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FEATURES



SPRING INTO SUMMER FESTIVALS

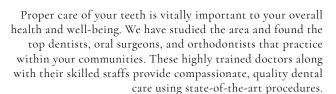
by Dani J. Keating

Barbecue, bluegrass, music, camping and art—there's a festival for every summer vice. Peruse this listing of summer festivals and you are bound to find something to work into your summer travel plans.

2018

PIDENTISTS

TOP DENTISTS >





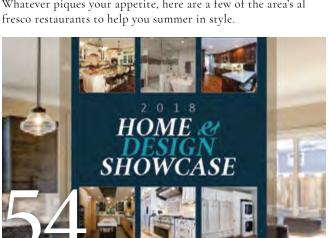
< DINING AL FRESCO

by Dani J. Keating

Dining in the great outdoors is catching on all over. After all, what could be more enticing than savoring a spring salad under the sun or pleasing your palette with a wood-fired pizza by moonlight? Perhaps a romantic evening imbibing by an outdoor fireplace is an enticing scene, or if indulging in local fare with family and friends is more your vein, the area has several breweries with outdoor patios that serve farm-to-table fare. Whatever piques your appetite, here are a few of the area's al freeco restaurants to help you summer in style.



If you're thinking about investing in home improvement projects this year, you should take a look at some of the latest ideas from this compilation of work by the area's top home remodelers.









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Jamie Langhoff, Morning Glory, fabric and thread on canvas, 20 x 16 x 1 inches

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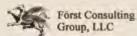


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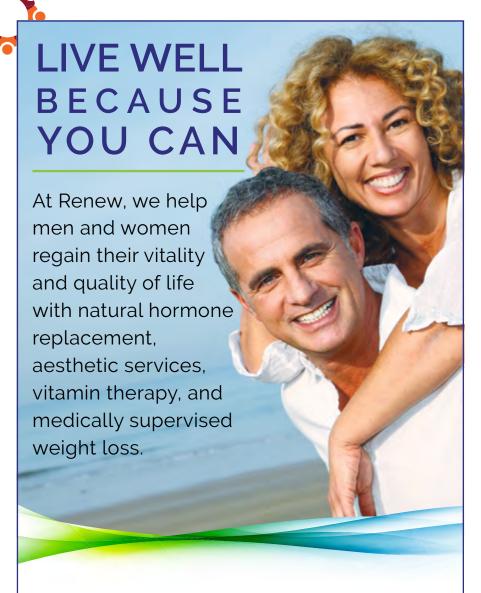
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THE MAGAZINE FOR RESTON HERNDON • CHANTILLY • STERLING • LEESBURG • ASHBURN MAY/JUNE 2018

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It's spring and it's about time. I've lived here many years, and I don't remember a spring like the one we just had. But now cafés are opening, Cirque du Soleil is live and things are gearing up for what we hope will be a super year.

We attended the opening of the new (and impressive) Aperture apartments, grabbed a bite at the new Founding Farmers and caught a glimpse of the new Reston. Wow, Robert would be amazed.

The folks at the Reston Community Center has a great line-up of free summer fun from "Take a Break" morning concerts to "Summerbrations" in the Plaza and so much more.

Learn all about the 27th Northern Virginia Fine Arts Festival presented by the Greater Reston Arts Center. Now expanded to three days.

And speaking of festivals, Dani has put together a list of Summer Festivals—from BBQ Battles, to Country Music and Arts and Crafts to Regional Camping Festivals. Something for just about anyone. Thanks, Dani.

Don't forget the Wine! Linda has us covered with some Wine Celebration options.

I can never get enough of Dining Al Fresco, and as I write this note, the restaurants' outdoor venues are in full swing and the laughter's flowing. Dani Keating put together a list of places you may want to consider for that meal in the sun or under the stars.

If you're considering some home improvements this year, please take time to browse the many great names in Home Remodeling and Repairs.

Our beauty editors bring you some tips and thoughts on everything from permanent makeup to getting your tan on.

Also we have included a "look back" at the Dulles Corridor Metrorail Project by Amanda Scarangella. Things move fast. It's becoming difficult to remember how things were just a few years ago.

Take the time to look around every now and then to capture the skyline in our town today, it is forever changing, but even with those changes, to quote Delegate Ken Plum, "There's no place like home in Reston." Have a great early summer and we'll see you in July.

Ja.Ha.

Johnny Hanna
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JAMMIN' JAVA 227 Maple Ave E, Vienna 703.255.566 | www.jamminjava.com

THE STATE THEATRE
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THE ALDEN 1234 Ingleside Ave. McLean, VA 22101 mcleancenter.org/alden-theatre

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THROUGH MAY 4

PET SUPPLIES DRIVE

Collection bins in building lobbies

Reston Town Center has teamed up with the non-profit GoodDogz.org to collect supplies for organizations treating pets in need. Items such as dog beds, blankets, toys, grooming products, leashes, and crates can be donated in building lobby collection bins. gooddogz.org

APRIL 30-MAY 29

19TH ANNUAL Teachers and Students exhibit

Jo Ann Rose Gallery, Reston Community Center Showcasing works of art that students and teachers of Reston Community Center's arts and crafts programs have created over the past year, the annual Teacher and Student Exhibit is in its 19th year. A variety of mediums like acrylic, oil, watercolor, oil pastel, Chinese Brush Painting, collage, mosaic, and pencil will be included in the Jo Ann Rose exhibit. All of these works reveal the two-way process of students and teachers exchanging ideas, expanding creativity and having fun. Please join us on May 6 for an opening reception with light refreshments from 2pm-4pm.

MAY 4-6

CINCO DE MAYO At artinsights

A portion of all limitededition art and framing sales will go to animal rescue charities. For more information call 703.478.0778 or visit artinsights.com.

MAY 5

PET FIESTA! EXHIBITION AND PET ADOPTION

10am-4pm

Super pet adoption, pawsitively fun pet contests and fashion show, exhibitors of pet resources, pet rescue and non-profit groups. Presented by and benefiting GoodDogz.org. All on-leash pets welcome. Free admission, rain or shine. petfiesta.org

MAY 6

CLAY COOK

Jammin Java, 7:30pm, \$15-20 Clay Cook has made his living through many avenues in the music industry. An accomplished songwriter & multi-instrumentalist, he has recorded & toured with John Mayer, Sugarland, The Marshall Tucker Band, &

CONTINUED ON PAGE 14

New! RCC Fun Around Town

Friday, June 15, 5:30 p.m. - 6:30 p.m. • Community Fitness Activity Stonegate Community Center (2244B Stonewheel Drive, Reston)

Wednesday, June 20, 5:00 p.m. - 7:00 p.m. • Free Play Cedar Ridge Community Center (1601 Becontree Lane #1C, Reston)

Wednesday, July 25, 6:00 p.m. - 8:00 p.m. • Ice Cream Social St. Anne's Episcopal Church (1700 Wainwright Drive, Reston)



Wednesday, August 1, 6:00 p.m. – 8:00 p.m. • National Night Out **Crescent Community Center (1578 Cameron Crescent Drive, #001, Reston)**

Reston Community Center presents this program in support of Reston Opportunity Neighborhood/RestON.

Summer Concert Series

Thursdays: Take a Break Concerts
May 31 – August 30 • 7:00 p.m. – 9:00 p.m. • Lake Anne Plaza



Fridays: Summerbration

June 1 – August 31 • 7:00 p.m. – 9:00 p.m. • Plaza atop Wiehle-Reston East Metro

June 16 - August 4 • 10:00 a.m. – 10:45 a.m. • Reston Town Square Park

วนเน่นบุร: Sunday Art in the Park with Shenandoah Conservatory
June 3 - August 19 • 7:00 p.m. - 8:00 p.m. • Reston Town Square Park

















CONTINUED FROM PAGE 12

SELECTED EVENT

Shawn Mullins. In 2009 he became a member of the 3-time Grammy-winning Zac Brown Band but he still finds time to tour his brand of acoustic singer-songwriter music.

MAY 6

MARCH FOR BABIES

8am registration; 9am walk Support the March of Dimes for the health of all moms and babies with a 3-mile walk, then celebrate the efforts with lunch, DJ, and family fun. For more information call 571.257.2305 or visit marchforbabies.com.

MAY 12

FAIRFAX SYMPHONY ORCHESTRA: 60TH ANNIVERSARY CELEBRATION

George Mason University Center for the Arts, Concert Hall, 8pm, \$15-65

Celebrate the FSO's 60th anniversary with beloved arias and duets with soprano Danielle Talamantes and tenor Carl Tanner. From the majesty of Aida to the tenderness of La Boheme and the unabated romance of Turandot's Nessun Dorma, experience an unforgettable evening filled with soaring melodies and tender duets from Verdi, Puccini, and Bernstein.

MAY 12

AYR HILL GARDEN CLUB PLANT SALE

Freeman Store & Museum Grounds, 131 Church Street NE, Vienna, VA 22180 9am-12pm

The Plant Sale will feature as many native plants as can be assembled. The Ayr Hill Garden Club members grow most of the stock, both native and nonnative. They also offer annuals and native plants purchased for this sale. In addition to plants, they sell beautiful note cards that capture the gardens in color, and a variety of gardening books and paraphernalia. For information, please contact Nancy Moats at 703-281-1206.

MAY 13

EXERCISE WITH ATHLETA IN THE PAVILION

10:30am-12:30pm

Down Dog Yoga for Mother's Day. Free. For more information call 703.668.0256 or visit stores. athleta.net/store-4866/

MAY 16

BOYS IN TROUBLE

Sean Dorsey, choreographer

Reston Community Center, 8pm,

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

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

MAY 16

ELVANA: THE WORLD'S FINEST **ELVIS FRONTED** TRIBUTE TO NIRVANA

Jammin Java, 7:30pm, \$15-25 From the bowels of Disgraceland, Rock & Roll icons of the afterlife are raised from the dead! Rock & Roll meets Grunge as Elvis fronts Nirvana and gives the band the front man it's been missing since '94. Elvana tears through Nirvana's



THE WASHINGTON BALLET GISELLE

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

A beloved Romantic ballet. Love, betrayal, and forgiveness are paired with coveted virtuoso roles. This haunting and tender classic tells the story of the promise and tragedy of young love.

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catalogue whilst splicing in grunged up sections of the king of rock & roll's finest moments, culminating in a mega mash up of overdrive & old school Rockabilly. It smells like cheeseburgers and teen spirit, daddy-o!

MAY 18

BIKE TO WORK DAY

The 2018 Bike to Work day will be held Friday, May 18. Register now to receive a free t-shirt! Herndon's pit stop, sponsored by Herndon Parks and Recreation Department and A-1 Cycling, will take place from 5:30-10:00 a.m. and from 4:30-6:00 p.m. at the Town Hall Green, near the intersection of Lynn and Elden Streets, just off the W&OD Trail. Refreshments will be provided.

MAY 18-MAY 20

NORTHERN VIRGINIA Fine Arts Festival – 27th Annual

10am-5pm, Pavilion and streets
Extended to 3 full days this year, the 27th annual event will present more than 200 artists from across the nation to show and sell their amazing works in 16 categories of fine art and craft. On Saturday and Sunday, also enjoy free art-making activities in the Family Art Park. Northern Virginia Fine Arts Festival is rated at #17 in the Top 50 Art Fairs in North America. \$5 entry donation is requested. Presented by Greater Reston Arts Center. For more information call 703.471.9242 or visit restonarts.org.

MAY 19

THE ALL-STAR CRAFT BEER, Wine, and cocktail Festival

Citizens Bank Park, Philadelphia, 3pm - 7pm (2pm for VIPs), \$19.95-69.95

Citizens Bank Park will again be the host for Philadelphia's largest and most well attended craft beer, wine, and cocktail festival ever. This year, we have almost double the space we had last year to sample, relax, and enjoy the best beverage around in a huge 50,000 Sq Ft Craft Beer, Wine, and Cocktail Garden complete with draft trucks, live entertainment, and more! Guests will be treated to hundreds of amazing craft beer & wine samples from around the world showcased throughout the entire concourse, enjoy great live band & DJ entertainment, free parking, 2 tickets to a Phillies game at CBP during the 2018 season (\$76 value!), free admission to the official after party, and sample multiple spirits (think vodka, whiskey, and more), bacon, jerky, and other all-star product vendors.

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MAY 19

FLAMENCO TO THE MAX

Presented by Furia Flamenca Reston Community Center, 8pm,

\$15-20 Furia Flamenca brings the ferocity and passion flamenco to the CenterStage technically refined, emotionally explosive and dynamically choreographed dancing. Its unique style combines traditional gypsy signatures with more modern flamenco elements. The dance company will be accompanied by live musicians including electric guitar, drums, and keyboard in addition to the traditional Spanish guitar. Audiences will thrill to the vibrant colors and swirling movement of this fast-paced evening of rhythm and beauty. "Furia Flamenca's expressive and precise Daniel Paredez and the crisp but lyrical Velez gave a sexy performance that stole

MAY 22

INOVA BLOOD Drive

1 pm- 6pm, beside the Pavilion Schedule Bloodmobile appointments at 1.866.256.6372 or inova.org/donateblood. Onsite registration.

the show." -The Washington Post

MAY 24

DMV2GO AT THE PAVILION

9am-4pm

The wireless office on wheels offers all DMV services: driver's license and ID card applications and renewals, driving records, vehicle titles, license plates, decals, order disabled plates, and more. Information on all services available at dmv.virginia.gov/general/#dmv_2go.

MAY 24

CANDYRAT GUITAR NIGHT FEAT. LUCA STRICAGNOLI & CALUM GRAHAM

Jammin Java, 8pm, \$20 Luca Stricagnoli, born and raised in Italy, is an acoustic guitarist known for his unique style and innovative playing techniques. His original approach to music has led him to a variety of successes from obtaining over 60 million views on his music videos to having the opportunity to perform all around the globe.

It was 1985 when one of the most iconoclastic fingerstyle geniuses to walk the planet made a counterintuitive decision to shake up his established instrumental legacy by adding his voice. Calum

Graham has also, déjà-vulike, unleashed a vocal talent on his new CD, Tabula Rasa, to wonderfully complement his well-deserved fingerstyle celebrity.....Calum Graham's swampy and powerfully soulful vocals on "Wild Woman" and "Half Your Heart" could rival R&B icon Marc Broussard's signature sound. Graham has also proven himself to be a deft and evocative lyricist on this release as evidenced by the tune "Ghost"... haunting in every respect by plumbing a deep poetry of loss and a fervency of delivery, with guitar and voice in perfect but sad sympathy.

MAY 26

LIVE FROM HERE WITH CHRIS THILE

The Filene Center at Wolf Trap, 5:45pm, \$25-65

The only live music and variety radio show aired nationwide today, *Live from Here* (formerly *A Prairie Home Companion*) has been a staple for the 2.6 million fans who have tuned in each Saturday evening over the past 43 seasons. Hosted by Chris Thile of the Punch Brothers and Nickel Creek, the show draws new, diverse talent to public radio with a unique blend of musical performances and comedy.

MAY 26

STAR-SPANGLED SALUTE PRESENTED BY THE RESTON CHORALE

7pm, Reston Town Center Pavilion Bring a lawn chair and enjoy patriotic music performed by The Reston Chorale along with Brass of the Potomac. Free. Donations of items for troop care packages are welcomed. restonchorale.org

MAY 26-28

VIVA! VIENNA!

Vienna Town Green/Church Street, 10am-10pm

Rides, music, crafts, food, entertainment, and FUN!! Hosted by the Rotary Club of Vienna, ViVa! Vienna! is a family- and communityoriented celebration Memorial Day and the greater Vienna community spirit. Vendors include handcraft artisans, retail vendors, professionals, political parties and candidates, and community and non-profit organizations.

100% of proceeds go to charitable, community and humanitarian organizations.

MAY 28

THE 37TH ANNUAL FALLS CHURCH MEMORIAL DAY FESTIVAL AND PARADE

223 Little Falls St. Falls Church, VA 22046, Fun Run 9am

The 2017 Memorial Day Parade and Festival brought more than 10,000 visitors to City Hall grounds to enjoy the Don Beyer Fun Run, Veterans Ceremony, children's activities, food, civic, and retail vendors, the parade, and more. Visit www. fallschurchva.gov for more details on this year's event.

CONTINUED ON PAGE 18



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May 31-June 3

HERNDON Festival

Downtown Herndon

The Annual Herndon Festival in historic downtown Herndon attracts an average of 80,000 people each year. This outdoor festival provides a fun-filled experience by combining the joy of an outdoor concert with the thrill of a summertime carnival. There's something for everyone!

MAY 31-JUNE 1

THE ART OF PLEASURE

Steven Blier & Wolf Trap Opera Soloists

The Barns, Thursday 2pm, Friday 7:30pm, \$48

Program to include songs by Piazzolla, Fauré, Schubert, Arlen, Szymanowski, Bernstein, Guastavino, and Villa-Lobos.

JUNE 1

LAURENCE JUBER

Jammin Java, 7:30pm, \$20-23 Laurence Juber, lead guitarist from Paul McCartney's Wings, is a world-class guitar virtuoso solo performer, recording artist, composer and arranger. His playing fuses folk, jazz, blues, pop and classical styles, creating a multi-faceted performance that belies the use of only one instrument.

He has released over 20 albums, including *LJ Plays The Beatles*, which was voted one of *Acoustic Guitar Magazine's* alltime Top Ten.

JUNE 1

IOHN PRINE

The Filene Center at Wolf Trap, 8pm, \$35-80

Two-time Grammy-winner John Prine is among America's premier phrase-turners with songs like "Angel From Montgomery" and "In Spite of Ourselves." The post-Dylan

musician is "one of the most critically acclaimed singer-songwriters of the last 50 years" (Los Angeles Times). At this special performance, he is joined by "one of Nashville's biggest new stars" (Pitchfork), Margo Price.

