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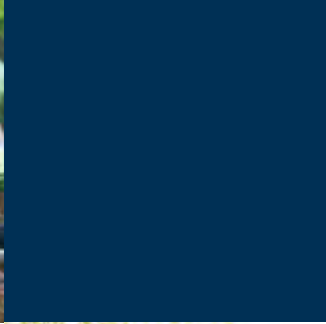
MAGAZINE

LIVE MUSIC
Venues

Summer
FESTIVALS

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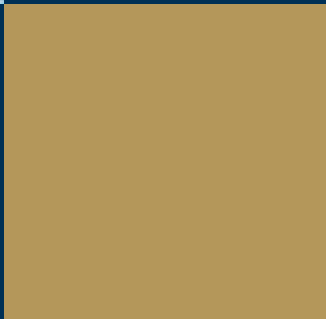
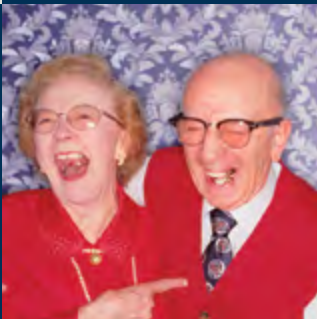


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FEATURES



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AN AFTERNOON SAFARI >

by Linda Barrett

From the first moment I stepped out of my car I could hear the exotic sounds coming from just beyond the fence. I couldn't wait to start my safari through Roer's Zoofari, Vienna's very own zoo. Filled with animals, reptiles and birds from almost every continent, and owned and operated by Vanessa and Jacob Roer, it is a treasure trove of animal encounters.



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SENIOR LIVING OPTIONS >

by Rick Mundy

Read about first person accounts of residents who can't say enough about their senior living facility. Then, explore living options for your loved one with profiles of the area's top senior care services and residences.

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by Cassandra Parker

Enrich your summer and enjoy some of the area's nightlife options brimming with places to enjoy live music and theatre. See the Selected Events section for a listing of what's playing where.



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Get out and play and attend one of the many festivals celebrating the summer. With art festivals, biking trips, food and beer fests, bluegrass and berry picking—there's something for everyone.



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VIVA RESTON MAGAZINE

THE MAGAZINE FOR RESTON
HERNDON • CHANTILLY • STERLING
LEESBURG • ASHBURN
JULY/AUGUST 2018

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

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Summer's here! And with it comes a flurry of outdoor concerts, festivals, trips to area wineries, chalkfests, and so much more. Our editors have brought us some options for enjoying those lazy days of summer. We hope you'll enjoy our summer issue.

Reston and the surrounding area are exploding with new living options and new neighborhoods. In our next issue we hope to bring you an updated look of the luxury living available to us in Reston and the surrounding area today. Keith Loria and our editors bring you some of the exciting venues at Wolf Trap this summer. Wolf Trap is such a gift, we hope you'll take some time and enjoy some of the great line-ups they have in store for us.

Linda suggests we take the kids to an afternoon safari at Roer's Zoofari, Vienna's very own zoo. Cassandra Parker gives us a selection of Live Music Venues and Michael Evans of Helga's Catering brings us tips for that "Not Your Average Summer BBQ."

Farm to table? Renee Sklarew spent some time with Shana Greenbaum and brings us the scoop on how her "Healthy Fresh Meals" operation is creating quite a following and supporting local vendors in our area. "Clean Foods," are all the rage today.

And why not? Thank you Renee.

We love the Dolce Vita Cucina Italiana and Wine Bar in Fairfax. Real Italian, real friendly and really good. Say "Hi" to Cyrus and try those appetizers. Heaven.

So many fun-in-the-sun festivals this year, and our editors have some choices for you. Seniors looking to find a new home in some of our area's Senior Retirement Communities

will enjoy Rick Mundy's interviews with seniors who have moved into their new homes and have some thoughts on the changes and new friends.

A treasure trove of information for our female readers: Undoing the damage to skin caused by the sun's harmful rays by Analiese Kreutzer, Growing Beauty Trends by Marta Bota and our Julie Holland is into Breezy Bottom Downs.

More wineries? Linda has discovered a bunch of new wineries in Virginia. And more.. jokes, horoscopes, Reston and Tysons updates and of course, fun with Jan King.

My parents were immigrants from the Middle East, and my father always reminded us that the booms from the celebration fireworks were not nearly as loud as the pounding of his heart when he saw the Statue of Liberty for the first time.

Happy Birthday America. Have a safe summer.

Cheers....

Johnny Hanna
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SELECTED EVENTS



AUGUST 15
GLADYS KNIGHT & THE O'JAYS
The Filene Center at Wolf Trap



LOCATIONS

THE BARNS AT WOLF TRAP

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

JAMMIN' JAVA

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

THE STATE THEATRE

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

THE ALDEN

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

GEORGE MASON CENTER FOR THE ARTS

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1ST STAGE

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THROUGH JULY 7

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

JULY 3

PAGE TURNER ADVENTURES

The Great Pizza Contest

Theatre-in-the-Woods at Wolf Trap,
10:30am, \$12

Who makes the best pizza? Vincent Van Dough or Leonardo Di Munchi? Join the town of Mozzarella and Mayor Ann Chovi for The Great Pizza

Contest, and figure it out once and for all! Ages 4 and up.

JULY 5

SUGAR FREE ALLSTARS

Family Funk Super Duo

Theatre-in-the-Woods at Wolf Trap,
10:30am, \$10

With elements of soul, rhythm & blues, disco, gospel, and New Orleans street parade music, Sugar Free Allstars provide a high-energy rock, dance-until-you-drop party for all ages! Ages 2 and up.

JULY 6

MIKE FARRIS & THE ROSELAND RHYTHM REVUE

Jammin Java, 8pm, \$20

Mike Farris is a musical renaissance man. He's toured as lead singer for the Southern Rock Band Screaming Cheetah Wheelies, and following the

demise of blues & rock legend Stevie Ray Vaughn, as the lead singer for the incomparable blues band, Double Trouble. In his solo career he began to rediscover and reinterpret traditional black spiritual music by adding his own mix of vintage southern soul. For his efforts, Farris won the prestigious Americana Music Award for Best New & Emerging Artist, a Dove Award for Best Traditional Gospel Album of the Year and a 2015 GRAMMY® award for Best Roots Gospel Album.

JULY 6-7

THE POP UPS

Great Pretenders Club Live

Theatre-in-the-Woods at Wolf Trap,
10:30am, \$12

Described as "Flaming Lips for kids" (NPR), The Pop Ups will be sure to bring the house down with their rock 'n' roll puppet musical. Ages 1 to 8.

CONTINUED ON PAGE 14

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August 1: Reston

The Box Office will be open from 4:00 p.m. – 9:00 p.m. for sales to residents and/or employees of businesses in Small District 5.

August 8: Non-Reston

Tickets go on sale at 4:00 p.m. to the general public and online.

www.restoncommunitycenter.com/PTAS

2310 Colts Neck Road, Reston, VA 20191

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



JULY 25
The Filene Center at Wolf Trap



Photo courtesy of Wolf Trap

CHARLIE PUTCH

CONTINUED FROM PAGE 12

JULY 6-7

**HARRY POTTER
AND THE PRISONER
OF AZKABAN**— IN

CONCERT

National Symphony Orchestra
Steven Reineke, Conductor
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™ – In
Concert. Based on the third
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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.

AUG
12

JULY 7

GOOD SHOT JUDY

Reston Concerts on the Town

7:30 - 10 pm, Reston Pavilion
Jump, jive and wail at the
weekly summer concert series
with the swing and big band
jazz of Good Shot Judy. Bring
lawn chairs or picnic blankets
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JULY 8

LUDOVICO EINAUDI

Essential Einaudi

The Filene Center at Wolf Trap, 8pm,
\$35-85

Luminous, emotive, effortlessly
lyrical, and always supremely
refined, the music and
performances of Ludovico Einaudi
have attracted an ever-growing
international audience over the
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musical alchemy that draws
on elements of classical, rock,
electronica, and world music, he
has become one of the best known
composers in the world today.

JULY 10

SOUL IN MOTION

Back To The Root

Theatre-in-the-Woods at Wolf Trap,
10:30am, \$8

Experience the rich culture of
West Africa with this treasured
DC dance company. Combining
colorful costumes, spirited
movements, and the energetic
drumming rhythms, this expert
ensemble delivers an exciting
performance that inspires all ages.

JULY 10

INDIGO GIRLS

The War & Treaty

The Filene Center at Wolf Trap, 8pm,
\$30-60

The only duo with top 40 titles
on the Billboard 200 in the '80s,
'90s, '00s, and '10s, enduring folk
rock icons Indigo Girls return to
Wolf Trap for a night of "acoustic
arrangements with a side of...
shimmering vocal harmonies" (*E!*
Online).

JULY 11-12

STORY PIRATES

Greatest Hits Show

Theatre-in-the-Woods at Wolf Trap,
10:30am, \$12

The Story Pirates aren't your
typical swashbuckling sailors.
They don't steal gold, they collect
stories and perform them live!
And now, they're searching for a
different kind of treasure: kids'
wildest, most imaginative stories.
Ages 4 to 11.

JULY 11

**TEDESCHI
TRUCKS BAND
DRIVE-BY TRUCKERS**

Photo courtesy of Wolf Trap



8 PM

ABBA THE CONCERT

The Filene Center at Wolf Trap, 8pm, \$30-60

ABBA The Concert continues to be the top ABBA tribute
group in the world, dazzling audiences with fantastic
performances of ABBA's iconic hits including "Mamma Mia,"
"S.O.S.," "Money, Money, Money," "The Winner Takes All,"
"Waterloo," "Gimme, Gimme, Gimme," and "Dancing Queen."

THE MARCUS KING BAND

Wheels Of Soul 2018 Tour

The Filene Center at Wolf Trap, 7pm, \$35-80

This 12-piece band formed by husband-and-wife duo Derek Trucks and Susan Tedeschi creates outstanding live performances through songs rooted in the blues and infused with their own unique blend of southern soul, American roots, and authentic rock 'n' roll.

JULY 12

SLIGHTLY STOOPID WITH SPECIAL GUESTS STICK FIGURE AND PEPPER

School's Out For Summer 2018

The Filene Center at Wolf Trap, 6:30pm, \$40-55

Eclectic when it comes to musical styles as well as collaborations, reggae band Slightly Stoopid, now in their second decade of making music, continues to manufacture an energizing and multifaceted sound that has been described as "a spiritual bath of positive party energy."

JULY 13

KRISTEN AND THE NOISE

Friday Night Live

Herndon Town Green, 6:30pm-10:30pm, Free

Kristen and The Noise is one of the most popular event and party bands on the East Coast and beyond. Kristen is the total package... A mixture of beauty, elegance, and power, with an incomparable voice, and unmatched stage show. She's backed by a world class group of musicians. The band is highly sought after and a favorite of all ages. For more information about Friday Night Live visit HerndonRocks.com.

JULY 13

JUANES

The Filene Center at Wolf Trap, 8pm, \$40-80

Hailing from Colombia, this Latin superstar leaves audiences roaring with praise night after night with hits like "Me Enamora," "La Camisa Negra," and "Fuego."

JULY 13

MOVIE SCREENING OF RANGO

Unity of Fairfax Movie Nights

Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. Free parking. \$10 online or at the door; no one turned away www.unityoffairfax.org/events

The movie screening of Rango, an Oscar winning animated Western comedy film starring Johnny Depp as Rango, a sheltered family pet who finds himself in the grip

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AUGUST 24
The Filene Center
at Wolf Trap



CONTINUED FROM PAGE 15

of an identity crisis. Rango wonders how to stand out when it is his nature to blend in. When he accidentally winds up in a frontier town called Dirt, he takes the first step on a transformational journey. Preview trailer: <https://tinyurl.com>.

