reach her during the planning process, and whether she executed the couple's vision to their satisfaction.

Once you've found someone who's available, you have a rapport with, who fits your budget and embraces your vision, you can relax and enjoy this special time.

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

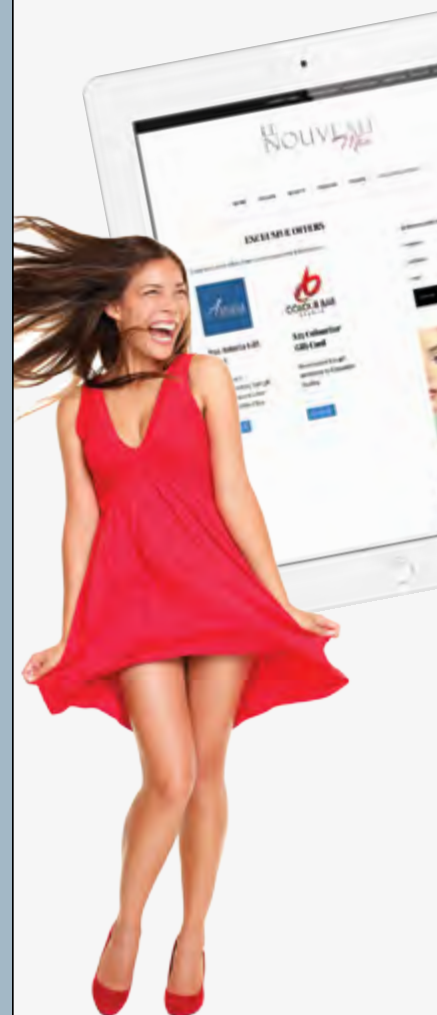
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The Lowdown ON HIGHLIGHTS

By Analiese Kreutzer

Highlights add dimension, depth and brightness to hair. If you want to know the latest trends and techniques, how to care for your highlights, or if you've never had them and don't know where to start, we can help. We talked to Tania Ferrel-Saldana, American Board Certified Haircolorist and founder of Colour Bar Studio in Tysons, to find out the facts about highlighting.

THE TECHNIQUES

Instead of changing your hair color using an all-over, one-color process, highlights add color only to sections of hair. They can be placed all over, used to frame your face or to accent aspects of your haircut. Today, salons offer two types of highlighting, foils and balayage.

With foil highlights, the colorist takes a thin section of hair, lays it on a piece of foil, paints the section with color and folds the foil over to keep the section separate from the rest of the hair. The heat induction provided by the foil also helps the lightener lift the color higher. Foil highlights lighten hair from the root to the end, which leaves a clear line of regrowth, so you need to go in for a touch up every six to eight weeks.

One variation on foil highlights is babylights, which uses very small sections of hair—sometimes just a few strands. Another option using foils is a combination of highlights and lowlights to lighten some sections while adding richer, darker hues to others.

Balayage is a freehand technique that is applied on the surface of a section of hair starting about an inch from the roots and getting thicker as it reaches the ends of the hair. The highlights are less systematically placed and result in a softer, more natural look.

"Balayage is a lot more freehand and customized," said Ferrel-Saldana. "It also takes less time to do it, and it needs less maintenance since the regrowth isn't as noticeable."

THE TRENDS

Ferrel-Saldana said a lot of clients are asking for the tiger eye look. Like the tiger eye gemstone, this style features a soft mix of rich brown, golden and bright hues.

The ombre trend—an all-over style of darker hair at the crown that gets lighter or changes to a different color toward the ends, resulting in hair that looks like it has been dipped in color—has sparked a softer version called sombre, where the color change is more subtle.

Sometimes getting the look you want means mixing techniques, such as adding some babylights along with balayage.

CONSULT WITH A PROFESSIONAL

With all the different techniques, it's important to go to a good hair colorist with training and experience to guide you. Certified hair colorists go through some pretty intense training, and they not only know how to match color to your skintone, but they know how to mix formulas to suit your hair's porousness and texture.

Kits purchased in the store to use at home are one-size-fits-all solutions, so the color and formulations aren't customized for your hair. You may not get the right shade, and you can damage your hair because the products are much harsher than those used in the salon. Of course, even with a friend helping you, it's very hard to apply highlights like a professional.

"We do a lot of fixing," said Ferrel-Saldana. "The products used at home are more damaging, and most people don't have the expertise to get the look they want. We do at least one color correction every day. As a hairdresser, you use products that are best for the hair, because your name is on that hair."

Ferrel-Saldana stresses the importance of having a consultation with your colorist. She suggests bringing in pictures of looks you like to show your stylist what you want. "If you go to a salon and they don't give you a consultation, you should leave," she said. "You should always have a consultation so you and your stylist know your expectations. I think a lot of mistakes by hairdressers are because there's not enough communication."

CARING FOR YOUR HIGHLIGHTS

"I always suggest that after you get highlights, you get a protein treatment or even Olaplex," said Ferrel-Saldana. "Protein will give it strength, and Olaplex helps restore hair from the inside out to strengthen, condition and reconnect the hair strand structure."

"When you get highlights, you remove a lot of color, so you put a lot of stress on the hair. I always follow up highlights with a moisturizer and tell clients to condition their hair every time they shampoo."

Ferrel-Saldana recommends Kerastase and Oribe products. Oribe offers a whole line of very high quality, high performance hair care products. Ferrel-Saldana puts together customized Kerastase kits for her clients that treat hair for four weeks after applying color.

Before you highlight, find photos of results you like, take them with you when you consult with a professional to find the right technique and shades for you, and keep your highlights looking their best by restoring protein and moisture to your hair.

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



SPRING CLEANING YOUR MAKEUP

By Marta Bota
www.mbfacedesign.com

Spring is here! Time to open the windows, clean out our closets, and get ready for a season of renewal! This is the perfect time to go through your makeup drawer and toss the cosmetics that have been sitting there for too long!



SHANY Detox Professional
Brush Cleaner

How long is too long? The shelf life on different beauty products can vary. Here are some guidelines for different cosmetics that may be in your makeup drawer!

MASCARA—mascara should be tossed after three months. Bacteria begins to multiply and it's just not worth risking an eye infection.

FOUNDATIONS—liquid foundations expire after about one year, cream foundations are good for up to 18 months. Why risk getting breakouts, a rash, or other skin issues?

POWDER PRODUCTS—blushes, eyeshadows, bronzers, and setting powders have a two year shelf life before it's time to say goodbye. Yes parting can be such sweet sorrow but just think about the excitement of getting the latest trends in your replacement makeup!

CREAM BLUSHES AND EYESHADOW—these products don't have as long a shelf life as their powder counterparts, only lasting 12-18 months. Something to consider when investing in your cosmetics.

GEL LINER—these eyeliners should be kept no longer than three months, for the same reason as mascara. When it comes to your eyes it's just not worth the risk!

LIPSTICKS AND GLOSSES—lipsticks last about one year. If you refrigerate your lipsticks you can extend their shelf life! Glosses can last up to two years!

There aren't expiration dates on cosmetics so I recommend using a felt tip marker to write the purchased dates on your items, and use these guidelines to ensure product safety!