JUNE 2

ROBERT KRULWICH— SADDAM HUSSEIN'S SECRET OCTOPUS AND OTHER STORIES

Reston Community Center, 8pm, \$20-30

Co-host of NPR's Radiolab, Robert Krulwich is one of the most widely listened to broadcasters in the world. His boundless curiosity and ability to explain complex subjects in compelling, entertaining ways has made him, as The New York Times said, "a storied figure in public radio history." "Robert Krulwich a delight! His curiosity, creativity, vast experience and storytelling skills combined to make an entertaining evening for everyone!" - Michigan State University

JUNE 2

POPS Extravaganza—a Night at the Theatre

National Orchestral Institute Philharmonic

John Morris Russell, **conductor** The Clarice Smith Performing Arts Center, Dekelboum Concert Hall, 8pm, \$25

Wolf Trap Opera Studio Artists join Cincinnati Pops conductor John Morris Russell and the NOI Philharmonic in the opening concert of the 2018 National Orchestral Institute and Festival. This high-energy evening will feature an array of audience favorites from the worlds of opera, theater and Broadway.

JUNE 2

LEONARD, Coleman & Blunt

Reston Concerts on the Town 7:30pm-10pm, Pavilion

The weekly summer concert season begins "under the boardwalk" with the Motown sounds of Leonard, Coleman & Blunt, former singers of The Temptations, the Platters, and the Drifters. Bring lawn chairs or picnic blankets and enjoy live outdoor music at the Pavilion on Saturdays, June through August. Free. Rain or shine. Alcohol permitted at restaurants only. Presented by Reston Town Center, Boston Properties, and Reston Town Center Association. Full season's schedule: restontowncenter. com/concerts.

JUNE 3

JAKE OWEN

with Chris Janson

The Filene Center at Wolf Trap, 7pm, \$40-75

Known for thrilling performances and a laid-back style, Jake Owen ascended to country stardom with smash including "Barefoot Blue Jean Night," "Beachin'," "Anywhere with You," "Alone with You," "The One That Got Away," and "American Country Love Song." He is joined by "Buy Me a Boat" charmer Chris Janson and "Singles You Up" singer Jordan Davis for an evening of country fun.

JUNE 3

SÉAN MCCANN (OF Great big sea)

Jammin Java, 7:30pm, \$25

John Lennon once sang "You can live a lie until you die. One thing you can't hide is when you're crippled inside." After exiting the internationally renowned folk group Great Big Sea and publicly admitting a secret past in which he used alcohol to mask the pain of sexual abuse by a priest; Séan stopped lying to himself and found his truth and



SING-A-LONG SOUND OF MUSIC

The Filene Center at Wolf Trap, 7:15pm, \$25-45

Celebrating over 50 years, the classic family film returns to the screen in Technicolor...with a twist! Sing-a-long with the movie using on-screen lyrics and become the star of the show. Lederhosen and veils welcome! A costume contest precedes the performance.

7:15 pm—Costume contest

7:40 pm—Film start (includes one 15 minute intermission)
This is the original film and is not accompanied by an orchestra (original soundtrack).

his own voice. With the release of his 5th solo album, *There's a Place*, he continues his journey as a singer, songwriter, and now a sought-after speaker and mental health advocate with Old Brown by his side and a simple message: "You are not alone."

JUNE 6

ALISON KRAUSS WITH DAVID CROSBY AND FRIENDS

The Filene Center at Wolf Trap, 7:30pm, \$40-95

"Alison Krauss' voice can seem like an entity unto itself: a holy spirit wafting through the pop world, melting away musical categories" as she drifts from bluegrass to folk and country seamlessly (NPR). Krauss, the most awarded singer in Grammy history, is joined by Rock & Roll Hall of Famer David Crosby & Friends for an unforgettable evening of crossover music.



June 7

FITZ AND THE TANTRUMS

X Ambassadors

The Filene Center at Wolf Trap, 7pm, \$30-55

Smashing together soul, dance-pop, and rock, Fitz and

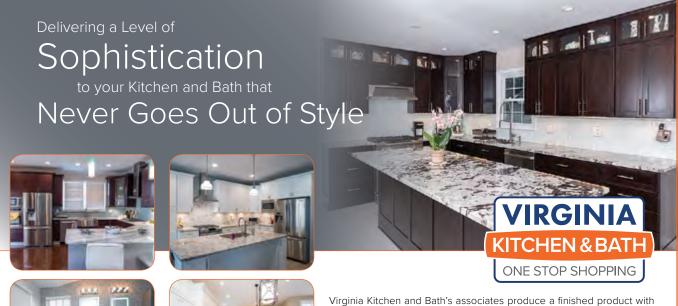
the Tantrums' unique sound has led to catchy radio hits like "HandClap" and "The Walker." Paired with the passionate, electronic pop of X Ambassadors (hits include "Unsteady" and "Renegades"), this show promises to be the dance party of the summer.

IUNE 8-9

BARRY MANILOW

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

A Grammy, Emmy, and Tony Award winner whose catalog includes hits like "Mandy" and "Can't Smile Without You."



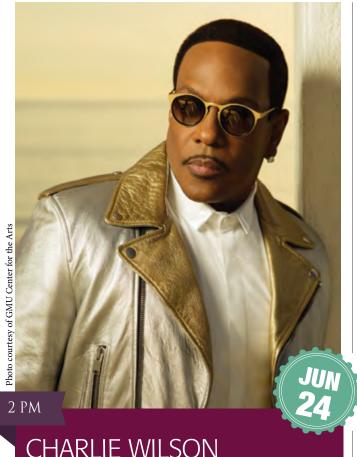
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TWO GREAT LOCATIONS!

2465 Centreville Rd, Herndon, VA 20171 213 Crescent Station Terrace SE, Leesburg, VA 20175





CONTINUED FROM PAGE 19

Barry Manilow is one of the top Adult Contemporary artists of all time and "the greatest showman of our generation" (Rolling Stone).

JUNE 9

BLUES BEATLES

Reston Concerts on the Town 7:30pm-10pm, Pavilion

The weekly summer concert series presents a swing/jump blues twist on Beatles hits with the Blues Beatles. Bring lawn chairs or picnic blankets and enjoy live outdoor music at the Pavilion on Saturdays, June through August. Free. Rain or shine. Alcohol permitted at restaurants only. Presented by Reston Town Center, Boston Properties, and Reston Town Center Association. Full season's schedule: restontowncenter. com/concerts.

JUNE 10 & JUNE 12

ROGER DALTRY PERFORMS THE WHO'S TOMMY

with members of The Who Band and Wolf Trap Orchestra The Filene Center at Wolf Trap, 8pm, \$45-125

Roger Daltrey, the legendary lead singer and founding member of The Who, performs the band's extraordinary rock opera *Tommy* in full. *Tommy* (featuring favorites like "Pinball Wizard" and "Sparks") is one of the most acclaimed works of the rock era. Inducted into the Grammy Hall of Fame in 1998, the 20 million-selling double album spawned a successful film of the same name, with Daltrey playing the title role.

June 14

AN EVENING WITH Tracy Bonham & Blake Morgan

Jammin Java, 8pm, \$18

Grammy™ nominee Tracy Bonham is celebrating yet another banner year. Her new album, *Modern Burdens*, made *Rolling Stone's* Top 50 albums of 2017, which they describe as "a lovingly penned postcard to Bonham's past self, and a fascinating look at where she's at right now."

Blake Morgan has just coheadlined with acclaimed singer-songwriter David Poe for another 1,500-mile West Coast tour, which began in April, Morgan joins charttopping powerhouse Tracy Bonham for two sets of national U.S. tour dates. The Washington Post writes, "He's got killer pop-rock instincts, something that leaps out at you...a natural when it comes to fashioning sharp melodies and catchy choruses." Billboard Magazine adds, "Blake Morgan has a voice that was made to be heard on the radio...inspired songwriting and passionate performances."

JUNE 15-16

TASTE OF RESTON

3pm-11pm & Saturday, June 16, 12 pm - 11 pm

Greater Reston Chamber of Commerce presents Northern Virginia's largest outdoor food festival featuring samplings from the region's eateries, live

() RESTON ❖ MAY // JUNE 2018

The Filene Center at Wolf Trap, 8pm, \$45-95

nominations throughout his fruitful career.

A force to be reckoned with as a solo artist and as the former

lead singer of pioneering funk group The Gap Band, Charlie

Wilson has racked up numerous No. 1 singles and Grammy

music, beer and wine gardens, Family Fun Zone, and much more. Free admission; purchase tickets for tastings on site or in advance online. For more information call 703.707.9045 or visit restontaste.com.

JUNE 16

BERNSTEIN'S Songfest

National Orchestral Institute Philharmonic

Wolf Trap Opera Soloists

The Clarice Smith Performing Arts Center, Dekelboum Concert Hall, 8pm

The National Orchestral Institute and Festival brings aspiring orchestral together musicians from across the country for a month of dynamic music-making and professional exploration. Chosen by a rigorous, cross-country audition process, these young artists present passionate and aweinspiring performances adventuresome repertoire at The Clarice and in the community.

June 17

LOVE YOUR BODY Yoga Festival

Yoga studios and wellness centers of Northern Virginia will offer classes, services, and information, along with live entertainment and activities for children. Free admission; donations to participate in classes benefit a local charity. Presented by Beloved Yoga. loveyourbodyyogafestival.com

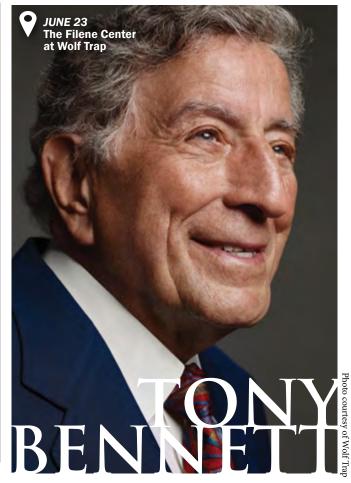
JUNE 19

LES BALLETS Trockadero de Monte Carlo

The Filene Center at Wolf Trap, 8pm, \$25-65

Presenting a playful interpretation of classical ballet in parody form and en travesti since 1974, Les Ballets Trockadero is the world's foremost all-male comic ballet company.

CONTINUED ON PAGE 22





JUNE 22

DR. DOG MANCHESTER ORCHESTRA

Critical Equation Tour

The Filene Center at Wolf Trap, 7pm, \$30-45 Achieving remarkable success with multiple Top 50 albums, major critical acclaim, and festival and touring appearances all around the world, indie bands Dr. Dog and Manchester Orchestra make their Wolf Trap debuts.

JUNE 22, 24, 27, 30

MOZART IDOMENEO

The Barns at Wolf Trap, Friday and Wednesday 7:30pm (Free pre-show talk 6:30 pm), Sunday and Saturday 3pm (Free pre-show talk 2 pm), \$36-92

After ten long years of battle, Idomeneo is finally returning home from the Trojan War. During the perilous journey, he pledges to sacrifice the first living thing he sees in return for a safe voyage. In horror, he realizes that the first person he meets is his son, Idamante. Idomeneo struggles to escape his vow, but his vengeful god seeks revenge. Written when Mozart was just 24 years old, *Idomeneo* is considered his first great opera.

JUNE 23

LITTLE SONGS LIVE 2018: IMPLAUSIBLY ALIVE

Jammin Java, 7pm, \$15-25

Little Songs, the crowdsourced musical phenomenon of The Tony Kornheiser Show, is hosting the fourth annual jinglefest, IMPLAUSIBLY ALIVE, at Jammin Java! IMPLAUSIBLY ALIVE will bring together performers from all over the country including Jerry Negrelli, Kj Ohnstad, Jason Fuse, Joe Aro, Robert Berg, John Fitzpatrick, Steve Lipton, Sean Morrissey, Luke Overbey, Shad, Patrick Moffett, Brad Weiss, & more! The night's event will be 50% concert, 50% social event, and 50% comedy show. Put it all together, mix in some Gary Math, and you get 100% awesomeness!

JUNE 23

CHUCK REDD'S JAZZ PARTY Reston Concerts on the Town

7:30pm -10pm, Pavilion

The weekly summer concert series presents Chuck Redd's Jazz Party with jazz harmonica virtuoso Hendrik Muerkens, renowned trumpeter/vocalist Byron Stripling, and bassist/vocalist Nicki Parrott. No dance floor at this concert. Bring lawn chairs or picnic blankets and

enjoy live outdoor music at the Pavilion on Saturdays, June through August. Free. Rain or shine. Alcohol permitted at restaurants only. Presented by Reston Town Center, Boston Properties, and Reston Town Center Association. Full season's schedule: restontowncenter.com/concerts.

JUNE 23

WEILL The seven deadly sins

Wolf Trap Opera, as part of Halcyon's By the People Festival. Featuring Dancers from Hong Kong Ballet

Dock 5 at Union Market, 1309 5th St NE, Washington DC 20002, Saturday 8pm, Sunday 2pm

Sisters, the practical Anna I (a singer) and the impulsive Anna II (a dancer), set out across America to seek their fortune and create a new home. During their seven-year journey they are tempted by each of the biblical deadly sins. Disillusioned, they eventually give up their dreams and ideals and return to their family. Collaborating with Bertolt Brecht, Kurt Weill created a soundtrack for prewar Berlin – where cabaret, jazz, and popular American music of the twenties comes alive.

JUNE 23

TONY BENNETT

The Filene Center at Wolf Trap, 8pm, \$40-95 Garnering 19 Grammy Awards throughout his seven-decade-long career interpreting the Great American Songbook, this legend "can still shape a lyric and stretch a melody like nobody else" (The Telegraph).

IUNE 26-28

MOTOWN THE MUSICAL

The Filene Center at Wolf Trap, 8pm, \$30-85 Motown The Musical is the true American dream story of Motown founder Berry Gordy's journey from featherweight boxer to the heavyweight music mogul who launched the careers of Diana Ross, Michael Jackson, Smokey Robinson, and many more. Motown shattered barriers, shaped our lives, and made us all move to the same beat. Now, experience it live on stage in the record-breaking smash hit Motown The Musical featuring over 40 classic songs including "My Girl," "What's Going On," "Dancing in the Street," "I Heard It Through the Grapevine," and "Ain't No Mountain High Enough."



June 28

VOCAL COLORS

Wolf Trap Opera at the Phillips Collection The Phillips Collection, 1600 21st St NW, Washington, DC 20009, 6:30pm

Visual art and music are paired in an two intimate evenings of song at the beautiful Music Room of Washington D.C.'s The Phillips Collection.

JUNE 29

BRUCE HORNSBY & THE NOISEMAKERS

The Wood Brothers

The Filene Center at Wolf Trap, 7:30pm, \$27-60 Tapping into pop, jazz, bluegrass, country, and modern classical, Bruce Hornsby's varied career is filled with high-profile collaborations from Bob Dylan to Elton John. "Hornsby can jam with the best" (NPR), but it's his own music (like "The Way It Is") that has garnered multiple Grammy wins across multiple categories. Along with Hornsby, The Wood Brothers return to Wolf Trap after performing with Tedeschi Trucks Band in 2017. This literal band of brothers adapts the blues, folk, and roots music into their own evocative sound, twining their voices in the sort of high lonesome harmony blend for which sibling singers are often renowned.

JUNE 30

JACK BROADBENT

Jammin Java, 8pm, \$18-20

Hailed as "The new master of the slide guitar" by the Montreux Jazz Festival and "The real thang" by the legendary Bootsy Collins, Jack Broadbent has spent the past year wowing international audiences with his unique blend of virtuosic acoustic and slide guitar, and poignant folk and blues inspired vocals.

JUNE 30

BELEZA

Reston Concerts on the Town

Saturday, , 7:30 - 10 pm, Pavilion

The weekly summer concert series presents funkalicious Samba soul, pop, and Bossa Nova with Beleza. Bring lawn chairs or picnic blankets and enjoy live outdoor music at the Pavilion on Saturdays, June through August. Free. Rain or shine. Alcohol permitted at restaurants only. Presented by Reston Town Center, Boston Properties, and Reston Town Center Association. Full season's schedule: restontowncenter.com/concerts



JULY 1

REBA MCENTIRE

The Filene Center at Wolf Trap, 8pm, \$45-125 A household name thanks to a successful career spanning music, television, film, and theater, Reba McEntire is a three-time Grammy winner, member of the Country Music Hall of Fame, and top-selling country musician.

JULY 2

BARENAKED LADIES

Last Summer on Earth Tour Better Than Ezra

The Filene Center at Wolf Trap, 7pm, \$43.50-73.50

"Gotta see the show, 'cause then you'll know" just how much energy, precision, finesse, CONTINUED ON PAGE 24



CONTINUED FROM PAGE 23

and outright celebration are ahead. "It's not easy to be hyperactive, brooding and whimsical all at once, but the Barenaked Ladies do just that..." at their shows filled with hits like "One Week," "Pinch Me," and "If I Had \$1,000,000" (The New York Times). Joining the energetic pop-rockers are "Good" alt-rock band Better Than Ezra and "Suddenly I See" songstress KT Tunstall.

JULY 6-7

HARRY POTTER AND THE PRISONER OF AZKABAN®—IN CONCERT

National Symphony Orchestra

The Filene Center at Wolf Trap, 8:30pm, \$40-65 Relive the magic of your favorite wizard in Harry Potter and the Prisoner of Azkaban $^{\text{TM}}$ – In Concert. Based on the third installment of J.K. Rowling's classic saga, fans of all ages can now experience the thrilling tale accompanied by live music from the National Symphony Orchestra as Harry soars across the big screen.

MONDAYS

MR. KNICK KNACK!

Performances for Children

May through October, 10:30 - 11:15 am, Pavilion Free performances of heart-centered music for children. No performances on Memorial Day, Labor Day, or Columbus Day, restontowncenter.com/events

MUSCLE UP MONDAYS

with Crunch Fitness

Mondays, May through October, 6:30 pm, Pavilion

Muscle up your Mondays with free fitness classes in the Pavilion presented by CRUNCH Fitness-Reston group instructors. (No class on Memorial Day, May 28.) 571.267.5000 crunchreston.com Facebook.com/CrunchReston

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!

SATURDAYS

RESTON CONCERTS ON The Town

28th Annual Series begins June 2!

Saturdays, June through August, 7:30pm–10pm, Pavilion

Music genres from around the nation are performed by live bands each week. Bring lawn chairs or picnic blankets for seating. Free. Rain or shine. Presented by Reston Town Center, Boston Properties, and Reston Town Center Association. Alcohol permitted at restaurants only. restontowncenter.com/concerts

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*.

EXERCISE WITH ATHLETA IN THE PAVILION

June through October

Free morning sessions offering low and high impact exercise, youth activities, and more. 703.668.0256 stores.athleta.net/store-4866/

SMALL BUSINESS SUPPORT SUNDAYS

Shop Local!