JULY 13-14

FLY DANCE COMPANY

Music From The Heart

Theatre-in-the-Woods at Wolf Trap, 10:30am, \$10

Come groove with this theatrical dance crew as they take you through the ins and outs of hip-hop music and dance. Using a blend of locking, popping, breaking, and head spinning, this performance will have you grooving from beginning to end.

JULY 14

BEETHOVEN'S NINTH

National Symphony Orchestra
Bramwell Tovey, Conductor

The Filene Center at Wolf Trap, 8:15pm, \$25-60

Beethoven's Ninth symphony is the composer's ultimate expression of brotherhood and humanity. Experience this masterpiece as the resounding chords of the beloved "Ode to Joy" fill the air.

JULY 14

SCYTHIAN

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

The weekly summer concert series presents world-class fiddlers Scythian, with their high-energy Celtic, gypsy folk-rock. 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 15, 17, 19, 21

GOUNOD ROMÉO ET JULIETTE

The Barns at Wolf Trap, Sunday at 3pm, all other days 7:30pm, \$36-92

Two young lovers decide to take fate into their own hands after feuding families, bad timing and fatal mistakes tear them apart. Gounod's music soars in this French Romantic twist on Shakespeare's most celebrated love story.

JULY 15

HALSEY

The Filene Center at Wolf Trap, 8pm, \$40-80

Dark, gritty, and rebellious aren't how pop stars are usually described, but that doesn't seem to faze Halsey. Taking cues from electropop and synth-pop, the superstar's hits including "Closer" with The Chainsmokers, "Him & I" with G-Eazy, "Bad At Love," and "Now Or Never" rule the airwaves.

JULY 17-18

THE DINOSAUR DIARY OF DR. T-REX

Theatre-in-the-Woods at Wolf Trap, 10:30am, \$12

Join Dr. T-Rex and his six life-size dino puppets for a one-of-a-kind, hilarious show jam-packed with unexpected surprises and amazing information, and of course, some prehistoric mischief and mayhem!

JULY 17

STRAIGHT NO CHASER

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

This a cappella group's musical cocktail mixes stunning vocals with lively performances for unique spins on contemporary standards ranging from Charlie Puth and Beyoncé to Bob Dylan.

JULY 18

BOY GEORGE & CULTURE CLUB THE B-52S THOMPSON TWINS' TOM BAILEY

The Life Tour

The Filene Center at Wolf Trap, 7pm, \$42-90

Boy George & Culture Club, the UK pop sensation behind "Karma Chameleon" shares the stage with the technicolor party rockers behind "Love Shack" and "Rock Lobster." The B-52s, for a night of non-stop, dancey bliss.

JULY 19

ALPHABET ROCKERS

Rise Shine #Woke

Theatre-in-the-Woods at Wolf Trap, 10:30am, \$10

2018 Grammy-nominated Alphabet Rockers present Rise Shine #Woke, an interactive hip-hop theater concert for young audiences about complex but important issues like race, social justice, and solidarity. Ages 4 and up.

JULY 19

WAIT WAIT... DON'T TELL ME!

The Filene Center at Wolf Trap, 8pm, \$40-80

Comedians, journalists, celebrity guests, and more compete in NPR's humorous and award-winning current events quiz show, hosted by author and playwright Peter Sagal along with scorekeeper Bill Kurtis.

JULY 20

QUEEN LATIFAH

Common

The Filene Center at Wolf Trap,

CONTINUED ON PAGE 18

Geneveve for Urinary Incontinence

(Why 2/3 of Women are Afraid to Laugh)

Excessive stretching of the vaginal muscles is a common occurrence after vaginal birth or due to aging. Finally, there is a non-surgical, painless and effective treatment for vaginal rejuvenation and restoration. Geneveve treats vaginal laxity, dryness, enhances pleasure and even improves incontinence. Reclaim your pre-baby or post-menopausal body, restore your wellbeing and revive your relationships with Geneveve!*

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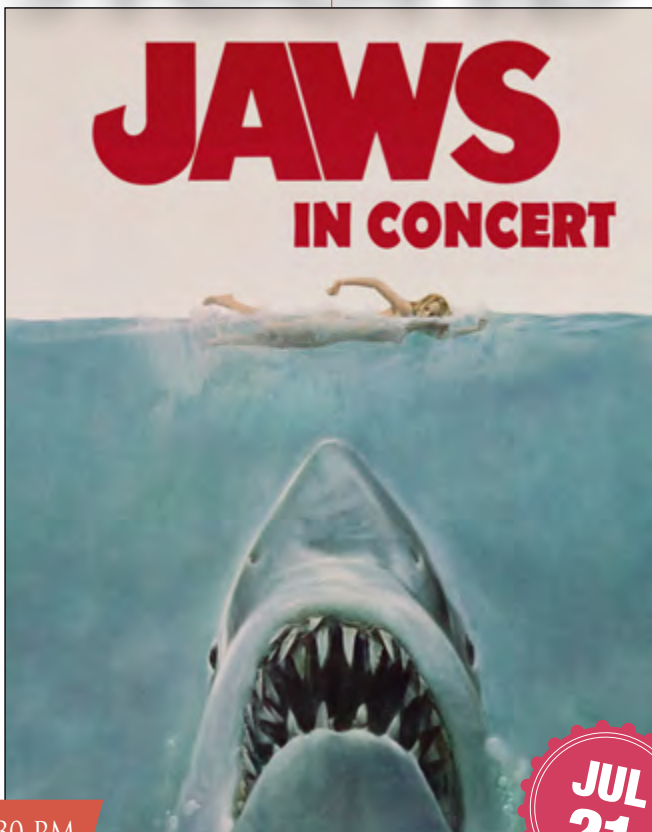


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8:30 PM

JAWS IN CONCERT

National Symphony Orchestra
Emil De Cou, Conductor

The Filene Center at Wolf Trap, 8:30pm, \$40-65

With just two notes, Academy Award winner John Williams created a sense of fear for beachgoers that would last for decades! Join us at Wolf Trap for a screening of Steven Spielberg's *Jaws* as the National Symphony Orchestra performs the iconic score. Film will be projected in HD onto big screens in-house and on the lawn.

JUL
21

JULY 12
The Filene Center
at Wolf Trap

CONTINUED FROM PAGE 16

8pm, \$45-\$105

A Grammy and Golden Globe-winning rapper, singer, hip-hop artist, and actress, Queen Latifah was the first hip-hop performer to be crowned with a star on the Hollywood Walk of Fame. Joined by Academy Award, Golden Globe, Emmy, and Grammy-winning hip-hop artist Common, experience the Wolf Trap debuts of two of the most accomplished, all-around stars today.

JULY 20

HERR METAL + DR. FU

Friday Night Live

Herndon Town Green, 6:30pm-10:30pm, Free

German '80s rock legends Herr Metal maintain its still unsubstantiated claim to have penned every metal hit written between 1982 and 1988 (with the exception of those recorded by Winger). Members of HERR METAL have also famously claimed to have originated the "devil horns" sign, head banging, and the term "hair metal." For more information about Friday Night Live visit HerndonRocks.com.

JULY 21

JAWS IN CONCERT

National Symphony Orchestra
Emil De Cou, Conductor

The Filene Center at Wolf Trap, 8:30pm, \$40-65

With just two notes, Academy Award winner John Williams created a sense of fear for beachgoers that would last for decades! Join us at Wolf Trap for a screening of Steven Spielberg's *Jaws* as the National Symphony Orchestra performs the iconic score. Film will be projected in HD onto big screens in-house and on the lawn.

JULY 21

ENTRAIN

Reston Concerts on the Town

7:30 - 10 pm, Reston Pavilion

The weekly summer concert series presents rock, ska, calypso and more with the worldbeat jam of Entrain. 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 22

ZAC CLARK (OF ANDREW MCMAHON AND THE WILDERNESS)

with Special Guest Bob Oxblood

Jammin Java, 7:30pm, \$12-20

In the midst of traveling the world with Andrew McMahon in the Wilderness supporting the hit self-titled LP and RIAA-certified Gold single "Cecilia and the Satellite," tours with acts from Billy Joel to Weezer as well as appearances on the Today Show and Conan, singer/songwriter and multi-instrumentalist Zac Clark has released two solo records, 2015's "I Am a Guest" and 2012's "Young Volcanoes," as well as

the 2014 single "Wake Up," the theme song for Dwayne "The Rock" Johnson's TNT show "Wake Up Call."

JULY 22

ARIA JUKEBOX

The Audience Gets To Choose!
Wolf Trap Opera Soloists
Kim Pensinger Witman, Pianist
The Barns at Wolf Trap, 2pm, \$36-50
 An afternoon of opera highlights curated by the audience and sung by Wolf Trap Opera soloists. Come to the preshow reception to vote for the arias of your choice! Each singer lists four arias in his jukebox, and the selection with the most votes is included in the performance. The result is a one-of-a-kind concert encompassing a surprising range of styles and composers.

JULY 24

INOVA BLOOD DRIVE

1 - 6 pm, beside Reston Pavilion
 Schedule Bloodmobile appointments at 1.866.256.6372



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JULY 25

DMV2GO AT THE PAVILION

9 am - 4 pm
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JULY 25

CHARLIE PUTH

The Voicenotes Tour
Hailee Steinfeld
The Filene Center at Wolf Trap, 7pm, \$35-75
 Following the success of

CONTINUED ON PAGE 20

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AUGUST 19
The Filene Center
at Wolf Trap



THE REVIVALISTS



8:30 PM

JUL
22

CASINO ROYALE IN CONCERT

National Symphony Orchestra
Emil De Cou, Conductor

The Filene Center at Wolf Trap, 8:30pm. \$40-65

Film Concerts Live! proudly presents *Casino Royale in Concert*, produced in association with EON Productions and Metro Goldwyn Mayer Studios (MGM). For the first time in North America, audiences will experience Bond on the big screen accompanied by a full symphony orchestra performing composer David Arnold's thrilling musical score live to picture! Directed by Martin Campbell, *Casino Royale* brings us Bond at the start of his career, having just earned 00 status and his license to kill, and introduces us to the next James Bond — *Daniel Craig*.

CONTINUED FROM PAGE 19

smash-hit singles "How Long," "Attention," "We Don't Talk Anymore," and "Marvin Gaye," multi-Platinum artist Charlie Puth makes his Wolf Trap debut on his biggest North American tour to date supporting his highly anticipated new album *Voicenotes* (2018). Rising star Hailee Steinfeld of "Love Myself," "Starving," and *Pitch Perfect* fame makes her return to Wolf Trap opening for Puth.

JULY 27–28

RUMPELSTILTSKIN

Maryland Youth Ballet

Theatre-in-the-Woods at Wolf Trap, 10:30am, \$10

An enchanted elf helps a miller's daughter turn straw into gold... for a price. Join Maryland Youth Ballet for this classic fairy tale adventure presented through the mesmerizing magic of dance. All Ages.

JULY 27

JUNKFOOD

Friday Night Live

Herndon Town Green, 6:30-10:30pm, Free

JunkFood is a pop rock band that

is unafraid to play anything. It's all about the party. If escaping reality is what you need then this is the perfect band for your night. JunkFood has been all over the mid-Atlantic for years and plays anything from classic to current hits from all genres as well as hook-filled originals. For more information about Friday Night Live, visit HerndonRocks.com.

JULY 27

BERNSTEIN AT 100 A CELEBRATION

National Symphony Orchestra
Michael Barrett, Conductor

The Filene Center at Wolf Trap, 8:15pm. \$25-60

Luminaries from the worlds of musical theater, dance, and classical music join forces to celebrate the 100th anniversary of the birth of American musical icon Leonard Bernstein.

JULY 28

INCENDIO

Reston Concerts on the Town

7:30 - 10 pm, Reston Pavilion

The weekly summer concert series presents música Española with the Latin fusion and flamenco/Spanish guitar of Incendio. 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 29

YANNI

Live At The Acropolis 25th Anniversary Tour

The Filene Center at Wolf Trap, 8pm, \$25-85

A musical phenomenon, Yanni is a rare artist whose music transcends geographical borders and touches people of all races and nations. As "one of the most popular recording artists ever" (NPR), Yanni has accumulated

over 40 platinum and gold albums and two Grammy nominations.