Besides replacing makeup in a timely manner, I recommend wiping down your products with alcohol from time to time. Cleaning the bottles and tubes keeps them sanitary. We handle our makeup daily and the dirt and oils can build up on the containers and that transfers to our face during application!

Keeping brushes clean is also important. Washing them thoroughly with a gentle cleanser on a monthly basis is good sanitary practice and it will extend the life of your brushes. Brushes collect dirt and oil and can cause skin irritations and/or breakouts. I love SHANY Detox Professional Brush Cleaner! It's gentle, paraben free, and works well on natural hair as well as synthetic brushes!

Spring is the perfect time to assess your products and decide what needs to be thrown away and replaced. As a makeup artist I understand the importance of keeping the makeup area and products clean and sanitary, not only for my personal makeup collection but especially for my professional makeup kit! I recommend my clients do the same! I hope these guidelines help! ♦

Geneveve for Urinary Incontinence

Have you ever dealt with urinary incontinence? This is the loss of bladder control which ranges from occasionally leaking urine when you cough or sneeze to having an urge to urinate that is so sudden and strong you don't have time to make it to the toilet. This can leave many women feeling embarrassed and ashamed.

Luckily, WellMedica would like to introduce the latest technology in non-surgical vaginal rejuvenation. It is called the Geneveve—and it is a clinically proven treatment for urinary incontinence in women. This treatment uses clinically-proven cryogen-cooled monopolar radiofrequency (CMRF) to uniformly deliver gentle volumetric heating while cooling delicate surface tissue which treats incontinence as well as, vaginal laxity, dryness, sexual dysfunction and more.

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Preventing Beauty Backfires

What you can do to get the best
results from your cosmetic surgery

By Analiese Kreutzer

You don't always get the results they expected from cosmetic surgery, which can leave you disheartened, especially when you have to spend more time and money to change the outcome. You need to take a proactive role in your procedure from start to finish, because there are things you can do to prevent or resolve disappointing results. Dr. Christopher Knotts of Austin-Weston, The Center for Cosmetic Surgery shared some stories about what can go wrong and what patients can do to ensure the best possible outcome.

Prevent a Minor Complication from Becoming Something Bigger

A woman came to Dr. Knotts several years after returning to her native South America for a tummy tuck. He noticed right away that her incision was quite high.

"The incision was halfway between her underwear and the belly button. Normally, we try to put it low, where it hides under underwear," Knotts said. However, the patient's main complaint was a feeling of fullness in her upper abdomen. When she pushed on it, it felt like a water balloon. She knew something was wrong. She just didn't know what.

The patient had a seroma—a collection of fluid under the skin—which is a very common complication following any type of liposuction. During follow-up visits after surgery, a doctor usually recognizes this complication, and drains the fluid with a needle.

"If it's not diagnosed, and it sits in there for years, your body will heal

around it, and it's like a little purse or a water balloon," said Knotts. Because this patient went to another country, and she only stayed for a week or two, she did not receive the appropriate post-surgical follow-up. "The planning of the surgery wasn't good, the position of the incision," said Knotts, "but a seroma itself is not a terrible thing."

Once the body forms a sack around the seroma, if a doctor tries to drain it, it will fill back up. The only way to remove it is with surgery. Dr. Knotts operated, and the patient wound up with a low incision and a flat abdomen.

Patients often travel to have procedures, but to prevent a mild complication from turning into something more serious, you want your surgeon nearby for post-op checks and in case you notice anything that doesn't seem right. Trust your instincts. You know your body better than anyone. "You'll know about most serious complications once you get to about three weeks out," said Knotts.

Choose the Right Procedure

In addition to making sure you have surgical follow-up appointments, you need to make sure the procedure you're getting is the right one for you. A patient presented to Dr. Knotts with a lumpy and bumpy abdomen following CoolSculpting. This minimally invasive procedure freezes fat cells that your body then sheds. Too much of the procedure, or if it's done on someone with a little extra skin, can actually make the area look worse.

"This patient really needed skin removal, not CoolSculpting," said Knotts. "It's not necessarily a terrible complication of CoolSculpting, it's just a case of going to a medical spa where the only thing they offer is CoolSculpting." Dr. Knotts removed the patient's excess skin, and she got a nice flat result.

The lesson here is to shop around. You may hear about a procedure and know someone who had it with great results, but everybody is

different, so you need to get advice about what is best for you. We have an abundance of plastic surgeons in our area, so make appointments for a couple consultations. If the medspa and two doctors all say you would benefit from the same procedure, then that probably is what you need. But if there's disagreement, dig deeper. Ask them why they think you're a good or bad candidate for a certain procedure and what the alternatives are.

Once you've identified the right procedure, have it done somewhere that specializes in what you want. They are more likely to know how to get the best results and will be more familiar with typical complications from the procedure. Don't be afraid to ask the surgeon about how much experience he or she has with the particular procedure you're considering and discuss the plan for your procedure. Poorly planned cosmetic surgery often results in visible scars.

Find the Right Practitioner

An unusual complication that Dr. Knotts has seen twice in the last year was infected filler. In both cases, the patients—who didn't know each other—had gone to Thailand for their procedures. "Once you have something foreign in your body that's infected, it will never resolve as long as there is something foreign present," he said. Not only did the patients need antibiotics for six months, but the filler had to be removed. "Luckily, it was dissolvable, but it took five or six sessions of dissolving to get rid of it all."

Finding an experienced, qualified and highly rated practitioner is the best thing you can do for yourself when considering any sort of procedure. Start by checking with friends and family members for recommendations. If you know several people who recommend a certain practice or doctor who they liked and had good results with, then you meet and feel comfortable with the doctor, then your work is done.

Don't worry about insulting a doctor by getting a second opinion. They understand.

It's part of their business. Not only can it help you know you're getting the right procedure, but it's important for you to feel comfortable with your surgeon. Dr. Knotts recommends asking yourself, "If I had a problem—because anyone can have a problem—is this the person I'd want taking care of me?"

If you're having a noninvasive procedure that doesn't require a doctor, know that different states have different licensing and oversight regulations, and they change frequently. Check out reviews online, ask the practice about their state certifications and check with your state or local agencies about any complaints against the business.

If you are using a doctor, check that your doctor is certified by a board recognized by the American Board of Medical Specialties (ABMS). The ABMS recognizes a small subset of boards with strict standards such as the American Board of Plastic Surgery (ABPS), the American Board of Dermatology and others. The ABPS is the only plastic surgery or cosmetic surgery organization in the United States recognized by the ABMS. You can verify your surgeon's board certification by visiting www.abplsurg.org.

Even if you're having an in-office procedure, check that your surgeon has operating privileges in an accredited hospital for the same procedure you're considering. Hospital review committees evaluate a surgeon's training and competency for specific procedures before they grant operating privileges.

If you're thinking about having plastic surgery, doing your homework and advocating for yourself can ensure that you're getting the right procedure and the best care that will get you the results you're looking for.

Anaiese Kreutzer is a contributing writer to VivaTysons, VivaReston and Le Nouveau Moi. She can be reached at AnaieseKreutzer@gmail.com.