Visit unique independent stores and restaurants, and those that support small businesses at Reston Town Center, offering specials, discounts, tastings, and localized treats every Sunday. Find deals of the day listed online.

Facebook: SBSSundays SmallBusinessSupportSundays.com

PR RUNNING Weekly fun run

Runners meet at Potomac River Running Store in Village of Leesburg, 6:30-7:30pm

Do you love running or would you like some motivation to get out there and run with a group? If so, join PR Running for a weekly all-comers group fun run! The run is typically no more than 50 minutes—from the store on the trails and paths of Leesburg and the W&OD Trail. 50 minutes is not a magic number, but by going out

and back, everyone can start and finish together and run at their own pace with others of similar ability. New runners may only want to run a mile or two. Experienced athletes might do a tempo run.

Runners meet for a run at =PR= Leesburg at 6:30pm, go out for a run, then head over to BurgerFi to enjoy some exclusive deals on burgers! Call (571) 918-0302 for questions and details.

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 and Dr. Rishita are members of the Northern Virginia Airway Group. Interdisciplinary interaction allows doctors to globally diagnose and implement treatment modalities according to patient's needs in a comprehensive and systematic approach to our patients.

Interview of Dr. Rishita Jaju

Specialist in Pediatric Dentistry Founder of Smile Wonders

by Dr. Liliana Calkins

Specialist in Orthodontics Founder of Sunrise Orthodontics

THE CONNECTION BETWEEN THE SPECIALTIES OF:

Pediatric Dental Medicine, Sleep Medicine & Orthodontics

Dr. Rishita Jaju, specialist in pediatric dentistry gives Dr. Calkins and our community her insight into the relationship between sleep-disordered breathing, pediatric dentistry and the specialty of orthodontics.

How early should parents take their children to you, as a specialist in pediatric dentistry?

Establishing care at young age is the best way to prevent childhood cavities. The American Academy of Pediatric Dentists recommends that children should have their first pediatric dental visit by their 1st birthday! This is the best chance to start on the path of prevention of oral dysfunction and decay. During this visit, the pediatric dentist will evaluate the health and development of the child's teeth, gums, and craniofacial structures. The families are provided with the tools and guidance to set their child up for success in developing healthy oral hygiene habits.

Have you seen patients in need of screening for sleep-disordered breathing?

Yes! Just recently, I had a family come in for their regular dental health visit and it became apparent that the teeth were 'worn out' and the child's tonsils were enlarged. Further discussion regarding sleep habits revealed that child grinds his teeth, mouth breathes, wakes up multiple times at night, snores loudly and does not seem 'rested' in the mornings. I encouraged Mom to talk about these 'red flags' with the pediatrician and request a sleep evaluation. Turns out he has moderate to severe sleep apnea. The parents are now taking the next steps to help resolve this problem. Which could involve early orthopedic intervention by orthodontics as early as 3 years old.



Why should parents visit a specialist in dental pediatric medicine, instead of general dentistry?

When a dentist specializes in pediatrics, they have additional training and education to provide the best care possible to children. Children's dental anatomy and oral structures are very different from adults. They have an entirely different perspective on matters of management of growth and development, child psychology and cooperation techniques. An experienced pediatric dentist has the resources to provide care in a manner that is not only able to help children feel relaxed and enthusiastic about oral health, but also makes the most dental-phobic parent feel empowered.

What techniques do you use that are different from general dentistry?

When children visit a pediatric dentist, there are a few important differences to consider.

The environment is different-Most modern general dentistry offices are set up to create a calm and soothing, quiet spalike atmosphere, while a modern pediatric dental office is colorful and bright, has upbeat music to set a happy, fun-loving tone. It also offers distractions/entertainment for children including a children's reception area. A play area and a theatre area for watching movies offer ways to engage children who are patients accompanying siblings. Children often have iPads and TVs at each dental chair, and there may be a toy car in the dental cleaning bay which serves as a low-threat way to start the appointment.



interaction and feel is different- In a general dentist's office, the staff interaction professional

terminology is straightforward, while in a pediatric office, the staff interacts with young patients in a playful manner, and uses language to help relax children. Instead of the term "suction tube," we use "Mr. Thirsty," the water laser is called the "rain brush," and the handpiece drill is referred to as "Mr. Bumpy." The "x-ray unit" is a "camera" and the "lead apron" is a "blanket." My team and I let children take charge of their own dental experience. Conversation is focused on Disney and tween movie characters, or school sports and afterschool activities, rather than world news. Counting and nursery songs help the exam go by smoothly...even if it means they are not sitting in the actual dental chair!

The technology is different—Besides the ever-popular electronic devices children use, equipment used for dental appointments differs in a pediatric dental practice. It includes digital x-ray imaging (reduces the radiation up to 90%), specially-sized equipment such as the pediatric-sized x-ray sensors, and small brush head-sized intra-oral camera. These allow us to educate parents and monitor cavity-susceptible areas more comfortably on a computer screen rather than inside little mouths. Topical gel and laser technology reduce or eliminate the need for a local anesthetic shot, so children can avoid the discomfort of numb lips, cheeks and tongues. They can return to normal activity-play or school—immediately after cavity fillings.

My hope is for children to see the dentist office as a inviting experience. Kids should be excited, not scared of their dental visits.

What is frenectomy and when do you see the need to perform it?

A frenectomy is a procedure to treat the conditions most commonly known as Lip-Tie or Tongue-tie. A normal frenum is a connective band bringing two pieces of the body together. In some cases, if that band connects too tight or too low it can restrict the range of motion of our lip or tongue. Possible obstacles related to lip and tongue ties include:

- Difficulty breastfeeding or bottle feeding
- Difficulty transitioning from breast milk to purees or table foods
- Difficulty managing liquids when drinking
- Poor speech clarity or articulation
- Poor oral health or being more susceptible to developing cavities
- Poor sleeping patterns due to developing sleep apnea symptoms

If a child's lip or tongue tie impacts their physical ability to successfully achieve these different milestones, they should be evaluated for possible treatment.

What is your experience in referring your patients to a sleep study clinic? How is that information relevant to you?

My experience regarding referral to a sleep study clinic is pretty positive. My first priority is to educate the parents and provide them the guidance and information that they can share with their pediatrician. Sometimes, a direct referral to a sleep study clinic is extremely facilitated by the pediatrician's involvement. The results and diagnostic imaging obtained during a sleep study help us determine our path of treatment. Sometimes it is a matter of tongue and oral posture concerns that can be

helped by myofunctional exercises and appliances. Sometimes a decision to remove the tonsils and adenoids is needed. Sometimes the airway is not compromised by tonsils and adenoids, but the restriction of the tongue muscle movement, and a simple procedure such as a frenectomy can change the child's ability to manage open airway. Many times, as you may imagine, collaboration between primary care physicians and specialists can help the child resolve the issue rather than continue a life-long struggle with sleep-related conditions.

When do you think the interaction with craniofacial orthopedics or orthodontics should start from your perspective as specialist?

Collaboration with craniofacial orthodontic providers in my practice starts as soon as a child exhibits any signs of oral dysfunction, potential growth and development concerns, or sleep-disordered breathing. I don't believe that we should wait for a specific age before making the decision to include a specialist's evaluation based on clinical signs and symptoms. When in the right hands, even young children can be helped by an orthodontist to prevent impending craniofacial growth deficiencies.

What important relationship exists between pediatric dental medicine and sleep medicine?

A pediatric dentist is an expert at assessing oral hygiene, function, and craniofacial growth & development. All of these components include evaluating the anatomical structures responsible for a healthy airway. A pediatric dentist can help assess the child's anatomy and symptoms in order to provide the appropriate referral to treat any conditions affecting a child's ability to sleep efficiently and safely. Children experience maximum benefits when there is a team approach to supporting their overall health, growth, and development. Each specialty is able to provide a different perspective to tease out any significant contributing factors and to allow well-rounded care.

What is message would you like the community to be aware of, relating to the specialty of pediatric dentistry.

My message to the community is always—children are not just little adults! Their anatomy and physiology is completely different during their key developmental years. As parents and caretakers, we have the ability to help them prevent potential disease and dysfunction that many of us have come to accept as a difficult part of our lives. We always want things to be better for our children than they were for us. At the expense of using a cliche phrase, I would like to remind our community—a drop of prevention is better than an ocean of cure! ❖







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www.sunnysidecommunities.com





Delaware

June 14-17

FIREFLY MUSIC FESTIVAL.

DOVER Three days of amazing fun for music lovers of all ages at The Woodlands International Speedway. Campsites available. For details, ticket prices, and more details visit fireflyfestival.com.

District of Columbia June 23 **GIANT NATIONAL CAPITAL BBQ BATTLE, WASHINGTON,**

DC. 11 AM – 9 PM Saturday, 11 AM - 7 PM Sunday. This unique music and food festival pays tribute to everything BBQ. Cooks from across the country compete for cash, prizes, and the title of National BBQ Champion. Find out details about eating and competing at bbqindc.com/ about-the-bbq-battle.

Maryland June 14-17

MUSIC IN THE MOUNTAINS SUMMER FESTIVAL.

CUMBERLAND. 8 AM Renaissance, Baroque and Classic musical performances. Art galleries, historic tours, and pop-up music presentation. For ticket prices, performance information, and other details, visit www.mountainsidebaroque.org/festival.

June 29-July 2 PEX SUMMER FESTIVAL,

DARLINGTON. 8 AM Friday – 12 PM Monday. Camp, listen to music, check out art, and watch performances at Ramblewood. Event open 24-hours a day for the duration of this festival. Ticket prices, camping details, and event information available at pexsummerfestival.com.

Virginia

May 19 PURCELLVILLE MUSIC AND ARTS FESTIVAL. 10 AM - 7

PM. Celebrate Purcellville's community, diverse culture, and history at this free music and art festival at Fireman's Field. Visit www.purcellvillemusicandartsfestival.com for details.

May 31-June 3 HERNDON FESTIVAL, HERN-

DON, VA. Times vary. Free entertainment, carnival, fireworks, art and crafts, and more for the whole family in downtown Herndon. For more information, visit www.herndonfestival.net.

May 31-June 2 **CLINCH RIVER DAYS FESTI-**

VAL. SAINT PAUL. A weekend of fun in the mountains. Civil war reenactments, river and railroad lore and history, photography, music, games, carnival rides, and more. Costs associated with some events. Camping close by. Find out more at www. clinchriverfest.com.

May 31-June 2 **GRAVES MOUNTAIN MUSIC**

FESTIVAL, SYRIA. Bluegrass, Americana, and Roots music. Tickets \$115 for all three days. Campers require a three-day ticket. Daily tickets available. For more information, visit www.gravesmountain. com/events-calendar/festival-of-music.

June 1-3

BLACKBEARD PIRATE

FESTIVAL, HAMPTON, Times vary each day. Immerse yourself in the early 1700s and celebrate Hampton's maritime heritage and relationship with the notorious Blackbeard with live entertainment, pirate encampment, children's activities, sea battles, fireworks, and more. Pirate's Ball requires tickets. For details, check out www.hampton.gov/2008/Blackbeard-Pirate-Festival.

June 1-3

THE BODACIOUS BOARDWALK BAZAAR & WINE FESTIVAL, HAMPTON. 10 AM – 7 PM Fri & Sat; 10 AM – 5 PM Sun.

Fri & Sat; 10 AM – 7 PM
Fri & Sat; 10 AM – 5 PM Sun.
More than 300 crafters, vendors, artists, wineries ad food vendors at Hampton Roads Convention
Center. Free admission for those who donate blood to the American Red Cross' Bloodmobile.
Purchase tickets on site: adults
\$7 for one day, \$10 for two. More information available at bodaciousbazaar.com/spring.

June 2

ALLEGHANY HIGHLANDS
HERITAGE DAY & RAILWAY
FESTIVAL, CLIFTON FORGE. 10

AM – 5 PM. Celebrate Alleghany Highlands heritage and railway history downtown. Food, music, historic displays, and more. For more information, visit visitcliftonforgeva.com/events-june.

June 2

ROCK THE RIVER FXBG, FREDERICKSBURG. 11 AM

- 8 PM. Free admission; beer garden and races have an entry fee. Multi-sport river and foot races as well as the enjoyment of great beer, tasty food, kid-friendly activities, local art, and live music throughout the day. For more information, visit rocktheriverfxbg.com.

June 2

PEACE LOVE RVA, RICH-

MOND. 10 AM – 4 PM. All day music, food, and community yoga at Maymont Park. Admission is free, but donations appreciated. For tickets or more information, visit www.peaceloverva.com.

June 2-3

OCCOQUAN ARTS AND CRAFTS SHOW, OCCOQUAN.

10 AM – 6 PM Sat; 10 AM – 5 PM Sun. A free weekend of art, fun, food, music, and shopping at this annual arts and crafts show. Shuttle from satellite parking \$5. Visit www. occoquanva.gov/arts-and-crafts-show.html.

June 2-3

ARTS IN THE MIDDLE, A JU-RIED FINE ARTS FESTIVAL,

URBANNA. Free, two-day art, history, local cuisine, and music festival at the Hewick Plantation where more than 100 juried artisans set up along the oak tree-lined plantation driveway. For details, visit www.artsinthemiddle.com.

June 8-9

HOUSTONFEST, GALAX. 12

– 11:30 PM & 10 AM – 10 PM. Keep the memory and legacy of 18-year-old Houston Kyle Caldwell alive. His family and friends honor him with old-time mountain music and bluegrass. Daily advance tickets \$25; two-day advance tickets \$40; and \$30 each day at the gate. Tent and RV camping available on site. Learn more at www.houstonfestgalax.com.

June 8-9

BLOOMING HILL LAVENDER FESTIVAL, PURCELLVILLE. 10

AM – 5 PM. Teas, tours, lectures, wine and spirits tasting, crafters, and more. Admission and parking \$5. Costs apply to Yoga classes and wine and mead tastings. Visit bloominghillva.com.

June 8-10

ANNUAL NORFOLK HARBOR-FEST, NORFOLK. 12 – 11 PM

Fri & Sat, 10 AM – 6 PM Sun. This free, historic waterfront festival includes tall ships and the Parade of Sail, regional entertainment, fireworks, and other activities. Visit festevents. org/events/2018-season-events/norfolkharborfest/ for more information.

June 8-16

MOUNTAINS OF MUSIC HOME-COMING, ABINGDON. 12 – 11:59

PM. Annual, nine-day, region-wide celebration of cultural and natural assets of Southwest CONTINUED ON PAGE 30



bluegrass music—or American roots music—is influenced by music of Appalachia, mixed with English, Irish, and Scottish traditional music, and influenced by African-American jazz. Central to the culture of Virginia, festivals throughout the region pay homage to the regions' traditional tunes during festivals throughout the summer. Check the web for details or visit www.virginia.org/summerfestivals.

May 31-June 2

GRAVES MOUNTAIN MUSIC FESTIVAL, SYRIA. Bluegrass, Americana, and Roots music. Tickets \$115 for all three days. Campers require a three-day ticket. Daily tickets available. For more information, visit www.gravesmountain.com/events-calendar/festival-of-music.

June 8-9

HOUSTONFEST, GALAX. 12 – 11:30 PM & 10 AM – 10 PM. Keep the memory and legacy of 18-year-old Houston Kyle Caldwell alive. His family and friends honor him with old-time mountain music and bluegrass. Daily advance tickets \$25; two-day advance tickets \$40; and \$30 each day at the gate. Tent and RV camping available on site. Learn more at www.houstonfestgalax.com.

June 8-10

ANNUAL BEES, BLOOMS & BLUEGRASS FESTIVAL, CASTLE-

W00D. Time TBD. Free festival held at the Old Historical Russell Count Courthouse focuses on local heritage, agriculture, and the environment. Food, fun, and workshops focused on environment. Entry fees for some shows. For more information, visit www.thecoalfield-progress.com/coalfield_progress/homespun/bees-blooms-bluegrass-festival-on-tap-june/article_da3f42cb-8eaa-5536-bd7b-4fefeoddeo2d.

June 9

PICKERS AND FIDDLERS BLUEGRASS GOSPEL & MOUNTAIN MUSIC SONGFEST, BASSETT. 10 AM – 12 PM. This free event is held the second Saturday of every month at Pocahontas Bassett Bap-

held the second Saturday of every month at Pocahontas Bassett Baptist Church. Guitar, banjo, and mandolin players welcome to join in. For more information, visit www.virginia.org/Listings/Events/PickersandFiddlersBluegrassGospelMountainMusicSongfest.

June 22-23

FUNHOUSE FEST, WILLIAMSBURG. Times vary. Renowned musicians headline this bluegrass festival held on the lawn of the art museum of Colonial Williamsburg. Tickets available at www.funhoutsefest.com.

CONTINUED FROM PAGE 29

Virginia featuring music, jam sessions, and festivals at various venues along the "crooked road." Camping facilities and State Parks located along the route. Check out mtnsofmusic.com for more information.

June 9

CLAYTOR LAKE STATE PARK FESTIVAL, DUBLIN. 10 AM

- 9 PM. Free admission. Food, arts and crafts, wine tasting, car show, live entertainment, and fireworks at dusk. Parking is \$10 or \$5 with five cans of food. Handicap parking is \$5 or free with five cans of food. For details, visit www.dcr.virginia. gov/state-parks/park-event-info?id=CL180003-00.

June 9

LOUISA STREET FESTIVAL. IN HISTORIC LOUISA. 10 AM

- 4 PM. Music, food, and kids activities in historic Central Virginia. Free admission. For more information, visit louisastreetfestival.com.

June 9

RELAY FOR LIFE MECKLEN-**BURG COUNTY. SOUTH HILL.**

VA. Help raise money for the American Cancer Society. Food, games, walk the track, music and more. To join, visit main. acsevents.org/site/TR/RelayFor-Life/RFLCY18SER?pg=entry&fr_id=88908.

June 15-17

ANNUAL SOUTHWEST VIR-GINIA ANTIQUE FARM DAYS, **ROCKY MOUNT, VA. 8 AM**

- 5PM. Celebrate agricultural heritage, culture, and old-fashioned family fun at the Franklin County Recreation Park. The event is dedicated to restoring and preserving farm machinery. Admission is \$6 for adults and free for children 12 and under. Check out www.svapf.org for details.

June 16

ASHLAND STRAWBERRY

FAIRE, ASHLAND. 10 AM - 5 PM. Arts and crafts festival, food, and antiques at Randolph-Macon College. Kid welcome and pet friendly. Free admission. For more information, visit ashlandstrawberryfaire.com.