JULY 29

NO SMALL CHILDREN

Jammin Java, 7:30pm, \$12-20
NSC's animated, edgy and break-neck live show both invites you in and calls you out all while you sing along to the fresh, yet familiar, refrains of their carefully constructed songs. Their glamorous matching dresses and bona fide command of the stage will have you leaving at the end of the night a little hoarse, with a smile, and a warm fuzzy feeling.

AUGUST 3

THE REFLEX

Friday Night Live
Herndon Town Green, 6:30-10:30pm, Free
The '80s! A time for classic coming of age movies, big hair, and some pretty crazy fashions. The glue that held it all together, of course, was the music. The

Reflex serves as a perfect reminder of that great music of a decadent decade. Step inside the DeLorean and get ready to go back in time... The Reflex offers a full-on retro experience with a diverse set list of including songs by Blondie, Duran Duran, Journey, Cyndi Lauper, Madonna, Whitesnake and many more!
So dust off your parachute pants, Jordache jeans, and Rubik's Cubes and prepare yourself* for the sounds of The Reflex—The Ultimate 80's Tribute Band!

AUGUST 3

VERDI'S RIGOLETTO

Wolf Trap Opera
National Symphony Orchestra
Grant Gershon, Conductor
The Filene Center at Wolf Trap, 8:15pm, \$25-75
This year's grand opera at the Filene Center tells the tale of a father whose fierce desire to protect his daughter leads to a tragic quest for revenge. Some of Verdi's most memorable

CONTINUED ON PAGE 22



Photo courtesy of Wolf Trap



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Photo courtesy of Wolf Trap

JULY 20
The Filene Center
at Wolf Trap



AUGUST 10

ALMOST JOURNEY + SOUTH BAY

Friday Night Live

Herndon Town Green, 6:30-10:30pm, Free

Almost Journey is a 1980s styled tribute to "Steve Perry's Journey". Each note of every song is skillfully recreated to perfectly emulate the radio friendly HITS by the original Arena Rock Leviathan. For more information about Friday Night Live, visit HerndonRocks.com.

AUGUST 10

LYLE LOVETT & HIS LARGE BAND

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

Best known for his high-quality songwriting filled with wit and charm, Lyle Lovett has built a career "on the reputation of his live shows, which routinely sell out theaters and concert halls coast to coast" (*The New York Times*).

AUGUST 10

ALL 80'S, ALL NIGHT!

Jammin Java, 8pm, \$12-20

Do you love the 80's? If so, put on your best 80's fashion and come ready to dance for an "All 80's, All Night" flashback dance party at Jammin Java! Darin from Belt it Out Productions (www.beltitoutproductions.com) will be DJing and covering 80's music like no other! Madonna, Wham, Run DMC, The Go Go's, New Edition, Human League, Prince, Heavy D, Bon Jovi, Def Leppard, Michael Jackson, Duran Duran – all of your 80's favorites and many, many more!

Prizes will be given out for best dressed and "Name that Tune" winners. You ready? Join us and turn back the clock for a fun night of food, beverages, dancing, and all things 80's! You don't want to miss this event so get your tickets early!

QUEEN LATIFAH

music graces this poignant and unforgettable opera.

AUGUST 4

CHUBBY CARRIER & THE BAYOU SWAMP BAND

Reston Concerts on the Town

7:30 - 10 pm, Reston Pavilion

The weekly summer concert series presents one big dance party with Louisiana zydeco, high-energy rhythm and blues of Chubby Carrier & the Bayou Swamp Band. 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.

AUGUST 4

HANSON

String Theory

National Symphony Orchestra
Emil De Cou, Conductor

The Filene Center at Wolf Trap, 8:15pm, \$30-70

Fueled by a drive to create great art, inspire connection, and cultivate community, pop rock trio Hanson has been entertaining audiences for more than 25 years. The trio of brothers make their NSO debut with a program of their greatest hits.

AUGUST 5

BRYAN ADAMS

The Filene Center at Wolf Trap, 8pm, \$40-85

For nearly 40 years the Grammy-winning king of power ballads has rocked the stage with hits like "Summer of '69," "(Everything I Do) I Do It For You," and "Heaven." With the release of the new compilation album *Ultimate* (2017), Adams shows no signs of slowing down anytime soon.

AUGUST 7

ANGÉLIQUE KIDJO'S

Remain In Light—Femi Kuti
And The Positive Force

The Filene Center at Wolf Trap, 8pm, \$28-60

In her newest project, Angélique Kidjo reinterprets The Talking Heads' classic album, *Remain in Light* (1980), adding electrifying rhythms, African guitars, and

layered backing vocals. Cross-pollinating the West African traditions of her childhood in Benin with elements of American R&B, funk, and jazz, Kidjo is nothing short of exhilarating and transcendent. Performing songs from *Remain in Light*, as well as originals, she is joined by renowned Afrobeat artist Femi Kuti and The Positive Force whose shows are filled with "energetic big-band arrangements...and Femi out front wailing from the heart and giving hope to the voiceless" (*The Boston Globe*).

AUGUST 8-9

DISNEY BEAUTY & THE BEAST IN CONCERT

Film With Live Orchestra & Singers

The Filene Center at Wolf Trap, 8pm, \$40-95

"Be Our Guest" for two enchanted evenings featuring Disney's animated classic shown on huge screens with an all-star cast performing the Oscar- and Grammy-winning songs live-to-film!

AUGUST 10

13TH

Unity of Fairfax Movie Nights

Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. Free parking. \$10 online or at the door; no one turned away www.unityoffairfax.org/events

13th, Oscar nominated director Ava DuVernay gives an in-depth look on the history of racial inequality in the U.S. prison system in this Emmy Award-winning film. Preview trailer: <https://youtu.be/V66F3WU2CKk>

AUGUST 11

U.S. NAVY SEA CHANTERS

Reston Concerts on the Town

7:30 - 10 pm, Reston Pavilion

Oh What a Night! The weekly summer concert series presents the U.S. Navy Sea Chanters with songs from Jersey Boys and Motown favorites. 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.

AUGUST 11

MARY CHAPIN CARPENTER

RHIANNON GIDDENS

With Francesco Turrisi

The Filene Center at Wolf Trap, 7:30pm, \$28-65

Renowned and beloved singer, songwriter, and performer Mary Chapin Carpenter will return to Wolf Trap for a special performance. Carpenter has won five Grammy Awards and is a 2012 Nashville Songwriters Hall of Fame inductee.

AUGUST 12

ABBA THE CONCERT

The Filene Center at Wolf Trap,

8pm, \$30-60

ABBA The Concert continues to be the top ABBA tribute group in the world, dazzling audiences with fantastic performances of ABBA's iconic hits including "Mamma Mia," "S.O.S.," "Money, Money, Money," "The Winner Takes All," "Waterloo," "Gimme, Gimme, Gimme," and "Dancing Queen."

AUGUST 15

GLADYS KNIGHT & THE O'JAYS

The Filene Center at Wolf Trap, 8pm, \$30-70

The Rock and Roll Hall of Fame R&B trio, The O'Jays, best known for "Love Train" is joined by seven-time Grammy winner Gladys Knight of "Midnight Train to Georgia" fame for the soul event of the summer.

Gladys Knight will perform first followed by The O'Jays.

AUGUST 15

SCOTT KIRBY WITH GUITARIST DAVE EDMISTEN

Jammin Java, 7:30pm, \$20

A creative lyricist and accomplished finger-style acoustic guitarist with an expressive voice, Kirby describes himself as a direct descendent of the '70s singer/songwriter movement. His very first 45 was a Beatles record, and he came of musical age listening to James Taylor and other great songwriters of that era. He has never received any formal musical training, but often credits Taylor with teaching him how to play the acoustic guitar.

AUGUST 16

ALAN JACKSON

Lee Ann Womack

The Filene Center at Wolf Trap, 8pm, \$45-105

For more than 25 years Alan Jackson's music has provided a soundtrack for American life. Hits like "Remember When," "Drive," and "Where Were You (When the World Stopped Turning)" have become an



Photo courtesy of Wolf Trap

enduring part of America's musical landscape and have earned Jackson two Grammys and an induction into the Country Music Hall of Fame. Grammy-winning country singer-songwriter Lee Ann Womack opens the show with hits like "I Hope You Dance" and "Last Call."

AUGUST 17

VOODOO THREAUXTDOWN FEATURING TROMBONE SHORTY & ORLEANS AVENUE, GALACTIC, PRESERVATION HALL JAZZ BAND, | NEW BREED BRASS BAND

With Special Guests Cyril Neville & Walter Wolfman Washington

The Filene Center at Wolf Trap, 7:30pm, \$30-60

"New Orleans jazz-funk alchemist" (The Guardian)

Trombone Shorty knows how to get the party started with genre-busting street rhythms and brass-filled jams that pay tribute to the history of the city, while also propelling the distinct sound forward. Laissez les bon temps rouler as seminal jazz-funk band Galactic, New Orleans staple Preservation Hall Jazz Band, and second-line champion New Breed Brass Band transport audiences straight to "The Big Easy" to party like it's Mardi Gras!

AUGUST 17

SCREAMING MONKEYS

Friday Night Live

Herndon Town Green, 6:30-10:30pm, Free

High energy shows with great musicianship... playing rock, pop and top 40 from classic favorites to the most current hits! For more information about Friday Night Live, visit HerndonRocks.com.

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AUGUST 18

T SISTERS

Reston Concerts on the Town

7:30 - 10 pm, Reston Pavilion

The weekly summer concert series presents the perfect harmony of T Sisters performing folk-rock and contemporary bluegrass. 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

AUGUST 18

THE AVETT BROTHERS

Nicole Atkins

The Filene Center at Wolf Trap, 8pm, \$45-75

"With echoes of old-timey string bands, singalong folk revivalists, boozy Americana roots rockers and big-box singer - songwriter softies" (Rolling Stone), The Avett Brothers make their Filene Center debut.

AUGUST 19

THE REVIVALISTS

Zz Ward

The Filene Center at Wolf Trap, 8pm, \$35-55

Guided by dynamic percussion, punchy horns, feel-good lyrics, and contagious rhythms, The Revivalists skyrocketed to the top of the charts with their No. 1 hit "Wish I Knew You." This New Orleans band, named in honor of the city's recovery post-Katrina, was named Billboard's Top New Rock Artist of 2017.

AUGUST 20

JEFF BECK

Ann Wilson Of Heart

The Filene Center at Wolf Trap, 8pm, \$35-75

One of the "100 Greatest Guitarists of All Time" (Rolling Stone) and two-time Rock & Roll Hall of Fame inductee Jeff Beck shares the stage with rock goddess Ann Wilson of Heart for an evening of iconic hits.

AUGUST 22

MICHAEL MCDONALD AND PETER CETERA

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

Whether solo or as a member of The Doobie Brothers or the Dukes of September, Michael McDonald has achieved inestimable success and remains one of the world's most distinctive voices. The singer of "I Keep Forgettin' (Every Time You're Near)" and "Show You the Way" is joined by former Chicago singer and bass

player Peter Cetera who makes his Wolf Trap debut. A Rock Hall inductee, Cetera's time-honored hits include "Glory of Love," "The Next Time I Fall" with Amy Grant, and "After All" with Cher.

AUGUST 23

DAWES

Shovels & Rope

Joseph

The Filene Center at Wolf Trap, 7:30pm, \$30-55
Drawing on the "folksy, confessional vibe of Seventies Laurel Canyon singer-songwriters like Jackson Browne," (Rolling Stone) Dawes creates breezy and emotional songs that converge retro California vibes with contemporary folk rock. Sister-trio Joseph and husband-and-wife duo Shovels & Rope kick off the night with perfect harmonies and "booming melodies, break-neck lyricism and a robust take on Americana music" (NPR).