Patient 1



“...the patient's main complaint was a feeling of fullness in her upper abdomen. When she pushed on it, it felt like a water balloon.”

Patient 2



“This patient really needed skin removal, not CoolSculpting.” Dr. Knotts removed the patient's excess skin, and she got a nice flat result.

Stars and Swipes

by Julie Holland



Spring flings in feminine pieces...

Whether you're swiping right in hopes of finding that Mr. Right or already have a beau, these flirty style tips will have you feeling extra cute on date night or day romps.

A few spring trends to try out this year are: skin revealing **sheer fabrics**; the beautiful and feminine shade of **lavender**; and **pastels** that evoke feel-good memories of sidewalk chalk and ice cream on sunny days. Although, rich brights are equally in for spring, and pairing a jewel tone with a pastel can be gorgeous.

And, not that we must ever wait for what's "in" to rock what makes us happy, but florals seem to always be "in" one way or another, whether its ditsy prints or oversized boldness. Wear them in a clean and classic, minimalist way or spliced and mix 'n' matched...you really can't go wrong.

The same goes for **stars and shimmer**. Whether these are on the trend list or not, when do these not inspire comments of oos and ahhs and "oh my goodness, cuuute, where did you get that?!". Sparkle equals joy in my book.

Now get out there and have fun with this style inspo and have a happy spring!



Style Inspiration Finds



Madden Girl velvet combat boot
(at DSW), \$69.99



ASOS striped dress, \$95



H&M floral denim jacket, \$49.99



Seven Jeans pearl jeans, \$89



Mango lavender biker jacket, \$199.99



Nastygal star mesh top, \$24



Billabong maxi tank dress, \$59.95



Free People star socks, \$22



Seven Jeans star jeans, \$79

ASK AN EXPERT

How does Hair Growth Scalp Micro Needling Work



By Nuha Handoush
Licensed LME
Clinician, Medical
Laser Technician
at Astoria Laser Clinic
& Med Spa

Stimulate Cellular Activity in the Hair Follicle to regrow Hair by Needling the Scalp. 50% of men and 33% of women suffer from hair loss. This is a progressive disease that may affect patient's confidence, self-esteem, job opportunities, and personal relationships. Traditional non-invasive treatments require patients to take drugs or use topical medications, such as Propecia or Minoxidil, every day for the rest of their life. More invasive treatments like Transplants require a costly and painful surgery.

Scalp Needling with infusion of a growth factor increases cellular activity to heal the dying hair follicles, resulting in thicker, fuller, healthier looking hair. This procedure activates the body's wound healing response. The theory goes that this response could be utilized to reverse alopecia, the male pattern hair loss. After 12 weeks patients will see a change in the baseline hair count.

Patient self-assessment of hair growth found that wound healing opened an embryonic window of opportunity within, which dormant molecular pathways were awakened.

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ASK AN EXPERT

About Preventive Anti-Aging Medicine

Longevity Wellness Center

by Dr. Patricia Petitt, DO, MPH

The gradual wasting away of the body over the course of decades is not a necessary or normal component of aging. Rather, it is the natural outcome of a lifetime of unenlightened choices. Through unhealthy choices you may actually function and be aging biologically at the same level as someone 15-20 years older. The question is how can you be one of those people who function and age biologically at a level equivalent to someone who is many years younger than you?

The answer can be found at Longevity Wellness Centers with a Preventive-Aging Consultation. Longevity Wellness Centers offers a number of consultative levels:

Other Services Include:

Weight loss plan which includes HCG, appetite suppressant and counseling.
\$300.00/month

Botox, Dermal Fillers and Latisse

Body Fat Analysis

Breast Cancer Screening

Bioidentical Hormone Replacement Therapy

Youthful Hormone Replenishment

We age, in part, because our hormones decline. Hormones regulate cellular functions and genetic expression. You were the healthiest when hormones were at optimal levels in your youthful prime. It is only when hormones decline and synthetic hormones are introduced to the body that we see problems. Replenishing a youthful balance with natural bioidentical hormones can restore youthful vitality and delay many aging-related health problems.

This service level provides a comprehensive assessment of your hormone blood levels and related medical history, with individualized recommendations for optimum hormone replenishment. One-on-one physician consultation and instruction covers all aspects of safe hormone replenishment, specific for you.

Hormone Replenishment and Nutritional Lifestyle

Obesity is the fastest growing health problem in the U.S. Managing a healthy weight becomes increasingly difficult as we age, and most diets fail because they are not individualized to your needs. This consultation adds a comprehensive nutritional lifestyle evaluation to the hormone replenishment service described on the opposite page.

A detailed assessment and computer analysis of your current nutritional lifestyle, and a body fat analysis provide the basis for a customized dietary program to achieve your goals. One-on-one physician consultation and instruction covers all aspects of safe hormone replenishment and optimal nutrition, specific for you.

Comprehensive Preventive-Aging Program

Patients typically describe the Longevity Wellness Centers Comprehensive Preventive-Aging Program as a "life-changing experience." It is a total body, mind, and spirit approach to wellness. A custom life-plan is created to personally guide your journey to functionally age at a level equivalent to someone many years younger than your chronological age, and replenish your youthful vitality.

Pricing

Initial comprehensive assessment for the Hormone & Weight Loss Programs is \$475.00 which includes history evaluation, laboratory analysis and initial visit.

30-minute brief consultation for \$125.00 can be applied to the \$475 fee for the Hormone & Weight Loss Program when you sign up.

Annual retainer fee for the Comprehensive Preventive-Aging Program \$1,200.00* includes quarterly/semi-annual office visits, email and phone consultations as needed, treatment plan adjustment and monitoring.

*(Note that the prices provided above do not include the cost of lab tests or prescriptions. These costs are usually covered by your insurance carrier depending on your coverage minus your co-pay to the pharmacy and laboratory.)



About the Expert

Dr. Patricia Petitt, DO, MPH

Dr. Petitt truly believes that it is important to look at the "whole person" to include how we look and feel on the outside as well as our health and wellbeing on the inside. To compliment her aesthetic training, Dr. Petitt completed a fellowship in Anti-Aging and Functional Medicine. This program emphasizes a thorough competency in nutrition, fitness, stress reduction, and bio-identical hormone replacement for men and women.

An Anti-Aging and Preventive Medicine Physician, and the Medical Director of Longevity Wellness Center & Spa, Dr. Petitt received her Medical Degree from South Eastern University of Health Sciences in North Miami Beach, Florida in 1994. She is Board Certified in Preventive & Occupational Medicine by the American Osteopathic Board of Preventive Medicine and Board Certified in Anti-Aging and Regenerative Medicine by the American Board of Anti-Aging Medicine (ABAARM). Dr. Petitt has practiced Preventive Medicine for 18 years in Maryland and Virginia where she learned to focus on strategies to promote health and wellness as well as disease prevention. She has been an aesthetics physician for the past 6 years in several medical spas in Virginia and New York City performing liposuction, laser therapies, Botox & Dermal Fillers, and much more.