June 16

SUMMER SOLSTICE FEST,

BLACKSBURG. 10 AM - 10 PM. Community celebration featuring a beer garden, live music, dancing, and plenty of activities for the whole family. Join the 5K run that benefits Blacksburg High School Track and Field. For more information, visit downtownblacksburg.com.

June 16-23

CHAUTAUQUA FESTIVAL, WYTHEVILLE, VA. Free

admission. This eight-day arts and music festival at Elizabeth Brown Memorial Park kicks off with a parade on Saturday and each night has different musically themed performances. For more information, visit www. wythe-arts.org/chautauqua.

June 22-23

FUNHOUSE FEST, WILLIAMS-

BURG. Renowned musicians headline this bluegrass festival held on the lawn of the art museum of Colonial Williamsburg. Tickets available at www. funhoutsefest.com.

June 23

VIRGINIA SUMMER SOLSTICE WINE FESTIVAL, AMHERST. 11

AM - 6 PM, 10th Annual Virginia Summer Solstice Wine Festival at Lazy Days Winery. Tickets \$20 in advance, \$25 at the gate, and admission is free for children 12 and under. For tickets or more information, visit www.summersolsticefestival.com/#-home.

June 29-30

ANNUAL CHINCOTEAGUE VOLUNTEER FIREMAN'S CARNIVAL. CHINCOTEAGUE ISLAND, VA.

7 – 11 PM. Food, fun, games, and rides; multiple dates in July leading up to the annual Poly Swim and Auction. Check out cvfc3. com/events.

June 29-30

SMITHFIELD OLDEN DAYS. SMITHFIELD, A free, old-fashioned festival in the historic district that includes a car show and concert on Friday night and activities all day Saturday. Get details at www.genuinesmithfieldva.com/smithfield-olden-days-festival.html.

June 30

RED, WHITE & BRAM FESTI-VAL AND TAILGATE, ASH-

BURN. 6 - 10 PM. Sand sculpting, live music, games, fireworks, and more at the Brambleton Town Center. Tickets are \$5 and free for children 2 and under. For more information, visit brambletonhoa.com/261/Red-White-BRAM.

July 4

AN AMERICAN CELEBRATION, MT. VERNON, VA. 9 AM - 5

PM. Salute the first Commander-in-Chief, watch made-fordaytime fireworks, listen to roaring cannon fire during military re-enactments, eat free birthday cake (while supplies last), and check out the Red White and Blue concert. Prices vary. Buy tickets and get details at www.mountvernon.org/ plan-your-visit/calendar/events/ an-american-celebration.

July 4

4TH OF JULY CELEBRATION AT GRAVE'S MOUNTAIN

LODGE, SYRIA. 4 – 10 PM. Free admission. Live music. Picnic dinner 4 - 7 PM. Dinner at the lodge for \$23.95/person. For more information, visit www. gravesmountain.com/events-calendar/fourth-of-july.

CONTINUED ON PAGE 32







"Springtime in Reston" AT RESTON ART GALLERY

Reston Art Gallery & Studios (RAGS) is located in a scenic area of Reston known as Lake Anne. The gallery is home to a variety of artists that bring their own unique style and techniques together for the community to experience.

Each month, the gallery puts together a beautiful show that brings together these unique styles and techniques. Each show can display any number of disciplines including (but not limited to) painting, sculpture, collage, and jewelry. The gallery is open to the public Saturdays and Sundays between the hours of 12-5pm or by appointment during the week if you were interested in meeting with a specific artist while they work in their studio space.

On April 8th, the gallery held a reception to kick off a group show titled "Springtime in Reston." This group show was in full bloom featuring all current artists including owner Pat Macintyre, Sandra Dovberg, Joan Kelly, Wayne Schiffelbein, Marthe McGrath, Kathy Sullivan, Gail Axtell-Erwin, Rosemarie Forsythe, and Dorothy Donahey.



Between May 3rd – May 30th, artists Kathy Sullivan and Pat Macintyre will be showing a very fun joint exhibit titled "EE-I-EE-I-OH!" The opening reception will be held on May 13th from 2-4pm and is open to the public so mark your calendars, because you won't want to miss the fun.

The following month, Sandy Dovberg will be holding an individual exhibit titled "Impressions of the Emerald Isle". This exhibit will be open from May 31st – July 2nd . The

opening reception for this exhibit will be held on June 10th from 2-4pm and this is also open to the public.

Check out www.restonartgallery.com to see more work by each individual artist, to get more information about upcoming shows, or to schedule a time to meet with an artist one-on-one.

Reston Art Gallery & Studios

Exhibits in May and June



"Sal", 24x24, oil by Kathy Sullivan

Kathy Sullivan and Patricia Macintyre "EE-I-EE-I-OH!"

Exhibit: May 3–May 31
Reception: May 13, 2–4 pm
Public Welcome



Murphy's Bar—Ireland Acrylic, 12" x 12" by Sandy Dovberg

Sandy Dovberg
"Impressions of the
Emerald Isle"

Exhibit: May 31–July 2
Reception: June 10, 2–4 pm
Public Welcome

11400 Washington Plaza W (Lake Level of Heron House) Reston, VA 20190 703-481-8156 ∞ RestonArtGallery.com

Fun in the Gun ART FESTIVALS

Summer sun, family fun, and lazy days of summer. Check out arts, crafts, music and more at these festivals that are perfect for the day or a weekend getaway.

Maryland

June 29-July 2

PEX SUMMER FESTIVAL,
DARLINGTON. 8 AM Friday –
12 PM Monday. Camp, listen to
music, check out art, and watch
performances at Ramblewood.
Event open 24-hours a day for
the duration of this festival.
Ticket prices, camping details,
and event information available
at pexsummerfestival.com.

Virginia

May 18-20

27TH ANNUAL NORTHERN VIRGINIA FINE ARTS FES-TIVAL 10am - 5pm each day. Reston Town Center, 11900 Market Street, Reston, VA 20190. Admission donation: \$5 per adult requested to benefit GRACE, FREE garage parking all 3 days Extended to 3 full days this year, the 27th annual event will present more than 200 artists from across the nation to show and sell their amazing works in 16 categories of fine art and craft, plus activities and entertainment over the weekend. Northern Virginia Fine Arts Festival is rated at #17 in the Top 50 Art Fairs in North America.

Presented by Greater Reston Arts Center, a 501(c)3 non-profit organization.

May 19

PURCELLVILLE MUSIC AND ARTS FESTIVAL. 10 AM - 7

PM. Celebrate Purcellville's community, diverse culture, and history at this free music and art festival at Fireman's Field. Visit www.purcellvillemusicandarts-festival.com for details.

May 31-June 3

HERNDON FESTIVAL, HERNDON, VA. Times vary. Free entertainment, carnival, fireworks, art and crafts, and more for the whole family in downtown Herndon. For more

information, visit www.herndon-

festival.net. **June 1-3**

THE BODACIOUS BOARDWALK BAZAAR & WINE FESTIVAL, HAMPTON. 10 $\Delta M - 7$ PM Fri & Sat; 10 $\Delta M - 5$ PM Sun. More than 300 crafters, vendors, artists, wineries ad food vendors at Hampton Roads Convention Center. Free admission for those who donate blood to the Amer-

DARLINGTON. 8 AM Friday – 12 PM Monday. Camp, listen to music, check out art, and watch performances at Ramblewood. Event open 24-hours a day for the duration of this festival. Ticket prices, camping details, and event information available at pexsummerfestival.com.

Virginia

May 31-June 2

CLINCH RIVER DAYS FESTI-VAL, SAINT PAUL. A weekend of fun in the mountains. Civil war reenactments, river and railroad lore and history, photography, music, games, carnival rides, and more. Costs associated with some events. Camping close by. Find out more at www. clinchriverfest.com.

ican Red Cross' Bloodmobile. Purchase tickets on site: adults \$7 for one day, \$10 for two. More information available at bodaciousbazaar.com/spring.

June 2-3

OCCOQUAN ARTS AND CRAFTS SHOW, OCCOQUAN.

10 AM – 6 PM Sat; 10 AM – 5 PM Sun. A free weekend of art, fun, food, music, and shopping at this annual arts and crafts show. Shuttle from satellite parking \$5. Visit www. occoquanva.gov/arts-and-craftsshow.html.

June 2-3

ARTS IN THE MIDDLE, A JURIED FINE ARTS FESTIVAL.

URBANNA. Free, two-day art, history, local cuisine, and music festival at the Hewick Plantation where more than 100 juried artisans set up along the oak tree-lined plantation driveway. For details, visit www.artsinthemiddle.com.

May 31-June 2

GRAVES MOUNTAIN MUSIC FESTIVAL, SYRIA. Bluegrass, Americana, and Roots music. Tickets \$115 for all three days. Campers require a three-day ticket. Daily tickets available. For more information, visit www.gravesmountain.com/events-calendar/festival-of-mu-

June 8-16

MOUNTAINS OF MUSIC HOMECOMING, ABINGDON. 12

– 11:59 PM. Annual, nine-day, region-wide celebration of cultural and natural assets of Southwest Virginia featuring music, jam sessions, and festivals at various venues along the "crooked road." Camping facilities and state parks located along the route. Check out mtnsofmusic.com for more information.

Regional CAMPING FESTIVALS

Experiencing a camping festival is one of the best ways to intoxicate your senses, let go, and fully recharge without going far or spending a ton of money. Bask in fresh air and sunshine, listen to great tunes, dance without inhibition, hang out with friends and family, and relax to achieve the total benefits of this one-of-a-kind get away weekend. Enjoy great food, arts and crafts, and other activities. Grab your tent, sleeping bag, or conversion van or skoolie because awesome adventures, new friendships, and fun with friends and family await. Each event has a different vibe. Check websites for ticket prices and camping details. For more Virginia festival information, visit www.virginia.org/summerfestivals.

Delaware

June 14-17

FIREFLY MUSIC FESTIVAL, DOVER. Three days of amazing fun for music lovers of all ages at The Woodlands International Speedway. Campsites

available. For details, ticket prices, and more details visit fireflyfestival.com.

Maryland

June 29-July 2

PEX SUMMER FESTIVAL,



PROPER CARE OF YOUR TEETH
IS VITALLY IMPORTANT TO YOUR OVERALL HEALTH AND
WELL-BEING. WE HAVE STUDIED THE AREA AND FOUND THE
TOP DENTISTS, ORAL SURGEONS, AND ORTHODONTISTS
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Dr. Calkins is dedicated to providing patients with the highest quality and technology in orthodontic care. As an internationally trained orthodontist, she holds two degrees in dentistry and orthodontics. Dr. Calkins is a continuous student, and has access to the best training centers in her specialty, such as the elite Dawson Academy and The Piper Research and Education Center. Dr. Calkins successfully combines the latest technology in her field with her education to better serve the oral health needs of her patients.



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"As a newscaster I have to be aware of how my smile looks both on-camera and off. I had veneers already, but wasn't happy with them. When I decided to re-do them, I researched nearly 40 doctors, but chose Dr. Kallas because I knew my smile would look beautiful before and after the new veneers were complete. There's a dramatic difference between my old veneers and what I have now from Dr. Kallas. I can see and feel the difference and so can the people watching me on TV. I get so many emails from viewers complimenting me on my smile."

-CHRISTINE KLIEN, NEWSCASTER FOR ABC7



Dr. Geith Kallas, DDS SMILE MAKERS

Dr. Kallas realized early in his career that the techniques and materials used in cosmetic dentistry could also be applied in general dentistry for better, more long-lasting and attractive results. He has been a pioneer in modern dentistry for nearly 20 years.

His training includes Howard University, College of Dentistry postdoctoral training and internship at the District of Columbia General Hospital. His advanced training and continuing education are pursued at the Las Vegas Institute for Advanced Dental Studies (LVI), one of the world's most renowned facilities for aesthetic and neuromuscular dental training.

Dr. Kallas is distinguished in the U.S. and internationally for excellence in dentistry and for his contributions to his community.

Dr. Kallas is a member of the American Academy of Cosmetic Dentistry, the American Dental Association, the Virginia Dental Association, the Northern Virginia Dental Society, the American Academy of Laser Dentistry, the International Association of Orthodontics, the American Association of Functional Orthodontics, the American Academy of Craniofacial Pain, and the International College of Craniomandibular Orthopedics.



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Dr. Nicholas DiBenedetto, DDS DENTAL GROUP AT RESTON STATION

Dr. Nick DiBenedetto graduated from University at Buffalo School of Dental Medicine and practices general dentistry in Reston, VA. His practice is patientcentered and focuses on customized care for each patient. He is the Team Dentist for DC United, Washington Spirit, The Madeira School, Oakton & Annandale High Schools. He volunteers weekly at the Northern VA Dental Clinic and is working towards his Fellowship in the Academy of General Dentistry.



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Christopher E. Bonacci, DDS, MD ORAL & MAXILLOFACIAL SURGERY

Dr. Christopher Bonacci has been practicing Oral and Maxillofacial surgery in Northern Virginia since 1998. He has been Board Certified by the American Board of Oral and Maxillofacial Surgery. Dr. Bonacci has served as Chairman of the Department of Oral and Maxillofacial Surgery, Division of General Surgery, at the Reston Hospital Center. Dr. Bonacci was inducted as a Fellow Into The American College of Dentists at the 2006 Annual American Dental Association meeting, an honor that only 2-3% Dentists nationwide receive. He received his medical and dental degrees and completed general surgery and oral surgery residencies from Columbia University.

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Dr. Farshad and Bita Farhoumand, DDS

AVANTI DENTISTRY

AVANTI Dentistry originated as a father & daughter team of dentists. Dr. Farshad Farhoumand, a graduate of Georgetown University, has been serving the DC Metropolitan area since 1977. His daughter, Dr. Bita Amanda Farhoumand, joined him in 2010. Dr. Bita graduated from UCLA School of Dentistry in 2010 and attended NYU for her specialty certificate in periodontics and is now a Board Certified Periodontist. At AVANTI Dentistry, they look at the big picture! Their goal is to help people get healthier. By having all dental specialist in one location working together to deliver the best quality care, their practice takes care of all of your's and your children's dental needs. No more bouncing around to different offices—they will save you time and money.



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Dr. Rishita Jaju SMILE WONDERS

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



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Beloved garden center in the midst of Loudoun development

Tom DeBaggio was not originally a gardener. A journalist at the Arlington News in 1975, DeBaggio grew increasingly concerned, as the newspaper struggled to meet payroll. He decided to grow some plants in the backyard to make sure his family had food to eat. When he discovered that he grew more than the family could consume, he started selling the extra plants (25¢ per tomato plant) and DeBaggio's was born.

Eventually he expanded his operation until a single greenhouse filled the Arlington back yard. So in 1997 the family bought land WAY out in "unsettled" Loudoun County. Over the next 20 years, housing boomed, until today, the family farm is a kind of oasis, surrounded by housing developments on all sides.

DeBaggio passed away in 2011 but had continued his writing as long as he could, chronicling his life and the Alzheimer's disease with which he struggled. Today Tom's son, Francesco, continues the operation, maintaining the high quality herbs, vegetables, annuals, and perennials—all planted as seeds right on the premises. Many are varieties that Tom had developed himself, like the popular Rosemary Hill Hardy. Additionally there are larger plants and trees to round out their offerings.

A comprehensive catalog, providing a treasure of information and gardening tips on the myriad varieties of herbs and other plants available at DeBaggio's is produced each year to reach their regulars. DeBaggio's is open 7 days a week, three months only, through July 1. As Francesco says, "We jam 12 months of work into three months."

His customers/fans plan their visits accordingly. As herb enthusiast Julie Snee remarks, "DeBaggio's is the best! Every winter I check their website compulsively to find out when they open so I can buy all my herb plants for the year. They always have a great selection and some of the plants I bought from them years ago are still flourishing today."

DeBaggio's Herb Farm and Nursery, 43494 Mountain View Drive, Chantilly, VA www. debagioherbs.com. ❖



GARDENS of NOTE

TOUR 5 NOTABLE RESTON GARDENS ON JUNE 2

Presented by The Reston Chorale

Those looking for landscape inspiration or simply love admiring gardens can look forward to the second annual Gardens of Note on Saturday, June 2. Five private residential gardens in Reston will be open for a self-conducted, exclusive tour from 10 a.m. until 4 p.m. Adding to the experience, members of The Reston Chorale will present popup performances in the gardens, and at the Hidden Lane Garden Party at the end of the day.

Gardens of Note is a delightful opportunity to view new landscapes and well-established gardens ever-evolving with bountiful plantings, water features, and unique hardscapes. This year's Gardens of Note tour features:

- The Bitzer garden in the South Lakes neighborhood, designed by its owner, encircling the home with enviable views.
- In the Uplands neighborhood, the Guilfoyle garden, filled with the owner's well-chosen plantings, seating, and garden art.
- The Gohn garden in the Hunters Woods neighborhood, with swaths of new plantings of shrubs and perennials, including native varieties, complementing an established landscape.
- Also in the Hunters Woods neighborhood, the Mansfield garden in a woodland backdrop with hardscapes and plantings installed in 2017.
- The Rhoads Garden in North Point, featuring an established sloping stream, and a newly installed hardscape, along with a multitude of spreading perennials.

After visiting the residential gardens through the day, ticket-holders can enjoy the Hidden Lane Garden Party at 4 p.m. with light refreshments, property tours, prizes, and performances. Guests can also purchase the Perennial of the Year, Allium Millennial, provided by Hidden Lane, with all sales proceeds donated directly to The Reston Chorale.

Gardens of Note is an adventure, and also a fundraiser for The Reston Chorale to support production of their concert season, September through May. Tour tickets are \$22 in advance and \$25 day-of. Buy in person at Mayflowers at Reston Town Center, Long and Foster North Hills office, and Reston Farmers Market on Saturdays at Lake Anne. Online tickets and more information are available at restonchorale.org. ��



Celebrating Dads & Grads

With June just around the corner, the abundance of summer parties is about to kick off with celebrations for two of our favorite groups of people: dads and grads. Read on for some tips for how to plan a memorable Father's Day get-together or graduation celebration for those special people in your life!