AUGUST 24

FRANKIE VALLI & THE FOUR SEASONS

The Filene Center at Wolf Trap, 8pm, \$30-75
In a career spanning six decades, Frankie Valli has sold over 100 million records (including "Can't Take My Eyes Off You," "Sherry," and "Grease") and was inducted into the Rock & Roll Hall of Fame, all while performing to packed houses all around world.

AUGUST 25

SEASON FINALE: LANDAU EUGENE MURPHY, JR.

Reston Concerts on the Town

7:30 - 10 pm, Reston Pavilion

The finale of the summer concert series presents big band jazz crooner and winner of America's Got Talent in 2011, Landau Eugene Murphy, Jr. Bring lawn chairs or picnic blankets and enjoy live outdoor music at the Pavilion. Free. Rain or shine. Alcohol permitted at restaurants only. Presented by Reston Town Center, Boston Properties, and Reston Town Center Association on Saturdays, June through August. Full season's schedule: restontowncenter.com/concerts.

AUGUST 25

KIDZ BOP LIVE 2018

The Filene Center at Wolf Trap, 6pm, \$30-70
KIDZ BOP Live 2018 is the ultimate family concert experience, "sung by kids for kids." The KIDZ BOP Kids headline this new show, performing some of today's biggest hit songs

CONTINUED ON PAGE 26



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CONTINUED FROM PAGE 25

that have also kept them at the top of the US Kids charts for over 15 years.

AUGUST 24

SOCIAL CALL

Friday Night Live

Herndon Town Green, 6:30-10:30pm, Free
Social Call comes together to perform, that is the only way to describe it. If you asked their fans to put it in one word, you might hear... melodic, gritty, soulful, powerful, explosive, or even harmonious. Social Call's set list is as diverse as the band members themselves. From classic hits from the '60s and '70s to today's rock, there is rarely a fan in attendance that is not on their feet, drink held high, chanting 1...2...3... SOCIAL! For more information about Friday Night Live, visit HerndonRocks.com.

AUGUST 30

KENNY G

The Tenors

The Filene Center at Wolf Trap, 8pm, \$30-65
For over three decades, Grammy Award-winning saxophonist Kenny G has grafted elements of R&B, pop, and Latin to a jazz foundation solidifying his reputation as the premiere artist in contemporary jazz. Similarly creating a powerful crossover sound, award-winning classical and contemporary pop group The Tenors returns to Wolf Trap with undeniable charm and diverse vocal styles.

AUGUST 31

GAVIN DEGRAW

Phillip Phillips

The Filene Center at Wolf Trap, 8pm, \$30-60
Experience a night of soulful music from a pair of gifted singer-songwriters featuring multi-platinum performer Gavin DeGraw known for "Not Over You" and "I Don't Want to Be" and American Idol winner Phillip Phillips acclaimed for radio hits like "Home" and "Gone, Gone, Gone."

SEPTEMBER 1

ZIGGY MARLEY

Steel Pulse

Tribal Seeds

The Filene Center at Wolf Trap, 7pm, \$35-60
An eight-time Grammy winner, Emmy winner, humanitarian, singer, songwriter, and producer, Ziggy Marley is one of the most successful reggae artists ever. Joining Ziggy Marley is one of Bob Marley's

favorite bands, Grammy-winning Steel Pulse. For one night only, experience an evening filled with messages of love and justice for all people.

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](https://www.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.

WEDNESDAY EVENINGS

DOG DAYS OF SUMMER

July - September, Reston Pavilion

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

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*.

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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](https://www.facebook.com/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. ♦



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Live Music Venues

By Cassandra Parker

BY CASSANDRA PARKER

Wolf Trap National Park for the Performing Arts

1551 Trap Road, Vienna VA 22181
(703) 255-1800
www.wolftrap.org

Wolf Trap is a hidden treasure of 117 acres and four venues including the Filene Center, the Barns, the Children's Theatre-in-the-Woods, and the Center for Education. The venues operate from May to September and host between 95-100 shows every year. Locals love seeing their favorite artists perform at Wolf Trap because of the amazing acoustics and ambience. Patrons can also bring their own drinks and food (alcohol included!) if they're enjoying a show from the lawn. There are also several different locations within the park that can be rented out for special occasions. Wolf Trap is one of the most unique music venues in the country—it's the first and only U.S. National Park to be dedicated to the performing arts!



The State Theatre is an intimate music venue (with a full restaurant and bar) located in the heart of Falls Church. The Theatre's unique design dates back to its days as a cinema before it was renovated to be a performance hall in 1999. Visitors can reserve the Sky Suite (which used to be the projection room) for a large group, or reserve a dining table on the main floor with full service throughout the show. There are also tables and chairs available in the back of the theatre on a first-come, first-serve basis. Tickets are all general admission (unless otherwise specified). The State Theatre is proud to host a wide variety of music genres and artists all year long, including local cover bands.

The State Theatre

220 N. Washington Street, Falls Church VA 22046
(703) 237-0300
www.thestatetheatre.com

The Alden Theatre

1234 Ingleside Avenue, McLean VA 22101
(703) 790-9223
www.mcleancenter.org/alden-theatre

The Alden Theatre is a 383-seat performing arts venue offering local residents high-quality musical performances as well as lectures and educational programs for all ages. The Alden is tucked away in the suburbs of McLean within the McLean Community Center. Its cozy atmosphere makes every show feel like a private viewing. You can also see comedy, magic, and dance performances at the Alden; just check the performance calendar on the website for a list of all upcoming shows. Kids in high school who are interested in improv should check out the Unruly Theatre Project (UTP) for free workshops and opportunities to perform.

The Auld Shebeen

3972 Chain Bridge Road, Fairfax VA 22030
(703) 293-9600
www.theauldshebeenva.com

The Auld Shebeen is an authentic

Irish pub and restaurant featuring live music every Saturday along with weekly special events. The main level is a more relaxed atmosphere with low-key shows and events. The cellar is a bit rowdier and features traditional rock and modern music. There are also traditional Irish music performances, live acoustic shows, EDM DJs, Throwback Nights, and karaoke. The Auld Shebeen is just 10 miles from Tysons Corner, and will transport you straight to Ireland with its genuine charm and traditions. Visit the Auld Shebeen's website to view a list of upcoming shows and events.

The Center for the Arts Concert Hall

4372 Mason Pond Drive, Fairfax VA 22030
(703) 993-8888
www.cfa.gmu.edu

The Center for the Arts is located on George Mason University campus in Fairfax, and offers a variety of musical performances in its 2,000-seat concert hall. Its annual season of international and national artists feature jazz, opera, dance, classical music, and more for students and the public. The Fairfax Symphony Orchestra calls the Center for the Arts home, and there are many student

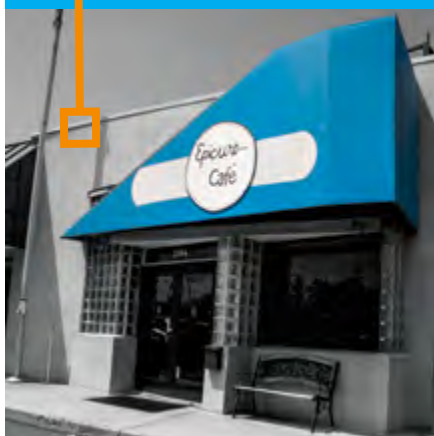
Epicure Cafe

11104 Lee Highway, Fairfax VA 22030

(703) 352-9193

www.epicurecafe.org

Epicure Cafe is a family-owned restaurant, lounge, and performance arts space in Fairfax. It aims to bring cross-cultural, international, and intergenerational artists to its local patrons to create an inclusive environment for all artists and art admirers. Epicure showcases young, emerging local musicians as well as poets and storytellers. There are open mic nights, jazz nights, and regular musical performances varying from jazz to punk rock with a little of everything else in-between. Check out the Rooftop Garden for private bookings and special events by visiting Epicure's website, where you will also find a list of upcoming events and performances.



Jammin' Java

227 Maple Avenue E, Vienna VA 22180

(703) 255-1566

www.jamminjava.com

**See page 12
for the Listing
of the Select
Music Events
for July and
August!**

Jammin' Java is a 200-seat, family-owned music venue with a focus on local and independent musicians. Shows average more than once a day with a heavy focus on family-friendly music, but there are two full bars and a full menu. Since its revamp in 2001, there have been over 7,000 concerts held here, including performances by critically acclaimed artists Bon Iver, Paramore, Nick Jonas, and many others. Children can also take music lessons at Jammin' Java, and the venue has the most active children's music concert series in the D.C. metropolitan area. According to Pollster, Jammin' Java is one of the Top 100 clubs in the country with the highest ticket sales for a venue of its size.

and faculty performances presented by the university's College of Visual and Performing Arts. There are many family-friendly performances for children to enjoy. Visit the website to see upcoming performances, view a seating chart, and buy tickets.

EagleBank Arena

4500 Patriot Circle, Fairfax VA 22030

(703) 993-3000

www.eaglebankarena.com

EagleBank Arena (formerly known as the Patriot Center) is a 10,000-seat venue on George Mason University's campus in Fairfax. It's home to GMU men and women's basketball, but puts on a variety of concerts and family-friendly shows each year. Notable performances include Bruce Springsteen, Keith Urban, and Disney on Ice. All admission prices include parking, and if an event is free, parking on campus is also free. All concerts end at 11pm at the latest, and most family shows only last one to two hours. The floor is standing room only for general admission events. You can find upcoming shows and

more information about the EagleBank Arena by visiting its website.

Galaxy Hut

2711 Wilson Boulevard, Arlington VA 22201

(703) 525-8646

www.galaxyhut.com

Galaxy Hut is a kitchen and bar hosting live music every Sunday and Monday night at 9pm. The full dinner menu is available until midnight, and the venue only admits adults 21 years of age and older. The Galaxy Hut focuses on local and national indie-rock bands, which the owners - Lary and Erica Hoffman - believe hold a crucial place in D.C.'s musical history. There is a \$5 cover fee to support the bands, and upcoming shows and performers can be found on the website. Galaxy Hut is located in the booming Clarendon district of Arlington, and will celebrate its 30th anniversary in 2020.

Whitlow's on Wilson

2854 Wilson Boulevard, Arlington VA 22201

(703) 276-9693

www.whitlows.com

Whitlow's on Wilson is a neighborhood bar and grill featuring live music Thursday through Saturday. The place is a Clarendon landmark dating back to 1946, featuring several original and historic pieces like the bar top, stove, and chairs. The rooftop tiki bar is far more modern and open year-round, weather permitting. Local alternative-rock bands and DJs perform regularly at Whitlow's. For a full list of upcoming bands, view their monthly band list on the website. All live music performances are free and seating is on a first-come, first-serve basis.

The Old Brogue

760 Walker Road, Great Falls VA 22066

(703) 759-3309

www.oldbrogue.com

The Old Brogue is an authentic Irish pub featuring live music on Fridays and Saturdays. It first opened on St. Patrick's Day in 1981 by the Kearney family, who value family traditions and an old-fashioned good time. Enjoy a robust beer list and a full menu seven days a week. Other weekly events include



JV's Restaurant

6666 Arlington Boulevard, Falls Church
VA 22042
(703) 241-9504
www.jvsrestaurant.com

JV's Restaurant—open 365 days a year—has been providing live music for over five decades. The famous U-shaped bar allows guests to have a great view of the show no matter where they're sitting while they enjoy beer and comfort food. JV's motto is "ageless charm without the yuppie bastardization," meaning it's an authentic low-key atmosphere to take in local artists. The venue has a rock-n-roll, Motown, and blues music focus. Every Friday from 6-8pm is Happy Hour with live acoustic performances. Check the JV's monthly calendar on the website to find a list of upcoming shows.

Open Mic Night and Trivia, and there are annual events like the Fall and Celtic Concert Series for traditional Irish music lovers. Local rock bands, acoustic artists, and folk bands make up the majority of this venue's performers. Visit the Old Brogue's website to see a list of upcoming events and musicians.