Longevity Wellness Center

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Reston, VA 20190

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BY EMMA BLANCOVICH

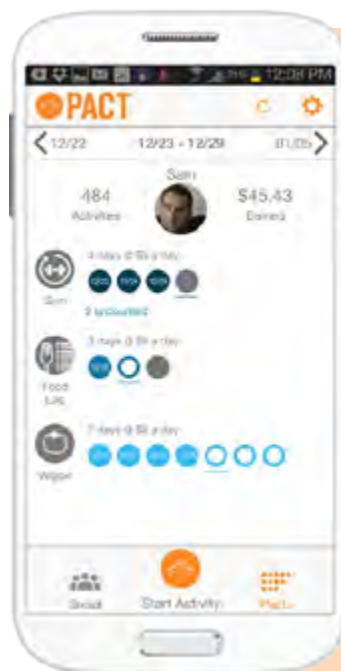
Easy Dieting

WHAT APPS MAKE DIETING EASIER?

Dieting is not something anyone looks forward to these days. Nowadays, with readily available apps that can pick up your favorite junk foods from anywhere, it comes as no surprise that the apps people are more likely to use are apps for ordering favorite foods and not apps necessarily for dieting. Well, believe it or not, dieting apps do exist—and they can actually work to help you lose weight.

Research from Northwestern Memorial Hospital shows that people can lose weight from dieting apps alone and can also keep that weight off—in the study, the people who used the dieting apps to lose weight kept the weight off for an entire year. If diabetes and potential heart disease can be avoided by keeping your weight in check, then you have nothing to lose when it comes to using a daily dieting app to keep track of your health and manage your weight; especially since it works if you can get yourself to commit to using them.

Looking for some suggestions on where to start when it comes to navigating the world of dieting apps? Well, the apps below are tried and true and have settings that help you diet by using simple tracking methods or incentives such as cash to increase the rewards center in your brain to keep you going strong.



PACT: this app comes for free on both iPhone and android. Not only does this app track your calories, but it also motivates you by giving you cash if you can keep to your weekly goals. However, if you do not you will have to pay a fee, so the accountability is there with this app. To use this app, you will need a PayPal account and to become a member. The idea is that you set up a weekly pact to meet your exercise goals and you verify this by allowing GPS access from the app to verify your login at a gym or to show your motion detector if you only work out from home.

I do not think anyone likes to lose money, so this makes this a great motivational dieting app if you getting rewards makes you want to try harder and stay committed.



LOSE IT!: this app comes for free on both iPhone and android. The essence of this app is a daily food calorie diary, which you do by logging in every piece of food that you eat. The great thing about this app is that it will find the food for you to log in based on your searches—even restaurant menus—and give you every piece on nutritional information about it, thus at the end of the day, notifying you of how many calories you have consumed for the day. The app tells you how much you should be consuming daily to stay at a specific weight or to lose weight. You will see a bar graph

showing you how many calories you have left for the rest of the day; search something up to eat with those remainder calories on the app and you will notice how many options (even healthier ones) you can choose from to consume that meet your requirement goals. You can also use their Snap! feature that logs food by a simple photo upload.



MY DIET COACH:

this app comes for free on both iPhone and android. This app takes a quirky take on dieting and brings the fun of 'apps' to how it works. You can create your avatar with this app and earn rewards for it such as clothing along with other virtual rewards for good behavior with your eating patterns. You can also record your body measurements on the avatar for your neck, waist, etc. and add photos too along with inspirational quotes to help you get to your target weight loss. And, if you are ever experiencing a panic moment

where you feel you want to eat something but that it will mess up your calorie count for the day, the "panic button" feature, where you can type in what kind of craving you are experiencing, will give you tips on how to avoid the craving.

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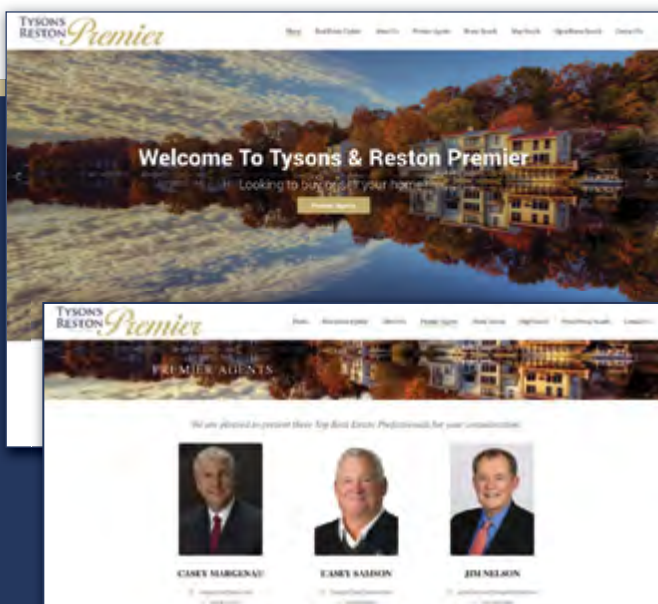
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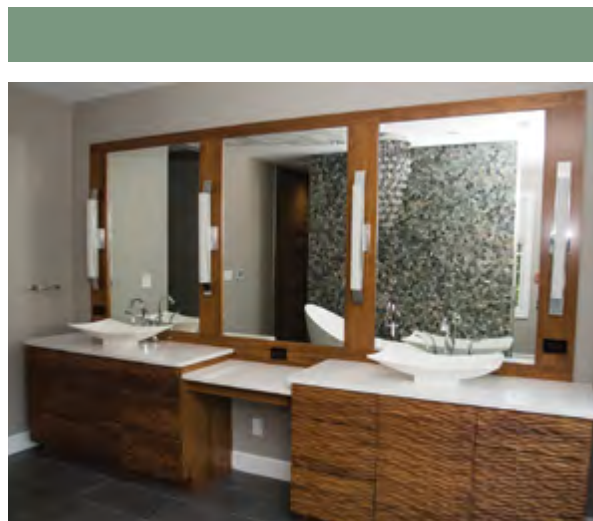
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What's Affecting the Real Estate Market in 2018?

BY LINDA BARRETT

As we enter another busy home buying and selling season, it is important to know what is going on in the marketplace. What's influencing buyers? How is the Realtor business changing? What implications does the new tax bill have on home owners?

Tax Reform Implications

The biggest topic of discussion is the new tax reform bill and its changes to home ownership. Some of the most important changes to tax laws include (check with your tax consultant/accountant):

- A reduction in the amount of allowable interest deduction on mortgage amounts to \$750,000 (including second homes, yachts, etc.) This only applies to mortgages borrowed after December 14, 2017; mortgages prior to that date are grandfathered in.
- Preservation of the deduction for second homes to the combined \$750,000 cap
- Elimination of the deduction for home equity loans
- Limitation of state and local taxes (SALT) to a \$10,000 household limit per return
- Reduction in estate taxes
- Elimination of the alimony payment deduction, however, taxes on alimony received have been eliminated (making it easier to afford a mortgage)
- Doubling of the standard deduction from \$6,350 to \$12,000 (individuals) and from \$12,700 to \$24,000 (couples.)