Guest List

To start with, you'll need to figure out how many people you'll be hosting. For Father's Day celebrations, determine which family members you would like to include since some people prefer to keep things simple with immediate family, and others want to get everyone together to help celebrate Grandpa... Then, find out who is actually able to attend. On the other hand, figuring out the guest list for graduation parties may be a little more challenging as you consider inviting people from all aspects of the graduate's life! This may mean including immediate and extended family, family

friends, friends from school, as well as friends from activities or other affiliations, etc.

Venue

Next, decide where you're going to host the event. For a small get-together to celebrate Father's Day with immediate family, something low-key at home can be a great option! For bigger Father's Day parties with extended family to help Grandpa celebrate, a larger venue like a private room in a restaurant or a clubhouse may be the better way to go, depending on how many people are able to attend. Similarly, graduation parties can be held at private residences or in more public venues like restaurants, clubhouses, or alternative rental facilities. Keep in mind how many people you'll need to accommodate, as well as any activities you plan to incorporate to make sure you'll have enough space. Like the idea of keeping things simpler at home, but not sure if it'll be too crowded? Consider renting a tent and tables and chairs to allow for both inside and outside socializing.



Decorations

Decorations are a fun way to give your event an extra level of personalization. While you don't need to redecorate for a Father's Day celebration, incorporating pictures of Dad with his kids and/or grandkids, or small tributes to his favorite things (think: a golf ball-themed cake for the golf enthusiast, etc.), are ways to make the special day that much more memorable! For graduation parties, including a hanging line with progressive school photos of the graduate from each grade, and/or decorate with colors and themed paraphernalia from their chosen school or profession can add a little extra spirit and excitement for what's to come!

Activities

While great food and great company are certainly enough to keep the party going, activities are a fun way to take the celebration to another level. For the sports-loving Dad, try a pick-up game of his favorite sport to start a new family tradition, or go head to head in a round of bocce ball before digging into the cake. For graduates, hire or DIY a photo booth for you and your guests to enjoy (Bonus! With this idea you can throw together a photo book with all of the pictures taken at the party for a great keepsake!). Corn hole, ladder golf, Bocce ball, giant Jenga, etc. are other fun ways to entertain the guests and promote mingling!



Menu

When thinking about Father's Day, most people think of the classic All-American barbeque. There's nothing quite like grilling out on a nice summer day, surrounded by your favorite people! For those that want to mix it up a bit, consider tailoring your menu to Dad's favorite cuisine. From an Italian feast with sausage and peppers, Grandma's lasagna and a side Caesar salad, or Mexican fiesta with grilled chicken quesadillas, black bean and corn salad, and seven-layer dip, to the timeless surf-and-turf with grilled veggies, there's something exciting for everyone!

Similar menus can be used for graduation parties, with appropriately themed items made especially for the celebration, such as miniature Reese's cups on a stick with chocolate squares on top for "graduation caps," a bowl of Ring Pops for "class rings," and tuxedo chocolatecovered strawberries wearing chocolate square graduation caps... the possibilities are endless! One more thing to consider when it comes to your graduation party menu is that some guests may have several parties to attend that day. Depending on the time of the party, and if you anticipate people coming and going in an open house fashion, you may be able to get by with mostly heavy hors d'oeuvres and drinks and desserts, especially if the party isn't during a major mealtime. However, if your party spans the lunch or dinner hours, you'll want to make sure you have enough options for those who are planning to celebrate with your grad all day!

Using these tips as a starting point for planning your celebration can help to make sure everything goes seamlessly. Keep in mind that June is a busy time of year for fellow grads and their families, so you'll want to choose your date and time carefully, and start planning as early as possible to make sure any vendors you may be planning to use are available. No matter how big a production you are planning, the lucky dad or grad in your life will be thrilled to celebrate in style with a bash for all family and friends to remember! •



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



YOU CAN FIND VIVARESTON LIFESTYLE MAGAZINE AT THESE LOCATIONS:

RESTON

Lake Anne Village Center

Reston Community Center Reston Museum & Shop

Reston Town Center Reston Visitor's Center Hyatt Regency Hotel

Panera Bread Starbucks

Box at the Green Garage

North Point Village Center

Giant Starbucks

South Lakes Village Center

CVS Pharmacy

Safeway Starbucks

7 Eleven Soapstone

Plaza America

Whole Foods Market (cafeteria counter)

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 roms emergency lobby Inova Reston

YMCA Reston

Greater Reston Chamber of Commerce

Reston Library Marriot Suites

Residential and Office

Buildings

Avalon Reston Landing Stratford House

Fellowship House Hunters Woods

Paramount Reston Town Center

Heron House Lake Anne Carr Workplaces RTC

Coldwell Banker building Harrison Apartments Cosmopolitan Metropolitan

Avant

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

Starbuck 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

Center

Starbucks Broadland Village Center

Wegmans

Center

Wegmans
Harris Teeter Ashbrook
Commons Plaza
Giant Ashburn Village

LEESBURG

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



ASK AN ADVISOR: About the New Tax Act

I've been getting a lot of questions from clients about how the new tax act will affect their tax return for 2018. The answer is dependent on each individual tax situation, but the following items are the most significant changes individuals and families need to know about as they plan for and manage their income and finances in the months ahead.

- New tax brackets There are still seven income tax brackets, but rates and income thresholds for those brackets changed, resulting in lower income tax rates for many taxpayers. A complete list of 2018 income tax rates and brackets is available at https://taxfoundation.org/2018-tax-brackets/.
- Standard deductions increase The personal exemption (which allowed taxpayers to deduct a set amount for themselves, their spouses, and each dependent) has been repealed, but standard deductions have increased to \$12,000 for single filers, \$18,000 for heads of household, and \$24,000 for married taxpayers filing jointly.
- Child tax credit doubles Parents will no longer be able to claim personal exemptions for their children, but they can claim the child tax credit which doubled from \$1,000 per child to \$2,000 per child. \$1,400 of this tax credit is refundable, meaning taxpayers can claim this much over and above their tax bill for the year, generating a refund. The child tax credit income threshold also increased but begins to phase out at an annual income of \$200,000 for single parents and \$400,000 for married filing jointly parents.
- Alimony payments Alimony payments will no longer be deductible by the person paying, however this only applies to new divorce and separation agreements starting 1/01/2018.
- Itemized deductions limited or eliminated Taxpayers may continue to choose between claiming a standard deduction or itemizing their deductions, but several of the itemized deductions have been limited or removed completely. The state and local tax deduction (SALT), is capped at \$10,000 and the mortgage interest deduction is limited to loans of no more than \$750,000. Also, all miscellaneous itemized deductions subject to the 2% adjusted gross income (AGI) floor were repealed. The casualty and loss reduction remains, but will be limited to presidentially declared disasters.

■ Reduction in pass-through business taxation – A pass-through business pays taxes through the individual income tax code rather than through the corporate tax code. Sole proprietorships, S corporations, partnerships, and LLCs are all pass-through businesses; C corporations are not.

The bottom line is that the new tax bill will affect us all from 2018 through 2025, and beyond. It will change our take-home pay as well as our tax bill at filing time. Many of the bill's provisions require IRS guidance and must still go through a rule-writing process, so everyone should continue to pay attention as it is all ironed out in the next year.

Daniel P. Lash, CFP®, AIF® is a partner at VLP Financial Advisors and the former President of the National Capital Area Chapter of the Financial Planning Association (FPA). He believes that strategic planning is the key to creating, protecting, and growing wealth. Visit VLP Financial Advisors online at: www.vlpfa.com.

Have a question for an Advisor?

Email info@vlpfa.com

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Meg Donnelly, Massage Therapist

he Dulles Regional Chamber of Commerce hosted the ribbon-cutting ceremony for Meg Donnelly, LMT, LLC, a new therapeutic massage studio in the Town of Herndon on Feb. 22, 2018. Herndon Mayor Lisa Merkel, several members of the Herndon Town Council, John Boylan, President and CEO of the Dulles Regional Chamber of Commerce and Dulles Chamber members participated in the ceremony. Attendees enjoyed food, door prizes, raffles, and a gift for the first 20 guests. In discussing her business, Donnelly states on facebook.com/megdonnellylmt, "Massage therapy is an important, integrated part of our overall health & wellness. I create personalized massage sessions based on each client's specific goals to provide comfort, relieve pain and improve movement with a strong focus on the pain science, movement physiology and research into the nervous system's role in pain management." The studio is located at Springwood Professional Center, 464 Herndon Parkway, Suite # 116, Herndon. Visit massagetherapybymeg.com. *







Photo credit: Robin Long



Although a 50/50 raffle can be a promising possibility, Dottie Taylor didn't mind that Asya Jahngir and Emily Postlethwait, members of Herndon's Interact Club, Rotary's service club for teens, didn't give her the winning ticket last year.



Paul Newcombe of Fairfax and Joan Steyn of Annandale proved to be a striking and graceful couple on the dance floor at 2017's Senior Prom.



Chrissy Kelley from Interact Club at South Lakes High School in Reston presented Aroeva Klavolij with a carnation corsage to welcome her to the 2017 Senior Senior Prom.

Proms Aren't Just For Teens

The Herndon and Reston Rotary Clubs Host the 2018 Senior Senior Prom

et ready to kick up your heels and have a good a time at the 2018 Senior Senior Prom on Saturday, May 5th from 2pm-4pm at St. Joseph's Hall located at 750 Peachtree St, Herndon next to the Herndon Community Center. All area residents ages 50 years or better are invited to attend and dress in prom attire or beach wear. The event is free, but donations will be appreciated. Now in its 16th year of operation, the Herndon and Reston Rotary Clubs produce the free event with the generous support of many local organizations and businesses.

Like any prom, corsages and boutonnieres help make the event classy. As prom guests enter the hall, volunteers from Herndon and South Lakes High Schools' Interact Clubs will be on hand to welcome guests and offer each a carnation, pinning it on their attire. Pat Williams, of the Herndon Rotary Club, has watched over the Welcoming Table since 2009 when she came up with the idea for the event. Williams said, "Senior, Senior Prom can be fun. Prom goers get to relive those days." For some guests though, Williams has learned it isn't about reliving their High School Prom but putting it "right." Earlier one senior had told Williams that she had been looking forward to the prom because when she went in the 1940s, all the boys were off to war, so the girls danced with each other. She was looking forward to dancing with the men.

During the prom, The Loudoun Jazz Ensemble will play Big Band hits from the '40s for the guests' dancing and listening pleasure. Many couples took to the dance floor last year, not only during the gliding waltzes and continuous flowing foxtrots but

the swing dancing as well. This year there will be demonstrations and dance lessons by The Fred Astaire Dance Studio.

The 50/50 raffle proved to be a great hit with prom goers last year, as was the coronation of Prom Queen, Eleanor L. Benedict and Prom King, Nick Kour. After receiving her jeweled crown, Benedict adjusted it on her head and said, "I'm so surprised. Does it look ok?"

Register to attend by visiting www. herndonrotary.org or call 703-328-8521 by May 1. Transportation can be requested for Herndon & Reston residents.

For more information about the Rotary Clubs of Reston and Herndon as well as their High School counterpart organization, Interact, visit herndonrotary.org and restonrotary.org.

Washington Property Company Breaks Ground for Stone Ridge Medical Center in Dulles, VA

67,000 SF Building Across from New Hospital Inks Three Leases

Washington Property Company (WPC) has started construction of a new 67,000 square foot state-of-the-art medical office building in Dulles, VA, directly across Route 50 from the recently opened HCA StoneSprings Medical Center hospital. Two medical care providers and a pharmacy already

have leased at Stone Ridge Medical Center, which is scheduled to be completed by the end of 2018. For information about leasing space at Stone Ridge Medical Center, contact Leonard Brown of Meridian Property, Inc. at (703) 399-4161 (lb@meridianproperty.net).

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TEENS ARE CHANGING THE WORLD; THEY CAN LEARN HOW TO TELL THEIR STORIES

from an Award-winning Filmmaker this Gummer at RCC

Peabody Award-winning filmmaker Rebekah Wingert-Jabi and Reston Community Center are teaming to offer a unique camp opportunity for teens this summer.

Wingert-Jabi, the creator of Another Way of Living: The Story of Reston, VA, will lead Documentary Filmmaking: Summer Studio from July 9 to August 3 at RCC Lake Anne.

The four-week session is an introduction to documentary and nonfiction filmmaking for ages 13 to 16. Campers will get hands-on experience in the basics of filming, editing and

story development, as well as using iPad technology for film production.

The subject matter will focus on the themes from Reston's founding values, which were explored by Wingert-Jabi in Another Way of Living. Campers will create three-minute films exploring how the value of "openness to all" is experienced in Reston today.

"Having a Peabody Award-winning filmmaker in our community who is equally invested in using documentary film techniques to capture Reston's history and potential gives us an opportunity to engage with teens and learn from them," said RCC Executive Director Leila Gordon. "We could not be more excited to see their stories."

Wingert-Jabi, who grew up in Reston and returned here to raise her family, earned a 2012 Peabody Award for her film My Neighbourhood. She said her interest in film was first sparked by a photography class in high school; she hopes to inspire the next generation of visual storytellers.

"The fundamentals of filmmaking will help them in any genre of storytelling," she said.

The camp will culminate in a community screening of the camper films and Another Way of Living on August 24 at RCC Lake Anne.

The camp is open to Reston and Non-Reston patrons. To register, visit www. restoncommunitycenter.com or call 703-476-4500.

The Summer Studio is one of dozens of offerings from Reston Community Center, which was recently recognized by Northern Virginia Magazine as one of the top summer camp programs. Limited spaces for all camps remain, so register soon at www. restoncommunitycenter.com. *

CRAIG MORAN: SPACED OUT Exhibit—GRACE at Signature

Through May 29, Signature, 11850 Freedom Drive

A DC-based painter known for his boldly patterned canvases, Moran's newest body of work is a whirl-wind of exuberant colors and energetic shapes, evoking elements of the natural world and portraiture in a dynamic flattened space. 703.471.9242 restonarts.org

TWITTERPATED: ANIMATED ADORATION AT ARTINSIGHTS

Through June 30

So often, animation captures love and joie de vivre better than real life. ArtInsights celebrates Devoted Couples of Disney, with images of Lady and Tramp, Pongo and Perdita, Mickey and Minnie, Thumper and Miss Bunny, Belle and The Beast, and more, including new releases by official Disney concept and production artists. 703.478.0778 artinsights.com

MIKE CLOUD-EXHIBIT AT GRACE

Through July 7, Greater Reston Arts Center Cloud works with collage, paint, language, and found imagery to question canonical ideas that have become widely accepted as non-metaphorical truths. Exhibit includes Cloud's series of collages based on the work of famed photographer Annie Leibovitz, and a selection of new paintings. Free, open Tuesday - Saturday, 11 am - 5 pm. 703.471.9242 restonarts.org

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27TH ANNUAL NORTHERN VIRGINIA FINE ARTS FESTIVAL

Presented by Greater Reston Arts Center (GRACE)

New this year, Festival Friday!

For 27 years, the annual Northern Virginia Fine Arts Festival has brought more than 200 fine artists from across the nation presenting original works in 16 categories of fine art and fine craft to the unique outdoor environment of Reston Town Center. This year, Festival Friday on May 18 will expand the experience with a focus on the Reston workforce. Reston Town Center merchants will be offering unique Festival Friday deals, that day only. And, Festival programs will once again be available on-site with almost \$200 worth of restaurant coupons—with a \$5 donation to GRACE, it will pay for itself over lunch.

The Festival's Title Sponsor, Balducci's Food Lover's Market, will have an impressive and flavorful presence during the event. Their newest location will be open this spring in Reston Town Center at the ground level of the new Signature apartments.

The Northern Virginia Fine Arts Festival is made possible with the support of generous sponsors, including those in the local community—Balducci's Food Lover's Market—Reston, Reston Community Center and Reston Town Center Association, The M Group Architects + Interior Architects, The Counter Custom Burgers, Reston Town Center, Avant at Reston Town Center, Signature at Reston Town Center, The Spectrum at Reston Town Center, North Point Village Center, and Pella Windows—among other valued supporters who provide important in-kind services and funding.

Volunteer! Adopt-an-Artist! #MakeArtHappen

Support the 2018 Northern Virginia Fine Arts Festival

The Northern Virginia Fine Arts Festival is produced by Greater Reston Arts Center (GRACE), the largest 501(c)3 non-profit in Reston solely dedicated to enhancing community life through excellence and involvement in the visual arts. GRACE relies on the community's support for the success of the Northern Virginia Fine Arts Festival, its largest annual fundraiser. Support comes in lots of ways ranging from tasks taken on by 500 volunteers to funding from event sponsors.

Through the Adopt-An-Artist program, \$100 donations made in advance directly support GRACE's renowned artist hospitality package. At the same time, donors create a very personal connection to the adopted artist and to the Festival experience.

A "Bedrock Institution"—50 for 50 Award presented to GRACE

In January, GRACE was honored by the Virginia Commission for the Arts, the state arts agency, to receive one of its prestigious "50 for 50 Arts Inspiration Awards" in the category of Bedrock Institutions.

Northern Virginia Fine Arts Festival

Friday, May 18 – Sunday, May 20 10 am – 5 pm daily Reston Town Center Free Garage Parking restonarts.org/fineartsfestival

Festival Party and Artist Awards

May 19, 7pm-10pm

Reston Town Center Pavilion

This artful evening, sponsored by the M Group Architects, will celebrate the Northern Virginia Fine Arts Festival artists with the announcement of the 2018 Awards of Excellence, sponsored by Boston Properties, as selected by Festival judges. Baltimore-based artist Laure Drogoul will present The Illuminated Fountain of Extinction, a living tableau of natural and post-natural creatures inspired by illuminated manuscripts. The Festival Party will feature food from The Counter Custom Burgers, Blue Moon beer courtesy of On Tap, and wine courtesy of Balducci's Food Lover's Market. Tickets to this not-to-be-missed bash are complimentary to participating Festival artists, and a benefit to GRACE supporters at the Member level and above. Those who Adopt-an-Artist or become a member of GRACE will receive a complimentary invitation to the party.

Now Enrolling Ages 2 to 6





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Dining in the great outdoors is catching on all over. After all, what could be more enticing than savoring a spring salad under the sun or pleasing your palette with a wood-fired pizza by moonlight? Perhaps a romantic evening imbibing by an outdoor fireplace is an enticing scene, or if indulging in local fare with family and friends is more your style, the area has several breweries with outdoor patios that serve farm-to-table fare. Whatever piques your appetite, here are a few of the area's al fresco restaurants to help you summer in style.