Lake Anne Coffee Shop and Wine Bar

1612 Washington Plaza N, Reston VA 20190
(703) 481-9766
www.lakeannecoffeehouse.com

Located in the historic Lake Anne Plaza in Reston, Lake Anne Coffee Shop and Wine



Bar is a local family-owned cafe, wine bar, and restaurant. There's even live music and entertainment at Lake Anne's! Every other Tuesday is Vinyl Night complete with beer specials, and every Thursday is Jazz Night. Every Friday evening, there's live music with a local band or artist. On Saturday nights, the music varies from jazz to guitar to piano. On certain Sundays, enjoy live music with brunch! There's always something going on at Lake Anne Coffee Shop. Visit the website to learn more!

Open Road

8100 Lee Highway, Falls Church VA 22042
(571) 395-4400
www.openroadgrill.com/merrifield

Open Road is an American bar and grill featuring live music Monday through Saturday in the Merrifield area. Local music and craft beer are two important staples at Open Road. With a casual atmosphere, delicious comfort food, a variety of beers and ciders, Open Road has become a popular nightspot for locals in the mood for live music. Get there early to snag a good seat before the place fills up for happy hour. Visit Open Road's website to view a list of upcoming bands and performers which is updated on a weekly basis.

Kalypso's Sports Tavern

1617 Washington Plaza N, Reston VA 20190
(703) 707-0660
www.kalypsosportstavern.com

Kalypso's Sports Tavern is a restaurant and cocktail lounge offering lakefront dining, live music, and plenty of local sports action! Every Friday and Saturday night, there's live music from 9:30pm to 1:30am at Kalypso's. The music varies from punk rock to reggae to country and more! There's even karaoke and live DJs. Show up for Thirsty Thursdays and get free salsa dancing lessons with Jose from 8-10pm! Come for the authentic Greek, Italian, and American food, and stay for the music and

fun! Learn more by visiting Kalypso's Sports Tavern's website.

Ned Devine's Irish Sports Bar & Restaurant

2465 Centreville Road, Herndon VA 20171
(703) 793-7376

www.neddevines.com

Located in the Village Center at Dulles in Herndon, Ned Devine's Irish Sports Bar & Restaurant is a family-owned-and-operated pub offering authentic Irish, American, and even Australian food and cocktails. Enjoy live music and entertainment on the outdoor patio. Ned Devine's prides itself on attracting top-notch bands and musicians from all over the area. There's live music every Friday, and country music and dancing on Thursdays starting at 8pm. Also enjoy every major sporting event at Ned's in the bar with big HD screens! For a full list of upcoming shows and events, check the calendar on Ned Devine's website.

Crafthouse

1888 Explorer Street, Reston VA 20190
(571) 926-9931

www.crafthouseusa.com

Crafthouse is an upscale neighborhood restaurant and pub located in Reston Town Center. Crafthouse prides itself on its extensive beer, spirit, and wine list with an emphasis on local brews. There's also weekly entertainment like trivia on Tuesdays, karaoke on Wednesdays, and live music Friday and Saturday nights! You never know what kind of music you're going to get at Crafthouse (unless you check the website!) because sometimes it's a calm pianist, or maybe a lively DJ, and sometimes it's a local rock band! Just like the variety in beer selection, you get a variety of live entertainment at Crafthouse too.

Breakers Sky Lounge

2445 Centreville Road, Herndon VA 20171
(703) 793-6233

www.breakersskylounge.com

When you're looking for nightlife fun in Herndon, look no farther than Breakers! Located in the Village Center at Dulles, Breakers Sky Lounge is a two-level lounge with a spacious dance floor, pool tables, a VIP room, sweeping views of the area, and of course, high-level entertainment and live music! Every Friday is Friday Live Happy Hour, featuring drink specials and local bands. Breakers features R&B, rock, and electronic music. If you're in need of a bite to eat to recharge your dancing shoes, Breakers has you covered with



Greenhouse Bistro

2070 Chain Bridge Rd
Vienna, VA 22182
(703) 537-5700

www.greenhousetyson.com

Greenhouse Bistro and Tea Lounge is a contemporary American and Italian restaurant and bar in Tysons Corner. There are three special spaces, each designed for tea and coffee, craft beer and cocktails, and an urban garden cuisine. Every ingredient Greenhouse uses is handpicked from a favorite farm or vendor. Greenhouse also provides live entertainment on certain days of the week! Check out the O Lounge on Thursday nights for DJs and private parties. Every Saturday night is Flamenco music and dancers at 8pm followed by an international DJ. Learn more about the food, drinks, and live entertainment provided by Greenhouse Bistro by visiting the website.

familiar American favorites. For a full list of upcoming events and bands, please visit Breakers online!

Eddie V's Prime Seafood

7900 Tysons One Plaza, McLean VA 22102
(703) 442-4523

www.eddiev.com

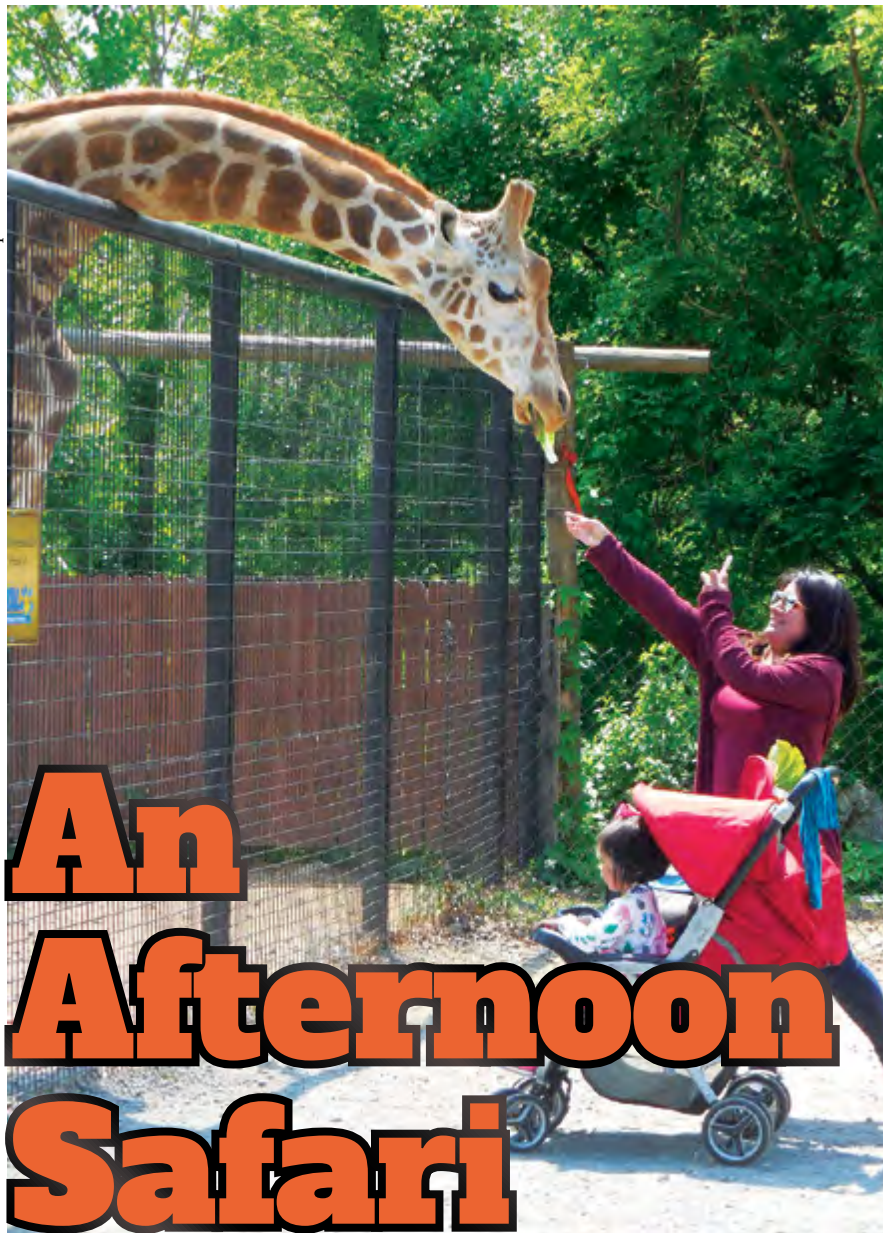
Eddie V's Prime Seafood is an elegant, fine-dining restaurant and cocktail lounge located in Tysons Corner. Not only does Eddie V's serve fresh, delicious seafood and steak dishes, there's also live entertainment to accompany your dancing tastebuds! There's live jazz every night in the V Lounge at Eddie V's, thanks to both local and nationally acclaimed musicians. Pair a night of civilized seduction with a hand-crafted cocktail fit for a king at Eddie V's. For a full list of upcoming events and performers, please check the calendar on Eddie V's website!

Tyson's Biergarten

8364 Leesburg Pike, Tysons VA 22182
(703) 854-1123

www.tysonsbiergarten.com

Tyson's Biergarten is an enormous beer hall and patio following the heritage of 400 years of Bavarian beer gardens. This unique beer hall deals in tokens, not cash! Customers must buy tokens to order beer and sausages (and more) to thoroughly enjoy the community-oriented atmosphere at Tyson's Biergarten. There's even live music every day of the week as well as regular, seasonal-themed festivals. Come for karoake, games, open mic, and live music any day, any time. For more information on upcoming performances and festivals, please visit Tyson's Biergarten online and take a look at the Events page! ♦



An Afternoon Safari

From the first moment I stepped out of my car I could hear the exotic sounds coming from just beyond the fence. I couldn't wait to start my safari through Roer's Zoofari, Vienna's very own zoo. Filled with animals, reptiles and birds from almost every continent, and owned and operated by Vanessa and Jacob Roer, it is a treasure trove of animal encounters.

We Bought a Zoo!

"I never thought we'd be buying a zoo," Vanessa Roer said with a laugh. She, in fact, was coming off a great success with the opening of and seven-year history with the 160-acre Bearizona Wildlife Park, and considering becoming a zoo industry consultant. Her husband is a third-generation Arizona rancher.

When Vanessa found out the former Reston Zoo was for sale, she and then-fiancé Jacob came to Virginia to take a look. "I fell in love with the area and the size and scope of the zoo. I could just picture our children playing and growing up here" (they have 5 between them). So they bought the zoo.

It all happened quickly. The couple looked at the property in February 2016, took over operations on March 15, 2016 to prepare for the Easter rush that would sustain them for the remainder of the year, and finalized the deal in June. They married later that year.

When asked about similarities to the movie, "We Bought a Zoo," Roer replied, "There are 100% similarities. One is the USDA inspector. Those scenes are a good look at our industry and our business, with the role and impact those regulatory industries play. They



BY LINDA BARRETT

come unannounced, like in the movie, and we drop everything and take in every suggestion and concern.

"Also, like in the movie, we were open and waiting for people to come." And come they did, with about 130,000 visitors in 2017. Gate admissions are important, as Roer's relies almost solely on them to cover the bulk of its costs to maintain the animals whose diets alone can range up to hundreds of dollars a month each.

When the Roers purchased the zoo it was primarily a petting zoo. Since taking over, the variety of animals has changed quite a bit. Many local residents who have fond memories of visiting the sheep and goats in the barn will truly enjoy the new, more enriching habitats.

"We have many species now that are part of conservation breeding programs, or are threatened or endangered," Roer explained. One of their first acquisitions was Waffles, the giraffe. Guests may notice that Waffles' tongue hangs out. That is a result of a fall he took as a youngster where he managed to knock his teeth out. "He is quite self-conscious about it but has no problems eating the carrots and romaine zoo food people offer him."

Some of the newest acquisitions include two cheetahs, a tamandua (lesser anteater) and a prehensile-tailed porcupine that guests can meet personally in the keeper chats. The collection also includes two breeding groups



of lemurs (on the endangered list), and two anoa, the world's smallest water buffalo. Fewer than 100 anoa remain in the U.S. and 1,000 in the wild.

Animal Interactions Are Encouraged

"It is important for people to have a quality experience when they come here. I want guests to feel like they have a personal relationship with any of our animals, or ideally, all of them," Roer said.