While this new standard deduction may provide higher benefits to some, it can also reduce the financial incentives for renters to purchase a home.

Realtor Industry Changes

"Virtual reality is the future of real estate," said Ryan Conrad, CEO of the Northern Virginia Association of Realtors. Already in use are 3D, 360-degree, and drone-enabled photography and videography that can offer a virtual visit in and around a home and its neighborhood, virtual staging technology, and drone mapping.

Newly developed, the ability to "walk through" a home via Google Glass or a video can greatly assist Realtors in narrowing down the number of homes a client will actually want to visit. Google Glass is a tiny computer/camera worn around the head that enables a real estate agent to video chat while offering a live tour of a property, for up to nine others. It works through Google+ Hangout technology and allows hands-free voice or video calls directly from the Realtor's point of view while they are in the home. Those connected are able to ask questions or request that the Realtor show them specific areas of the home or grounds.

Professionalism is also at the forefront of the Realtor experience, as traditional realty companies compete with low-commission and online firms. Personalized services and more interaction through social media and feedback sites will increase. Visual methods of marketing will take preference, and online advertising, such as sponsored Facebook ads, will become more prevalent.

Housing Trends

Home sales going into 2018 are still slow, attributed largely to the lack of inventory and new construction. But with interest rates remaining extremely competitive at below 5%, home prices rising only a fraction, and rents reporting sky-high, it is still an excellent time to buy.

"One trend we're seeing is a move toward high-density, mixed-use, amenity-rich communities," said Eric Maribojoc, Executive Director

of the Center for Real Estate Entrepreneurship, George Mason University. Already, communities like this are springing up in Tysons, Reston, the Mosaic District, and Fairfax Circle that combine residential living with grocery and service providers.

Older people are also moving back into more urban areas, especially within the Boomer population. Instead of migrating to retirement villages as they downsize, many are looking for the convenience of a walkable community in “smart growth,” urban centers. For those who wish to remain in their homes, remodeling and upgrading their homes for aging in place is rising in popularity.

Another trend is for Accessory Dwelling Units (ADU), sometimes known as “granny flats,” generally used as rentals. These are separate structures, or units within an existing home, that have their own entrance, living space, kitchen, bathroom and utilities, with the property owner required to also reside on the same lot. “There is a demand for more affordable housing in high-priced areas,” Maribojoc added. In November 2017, Arlington County adopted revisions to its legislation to remove limitations previously in place and increase opportunities for residents to add accessory dwellings.

A third trend noted by Maribojoc are e-lofts, where former office spaces are transformed into flexible, mixed-use, live-and-work apartments and office suites, as in the newly-opened e-lofts by Delta Associates in Alexandria.

Shifts in the Buyer/Seller Population

“One market segment that is really going to make a difference is the younger population,” reported S. Scott Avery, president of AveryHess Realtors in his market report seminar held in January. While the Baby Boomers aren’t downsizing and are staying in the workplace longer, the younger generations like the Millennials and Centennials (Gen Z) have surpassed them in terms of numbers. They are graduating college, establishing themselves in jobs, marrying and starting families, and looking to purchase their own homes. According to Realtor.com, “Millennials could make up 43% of home buyers by taking out a mortgage by the end of 2018.”

The ideal of owning a home continues to be the American Dream. And with sales of existing homes, new construction, and revitalization continuing, along with highly-desirable mortgage rates, we should see continued growth in 2018. ♦



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BY LINDA BARRETT

Maple Syrup, Anyone?

Travel to Pennsylvania's Maple Festivals

There's nothing like the sweet, sticky, amber-colored goodness of pure maple syrup over a steaming stack of pancakes. Especially in late February and March, when maple syrup harvests take place in our region.

When you think of maple, you most likely envision Vermont or Canada. But did you know that maple production flourishes in Pennsylvania? It is the fifth largest producer, and well worth a weekend excursion.

"Historically, the maple history here in Somerset County goes back to the 1760s, to now four and five generations of maple producers," said Mark Ware, executive director of the Somerset Historical Center that features reproductions of three maple sugar camps from the 1860s to modern times to show how trees are and were tapped for what they locally call "sugar water."

"Since there is only 2% sugar in the sugar water, you can't tell it's sweet until you boil it down. It takes 40 gallons of sugar water boiled down and condensed to make one gallon of syrup," Ware explained. Trees with the highest sugar content are the sugar maples, or hard maples, followed by the red, or soft, maples. And harvesting relies on Mother Nature. "When the forecast is for freezing nights and warm, thawing days, you get out and tap. It has to do with the atmospheric pressure in the tree." A tree can have up to four taps, depending on the tree size.

"Maple is part of our economy here; producers are still on their family farms doing it as a serious seasonal business ranging from a few dozen taps to more than 20,000 on a property," Ware said. During Somerset's Maple Weekend Taste and Tour, visitors can visit sugar camps to learn about the history, watch tree tapping and syrup making, and sample products for free.

"We are known in Somerset County for our taffy treat we call "spotza" that is thickened maple syrup poured over crushed ice to make gooey taffy, our burnt sugar gobs (like whoopee pies), and burnt sugar cake that is even available in local grocery stores," he said proudly. "But go outside this county and nobody has ever heard of these; we have our own unique vernacular here.

History of Maple Harvesting

It is said that the American Indian first made maple syrup. They used a sloping cut, or gash, two inches deep and 2.5 inches long in the maple tree. A knife or wood chip was inserted into the gash, allowing the sap to flow down it into a ground receptacle made from bark caulked with pitch, or hollowed-out logs.

By 1765, settlers changed the Indian's style of tapping. They trimmed off the bark, chopped a 1/2"-deep hole into the trunk and inserted a sloping trough that funneled the sap to a



spile (spout) into the receptacle. Boring holes began around 1774. Originally made of wood, the spiles were then created from galvanized cast iron, eventually transitioning to metal spiles and buckets. Plastic tubing has been used since 1965 to vacuum the sap more efficiently to a gathering vat or storage tank.

Sugarmakers boil the sap, watching carefully. As it thickens, it gets hotter, and is ready when it reaches 7 degrees above the boiling point of water. Left longer, it crystalizes, eventually becoming like granular sugar. The finished maple syrup is filtered and put into containers for sale or made into other treats like ice cream, candy or jelly. Pure and all-natural, it is ideal for enjoying on ice cream, barbecue, steamed rice or vegetables, and of course, pancakes, waffles and French toast.

There are a number of ways you can experience maple firsthand through farm tours, festivals, tree-tapping demonstrations and samplings.

Visit Maple Farms

Tioga County, in northern central Pennsylvania, is one of the most popular destinations for maple products and production. Stop at Brookfield Maple Products, an organic maple producer and Pennsylvania's largest maple producer Patterson Maple Farms, known for its syrups and product line.

Visits to Loch's Maple and Fiber in the Endless Mountains region of Northeastern Pennsylvania showcase the production of the product used for their popular syrups, candies and signature "Maple Popcorn."