520 Mill Street NE, Vienna, VA 22180

New location at Mosaic opening late spring/early summer

Beat the heat this summer with a skillfully crafted brew in an industrial setting. Tucked away in Vienna, this off-the-beaten-path pub with a small-town feel serves American farm-to-table delights that will satisfy your palette and the outdoor patio creates a fun atmosphere for those hot summer nights. To find out more, visit www.caboosebrewing. com or call 703-865-8580.

Café Deluxe at Tysons Corner

1800 International Drive, McLean, VA 22012

Dine European style at this bustling bistro that serves fresh, innovative American classics. Take advantage of the robust menu and wide selection of cocktails and desserts. There are also plenty of choices for kids and a bounty of gluten-free options. Luncheons and large parties are welcome. To reserve a table or view the menu, visit www.cafedeluxe.com or call 703-761-0600.

Cafesano

AT SOUTH LAKES VILLAGE SHOPPING CENTER

11130 South Lakes Drive, Reston, VA 20191

This quick-serve, casual Italian-Mediterranean bistro is ideal for lunch and dinner for people on the go. The covered patio creates a shaded stop off perfect for hot summer days and the extensive menu offers light fare with glutenfree and vegetarian options. Visit www. cafesano.com for more information or call at 703-391-2100.

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Barrel & Bushel

at VITA Tysons Corner Center

7901 Tysons One Place, Tysons, VA 22102

Sophisticated-rustic early morning until late night dining that serves seasonal American dishes using regional ingredients. Savor craft beer and an extensive bourbon section with complementary dishes prepared in the kitchen's wood burning oven. If you're looking for a place to entertain large groups, this might be just the place. B&B offers large group dining and entertainment options tailored for parties up to 300 guests. For more information or to make a reservation, visit www.hyatt. com/corporate/restaurants/barrel-bushel/en.html or call 703-848-6340.

Dolce Vita Ciccheti Wine Bar

10824 Fairfax Blvd, Fairfax, VA 22030

Located in the heart of Fairfax, Dolce Vita is a wonderful neighborhood restaurant and wine bar that has been proudly serving fine Italian cuisine to the community for over 20 years! With their Executive Chef and Certified Sommelier, they offer a large range of menu options, weekly specials, robust wine selection, happy hour and catering. Dolce Vita Ciccheti Wine Bar, has an array of boutique and rare wines. Wine aficionados can savor a glass or bottle of Australia Yangarra Shiraz, Californian Cabernet or French Merlot with Italian cuisine pairings. Wonderful patio offers diners a warm and secluded outdoor setting. Very popular. Call (703) 385-1226 or visit dolcevitaitaliankitchenandwinebar.com.

Dog Money Restaurant and Brewery

50 Catoctin Circle NE Leesburg, VA 20176

Embrace summer at this rustic-mod bistro and brewery with house-made ales and lagers. This full service brewpub offers American comfort fare and serves brunch on Sundays. Named after the town-issued currency used during the Civil War, this place has a unique vibe worth checking out. For more information, visit dogmoney. squarespace.com or call 703-687-3852.

Fire Works AT MARKET STATION LLC

201 Harrison Street SE Leesburg, VA 20175

Wood-fired pizzas, craft beer on tap, and soup and sandwiches in historic downtown Leesburg. Fire Works uses farm-grown and raised ingredients from Loudoun County. Open daily, this spot has plenty of outdoor seating in the sun and under big shade umbrellas. Inside is cozy and familiar. To learn more and see the extensive beer menu, visit www. fireworkspizza.com/leesburg or call 703-779-8400.

Härth

AT HILTON MCLEAN **TYSONS CORNER**

7920 Jones Branch Drive McLean, VA 22102

Farm to table locally sourced ingredients 365 days a year. The menu incorporates organic produce and herbs grown in their own organic garden, including 10 of the world's hottest peppers. Härth also harvests its own honey from beehives located on the rooftop. The outdoor patio has a large gas fireplace that provides a great environment for networking or relaxing. To learn more, visit www3.hilton.com/en/hotels/ virginia/hilton-mclean-tysons-corner-MCLMHHH/dining/harth.html or call 703-847-5000.



Hen Penny AT RESTON TOWN CENTER

1820 Discovery Street, Reston, VA 20190

Love chicken? Then this might be the place for you. Get it by the piece, the bucket or in a sandwich. Hen Penny also offers farm-fresh meatless garden bowls and traditional American sides. Visit www.hen-penny.com for online ordering and delivery or call 571-267-7633.

Farls Kitchen and Bar

at VITA Tysons Corner Center

7902 Tysons One Place, Tysons, VA 22102

Rooftop, upscale-casual lunch, dinner, and late night dining with American and international inspired cuisine. Offers premium seafood and certified humane raised and handled Angus beef. Gluten aware and vegetarian options available. Check out their menu or make a reservation online at earls.ca/locations/tysons-corner or call 703-847-1870.



Not Your Average Joe's

AT RESTON TOWN CENTER

1845 Fountain Drive, Reston, VA 20190

Creative comfort food from every corner of the globe with a twist. The extensive menu offers diverse lunch and dinner selections that will satisfy a wide variety of cravings. Quell your thirst and bask in the summer heat under expansive umbrellas on the outdoor patio. Check out the offerings at www.notyouraveragejoes.com/locations/virginia/reston.



Le Pain Quotidien

MULTIPLE LOCATIONS: MOSAIC DISTRICT, RESTON TOWN CENTER, AND TYSONS CORNER CENTER

Grab a quick bite or an organic cup of coffee at this cozy spot that offers perfectly mastered bread and simply exquisite meals with Belgian flare. The seasonal outdoor patio is perfect place to take in the warmth of summer and sunshine and recharge with a light lunch. To learn more about the daily bread, visit www.lepainquotidien.com or call 571-423-0983 (Tysons), 571-392-5023 (Reston), or 703-462-9322 (Mosaic District).

MOD Pizza

MULTIPLE LOCATIONS: ASHBURN, FAIRFAX, RESTON, AND VIENNA

Want artisan-style pizza superfast? MOD pizza made its debut in Seattle in 2008 and has spread across the US and UK. MOD offers on demand pizzas customized and baked to perfection in their wood burning ovens. In addition to great za and salads, MOD serves hand spun milkshakes and draft beer and wine in most locations, perfect for outdoor dining, also offered at most locations. To find out more, visit modpizza.com.

Smokehouse Live

1602 Village Market Boulevard SE, Leesburg, VA 20175

Barbeque, beer, bourbon, and bands. What more can one say about this roadhouse modern-rustic joint? If the atmosphere has you sold, you will love the menu which even has a few vegetarian salads and a menu for kids. See whose playing and peruse the menu at smokehouse-live.com or call 571-447-5483.

Taco Bamba

MULTIPLE LOCATIONS: FALLS CHURCH, SPRINGFIELD, AND VIENNA

Looking for a no-frills, modern but delicious Mexican taqueria with a lot of meat favorites? Look no further. Taco Bamba is the answer for tasty, tangy tacos, tamales, and tostadas. Taco Bamba also offers savory servings for breakfast. Patio dining adds to the fun atmosphere and makes this a great stop off any time of day. Find a Taco Bamba near you at www.tacobamba.com.



Phoenicia Resto & Lounge

2236 Gallows Rd., Vienna, VA 22181

Phoenicia's unique dining atmosphere and entertainment lounge offers a one-of-a-kind dining experience that matches its equally palate pleasing Lebanese cuisine that infuses traditional bites with modern flare. Open daily. Find out more at www. phoeniciaresto.com.

Tavern 64AT RESTON TOWN CENTER

1800 Presidents Street, Reston, VA 20190

Live music every Friday, happy hour every weekday, and local libations and American fare from several local farms. From breakfast to late night desserts, Tavern 64 covers traditional favorites, savory seafood, and gluten-free, vegan, and vegetarian options. For more information or to make a reservation, visit tavern64.flavorplate.com or call 703-925-8250.

Tuscarora Mill Restaurant

203 Harrison Street SE, Leesburg, VA 20175

This beautifully restored former 1899 grain mill makes dining at Tuskie a unique experience. The gorgeous patio makes soups, salads, and sandwiches perfectly divine on a summer's afternoon. For more information, visit www.tuskies.com or call 703-771-9300.

Restaurant Bonaroti

428 Maple Avenue E, Vienna VA 22180

Classic Italian cuisine includes a vast menu of handmade pastas and a unique selection of wines from around the world that has been ranked among the best in the Washington, DC area. Open for lunch and and dinner during the week, and dinner only on the weekends. For more information, visit www. bonarotirestaurant.com or call 703-281-7550.

Cooper's Hawk Winery and Restaurant

19870 Belmont Chase Dr., Ashburn, VA 20147

Handcrafted wine and modern, upscale, casual American fare. The restaurant has a private barrel-aging room and a Napastyle tasking room. Gluten-free options, happy hour menu, and options for carryout, catering, and kids. Opens at 11 AM daily. Visit chwinery.com for more information.

Greenhouse Bistro

2070 Chain Bridge Rd., Vienna, VA 22182

This modern spot with American and Italian farm-to-table, garden-to-plate fare, a tea lounge, and bar has a retractable-roof patio for dining in the summer sun or in the moon light. Enjoy happy hour, have Sunday brunch or watch the game on Sunday, while chefs prepare your meal with items picked from the garden. Get details at greenhousetysons.com.

Ireland's Four Provinces

105 W Broad St, Falls Church, VA 22046

A modern take on a traditional Irish pub with Irish-inflected food in the heart of Falls Church. Brunch on Saturdays and Sundays, as well as happy hour, and live music and entertainment most weekend evenings. Opened daily until 2 AM. For more information, visit www.4psva.com.

L'Auberge Chez Francois

332 Springvale Rd., Great Falls, VA 22066

Elegant dining with classic French fare in a farmhouse setting and garden patio makes Chez Francois one of the most romantic restaurants in the area. The family-owned, garden-to-table restaurant has extensive lunch, dinner, dessert, and wine menus, hosts numerous culinary and special events, and offers space for corporate events and weddings. To learn more, visit www. laubergechezfrancois.com.

Levant

8411 Old Courthouse Rd., Vienna, VA 22182

Old-traditional Mediterranean food, hookahs, and entertainment in a modern restaurant and lounge atmosphere. Satisfy your hunger with tasty appetizers, light soups and salads, and main courses any day of the week. For more information, visit www. levantya.com.

SELECTED AREA RESTAURANTS

RESTON

ARIAKE

Reston | Japanese | \$\$

Arguably one of the best Japanese restaurants in NoVa, Chef Aoki brings 35 years of experience straight from Tokyo, and it shows. Serving the best sushi rolls around,. Ariake is a great place for large parties, kids, and families with seasonal outdoor seating. 12184 Glade Dr. Reston, VA | 703-391-9006 www.ariakerestaurant.com

BARCELONA RESTON

Reston | Mediterranean | \$\$

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

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

BARTACO RESTON

Reston | Mexican | \$

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

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

CAFESANO

Reston | Mediterranean | \$

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

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

Tefficelli Ristorante Italiano Zeffirelli Ristorante Italiano Zeffirelli Ristorante Italiano has been preparing delicious Italian cuisine from the Tuscan region, bringing our special entrees just for you! Zeffirelli Ristorante has a phenomenal selection of wine to go with the food. Since 1991, we have been bringing the finest authentic dishes of Italy to Herndon, VA.

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 wideranging 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.kalypsossportstavern.com

NOT YOUR AVERAGE JOE'S

Reston | American | \$\$

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

1845 Fountain Dr. Reston, VA | 571-234-8200 www.notyouraveragejoes.com/reston/

PASSIONFISH

Reston | American | \$\$

Offering fresh sustainable fish and seafood (with raw bar!) in an upscale casual fine dining atmosphere, Passionfish is a great spot for a date or the whole family. Fine dining with kids has never been so easy. Their kid-tested, mother-approved "Beach Bucket" menu arrives in a jaunty nautical blue & white tin bucket, bargain entrees are just \$6 [including a drink].

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

SWEETHEAT BBQ

Reston | American | \$\$

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

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

ASHBURN

FORD'S FISH SHACK

Ashburn | American | \$

This popular New England maritimethemed 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. Hernon, 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.

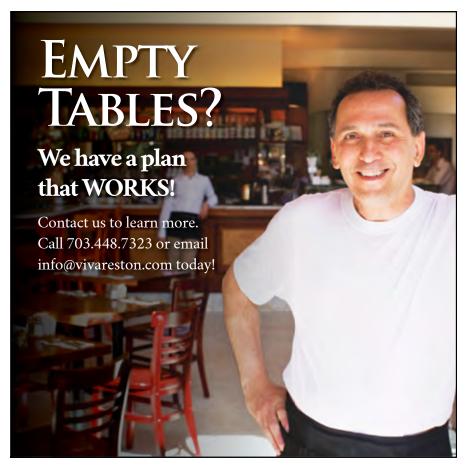
13340 Franklin Farm Rd. Herndon, VA | 703-707-6400 www.pieroscorner.com

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



RUSSIA HOUSE

Herndon | Russian | \$\$\$

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

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

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 seasonallyinspired menus. Enjoy 40 wines by the glass and tasting flights, all in a rustic, intimate setting. The Wine Kitchen has quickly gained a following with its wine bar concept and "Eat, Drink, Simply" motto. Enjoy brunch and live music on Sundays. 7 South King St., Leesburg, VA | 703-777-9463 www.thewinekitchen.com

GREAT FALLS

BOLLYWOOD BISTRO

Great Falls | Indian | \$

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

9853 Georgetown Pike, Great Falls, VA | 703.865.0450 www.bollywoodbistrofairfax.com

DANTE RISTORANTE

Great Falls | Italian | \$\$\$

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

1148 Walker Rd, Great Falls, VA | 703.759.3131 www.danterestaurant.com Italian born

L'AUBERGE CHEZ FRANCOIS

Great Falls | French | \$\$\$

Internationally acclaimed, L'Auberge Chez François transports diners to the Alsatian countryside in this rustic French country inn, nestled among lush woods and fragrant gardens. Well-known as the place to celebrate special occasions for more than 60 years, L'Auberge Chez François offers an authentic menu, full of the flavors of Alsace and traditional French cuisine. Expect professional fine dining service, extreme attention to detail in a casual yet elegant atmosphere. Reservations recommended. 332 Springvale Rd, Great Falls, VA | 703.759.3800 www.laubergechezfrancois.com

THE OLD BROGUE

Great Falls | Irish | \$\$

In keeping with the family tradition, The Old Brogue has served the community for more than 30 years. Enjoy beverages from all over the world and fresh made-to-order specialties as well as traditional Irish fare. Breakfast is served daily next door in Katie's Coffee House. This Great Falls institution has outside seating and enclosed patio. 760 Walker Rd, Great Falls, VA | 703.759.3309 www.oldbroque.com

STERLING

MOKOMANDY

Sterling | Korean-American | \$\$

571-313-0505 | www.mokomandy.com

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

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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www.designbuildrenovate.com

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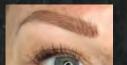
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59



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Permanent Makeup Artist Erika Tutoni

(571) 445-5491 19465 Deerfield Avenue #109, Lansdowne VA 20176





According to the Society of Permanent Cosmetics Professionals, "When done properly, it should appear natural and look as good or better than topically applied makeup." Permanent makeup, also called permanent cosmetics, micropigmentation or cosmetic tattooing, is a form of tattooing.

However, permanent makeup tattoos aren't as deep as body tattoos. Permanent makeup also uses different pigments that fade away gradually in 1 1/2 to 2 years.

One of the biggest changes in the industry is that permanent cosmetic artists today use nano needles, some as small as .18 millimeters, allowing artists to do very fine, detailed work. Years ago, the thinnest needles used were .40 millimeters.

Licensed Permanent Makeup Artist
Erika Tutoni explains that, if you
have the right technician, the tattoos
will fade away enough that you can
change your look. "You don't want to keep the
same look forever," she said. "You change your
hair color, the fashions change, you want to be

able to change with it."

Tutoni received her initial training in the United States and then traveled worldwide to train privately with some of the best professional permanent makeup artists. What she learned, she said, "Is a totally different technique than what I learned in my training here." Last year, she opened her own business in Lansdowne.

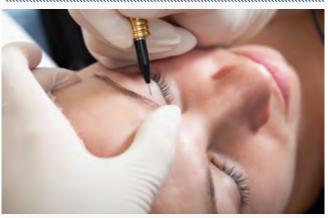
Your Natural Beauty, Enhanced

According to Tutoni, the most requested permanent makeup right now is eyebrows. People may choose to do it because they have thinning brows due to age or overplucking or just because they want to save time filling in their brows with makeup.

There are several permanent makeup techniques, including ombre brows and hair stroke brows, but many people are caught up in all the buzz surrounding microblading.

Although trained in microblading, Tutoni doesn't offer the service. She doesn't like that the technique cuts the skin and is often sold as being pain-free. It's not. "You can only have the procedure done once or twice because where the skin is cut there will be scar tissue," she said. She recognizes that there are some excellent microblading technicians, but she has concerns about the amount of training some people who are offering microblading services have received.

Tutoni is a master esthetician who understands skin, and she said, "It's not easy to work on skin. You can cause a lot of damage." The manual tool used for microblading means you're vulnerable to a technician whose cuts may be deeper than intended or not deep enough to hold the color.



Lips are also a popular spot for permanent cosmetics. The goal today is to give lips subtle color. People do it to correct uneven color, to cover a scar or to enhance their lip color so they don't need to wear lipstick.

Eyeliner is another popular permanent cosmetic. Tutoni focuses on creating a natural, lash-enhancing look. If a client wants something extreme, like a thick eyeliner or a dark lip liner, she will send them elsewhere.

Permanent makeup's uses extend to covering scars after injury or surgery. Tutoni explains that it can even out skin tone for people with vitiligo and be used to create an areola after a mastectomy and reconstructive surgery. Unfortunately, Tutoni said she also does a lot of corrective work from older, deeper tattoos, where the color and shape have altered as someone has aged.

Is Permanent Makeup Right For You?

When searching for a permanent makeup artist, shop around. "It's a very personal thing," said Tutoni, who doesn't do any online booking because she wants potential clients to come in and ask questions. Tutoni starts with a consultation where the client can discuss what she is thinking about having done.