Kathy Bowden of Herndon brought her two visiting grandchildren, Jackson (7) and Reagan (5) Speck here for the first time. "I liked feeding the animals," Reagan said. The zoo provides baby bottles, lettuce, carrots and feeding pellets for a small fee.

Monica Stolze was visiting from Ashburn with her children, Taylor (3) and Carson (1). As a 12-month season pass holder, she can visit frequently. "I love being able to spend time outside exploring with my children," she said. Some of her family's cherished moments were watching the goats and wart hogs grow up over the seasons, although Carson piped up, "The zebras are my favorites!"

Both families hopped the open air Safari Bus (free with admission) on a narrated tour through the fenced-in free-roaming safari where we could reach out the windows to touch and feed the animals who curiously approached. Other animals trotted alongside or lounged in the shade as we passed through.

Once back inside the zoo, it was off to the Parakeet Adventure Aviary. Armed with parakeet seed sticks, it was no trouble to lure the gentle, colorful budgies to our hand-held treats for a close-up encounter.

New in 2018

The Roers are always looking for new opportunities for interaction with the animals and this summer added educational talks, signage and action points that will help guests make good decisions in their everyday activities to positively affect wildlife.

Expanded Junior Safari summer day camps are offered throughout the summer for ages 6-12. The bunny yard and an aviary exhibit are also new in 2018, as well as daily camel rides on dromedaries Sam, Eli or Zeke (to the third week in August, except Mondays), owned and operated by camel trainer Wil Caton. Ask nicely and the camel will give Wil a kiss!

Throughout the year, guests can engage with Roer's Zoofari for birthday parties, private zoo tours, Animal Ambassador experiences and field trips, and perhaps take home a lovable stuffed animal from the gift shop.

A lot has changed at Roer's Zoofari since 2016, and it's well worth a safari of your own, no matter what your age.

Special Events

- Easter-Eggstravaganza
- Giraffe-toberfest
- Boo at the Zoo

Roer's Zoofari is located at 1228 Hunter Mill Road in Vienna. Open 7 days a week, 9am-6pm. www.roerszoofari.com. ❖





BY MICHAEL EVANS

Not Your Average SUMMER BBQ

Summer is here in full swing! The kids are out of school, allowing more time for family fun. The weather is warm, providing ample opportunities to be outside. And people's schedules seem to be just a bit more flexible and relaxed, so what better way to spend some quality time than to throw a party to bring all of your favorite people together?

While nothing says "summertime" better than burgers and hot dogs or steaks and baked potatoes on the grill, we've put together some inspiration for alternative cookout menus from around the world since everyone loves a good barbecue!



AUSTRALIAN BARBIE

Fresh from the grill: Sausage sangers (sandwiches); Chicken sangers with Barbie sauce

Sides: Grilled veggies

Dessert: Anzac biscuits

Drinks: Foster's beer, Australian wines



HAWAIIAN LUAU

Fresh from the grill: Hawaiian beef kebabs and Mahi Mahi kebabs with green peppers and pineapple

Sides: Tropical fruit salad; Pacific Coast cole slaw

Dessert: Coconut cream pie

Drinks: Tropical Rum Punch



SOUTH OF THE BORDER FIESTA

Fresh from the grill: Chorizo sausage; Chicken quesadillas

Sides: Mexican rice with peppers and onions; Blue corn and tortilla chips with seven-layer taco dip and guacamole

Dessert: Tres Leches cake

Drinks: Margaritas, Dos Equis



LATIN CELEBRATION

Fresh from the grill: Carne Asada; Fish Tacos

Sides: Black bean and corn; Paella

Dessert: Flan

Drinks: Mojitos



BIG FAT GREEK COOKOUT

Fresh from the grill: Chicken Souvlaki and Veggie Souvlaki skewers; Shish kebabs

Sides: Spanakopita; Greek salad

Dessert: Baklava

Drinks: Ouzo Lemonade



ASIAN FUSION

Fresh from the grill: Chicken yakitori, Steak teriyaki

Sides: Sesame noodles with peanut dressing, Sushi

Dessert: Vanilla ice cream with lychee fruit

Drinks: Sake



OKTOBERFEST

Fresh from the grill: Bratwurst with Dijon mustard and rolls; Roasted suckling pig and pulled pork

Sides: German potato salad; Red cabbage salad with apples and onions; Potato pancakes with applesauce

Dessert: Apple strudel

Drinks: Gluhwein, Lowenbrau beer ♦



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

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BY ROSE PRICE, CFP® AIF®

ASK AN ADVISOR: WOMEN & FINANCIAL PLANNING

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

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

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

Prioritize yourself and set financial goals

It's easy to put off saving and planning for retirement and prioritize other expenses when you are busy building a career and/or taking care of a family. However, your ability to take care of others is also dependent on your ability to take care of yourself. Making smart decisions with your money is key to assuring that you will be financially independent in the future. Most women master saving but tend to lack confidence when it comes to investing and planning- this is where a financial plan can help.

It is important to identify where you stand financially right now and create goals that clearly identify where you want to be in the future. Once you know your financial goals, you can create a financial plan that identifies the steps you need to take to achieve those goals. Building a plan will help you pinpoint key opportunities and weaknesses in your finances and then take action. You are also much more likely to achieve your goals once they are in writing.

Don't fear the golden years

Many women (and men) want to stay young forever and that can lead to a failure to admit that they are aging or will grow old. But let me tell you – getting old happens to all of us (if we are lucky) and there is no way to avoid it, so take steps now to ensure that you will be able to retire comfortably.

Plan for your future

While it may sound optimistic, an attitude of “it will all work out” is not realistic when it comes to finances. It's not a good idea for anyone to assume that their financial future is secure, or depend on someone else to plan for them.

It is also important to recognize that if you are married to a man, you will most likely outlive your spouse (5 years on average). While you cannot control how long you live, you can plan for financial security. It's a good idea for every woman, married, single, or somewhere in-between to have a financial plan in place and understand how their current financial decisions may affect that plan.

Leave a legacy

How will your loved ones remember you? Long-term commitment to saving and wise investing can change your family's future, possibly even for generations to come. It all starts with you identifying what kind of legacy you want to leave behind.

You can also take steps to ensure that the wealth you leave behind is a blessing and not a burden. Establishing and maintaining accurate documents including wills, directives, trusts and beneficiary designations will allow you to identify who will receive your assets after you pass away, and simplify the process of settling your estate.

Meet with a professional

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

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

Author: Rose Price, CFP® AIF® is a partner at VLP Financial Advisors. She believes that strategic planning is the key to creating, protecting, and growing wealth. Rose offers a complimentary initial consultation to anyone interested in investment advice and/or creating a financial plan.

Want to learn more?

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

VLP Financial Advisors

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Vienna, VA 22182

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



Laura Wilder Block Prints



Eric Keller, C & A Glass

27TH ANNUAL NORTHERN VIRGINIA FINE ARTS FESTIVAL

Balducci's Food Lover's Market joins as Title Sponsor

Greater Reston Arts Center (GRACE) hosted its nationally acclaimed event, the Northern Virginia Fine Arts Festival, which brings to the unique outdoor environment of Reston Town Center more than 200 fine artists from across the nation presenting original works in 16 categories of fine art and fine craft.

Balducci's Food Lover's Market, coming to Reston Town Center this spring at the ground level of the new Signature apartments, had an impressive and flavorful on-site presence as the Title Sponsor, providing attendees with

a unique food experience at multiple locations at the festival.

Thanks to the continuing support of Reston Town Center, the Festival expanded to Friday, May 18, allowing GRACE for the first time to bring this world-class experience to the community's workforce population. The Festival Party, generously sponsored by the M Group Architects and catered pro bono by The Counter, made food on site on Saturday night and served as a platform to announce the artist Awards of Excellence, sponsored by Boston Properties. In addition, thanks to those critical sponsorships, the party was free to

all invited guests of GRACE's sponsors and supporters and included complimentary invitations to all Festival artists. Baltimore-based artist Laure Drogoul activated the party with whimsical, interactive, immersive artwork generously sponsored by GRACE's community partner, Reston Community Center, also a Festival Signature Community Sponsor with the Reston Town Center Association. ArtFairCalendar.com asserted that this is a festival where "the 'art stars' of the outdoor art fairs vie for spaces."

"The Northern Virginia Fine Arts Festival was an event unlike any other. The quality of the fine art is exceptional, and



Carved by Scott



Jake Johnson, Clay Art

the variety ensures that there was something for everyone, from woodwork to jewelry, ceramics, and painting,” states GRACE Executive Director and Curator Lily Siegel. “We were thrilled to welcome our Title Sponsor, Balducci’s, to Reston. What a way to introduce itself to the community! And a heartfelt thank you to all of our community and private sponsors, without whom we could not have made these exciting changes to continue evolving and improving this signature event on the community calendar.”

“Balducci’s Food Lover’s Market was excited to join the Reston community and was proud to serve as the Title Sponsor of the Northern Virginia Fine Arts Festival,” said Judy Spires, Chairman and CEO of Balducci’s Food Lover’s Market. “We looked forward to introducing Balducci’s to the attendees of this interactive experience as well as the entire Reston community.”

Acceptance into the Northern Virginia Fine Arts Festival is a major accomplishment for the artists. The selection process begins in December under the direction of an independent panel of professional jurors with assistance from GRACE curatorial staff. The three highly qualified jurors for 2018 are Spencer Dormitzer, visual artist

and director of Joan Hisaoka Healing Arts Gallery; Isabel Manalo, an interdisciplinary visual artist and founding manager of The Studio Visit (TSV), a collaborative art blog featuring artist interviews in their studios; and Francis Thompson, art program project manager at JLL, commercial real estate. These three jurors also judged each artist booth on Friday and Saturday to select the ten Awards of Excellence. Each winner received a \$500 cash prize, a blue ribbon for booth display, and automatic acceptance into the 2019 Northern Virginia Fine Arts Festival.

“We’d also like to encourage individuals to consider our Adopt-an-Artist program,” said Siegel. “For \$100 an individual can directly support our nationally renowned artist hospitality package. At the same time, you’re creating a very personal connection to the artist you adopt and to the festival experience.”

For the \$5 suggested entry donation festival guests received the festival program, which includes nearly \$200 of dining certificates from local restaurants. Art sales benefitted the participating artists. All other proceeds directly benefitted GRACE and its compelling, year-round exhibitions at its Reston Town Center Gallery (free and

open to the public) and its other programs described below.

Greater Reston Arts Center (GRACE)

GRACE is the largest 501(c)3 non-profit in Reston solely dedicated to enhancing community life through excellence and involvement in the visual arts. It serves 80,000 people annually, providing Virginia, Maryland, and DC’s diverse communities with abundant opportunities to experience and explore contemporary art through exhibitions, education programming, and the Northern Virginia Fine Arts Festival. The GRACE gallery showcases local and regional artists alongside artists of national and international reputations. Recent exhibitions have created opportunities for partnerships with Reston Community Center, the National Museum of African American History and Culture, George Mason University, and the National Gallery of Art. Exhibition programming includes Creative Responses for which a local creative professional is invited to respond to the work on view and engage visitors in conversation. GRACE Art and Summer Camp deliver art enrichment experiences to over 20,000 students. The Northern Virginia Fine Arts Festival, GRACE’s largest fundraising effort, is among the top such events in the country. The Greater Reston Arts Center strives to increase understanding of different cultures through art, brings diverse audiences together around a common interest, and ensures access and opportunity for engagement in the arts to all residents, regardless of age, race, ethnicity, or income. Recently, 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. Learn more about the 50 for 50 Arts Inspiration Award. Admission to the GRACE gallery is always FREE, as are most programs. For more information please visit restonarts.org.