Bring the family to Indiana, PA's Andy's Own Pure Maple Syrup, a fourth-generation family business producing maple syrup for more than 50 years. Each spring, more than 200 gallons of syrup are extracted from more than 700 local trees, using a blend of modern equipment and traditional values to make some of the best maple syrup around.



Enjoy Maple Festivals

The majority of Pennsylvania's maple festivals take place from the late February into early spring.

The free, self-guided Maple Weekend Taste and Tour (March 10) hosted by the Somerset County Maple Producers Association includes 16 sugar camps where visitors can learn about syrup production and traditions and sample maple products.

The Pennsylvania Maple Festival takes place March 17-18 and 21-25 in the Laurel Highlands, culminating at the annual festival in Meyersdale, also known as "Maple City USA." This festival features a variety of family-friendly activities including maple syrup production, sugar camp, demonstrations, living history, live entertainment, children's activities and a tractor show. Don't miss the Grand Feature Parade (Sat, March 1), Lions Club pancake breakfasts (March 16-17, 21-24) and the "Legend of the Magic Water," historical pageant brought to life by more than 100 local residents to depict the discovery and history of maple syrup (March 17, 23, 24).

Camp Elder holds its Mount Hope Maple Madness event (February 24 and March 3, 9 to noon), featuring a pancake breakfast, crafts vendors, and an outdoors maple sugaring

experience from tapping to the creation of the sweet, pure syrup.

Where pumpkin spice might be the craze in the fall, maple is the most-searched for term this time of year. Move over pumpkin, maple is poised to be the next big thing! ❖



Highland Maple Festival

For a taste of maple in Virginia, visit the Highland Maple Festival in Monterey (March 10-11, 17-18). Designated a "local legacy" by the Library of Congress, this festival has been continuously occurring for 60 years, drawing up to 50,000 visitors. Highlights include buckwheat and pancake breakfasts, maple donuts, locally-harvested trout dinners, antiques, arts and crafts, and bluegrass music and clogging. www.highlandcounty.org/events/maple-festival





BY LINDA BARRETT

Ongoing Wellness Care For Your Pet

Loving a pet is easy. Taking care of it takes knowledge of how to ensure that it has the healthiest and best life possible. You may only think of health care when a pet is sick, but consider how wellness care can truly enhance their quality of life.

When you provide regular wellness care, you create a timeline. This way when you bring your pet in for its yearly examination the veterinarian can see if any physical or behavioral changes have occurred and create a track record for their progression. Regular examinations can also detect some disease processes early, before they become a problem.

“Our entire focus at VIP Petcare is to maintain wellness in your pet; not necessarily to treat problems after they occur,” said Dr. Katryna Fleer, DVM and Medical Director for VIP Petcare. “If we can keep your pet healthy through something as simple as regular checkups, vaccinations and routine healthcare, they will live longer and richer lives. And that makes us all happy.”

Pet wellness care can extend beyond the medical checkups as well. For instance, microchipping. Because even indoor pets can also escape when people come in and out of the door, your cats and dogs should all have microchips. Think also about our country's recent natural disasters and fires, pets can become separated from their owners. Microchipping is a simple process that takes only seconds, but

creates a lifetime of security should your pet become lost.

At VIP Petcare, we think it's important for pet parents to not only provide preventive care for their pets, but to understand why it is important, and what part you can play.

Here are some tips on how to provide wellness care for your pet:

- All pets should get a yearly examination from a veterinarian.
- Older pets should be examined more frequently.
- Get an annual fecal test to check for multiple intestinal parasites and diagnose any diseases. A fecal test can be included in all packages at VIP Petcare and requires only a simple collection of your pet's feces.
- Get a heartworm test or feline leukemia virus (FeLV) screen
- Control parasites like fleas and ticks with a monthly parasite protection program.
- Brush your pet's teeth and provide regular dental care.
- Deworm.
- Update all vaccinations to prevent disease. Check the vaccine

recommendations at vippetcare.com, and ask your veterinarian for recommendations based on your pet's history, current health and lifestyle.

■ Microchip your pet as a form of permanent identification.

■ Trim nails.

Wellness care doesn't have to be expensive. With the VIP Petcare Community Wellness Clinics the wellness visit itself is free and there is only a small charge for any related fees such as vaccinations, tests or treatments. Even a microchip implantation is inexpensive at only \$19 for a lifetime registration. Check the VIP Petcare website for locations and hours.

Other Ways to Keep Your Pet Healthy

As with humans, diet and exercise play important roles in your pet's care.

Good health requires proper nutrition based on their size, age, lifestyle and species, and like humans, many pets are suffering from weight issues that can cause serious health issues. Choose healthy pet food options (your veterinarian can make recommendations) that are appropriate for your animal, keeping in mind that their nutritional needs differ from those of humans. You cannot feed them the same foods you feed the family. Ensure that fresh water is always available. Clean food and water bowls regularly.

All pets need lots of exercise to remain healthy, both through physical movement and mental stimulation. Play is a wonderful way to enjoy time with your pet while boosting exercise requirements. Invest in toys that stimulate your pet mentally, even when you're not available to play.

Don't overlook the importance of human contact. Your pet needs and wants your love and attention. A pet that is ignored or left alone for extended periods of time will not be as healthy as one that interacts regularly with family members. Interaction also helps boost socialization skills.

And did you know that pet ownership has wellness benefits for humans too? Studies have shown that pets can help alleviate feelings of loneliness and social isolation. In fact, a study by the Research Center for Human/Animal Interaction at the University of Missouri College of Veterinary Medicine indicates that interaction with animals can increase a person's level of the oxytocin, a beneficial hormone that helps a body heal, grow new cells and create an internal environment for health.

There is no greater joy than the love shared between your pet and your family. Ensure a longer and healthier relationship with wellness care. ❖



Got a pet? Get a wellness plan!

Providing your pet with a lifetime of preventative care doesn't have to be time consuming and expensive. Let **VIP Petcare** partner with you to keep your pet **healthy, happy and safe** for the long haul!



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A TPSS modular building being delivered and each segment set into place on the concrete slab. Photo courtesy of John Kearney.



BY MARCIA MCALLISTER

Inside of a TPSS building working to reconnect the internal wiring after the TPSS modular building was delivered in sections and erected on site. Photo courtesy of John Kearney.

SILVER LINE UPDATE

Silver Line construction contractors meandered through the below-freezing, near record-low temperatures along with snow and ice, and are looking toward some busy months as Phase 2 work continues from the Wiehle-Reston East Metro station to the end of the line in Ashburn.