Skin type can affect permanent makeup application. For example, someone with oily skin should not have microblading or hair stroke eyebrows because the lines may come out blurry and the procedure might not heal correctly. During the consulting phase,

Tutoni and the client identify any issues and come up with a plan for moving forward. She encourages potential clients to have consultations with other technicians as well, because it's important to feel comfortable with the person doing your makeup.

Tutoni has clients fill out a medical form to identify any contraindications. For example, if you get cold sores, she recommends that you get an antiviral from your doctor and take it three days before and three days after the procedure since any stress on the body could trigger an outbreak.

When choosing a technician, make sure she is properly licensed, ask about her experience, including how long she has been practicing, her training and the procedures she has done. Also ask to see pictures of the technician's work.

When you return for your appointment, expect to spend 30 to 40 minutes mapping out the shape of the area you're having done and determining the color. It is important to take time on this step and get it just how you want it. Once the drawing is approved, then the procedure begins.

You will be numbed before and during the procedure. Although the recovery is minimal, there will be some swelling, so many people choose to have it done on a Friday and take the weekend to recover. Tutoni gives specific instructions for after care and warns that there can be some itching as the skin heals. After about five weeks, clients return for a touch up. This is when any areas where the color didn't take well can be touched up or you can take the color a little darker.

In eight months to one year, you will notice the color starting to fade. At that point, Tutoni recommends returning for a touch up. "You don't want to wait until it's fully faded away, because then you have to start the process over again, remap the area, and it will cost more than a touch up would," she said.

Permanent makeup saves you time on makeup application and allows you to sleep, swim or exercise while maintaining the look you want. To learn more about Tutoni's services, visit her website at www. PermanentMakeupByErikaLLC.com or call 571-445-5491.

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

GETTING-YOUR TAN ON!

By Marta Bota



www.mbfacedesign.com



Sally Hansen Airbrush Legs

Preserving the beauty of your skin is something that I spend a lot of time discussing with my clients. It's the secret to staying youthful-looking as you age! Using good skin care products and being consistent about it will keep your skin healthy, radiant, and beautiful!

The most important aspect of keeping your skin looking its best is to take precautions when it comes to sun exposure. Vitamin D is essential for optimal health, therefore, being outdoors is always a great idea. Just be sure to use your sunscreen daily all year long!

As we're continuously being educated about the damage that UV rays can cause, sunbathing is becoming a thing of the past. The healthy, vibrant, sun-kissed look is still very much sought after, however, so what are we to do? Thankfully, technology in the beauty industry has kept up with this growing trend! We can now get that gorgeous glow without compromising the health and condition of our skin! The options are endless!

As a seasoned makeup artist, beauty consultant, and beauty editor, staying on top of technology, products, and trends in the industry has to be second nature for me to properly serve my clients. I work with models, brides, and beauty pageant contestants on a steady basis and prepare many of my clients for

red carpet events. What does that mean? It means that I need to know the best techniques and products in order to achieve the results that my clients need and desire!

I've recently added organic airbrush spray tanning to my menu of services. I love the effect of a professionally applied (by hand with an airbrush) spray tan. When done correctly it should leave you with an even glow that is complimentary to your skin tone. It should last 5-10 days, and should fade evenly, like a natural tan. In order to achieve that the client must prep properly by exfoliating and shaving, and come to my tanning session free from lotions, makeup, perfumes, and deodorant. I custom blend a solution that matches the undertone of their skin and the desired tan depth (for example; light, medium, deep). Once they arrive at my studio, and I mix their custom blended solution, the actual process takes only between 15-20 minutes. Depending on the type of tan they choose (classic or express) the development time varies. Following my instructions, post tan, will ensure a beautiful glowing tan! I have a full line of pre- and post-tanning products! What I love most about my organic products is that there is no blotching as it fades! It also does NOT rub off on clothing! I've got tanning packages available, as well as makeup/tanning specials! This makes a great gift for your bridal party and/or for Mother's Day! Get ready to look amazing this summer! To book your appointment go to mbfacedesign.com







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

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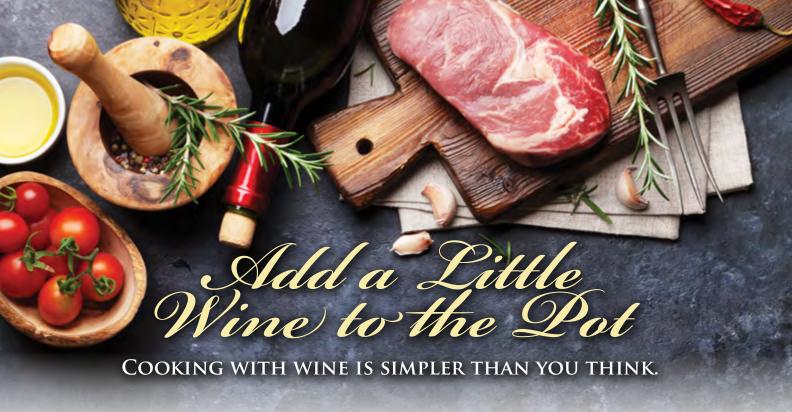
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By Linda Barrett

If you're a wine lover, you know there is a lot more to enjoying wine than just sipping. Wine can offer a wonderful enhancement to your cooking as well. Here are some tips from local restaurateurs along with a quick guide to selecting the right wine for cooking.

Wine in French. Cooking

"We unapologetically serve classic French, and the vast majority of our recipes have wine in them. And all of our sauces use wine—sherry wine, still wine or brandy. That's the French cuisine tradition," said Chef Jacques "...Still Haeringer of L'Auberge Chez Francois.

"There's not a huge distinction these days between American and French cuisine; much American cooking evolved from one of the European cuisine. In most of Europe wine was used in cooking and traditionally served with dinner. My dad [who founded the Great Falls restaurant] had a recipe book he brought with him from France.

Chef Jacques' tips:" If you're using a still wine, as for a beef stew, brown the beef and vegetables and then put the red wine in, just until it boils. Then add the beef stock. Still wines tend to sour if you don't give them a boil first. If you're using fortified wines or brandy, you can add them at the end as a finishing wine, not unlike a drizzle of olive oil.

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"People used cooking wine, but nobody wants to drink that. I don't recommend using the finest wines either; you should use something that is quite drinkable," he continued. "Open a bottle, put a cupful into the recipe, and drink the rest! But most importantly, have fun. So much is overthought and overintellectualized.

"Also, think about the locality of your dish, and think local. What wines are produced in that region? If it's an Alsatian dish, a Pinot

Noir or Riesling is a good choice, for example. For beef stew, like a Beef Bourguignon, use a burgundy wine. For fish, the choice is often a chardonnay."

To learn more about cooking with wine, Chef Jacques holds cooking classes several times each month and maintains a list of YouTube videos featuring his PBS cooking show, *Two for Tonight*. Find the newly-released latest edition of the series' companion cookbook, along with other cookbooks, DVDs and delicious treats on the L'Auberge Chez Francois website.

"...Still wines tend
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Wine in Italian Cooking At Zeffirelli Ristorante Italiano, the wines

At Zeffirelli Ristorante Italiano, the wines most often used in their recipes are, naturally, Italian—primarily Pinot Grigio, Bordello, Prosecco, Champagne, and sweet and dry Marsala wines.

"For our rack of lamb we use a heavier wine, like a red; for fish, a white wine sauce; and for veal, a Pinot Grigio. We also sometimes use a Pinot Grigio for stronger fish dishes like snapper or blackfish," explained José Argueta, general manager. "Cooking with wine is an art, try it a couple of times to get it right."

"We generally recommend using about an ounceand-a-half to three ounces of wine in a meal for two.

Then serve the same wine to drink that you cooked with. But don't make the mistake of not tasting the wine first," he added.

Many of Zeffirelli's dishes are accompanied by tasty sauces. "When we cook a sauce, we put, for example, the mushrooms, olive oil, salt and pepper into the pan. Once everything is hot, we add the wine. You have to boil it a little while to give it the flavor; if you don't, you taste the wine but not the sauce. Add the sauce at the last minute to the dish you are serving."

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There are many characteristics to consider when choosing a cooking wine.

Flavors

Wine can offer a subtle or strong flavoring, depending on your intended result. Look at the tasting notes to see what naturallyoccurring flavors are found in various wines. A red wine might taste of berries, cherries, plums, chocolate or coffee, while a white wine may offer flavors like melon, pineapple, citrus, floral or caramel.

Dryness
Wines range from dry to sweet, with the drier wines containing much less natural sugar.

. Acids

Think of the acid as the tart or "bite" as in a lemon or vinegar. When you serve fish, you might serve them with lemon slices to bring out the natural flavors. Wine can also serve to bring forward more subtle flavors.

Tannins

Tannins refer to the bitterness of a wine; compare it to a strong cup of tea. Wines high in tannins pair well when cooking with foods with high protein, like steak or other hearty dishes.

Fortified Wines

Some of the best wines to cook with are Sherry, Port, Madeira and Marsala. Sherry offers a roasted nutty flavor that can enhance a soup, stew or sautéed dish, while the sweetness of Port can pair well with meat-based casseroles. Marsala adds a light fruitiness found in much of Mediterranean cooking, and Madeira adds caramel notes.

As a rule of thumb, pair light-colored foods like pork, chicken, turkey, seafood or fish with white wines and dark-colored foods like a stew, pasta, game meats, duck and beef with reds. Consider the use of the wine, too, and match the wine to its intended use. If a cream sauce is to be used with a steak, for example, use a white wine in the sauce to match the wine to the sauce, not the beef. You can still use the red wine as a marinade.

Avoid at all costs wines billed as "cooking wines." They are cheap wines to which salt and coloring has been added.

Wine can be used as a substitute for fat, like butter, or oil by readding in the moisture. Use the wine plus a smaller amount of oil to sauté vegetables, for example. Or, since it is essentially an acid ingredient, use a wine-based marinade to tenderize foods. You can also cook foods in wine. Poach a fish in a saucepan with boiling wine, or add a few tablespoons of wine and bake the fish in a foil packet. Add wine to dishes you are simmering for added moisture and flavor. Reducing a wine through simmering accentuates it characteristics, whether they be tannic, acidic or sweet.

The biggest surprise is that wine can be used in baking, too. Use it as a partial substitute for some of the oil for a moist and tasty result.

Wine is so versatile it can be used in many creative ways to marinate, cook, or flavor a finished dish. When selecting your wine, determine the end result first. Then have fun experimenting. Soon you'll be cooking with wine, too.



the marinade ingredients. Mix well, so that all pieces of meat are coated with the marinade. Cover and refrigerate overnight.

To prefiare the bourguignon:
Remove the meat from the marinade and drain well in a colander.

Strain the liquid into a small saucepan. Bring to a boil, skim thoroughly, and reserve for use in the bourguignon. Reserve the vegetables.

Preheat oven to 400 degrees.

Season the beef with salt and pepper. Heat 2 tablespoons of oil in a large skillet and sear half of the meat. Transfer the sautéed meat to a colander to drain. Add another 2 tablespoons of oil and brown the remaining meat on all sides and drain.

Heat the last tablespoon of oil in a large saucepan or a Dutch oven and sauté the lardons until lightly browned. Add the onions and cook until translucent, about 5 minutes.

Pour off the grease, add the meat to the Dutch oven, and place, uncovered, in the oven for 10 minutes, stirring once or twice.

Dust the meat with the flour and return to the oven for an additional 5 minutes. Mix the flour into the meat. Add the reserved vegetables and herbs from the marinade, the beef stock, and enough boiled marinade to completely cover the meat.

Cover the Dutch oven and set it in the oven. After 1 hour, reduce the heat to 325 degrees and continue cooking until the meat is easily pierced with a fork, approximately 2 more hours.

Remove the bourguignon from the oven and skim thoroughly. Finish the sauce with the pâté spices. Taste and adjust seasonings. Serve with spätzle.

Recipe from Chef Jacques Haeringer of L'Auberge Chez Francois.



Wine festivals are a wonderful way to sample our fine Virginia wines while enjoying the beautiful settings at which they are held. Enjoy the many opportunities to celebrate through music, food and wine.

May 5-6, 2018



Annual Spring Town Point Virginia Wine Festival Presented by AT&T

17 - 1 D : N C 11 174

Waterside Drive, Norfolk, VA

www.festevents.org

More than 30 Virginia wineries in Town Point Park offering premier wine vintages and live musical performances, and gourmet foods and specialty wares for purchase. Guests can reserve tables and private chalets, purchase individual sampling and general admission tickets and park-side boater packages.

May 12, 2018



Neptune's Spring Wine & Food Festival

3001 Atlantic Avenue, Virginia Beach, VA

www.neptunefestival.com

A hub of tasting stations with wines from 9 counties at the 31st Street Park with the Atlantic Ocean as your backdrop. New for 2018 are 5 local culinary treasures serving up delicious food to pair with your wine. Admission includes a commemorative tasting glass, tastings, food sampling tickets and live music.

May 18-20, 2018



Spring Wine Festival & Sunset Tour

3200 Mount Vernon Memorial Highway, Mt Vernon, VA

www.mountvernon.org

Celebrate the history of wine in Virginia with exclusive evening tours of the Mt. Vernon mansion and cellar where Washington stored his wine, appearances by George and Martha Washington, wine tastings and a live jazz band. Fruit and cheese boxes are available for advance purchase, and a variety of hot and cold foods and desserts are available on site from the Mount Vernon Inn Restaurant.

May 19, 2018



Virginia Wine & Craft Festival

Main & Chester Streets Front Royal, VA

www.wineandcraftfestival.com

Wine tastings from more than 20 bestof-Virginia wineries, and more than 100 artisans and crafters from around the East Coast. A variety of regional foods including the best BBQ in the Shenandoah Valley will be on hand for purchase. Rides, games and face painting for the children, and live entertainment for all.

June 2-3, 2018



Vintage Virginia Wine & Food Festival

Bull Run Special Events Center Centreville, VA

www.vintagevirginia.com

Unlimited tastings from more than 200 wines from over 25 wineries, from the smallest

to the largest, the oldest to the newest. Admission includes souvenir glass, live music from regional bands, local foods for tastings, DC's hottest food trucks, wine specials and pick-up service. Ride the Party Bus or catch the free shuttle from the Vienna Metro stop.

June 23, 2018



Virginia Summer **Solstice Wine** Festival

1351 N. Amherst Highway Amherst, VA

www.summersolsticefestival.com

Voted "Best Wine Festival in Central Virginia" by Virginia Wine Lover magazine, this festival offers award-winning regional wines and locally-grown foods and specialty products. Live music on two stages throughout the day with area musicians, fire & belly dancers, performers, arts and crafts and an exotic petting zoo.

July 21, 2018



Winestock 45 Clark Lane Washington, VA

www.littlewashingtonwinery.com

Music, relaxation, fun and wine tastings featuring Little Washington wines, including the #1 red wine in Virginia. Learn about the Dirt Road Wine Tour and sample wines from throughout the U.S. and beyond. Bring a picnic or purchase on there and bring concert chairs and the kids. Don't forget the tie-dyed T-shirt!

August 4, 2018



Hill Top Berry Farm & Winery Blackberry Harvest and Music **Festival**

2800 Berry Road, Nellysford, VA www.hilltopberrywine.com

Pick your own blackberries or explore unique vendors while enjoying a glass of your favorite Hill Top wine. Admission includes commemorative tasting glass, wine and mead tasting and live music. Catered lunch available for purchase.

August 25, 2018



Belle Grove Wine Festival

336 Belle Grove Road Middletown, VA

Tastings from regional vineyards, meaderies and cideries, with chef demonstrations, fine wine purveyors, and local food, artisan and merchandise vendors. Live music throughout the day. Admission includes a souvenir glass.





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2121 WOODFORD RD

VIENNA, VA \$1.219.000

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Lovely colonial on peaceful cul-de-sac in popular Kingstream! Fantastic location minutes to Silver Line Metro & convenient to local jogging paths! Open floor plan with an abundance of natural light. Updates include windows, washer & dryer and flooring. You'll love the welcoming front porch and fenced in backyard—perfect for entertaining, recreational activity and relaxing!









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Pay by Finger

WITH YOMBU'S SYSTEM, YOU CAN #PAYNAKED

BY RICK MUNDY

It happens to all of us. We are out and want to pick up a quick meal or other treat and realize we don't have our wallet with cash and cards, or our phone with some payment app.

That's what happened to Joe Falit, co-founder and CEO of Yombu. In the summer of 2015, Falit was out for a run and stopped at his gym for something to drink. On the run with no wallet, he was able to use the gym's fingerprint ID system to charge the drink to his account, and the idea for Yombu was born. Suddenly he realized that this biometric technology could be used by all kinds of businesses to allow convenient and rapid transactions with their customers.

With Falit's background in financial services from CitiBank combined with expert software development from Derek Sanford, chief technical officer and another founder, plus his team, the service was created and introduced late last year.

How does it work?

To sign up where Yombu is available takes less than 20 seconds at the cash register. The client swipes a credit card, inputs their phone number, scans their index finger on the customer terminal, and enters a 4-digit pin. From then on, when that person shops at any business offering Yombu, they need only their finger and their pin to pay.

Yombu points to some key features for consumers:

CONVENIENCE—no more fumbling with cash or cards and there is never a charge to the customer to use Yombu. Buy that latte with the touch of your finger, literally.

INCREASED SECURITY—paying by fingerprint ensures fraud protection for that transaction. And the scanning device requires a live finger (so you couldn't steal someone's identity by cutting off their finger and paying with it.) Good to know!

Also, Yombu does not store fingerprint images in its database. Instead there is an alphanumeric representation of the fingerprint via one-way encryption. It is impossible to re-create the actual image of your fingerprint with this data.

Further Yombu does not store debit and/or credit card information. They work with Worldpay, a large payment processor with more than 165,000 merchants in the U.S., for the secure storage of credit card data.

REWARDS-

earn discounts a u t o m a t i c a l l y every time you pay. Each merchant has its own reward program which updates each time you pay with your finger.

For the merchant, the benefits also include increased sales, reduced chargebacks, more loyal customers, and the ability to know their customers so the merchant can offer additional services and incentives.

The most enthusiastic users of Yombu to date include young people, quick to adopt the latest technologies; women, preferring not to go searching through their purses to find a card, and parents with children in tow.