Greg Johnson from Pottery for Living



Ginny Herzog, Architectural Collage



BY ABIGAIL FUNDLING



Photo credit: William O'Brien

FIFTH ANNUAL CHALKFEST AT RESTON TOWN CENTER IS COMING TO RESTON TOWN CENTER THIS SEPTEMBER

Every year for one day in September, Reston Town Center is transformed into a street art heaven. Temporary chalk drawings created by artists of all ages and skill levels brighten Market Street at the city center and the area is bustling with activity.

This September 15, 2018, Public Art Reston will host, in partnership with Reston Town Center, its fifth annual chalk festival ChalkFest at Reston Town Center. Artists of all kinds are invited to participate and online registration is now open. Participants can register in three categories including Families & Kids, Amateur Artists, and Professional Artists, and prizes are awarded in each category as well as an Audience Choice Award.

"It is a pleasure and a challenge to participate in Reston's ChalkFest. The pleasure is sharing 'chalk camaraderie' with other artists, young and old," says Phil Erickson, a long-time professional artist participant in the annual festival. "The challenge is to compete with the professionals who bring tremendous skill and vision. But the amateurs and families, who bring amazing energy and ideas, are truly inspiring. And, for a couple days, we are all united, creating art with the earth as our canvas. A hot summer day filled with laughter, chalk dust and crazy fun images at Reston Town Center? I can't think of anything better."



Photo credit: Sammy Monaghan



Photo credit: William O'Brien

Last year's event was the highest attended yet, completely selling out and welcoming over 6,000 attendees while artists of all ages came from all across the DC Metropolitan area to show their talent. Winners from last year's event can be found on Public Art Reston's Facebook page.

The community event will take place on Market Street in Reston Town Center in front of the Pavilion from 8 am to 4:30 pm on Saturday. Professional Artists are invited to start their drawing on Friday, September 14, beginning at 12 pm and Saturday's event will be open to all categories. There will also be small street music acts from Bach to Rock Herndon and face painting by Becky Nelson throughout the day. Reston Association will provide light refreshments and a percentage of these sales will benefit Public Art Reston.

"ChalkFest at Reston Town Center is one of our most anticipated annual events, art is created in real time for everyone's enjoyment." Says Anne Delaney, Executive Director for Public Art Reston. "We are looking forward to hosting it for a fifth year and cannot wait to see what our talented local artists create!"

Sponsorship opportunities are available for this event at a variety of levels, for more information please contact info@publicartreston.org. Funds raised at ChalkFest at Reston Town Center help support future public art projects and programs. ♦

Public Art Reston was founded in 2007 by Reston civic and community organizations and leaders. It is a 501(c)(3) non-profit organization that imagines public art throughout Reston that inspires the community and engages the mind and senses. For more information about Public Art Reston, visit www.publicartreston.org.

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RESTON

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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 rooms
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
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Hartke Building

STERLING

Starbucks Leesburg Pike
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Shoppers
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Fox Mills Shopping Center

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Starbucks
Herndon Library

Worldgate Center

Starbucks
Mom's Organic

Elden Plaza

Panera

Woodland Crossing

Harris Teeter
Starbucks
Panera

OAK HILL

Franklin Farm
Starbucks
Giant

Dulles Park

Shopping Center
CVS Pharmacy
Starbucks
Giant

ASHBURN

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

LEESBURG

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



BY RENÉE SKLAREW

Support Your Community BY CHOOSING LOCAL FOOD

Parents of George Washington University (GWU) students were worried. Their kids were often dining on fast food, because they had little time to cook and no access to a kitchen. That's when Shana Greenbaum saw an opening. The young fitness expert began her food delivery business, Healthy Fresh Meals, with those college students in mind. Three years later, the demand for Healthy Fresh Meals has increased dramatically, and her prepared meals are an option on GWU Campus dining card.

Formerly a competitive ice skater, Greenbaum knew nourishing food was critical to well-being and performance, but she also knew many people have no idea how to prepare such meals themselves. At first, her friends and family were the ones promoting her nutritious ready-to-eat dinners. "Then it took off," explains Greenbaum. "Everyone loved it. We grew very fast, and in months, I had hundreds of meal orders. Even players and their families from DC United and the Ravens wanted regular deliveries," says Greenbaum.

Healthy Fresh Meals is not a food-preparation delivery service like Blue Apron. The meals are delivered to your door ready to heat in the microwave. Each contains a well-portioned protein, complex carbohydrate and vegetables. The dishes aren't exotic, but they are modern. Her recipes include chicken kabobs, bison lasagna, Swedish meatballs, blackened salmon and turkey burgers. I ate a few when I had the flu, and they made my life so much better. "We use all clean ingredients, such as oatmeal flour rather than breadcrumbs, and agave rather than processed sugars," notes Greenbaum.

The meal options at Healthy Fresh Meals change weekly, and you can select from the

"clean menu" with meals containing 500 calories or less; low carb or dishes high in protein; or custom meals designed around the recipient's needs. "For example, in our fajitas, we use fewer oils, fresh vegetables and brown rice. It's basic food that tastes really good. We make it easy to control the portions, and we cater to people who have dietary restrictions such as gluten or dairy free."

I first met Greenbaum at the Metro Cooking Show in 2017. She was one of the featured vendors in the "Made in DC" section. Surrounded by an array of thoroughly delicious tasting opportunities, I had a few bites of Greenbaum's turkey chili and was hooked. Other local food producers, such as Nutrition Synergies by Nadine and Capital City Mambo Sauce, offered samples of their signature products. Nadine sold her scrumptious sweet and savory mini-pies, while the Maryland-based maker of Washington DC's official "wing sauce," encouraged visitors to taste their Mambo sauce in hot, medium and mild.

Another standout was Sasya, a company selling Indian dips, sauces and snacks. Founder Krishna Matturi missed the taste of his homeland so much that he started making Sasya Products in DC's Union Kitchen. Union



Kitchen is an “accelerator,” or food laboratory, designed to support budding entrepreneurs in the cooking business. Sasya makes gluten-free vegan chips and dips with distinctive Indian flavors like Mango Lentil and Peanut Coconut. You can purchase Sasya products at Whole Foods.

Also prepared at Union Kitchen, Capital Candy Jar was founded by Dave Burton, a DC resident who makes his acclaimed confections in small batches. These irresistible candies and chocolates are sold in local hotel gift shops and boutiques, and you can order them online. Burton will customize creations for special events like weddings and parties. Find Capital Candy Jar sweets at LoKL Gourmet in McLean, Vienna, and the Local Market in Falls Church.

Another Made In DC vendor that impressed was Stephanie Williams. The home cook always made her “scratch meals” using natural ingredients. She experimented with recipes until she created Oh-Mazing Granola and Snacks, and her products are nut and wheat free. As a granola connoisseur, I can attest to Williams’ outstanding Oatmeal Raisin version sold at Whole Foods.

Right in Tysons Corner Center, next to the Apple Store, check out Jinsei Juices & Tonics. The cold pressed organic juices are extremely popular with athletes, but regular folks will love them too. Jinsei offers a detox program as well as a collection of juices known to increase hydration and boost immunity. “Cold pressed” means the juices are extracted from fruits and

vegetables using pressure which retains their nutrient value for up to seven days. Jinsei Tonics contain detoxifying ingredients like kale, ginger and carrot and other superfoods. I tried them all at the show, and each tasted distinctively flavorful.

Also at the Cooking Show are local celebrity chefs like Jose Andres and Vikram Sunderam. Both James Beard Award winners demonstrated cooking techniques you can try at home. Enjoy watching them while you sample Virginia wines and beers from the Shenandoah Valley.

We all understand the benefits of buying produce and meats locally, but this goes beyond grocery stores and farmers markets. You can support small businesses in our community by buying products made locally. These producers are meeting the needs of a wide range of people, like seniors and busy families. “Today, many adult children order Healthy Fresh Meals for their elderly parents. People with cancer and other medical issues are finding these meals an easier way to eat nutritiously without having to shop,” says Greenbaum.

Next time you’re shopping, look for products made closer to home. To sample from dozens of local vendors, breweries, vineyards and restaurants, check out the Metro Cooking Show scheduled for December 1-2, 2018 at the Washington Convention Center. ❖





SELECTED AREA RESTAURANTS

RESTON

ARIAKE

Reston | Japanese | \$\$

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

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

www.ariakerestaurant.com

BARCELONA RESTON

Reston | Mediterranean | \$\$

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

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

www.barcelonawinebar.com

BARTACO RESTON

Reston | Mexican | \$

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

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

www.bartaco.com

CAFESANO

Reston | Mediterranean | \$

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

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

www.cafesano.com

CLYDE'S RESTON

Reston | American | \$\$

Considered a D.C. area "institution," each Clyde's location is its own neighborhood gathering place. The friendly staff makes everyone feel welcome and where wide-ranging American menus meet with reasonable prices.

11905 Market St. Reston, VA | 703-787-6601

www.clydes.com/reston

JACKSON'S MIGHTY FINE FOOD

Reston | American | \$\$

Offering American comfort food in a comfortable and upbeat environment, at Jackson's you can enjoy classics with a creative twist, including their deviled eggs with sugared bacon and lobster mac and cheese.

11927 Democracy Dr., Reston, VA | 703-437-0800

www.greatamericanrestaurants.com/jacksons

KALYPSO'S SPORTS TAVERN

Reston | Mediterranean | \$\$

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

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

www.kalypsosportstavern.com

NOT YOUR AVERAGE JOE'S

Reston | American | \$\$

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

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

www.notyouraveragejoes.com/reston/

PASSIONFISH

Reston | American | \$\$

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

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

www.passionfishreston.com

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www.zeffirelliva.com

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SWEETHEAT BBQ**Reston | American | \$\$**

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

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

ASHBURN**FORD'S FISH SHACK****Ashburn | American | \$**

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

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

SENSE OF THAI ST.**Ashburn | Thai | \$\$**

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

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

CLYDE'S WILLOW CREEK FARM**Ashburn | American | \$\$**

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

49290 Broadlands Blvd. Ashburn, VA
 571-209-1200 | www.clydes.com/willow

HERNDON**ANGEETHI AUTHENTIC INDIAN CUISINE****Herndon | Indian | \$**

With two Northern Virginia locations, Angeethi offers some of the best authentic Indian cuisine in the area with fine dining service. A popular lunch buffet is offered daily, with brunch on Saturday and Sunday.

645 Elden St. Herndon, VA | 703-796-1527
www.angeethiindian.com

GRANADA**Herndon | Mediterranean | \$**

Popular with the locals, Granada offers an innovative menu inspired by Syrian, Iraqi, Turkish, Greek and Lebanese cuisines, with authentic and delightful dishes. Granada offers a full daily lunch buffet from 11:30am until 2:30pm Monday through Friday for only \$8.99, and an Arab brunch buffet every Saturday and Sunday from 10:30am to 1:30pm.

368 Elden St. Herndon, VA | 703-955-7009
www.granada-cafe.com

PIERO'S CORNER RISTORANTE ITALIANO**Herndon | Italian | \$\$**

Owner/chef Gian Piero Mazzi's parents wanted him to be a doctor or a lawyer, but they made one major mistake—they let Mazzi grow up eating the rich food of the Liguria region in Italy. Now as the executive chef of Piero's Corner, Chef Mazzi's palate makes the most of his career choices. At his restaurant he welcomes guests to feast on the authentic cuisine of his childhood, from al dente pasta dishes tossed with robust meat sauces to carbonara-style scallops and chicken marsala.

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

MINERVA INDIAN CUISINE**Herndon | Indian | \$**

With two outposts in the area (Fairfax and Chantilly), Minerva offers authentically spiced regional cuisine and the area's most expansive lunch buffet. The butter chicken, with its creamy, tomato-based sauce, is one of their best dishes and could make an India native homesick, which is why you will find predominantly Indian clientele at many tables.