Here's a look at some of what to expect and what not to expect in the coming months:

- **Pedestrian Tunnel:** Work continues on the pedestrian tunnel that will carry passengers on moving sidewalks to and from the main terminal at Dulles Airport and parking garage 1. Moving sidewalks will be tested. Shuttles will continue to run until the tunnel reopens.
- **Track work:** Track installations will take place all along the alignment. Retaining wall construction continues in the median of the Dulles International Airport Access Highway (DIAAH). Yard lead work continues and aerial guideway track at the airport is being prepared for installation of systems equipment.
- **Electric Power:** Energizing the electrical systems in selected sections of track and service buildings such as traction power substations will begin. Communications and power lines are being relocated to allow access to the west end of the Herndon Parking Garage. Power lines for future signage and power gates along the DIAAH will be installed. Cabling continues to provide power to traction power substations, train control rooms and tie breaker stations.
- **Reston Town Center Station:** Installations on pedestrian bridges on the north side of the station and ongoing finishing work on bridges on the south side.
- **Herndon Station:** Construction of the pavilion on the north side of the station between the Dulles Toll Road and Herndon Parkway will begin soon. Fairfax County continues to work on a parking garage it is building near the existing Herndon-Monroe Park and Ride. Work on the roofing of the station vault is headed for completion. Slight changes in the Dulles Toll Road location are being made.
- **Innovation Center Station:** The most complete of all the stations, roofing work nearly complete as work on the pavilions and pedestrian bridges continues.
- **Dulles Airport Station:** Clearly visible as crews work to complete the roof. Electrical work continues.
- **Loudoun Gateway Station:** Station precast work continues and pedestrian bridges are in place.
- **Ashburn Station:** Steel roof erection should begin in March. Pedestrian bridges have been installed on south side and are almost ready for installation on the north side.
- **Rail Yard:** Duct banks and manholes are being installed.
- **Start-up:** Preliminary planning for start-up will continue involving contractors, the Airports Authority and the Washington Metropolitan Area Transit Authority. ♦



BY AMANDA SCARANGELLA

MEET THE STAFF: THOMAS CRONE

The Dulles Corridor Metrorail Project has named Thomas Crone as the Director of Program Operations.

In addition to his various job duties, Crone is responsible for coordination among all project safety groups, Virginia Department of Transportation (VDOT), Washington Metropolitan Area Transit Authority (WMATA), county authorities, and other stakeholders. Crone is rising to the challenge with much enthusiasm.

"I'm enjoying it, because it's very rewarding to me," remarked Crone. "My career goals when I first went to school would have been to work on a major project."

Before accepting the Director of Program Operations position, Crone continued with WMATA for nearly 27 years rising through the ranks from Project Coordinator to Senior Program Manager.

From 2000 to 2007, Crone even worked on Phase 1 of the Silver Line from the Metro side of the tracks. Joining the team on Phase 2 is just one more opportunity for him to propel the progress of the rail line forward.

Crone's passion for construction has followed him throughout his career. It is this passion that has helped promote better transportation for the local community by bringing the Silver Line from Tysons out to Loudoun County. ♦



*Innovation crossover switch is being set to elevation.
Photo courtesy of John Kearney.*

BY AMANDA SCARANGELLA

YEAR IN REVIEW: PROGRESS ON THE SILVER LINE

The second phase of the Dulles Corridor Metrorail Project (DCMP) closed out a busy year in 2017, and hit several milestones along the way.

In January 2017, all 251 column supports for the Dulles Airport Metrorail Station aerial guideway were completed and Capital Rail Constructors (CRC) crews began installing both ballasted and direct fixated track.

April 2017 brought with it the arrival of pedestrian bridge spans on site. Track work continued and the first of the prefabricated traction power substation buildings was installed. Construction of Phase 2 officially reached 56 percent.

Structural steel started going up for maintenance facilities and other structures at the Rail Yard in May 2017. These facilities will be critical to maintaining clean, durable Metrorail

trains for many years to come. Throughout the summer, crews were busy roughing in the mechanical, electrical and plumbing systems at four stations.

By August 2017, CRC crews began putting in place pedestrian bridges. These bridges will provide access for Metrorail passengers to reach the Silver Line stations.

The first pedestrian bridge was set on the south side of Innovation Center Metrorail Station.

As autumn rolled around, construction of the aerial guideway structure at Dulles Airport Metrorail Station was completed.

In the spirit of the holiday season, DCMP and CRC partnered to provide 181 full Thanksgiving meals to families in Fairfax and Loudoun counties as part of the Loudoun Hunger Relief and Reston Cornerstones 2017 Thanksgiving Donation Drive in November.

By December's end, Phase 2 of the Silver Line had achieved over 5 million labor hours. That translated into 66 percent construction completion. ♦



Virginia is for Lovers

BY DELEGATE KENNETH R. "KEN" PLUM



Modern Bride magazine in an issue in 1969 included an advertisement proclaiming that "Virginia is for Lovers." It was the first such ad in a campaign that has become one of the most successful in America.

In 1969, in a desire to draw more young visitors to Virginia, the Virginia State Travel Service—now the Virginia Tourism Corporation—turned to the Martin and Woltz, Inc. advertising agency to create a new tourism campaign. Now the Martin Agency, the firm originally came up with the idea of a multi-faceted approach—Virginia is for History Lovers, Virginia is for Beach Lovers, Virginia is for Mountain Lovers and so on. Deciding that was too broad, the agency landed on Virginia is for Lovers, a phrase that has endured now for close to fifty years after that first ad appeared in *Modern Bride*.

While many have assumed that Virginia is for Lovers refers to honeymoons and romance, the intention from the beginning and still today is to encompass the message that Virginia is a place where tourists and travelers can pursue the many things they love—outdoor activities, exploring history, wine tasting, fine dining and much more. None of that excludes honeymoons and romance, however.

Forbes.com recognized Virginia is for Lovers as one of the top ten tourism marketing campaigns of all time. It was

inducted into the Madison Avenue Advertising Walk of Fame in 2009 along with other such notable brand campaigns as the Budweiser Clydesdales and the "Like a good neighbor, State Farm is there" slogan.

Virginia is for Lovers® is the Commonwealth's registered trademark and the official tourism logo and slogan. It is one of the most recognizable labels for any state. In recent times the Virginia is for Lovers slogan has been reduced to simply LOVE. At travel centers and tourist attractions the three to four-foot letters—LOVE—are proudly displayed having been made of different materials. The LOVE signs appeared at Lake Anne Plaza last summer next to the statue of Robert E. Simon. Like any popular slogan, the word love automatically translates into the full slogan in the viewer's mind.

As a native Virginian I can confirm that there are a great many things to love about Virginia. Virginia is for Lovers is more than just a marketing slogan to attract tourists; it's a reminder to explore and embrace our wonderful Commonwealth. It is a welcoming message for newlyweds as well as those raising a family or settling into retirement. ♦

I am Woman, Hear Me Roar

BY JAN KING

The Amazon takeover has begun, and it's not the "same day delivery" Amazon I'm talking about. It's about the birth of a nation ruled by warrior women. In the past year, we've seen women rising up and collectively crushing American men (and their gonads) for crimes of sexual harassment. One by one, men out there are being identified and humiliated, losing their jobs, and even being put behind bars. So, let this be a warning to all you testosterone titans --you can run but you cannot hide. The Amazon women will find you under every slimy rock in the country.

There's no profession which has been immune from this purging, either. Perverts have been plucked from every industry including politics, sports, movies, culinary, and even publishing. If Vanna White spun the Wheel of Abusers in the entertainment category alone, her arm would crumble from fatigue. Just a few of the sleazy seducers who have been called out are Harvey Weinstein, Ben Affleck, Bill Cosby, Kevin Spacey, Charlie Rose, Matt Lauer, Russell Simmons, Mario Batali, and Steven Segal.