There are currently a couple dozen locations in the local area offering the Yombu advantage to their customers, names like Teas 'n You, Phoenicia, Hot Yoga, Leid Poke, and Brx in Great Falls. As Yombu headquarters is located right in Tysons, they are signing up local businesses initially with plans to expand regionally and nationally in the near future.

For more information about the company or to suggest that your favorite merchant get on board, go to www.yombu.com.





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hether you have a dog or cat, you need to know about the importance of protecting your pet from heartworm disease year-round.

Heartworm is found in all 50 states, and most states have "hot spots" within them where the heartworm infection rate is very high compared with other areas in the same state. Factors influencing the risk level for heartworm can include the climate, temperature and humidity; the indigenous mosquito species and the prevalence of mosquito breeding areas; and the presence of host animals in the region that are already infected, including dogs, foxes and coyotes, for example. Heartworm infection in wildlife with large traveling ranges adds to the spread of this parasite in domestic pets.

Moist microclimates such as irrigated fields, backyard ponds and golf courses can affect the severity and duration of mosquito season. You may want to check your property to look for places of standing water you can eliminate to reduce mosquito breeding areas. Check especially around planters, pots, cans and tarps.

Some mosquito species can successfully overwinter indoors, creating a year-round risk to your pet. Mosquito species also constantly change and adapt to their various climates that can change as weather patterns vary. Currently, a warmer-than-normal climate has increased the presence of mosquito-breeding areas in all 50 states.

Infection and Treatment

As the parasites make their way to the lungs and begin multiplying in the lungs, veins and heart, your pet will exhibit symptoms including coughing, lack of appetite and possible weight loss, and potential collapse. Heartworm in canines can result in lung disease, heart failure, other organ damage, and sometimes even death. The severity of

heartworm disease depends on how many worms are living in the pet and how long the pet has been infected.

heart-"It is breaking when I see someone's pet in one of our clinics who has heartworm disease because it is so easily preventable with monthly medications," explained VIP Petcare Medical Director Katryna Fleer, DMV. "Starting on a monthly routine early can keep your pet from developing heartworms in the first place."

Some of the options offered by VIP Petcare for monthly care include: Heartguard dog and cat chewables, Sentinel Flavor Tablets, Revolution® dog and cat topical parasiticides, and Trifexis® chewable tablets for dogs. All heartworm medications require a prescription and your dog must pass a heartworm test before a new prescription will be issued. To start on heartworm medication, proof of a negative heartworm test from the previous 12 months must be provided.

Heartworm disease can be detected in dogs through a simple blood test. And as a bonus, this same test also looks for tickborne diseases such as Lyme, ehrlichiosis and anaplasmosis. Blood samples are sent to the lab for testing, and results generally come back within a week. If your pet's test shows a positive result or an abnormality, your veterinarian will call you to set up a follow-up appointment. Otherwise, for a negative test, you may be notified via email or mail.

When dogs are diagnosed with heartworm, restriction of normal physical activities is recommended so as to not strain the damaged heart and lungs. Once your dog is stabilized with appropriate therapy, tested again and

Heartworm Symptoms IN DOGS

- + Soft, dry cough
- lnactivity or lethargy Weight loss or anorexia
- Rapid or difficult breathing
 - 占 Bulging chest
 - ♣ Allergic reaction
 - Collapse

Heartworm Symptoms IN CATS

- 🕂 Coughing or asthma-like attacks
 - + Periodic vomiting
- ★ Lack of appetite or weight loss
- + Occasionally, difficulty walking, fainting or seizures
- + Possible fluid abdominal fluid

cleared for heartworms, a normal routine can be re-established. A regular monthly prevention program can also begin.

For cats there is no drug therapy routine; they are most aided through good veterinary care and a long-term management plan. But it is much less common for a cat to contract heartworm disease. If they do, heartworms may spontaneously clear on their own, or additional care may be necessary for severe cases. The key for a healthy cat is a prevention routine.

What is Heartworm?

Heartworms (Dirofilaria immitis) are fairly large worms that can grow up to 14 inches long and proliferate in the heart and pulmonary arteries of an infected animal. They live where blood is being pumped and can obstruct blood flow and cause serious reactions. A full heartworm infection can resemble (disgustingly) a batch of cooked vermicelli.

Pets acquire heartworms through the bites of infected mosquitos that have picked up larval heartworms from infected animals and carry them to uninfected animals. Mosquito-infective larva can circulate in the host's bloodstream for up to two years, and once mature, heartworms can live up to seven years in a dog and up to three years in a cat. The primary hosts are domestic and wild dogs like wolves, coyotes and foxes, but cats, humans and other mammals can also be infected.

VIP Petcare recommends administering a heartworm preventive to your pet every month for its entire life, as well as getting an annual test to ensure your pet is free from heartworm disease.

We can test your pet for heartworms at one of our VIP Petcare monthly wellness clinics. Find one in your area on our website at www.vippetcare.com. �



LET'S BE SOCIAL!









LOOKING BACK FIVE YEARS: MARCH 2013 AND MARCH 2018

In this new series, the Dulles Corridor Metrorail Project will take a step back in time to compare and contrast the construction, milestones and progress of the Silver Line.

March 2013 marked an amazing 89 percent completion on Phase 1 of the Silver Line! Tunnel construction had finished and track work was nearing completion. Pedestrian bridges were installed to carry passengers across the Route 7/Route 123 interchange, and the Dulles Airport Access Highway Corridor.

The 11.4 mile stretch of Phase 2 was a distant thought in March 2013. Construction on this segment of the rail line did not begin until July 2013.

Fast-forward to the present, the project has reach 71 percent construction completion as of March 2018. Pedestrian bridges are now installed across all roadways except for the south side of Reston Metrorail Station. The final tower crane has been taken down at Ashburn Station this month. The Silver Line has come a long way and achieved many milestones.

March 2013 was just beginning the finishing touches on Phase 1 of the megaproject that would bring new commuter benefits and economic growth to the region. ❖



Crews complete installation of last pedestrian bridge segment at Tysons Corner Metrorail Station in March 2013. Photo by Charles Samuelson, DCMP



Construction of pedestrian bridge at Tysons Corner Metrorail Station.





Construction of the south pavilion area of the Innovation Station continues along with construction of new parking garage by Fairfax County and nearby private development. Photo by Phil DeLeon.



plastic enclosure is needed for protection during that work. Dulles Rail Project photo by Phil DeLeon

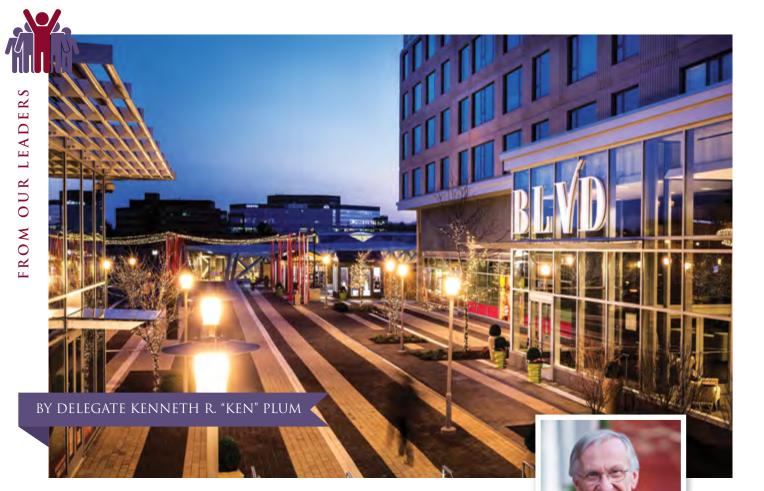


Track Work Progressing!

Capital Rail Constructors' crew are making progress laying track on the Phase 2 Silver Line as shown in this photo along the rail line in the eastbound Dulles Airport Access highway Corridor.

Dulles Rail Project Photo by Phil DeLeon





THERE IS NO PLACE Like Home in Reston

Jane and I love our single-family, cottage-style home in the South Lakes area of Reston. While being close to schools for our children was a principal motivator for our selecting our house, with the children are now long gone from home we are likely to stay put. For one thing we like the colonial style of our home. While the community is called Old Westbury, as native Virginians we think of it being more like Williamsburg. Even the street name of Cobblestone Lane has a colonial appeal even if it is regular asphalt. In Reston terms we technically live in a cluster, but I prefer to call it a community. Our neighbors could not be nicer; the number of children in our community helps to keep us feeling young and hopeful.

More people are moving into the larger community of Reston. Money magazine referred to Reston as the most livable place in Virginia. With the attractiveness of Reston and all its amenities it is inevitable that more people will want to live here. As land becomes scarce and the demand for different styles of housing increases it is easy to understand that more housing is being built vertically in high-rise apartments and condominiums. The result is the greatest choice in housing styles in the region.

Among new residents the interest in urban-style living is strong especially in Reston Town Center. Our housing choices help to add to the diversity of people who want to live here, although housing affordable to the workforce and service workers is very difficult to find.

A thriving community like ours tends to get ahead of supporting infrastructure. Knowing that there are plans for additional transportation improvements does little to quell the anxiety that can come with crowded streets. Those transportation improvements will encompass more than roadways with mass transit, walking and biking being added to the list.

Reston has changed; it is highly successful and maturing. For decades it struggled leading some to believe that was its future. I embrace what it has become: lots of different people enjoying the lifestyle they have chosen while permitting me to do the same. More people enrich our community, and while they make many different life choices than I do I continue to enjoy my home in Reston. There is no other place like it. �

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There hasn't been this much focus on global warming since Al Gore's private jet left carbon footprints the size of Bigfoot all the way to Norway when he grabbed his Nobel Peace Prize for protecting the environment. But now with the likes of the Nor'easters, Cyclobombs, Bel Air fires, and Dangerous Gas Emissions from Hollywood, it's become a "hot topic" again.

At the risk of being thrown into melting glaciers by tree-hugging Global Warmingistas, I'll still take my chances and present my own theory. And, I'm not just talking recycled trash here. I have a B.S. degree from the prestigious online institution, Cannabis U. So, here goes. It's my belief that the planet is not heating up every year, it's the people ON it—specifically those under the age of 30. Oh sure, I can hear the arguments of hostile ecophiles claiming that I've lost more pounds in brain cells than Al Roker did in cellulite. That's why I'm submitting these cases as empirical proof of my theory.

CASE#1: My teenage grandkids live in Seattle where the average year-round temperature is the same as the Arctic tundra. However, during the summer (which lasts about three weeks), it can reach a scorching 72 degrees. So what kind of protective garments do teens wear most of the frosty year? PETA-infuriating fox parkas? NorthFace jackets guaranteed to keep one toasty while climbing the Jungfrau? Illegally poached caribou earmuffs? Not a chance, Eddie Bauer. They wear shorts, winter and summer...and the kind with the holes and rips in them, too.

When my grandkids visited during Christmas vacation, San Diego was experiencing a dangerous cold snap. Temperatures had plummeted to a life-threatening 60 degrees. I was properly attired in my down-filled vest, boots, and woolen scarf, however I still complained about the frosty chill gripping La Jolla. On the other hand, my grandkids were positively sweltering in what they construed as a winter heat wave. Clad in their shredded shorts, they headed straight for the beach to bodysurf, swim, and sunbathe with all the other teens. What kept their bodies from turning into frozen corpses? Wait for it...the "normal" body temperature for all teenagers is now 106.8 degrees, because the species, Homo sapiens teenagerus, has mutated. Those same teenage bodies which are in perpetual "heat" anyways, have just gotten even hotter. It's a miracle they don't spontaneously combust during lengthy make out sessions.

Case #42: The Airport. After a visit to Virginia, I flew back to San Diego on a 29-degree December day with light snow falling. I couldn't wait to get home and thaw out. After living in Virginia for ten years, I felt sorry for all those people who reside in the geographic zone known

as "The Big Chill." But, to my utter amazement, all the passengers under 30 on my flight were chilling—but in a different way. They were already wearing their flip-flops, shorts, and tank tops. I'm thinking, "Dudes, what's up with that? You may be heading to California, but you're STILL in the cabin which is actually colder than outdoors." Of course, I looked like a total dork sitting in my cramped "economy minus" seat wearing a fur coat and gloves. Plus, I had a scarf wrapped around the lower half of my face, because the freezing air from the overhead vents was blowing directly into my sinuses, causing icicles to hang from my nose.

As I watched the crew de-icing the wings, I thought, "Somebody on board needs to tell these hot messes to cover up. Seriously. If I have to look at any more grodie toenails, beach boobage, bicep tattoos, or fuzzy butt cracks, I'll need to avail myself of the air sickness bag." I would have told them myself, but at this point, I was rapidly slipping into a hypothermic coma.

[ase #3: Rockin' New Year's Eve.

This year it was 13 degrees in New York City on New Year's Eve. Apparently, the kids celebrating in Times Square were completely undaunted by the minus-30-degree wind chill factor, while those over 30 were completely unaware that the tips of their noses and fingers had fallen off from frostbite an hour before the ball descended. And, it was nothing less than miraculous how Ryan Seacrest was able to keep up that big, toothy smile for 3 hours without his veneers shattering. Between the Botox and the deep freeze his face should have been, for all practical purposes, declared clinically dead.

Speaking of frozen faces, Maria Carey bravely attempted to withstand the elements singing from an outdoor stage, barely covered by her glitzy, shrink-wrapped costume. Competing with sizzling younger pop stars, she made a heroic attempt to look 25 years old. But, her fur-covered thong and the two propane tanks nestled in her push-up bra were dead giveaways that this chick hadn't seen 25 in well over two decades. The rest of the 40-plus entertainers with aging, stiff bodies were able to keep rocking for hours, fortified with the best antifreeze ever manufactured--Jack Daniels. It was administered through a stealth I.V. concealed in their Depends. Luckily, in the event a worst case scenario occurred during one of their "heart-stopping" performances, the Jack also acts as embalming fluid.

There you have it—proof of my theory. 100% proof. If there's still any global-warming wonks angry enough to come for me with their sweaty fists, go for it! I'll be the only one sitting on Pacific Beach wearing poached caribou earmuffs and Uggs. ��

HOROSCOPES







TAURUS 4/20 - 5/20: Taureans expect harmonious interactions this month in relationships, especially in the workplace. It may have been a long time coming. So enjoy.

- GEMINI 5/21 6/20: Sunny days and good fortune shine on you this month. But, remember trials will come. Neither fortune nor struggle is permanent.
- CANCER 6/21 7/22: Don't let Spring fever distract. Your work this month builds a safety net as you hit a small stumbling block by the full moon on the 29th.
- LEO 7/23 8/22: Mother's Day on the 13th brings a family gathering. Resist competing with siblings and focus on your mother, whether she is living or passed on.
- VIRGO 8/23 9/22: It's a good thing you like detail because this month may demand it. Focus on the narrow way to make broad advances.
- LIBRA 9/23 10/21: A personality conflict leaves you feeling as if you have done something wrong. Stand up for yourself and make your accomplishments known.
- SCORPIO 10/22 11/21: Don't appeal to others to handle a situation you should address yourself, on the spot. Take courage. You'll have backup. Deal with the person or problem directly.
- SAGITTARIUS 11/22 12/21: This month brings some welcome peace and good feeling. Revel in the joys of Spring and prepare for a productive summer.
- CAPRICORN 12/22 1/19: Time to consider long-term future plans. If you haven't made an effort in retirement planning, this is the month to get serious about it.
- AQUARIUS 1/20 2/18: Home projects take the lead. Maybe you hate Spring cleaning, but it might just be the ticket to feeling better all summer.
- PISCES 2/19 3/20: Picture your current loved one in other phases of your life. If you are dating, ask yourself if this is the person who you will need in 10 years or even 20.
- ARIES 3/21 4/19: Optimism is the word for the month as you tackle an important project. Keep your eye on the prize.



GEMINI 5/21 - 6/20: Ruminating on a past decision is pointless. It can't be changed now. Move on.

- CANCER 6/21 7/22: Gratitude won't necessarily change your circumstances. But, in June, it brings a welcome change in outlook.
- LEO 7/23 8/22: The new moon on the 13th seems especially gloomy. Take heart. Solutions and success are around the corner. The 21st is your day.
- VIRGO 8/23 9/22: You know your critical eye sometimes focuses on family faults. Sometimes this is needed; sometimes not.
- LIBRA 9/23 10/21: Kids might need your wisdom this month. Don't hold back! Even when they don't seem to care, they are listening.
- SCORPIO 10/22 11/21: A new money-making opportunity comes your way. But, remember if it seems to easy, it's probably not.
- SAGITTARIUS 11/22 12/21: Accept a compliment with thankfulness. You know your faults, but others may see beyond them.
- CAPRICORN 12/22 1/19: Shiny objects prove distracting. Remember it's one thing to want and another thing to need. Stay with your plan.
- AQUARIUS 1/20 2/18: Keep your cool in a time of friction at home or work. It won't make any difference by the full moon on the 28th.
- PISCES 2/19 3/20: Make a small change this month and you'll reap benefits next month. You know which change you have to make.
- ARIES 3/21 4/19: Your creativity plays a big part in a successful partnership. Be humble and give credit where it is due.
- TAURUS 4/20 5/20: A new test comes your way. Be ready. Decide what you have to do to meet the challenge. Learn something new.

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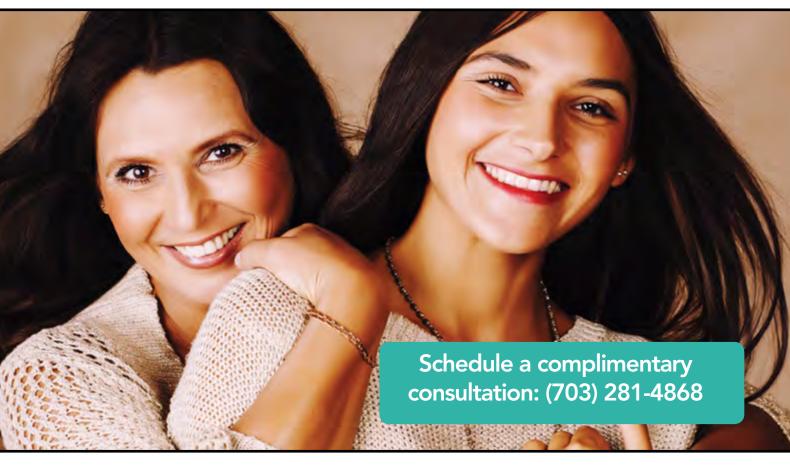


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