Buh-bye, guys. I know this wasn't the kind of exposure you wanted. So, you better hire great PR people and a team of shifty lawyers to save your sorry tushies.

Naturally, the Hollywood Amazons have come out roaring the loudest. Empowered by women like Ashley Judd and Meryl Streep, they chose the Golden Globes as the perfect venue to unleash their fury. Those speeches incited their sisters into such a feverish pitch, they were running around with their manes on fire. Trust me. There is no fuel on earth more potent than estrogen plus anger.

Smelling fresh blood, the Amazons quickly disemboweled the likes of Harvey Weinstein and Kevin Spacey, expertly carving the potent moguls into impotent castrati. Their mantra, #times up, was mentioned approximately one billion times during their fire and brimstone sermons delivered from the golden pulpit. The Hollywood Amazons chose to wear black gowns, as a statement of their solidarity. It might be noteworthy to mention that the gowns showed a lot more than solidarity. Many wore décolletages, exposing plenty of boobage while plunging to the navel. Others

had slits up to the hip bones. Some were fashioned from see-through fabrics, with a few strategically placed embroidered fig leaves barely covering their vital organs. I'm guessing that their "statement" was: "Please look at my body parts, but if you touch any of them, you'll be missing three of your own!"

As sleazy as the Hollywood bunch might be, however, the juiciest scandals are coming from the politicians. Even better is when they're from the hybrid species, Politician/Entertainer. Take Senator Al Franken...please. He was busted when a photo surfaced of him groping a sleeping female reporter on a publicity junket. The senator's reaction to the accusation was typical of every guy who ever got his hand caught in the cookie jar. (Every pun intended). He was forced to go on a de rigueur "Apology Tour" written by his P.R. staff. During his televised mea culpa, Franken basically said he was NOT guilty of most of the accusations and had different recollections of the rest. He also said, "Nothing I did brought dishonor to the institution."

Wowzers, Al. That was really touching. And by that, I mean once again you touched women in really bad places. I guess your rationale is: 1. Unconscious women are fair game. 2. It's difficult to bring dishonor on an "institution" not unlike Sodom and Gomorrah.

So, where's it all going to end? Well, as a self-appointed spokeswoman for the Amazons, I'll give you my predictions. In the future, booze will be banned from any celebrations which are attended by both men and women, making the concept of "a fun party" obsolete. TMZ's Harvey Levin, the E! channel, and all the tabloids will become extinct. The Super Bowl will be replaced by the Lingerie Bowl. The only movies that will be made, produced, and directed will be in an entertainment industry run by females. All bestselling novels and screen plays will be about self-absorbed women's spiritual quests to find out "who they are." And, of course, Oprah will run for President.

The only minor downside is that our population is doomed since there won't be any men left with their reproductive organs intact. But, that's okay. It'll give them something to roar about! ❖

MARCH



PISCES 2/19–3/20: Hard work and focus take you far but don't forget your larger life. Save a little of your energy for your pet and dollop of charm for the people who love you.



ARIES 3/21–4/19: Your life may seem a little crazy right now. Offer a smile to someone who doesn't expect it. The full moon on the 31st returns the vibes you give.



TAURUS 4/20–5/20: The quarter moon March 24 slows your roll some. Forget controversies and focus on solutions in your own world.



GEMINI 5/21–6/20: Your loved one is on a mission. No point in trying to rethink it. Hang in there. You could have more influence by next month.



CANCER 6/21–7/22: Energy is on your mind—yours and others. Focus on nutrition and get enough sleep. This will become essential as you move through March, a month that could be surprisingly demanding.



LEO 7/23–8/22: Consider planning a long weekend now, rather than a budget-blowing vacation this summer. The stars predict unexpected expenses. You'll want to be prepared.



VIRGO 8/23–9/22: Does every project have to be started and completed in one shot? Counter your perfectionist tendencies by working on ordinary tasks during short time spaces.



LIBRA 9/23–10/21: The equinox on March 20 is Libra's day. Take the day to consciously balance romance and friendship. Your spouse or partner can use a little extra of one or the other.



SCORPIO 10/22–11/21: To improve a relationship this month, give more than is expected; expect less in return. Someone who loves you needs your extra effort just now but won't ask for it.



SAGITTARIUS 11/22–12/21: Flexibility serves you well as the month comes to a close. Don't hesitate to try something new. A surprise is in store.



CAPRICORN 12/22–1/19: Spring. Ideas. Those two go together as the changing season sparks new plans. Consider your available time and resources then choose the most promising.



AQUARIUS 1/20–2/18: Stay alert for people who blame others for everything and avoid the blamers this month. What you hear may or may not be the truth so don't act on rumor. Get information.

APRIL



ARIES 3/21–4/19: Take your bows, Aries. You've been center stage for quite a while. Now it's time to thank the audience and take your seat. Won't be long, though. By the end of the month, your leadership will be in demand.



TAURUS 4/20–5/20: Stand up straight and throw your shoulders back! Adopt a posture of strength to address the bumps in the road this month. But remember they are just bumps. Keep a positive attitude.



GEMINI 5/21–6/20: This month give yourself the same tender loving care you give your kids or your cat. Take a break. Get a treat. Take your medicine. By mid-month your attention to your personal needs pays off.



CANCER 6/21–7/22: Adopt a sympathetic attitude this month as you work and play with others. Everyone has their struggles. Look beyond yours to get inspiration.



LEO 7/23–8/22: Make sure you are cultivating friends that actually care about your success. Some do; some don't. Find the ones who do care for you and care for them back.



VIRGO 8/23–9/22: Time to ask yourself what you want to accomplish in the next two years. You'll have some forks in the road coming up. If you know where you are going, you'll know which path to take.



LIBRA 9/23–10/21: The second full moon of the month on the 30th brings a repeat of a task or situation you have come to think of as difficult. Start thinking of the situation as meaningful and look for the lessons.



SCORPIO 10/22–11/21: The New Moon on the 16th might be barely visible, but that's the time to turn the lights on. Plan for something fun and joyous at mid-month. It will take you far.



SAGITTARIUS 11/22–12/21: A personal dispute may seem threatening to your peace of mind. Consider honestly what you have done to contribute to the problem. You might be able to change your approach, but either way, you can only change yourself.



CAPRICORN 12/22–1/19: April opens with holiday, family and some fun. Let this carry you through the month as you consider how best to make every day more festive.



AQUARIUS 1/20–2/18: A little romance is in the air for April. It might be a connection with your loved one or it might be a feeling of awe at nature. Revel in it.

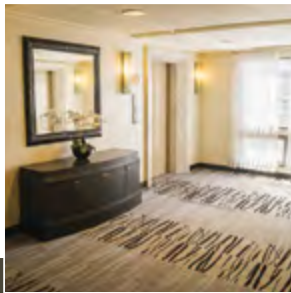


PISCES 2/19–3/20: You can, to some extent, choose your destination. As April dawns, start thinking of what you can do to be stronger and healthier so you can get where you want to go, not just where the winds send you.



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