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



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RUSSIA HOUSE

Herndon | Russian | \$\$\$

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

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

www.russianhouserestaurant.com

TURCUISINE

Herndon | Turkish | \$

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

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

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

www.turcuisine.com

ZEFFIRELLI RISTORANTE

ITALIANO

Herndon | Italian | \$\$

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

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

zeffirelliristorante.com

LEESBURG

AIYARA THAI

Leesburg | Thai | \$

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

5 Catoctin Circle, SE | 703-771-1131

www.aiyarathairestaurant.com

TUSCARORA MILL

Leesburg | American | \$\$

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

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

www.tuskies.com

THE WINE KITCHEN

Leesburg | American | \$\$\$

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

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

www.thewinekitchen.com

GREAT FALLS

BOLLYWOOD BISTRO

Great Falls | Indian | \$

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

9853 Georgetown Pike, Great Falls, VA | 703.865.0450

www.bollywoodbistrofairfax.com


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

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

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

L'AUBERGE CHEZ FRANCOIS**Great Falls | French | \$\$\$**

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

332 Springvale Rd, Great Falls, VA | 703.759.3800
www.laubergechezfrancois.com

THE OLD BROGUE**Great Falls | Irish | \$\$**

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

760 Walker Rd, Great Falls, VA | 703.759.3309
www.oldbrogue.com

STERLING**MOKOMANDY****Sterling | Korean-American | \$\$**

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

20789 Great Falls Plaza #176 Sterling, VA
 571-313-0505 | www.mokomandy.com

THE BUNGALOW LAKEHOUSE**Sterling | American | \$\$**

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

46116 Lake Center Plaza Sterling, VA | 703-430-7625
www.bungalowlakehouse.com

THAI BY THAI**Sterling | Thai | \$**

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

46930 Cedar Lake Plaza #180, Sterling, VA
 703-444-8908 | www.thaibythai.com



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Now That's Italian!

DOLCE VITA CUCINA ITALIANA & WINE BAR

BY RENÉE SKLAREW



Dolce Vita is actually multiple restaurants in one. The Wine Bar hosts tastings, wine pairing dinners, and sells flights of wine. They carry four local craft beers on tap and can do private parties and catering.

“Dad’s going to inhale this pizza,” commented my daughter Danielle, as the “Darius” pie, adorned with baby clams, pancetta, slices of parmigiana cheese and baby greens trickled with lemon-infused olive oil arrived on the table. “If there’s any left,” I said. Danielle and I were dining at Dolce Vita Cucina Italiana, one of the most popular restaurants in Fairfax County, ranking in the Top 10 in Fairfax Restaurants. Voted best happy hour by readers of *Northern Virginia Magazine* in 2017, the restaurant recently added a wine bar. The new establishment thrust this place from a neighborhood favorite to a local obsession.

Danielle was freshly home from her study abroad program in Rome. There, she consumed more Italian food in five months, than most of us could in several years. My husband and I visited her, so naturally, we too sampled vast amounts of “real” Italian cuisine. This experience had set a high bar for measuring authenticity and taste in Italian food.

Fortunately, Dolce Vita’s chef Anthony Grasso is running a kitchen where Italian food is more than pleasing. He and owner Cyrus Coleman are constantly working to up their game. “We make a lot of stuff from scratch here,” explains Coleman. “We use our brick oven for everything.” The restaurant’s ceramic oven resembles Augustus Caesar

with his mouth open, fiery orange coals and charred wood tunneled inside the emperor’s pink lips. “It’s not just the pizzas, we put the lasagnas in there, finish steaks, fish, and other meats in there; we use that oven all the time,” Coleman adds.

Although the restaurant opened in 1993 as Dolce Veloce, Coleman bought it three years ago and made a few changes along with the name. “We bought this restaurant because it was so successful, but we have added some new touches,” states Coleman. “Like making scratch pastas, and we do some sauces slightly differently. Where we have the most flexibility is on the wine bar side. This menu {on the dining room side} is a typical Italian menu. In the wine bar, we are allowed to do modern Italian fusion.”

The restaurant’s pasta is made entirely in house. “All our pastas are also scratch. Every single one,” states Coleman. “All the string pastas and even the ziti; we have a pasta machine that helps us. The ziti mechanism makes tubes, and then has a knife that cuts it. That’s one of the biggest things we changed when we bought the place.” All the dishes are made to order, or “cucinare da zero” in Italian. Several ingredients and nearly every garnish is grown in Dolce Vita’s indoor and outdoor gardens—they use their own tomatoes, herbs, zucchini, baby greens and even handmade mozzarella at the restaurant.



When Grasso became head chef two years ago, he joined a few Dolce Vita employees that had been there since the restaurant opened. "It's a great place to work," the hostess tells me when she overhears how impressed I am at their longevity. Coleman and Grasso had worked together in the past, and had often discussed doing something together. Clearly, this group seems sympatico, and the restaurant has countless regulars who would prefer that I keep this treasure quiet.

We watch as plate after colorful plate sails by, and our anticipation grows. Mercifully, our server soon delivers two artistically rendered appetizers; one is a tower of fried tomatoes, homemade mozzarella and sprigs of basil drizzled with handcrafted basil oil. Coleman calls this "cicchetti," or Italian-style tapa. The second is an avocado stuffed with a broiled crab cake topped with lemon buerre blanc. These dishes are from the Wine Bar menu. Currently, you can order from the restaurant menu in the Wine Bar, but not chicchetti on the restaurant side. "The wine bar is about 6 years old," says Coleman, as he motions around the room filled wall to wall with wine bottles. "We are going to make it all one restaurant. We aren't open for lunch on the wine bar side now, but we are working to consolidate them." They hope to have this completed by the end of 2018.

Danielle and I dig in, commenting on the combination of sweet, sour, crisp, soft and creamy textures that Dolce Vita Wine Bar has assembled. Next up was our beloved Darius pizza, named after Coleman's young son, who must be an adventurous eater if he likes clams and pancetta. We bite into the oven roasted crust, and both agree, this is a match for any pizza we sampled in Rome. Other options on



the wine bar menu include arancini, or fried risotto balls, and long stem artichoke hearts. Chef Grasso knows both his contemporary and traditional Italian food.

We couldn't leave without tasting the homemade pasta, so we shared a Penne Arrabbiatta, short tubes bathed in rich tomato sauce, embellished with Kalamata olives, flaming cherry peppers, capers and sweet cherry tomatoes. The fresh noodles absorb the essence of sauce and spices considerably better than store-bought pasta can.

You would think after all this food, we would have abstained from dessert, but I'm glad we went for it. We ordered their chocolate lava cake—the molten ganache contrasted seductively with the raspberry coulis sauce. We also tried vanilla ice cream in a homemade tulip-shaped Madeline cookie.



After I share how much we enjoyed the meal, Coleman humbly comments, "We have very loyal guests. We've done very well the last two years. We even won a Wine Spectator award. So, it's fun." As two women who adore Rome, we can attest, Dolce Vita is especially fun for lovers of traditional and modern-day Italian cuisine.

Dolce Vita Cucina Italiana & Wine Bar is located at 10824 Fairfax Blvd, Fairfax, VA 22030. ♦



Fun *in the* Sun 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

JULY 8 **Silver Spring Arts & Crafts Summer Fair**

Silver Spring, 2 – 8pm

Free entertainment, music, and family fun at Veterans Plaza. See more than 60 arts and crafts and food and dessert vendors. For more information, visit www.eventbrite.com/e/silver-spring-arts-crafts-summer-fair-tickets-42343807468.

AUGUST 17 – 18 **Warren Street Festival**

Rocky Mount, VA, 5pm Friday, 10am Saturday.

Celebrate Warren Street's African-American history at Rocky Mount Farmers' Market with musical performances, food, art, activities, a car show and a parade. Admission is \$5 per day. For details, visit www.virginia.org/listings/Events/WarrenStreetFestival.

SEPTEMBER 1 **Taste of the Mountains Main Street Festival**

Madison, 9am – 4pm.

Free admission and free shuttle from Madison County High School. Arts, crafts, regional food, kids' activities, and music. Access to wine and beer tent, \$10. For more information, visit madisonva.com/events.

SEPTEMBER 29 – 30 **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.

Virginia

AUGUST 3 – 4 **Steppin Out, Blacksburg**

10am – 11pm Friday, 10am – 10pm Saturday.

Free live entertainment, festival food, and sidewalk sales with more than 200 artists. Free admission and shuttle parking. For more information, visit www.blacksburgsteppinout.com.

AUGUST 4 **Annual Manassas African-American Heritage Festival**

Manassas, 11am – 6pm

A wide swath of artists, authors, musicians, health professionals, and business and church groups. Plenty of food, fun, and activities. Free admission. Check out details at www.maahf.com.

Pennsylvania



The Peach Music Festival

JULY 19 – 22

Times TBD.

Camping, music, and more, including a waterpark, ziplines, and more inside the festival grounds at Montage Mountain in Scranton. General admission and VIP passes available online at thepeachmusicfestival.com.

Summer Music Festivals

Maryland

AUGUST 11

Moonrise Festival

Baltimore, 11am – 11pm.

Concerts range from hip hop and electronic acts to house music and everything in between at Pimlico Race Course. For details and tickets, visit www.moonrisefestival.com.

AUGUST 18

Hot August Music Festival

Cockeysville, 11am – 7pm.

A full day listening to great music with friends at Oregon Ridge. Event details, music lineup, admission prices, and parking details available at hotaugustmusicfestival.com.

AUGUST 25

Summer Soul Funk Festival

Waldorf, 11am – 9pm.

Full day of fun and funk at Regency Furniture Stadium. Admission prices and details available at www.eventbrite.com/e/sponsorship-vendorssummer-soul-funk-festival-tickets-38000483469.

Virginia

JULY 13 – 15

Drums of the Painted Mountain Pow Wow



JULY 12 – 15

Berryville, Virginia.

Pasture Palooza Music & Arts Festival

Annual weekend festival and campout with live music, camping, and food.

Tickets range from \$40 - \$90; \$60 for a 3-day pass. Kids 12 and under are free. No dogs allowed. For tickets and details, visit www.eventbrite.com/e/pasture-palooza-9-tickets-42062501073.

Cedar Bluff.

Free admission for three days of performances and demonstrations, Native American dancing, storytelling, arts, crafts, and programs. Held at the Southwest Virginia Community College Soccer Field, dancers and traditional drums welcome.

JULY 13 – 15

Red Wing Roots Music Festival

Mt. Solon.

Check out national and regional bands, kids' events, and bike rides in the Shenandoah Valley. For more information and tickets, visit www.redwingroots.com.

JULY 19 – 21

Virginia Lake Festival

Clarksville, 6 – 10pm.

Free admission. Music, helicopter rides, antique cars, arts, crafts, hot air balloon rides, and fireworks. Visit business.clarksvilleva.com/events/calendar/2018-07-01 for more information.

JULY 20 – 21

Shenandoah Valley Music Festival

Orkney Springs, 8 – 11pm each night.

Four concerts per weekend at Shrine Mont historic retreat and conference center featuring nationally recognized Americana, bluegrass, classical, country, folk, and pop/rock. For more dates, information, ticket

JULY 21 – 22

Mt. Airy, Maryland,
10am Saturday –
6pm Sunday.



Summer Reggae Wine Festival

Shop the open air market, listen to live bands, and sample wine at Linganore Winecellars. For more info and to purchase tickets online, visit www.linganorewines.com/event/reggae-wine-festival.

prices, and packages, visit musicfest.org.

AUGUST 10 – 19

Staunton Music Festival

Staunton, VA.

A festival of world-class chamber music. Brochure, ticket prices, show locations, dates, and times available online at www.stauntonmusicfestival.org.

AUGUST 24 – 25

Annual Norfolk Waterfront Jazz Festival

5 – 11pm.

A unique blend of international recording-artists and chart-toppers will perform in Town Point Park on the urban downtown Norfolk waterfront. Details available online at festevents.org/events/2018-season-events/norfolkwaterfrontjazzfestival.

AUGUST 31 – SEPTEMBER 2

American Music Festival

Virginia Beach.

Three-day ticketed concerts of blues, country, jazz, R&B and rock flood the oceanfront for three days over Labor Day. For more information, visit www.beachstreetusa.com/festivals/american-music-festival.

Virginia Bluegrass Festivals

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.

Tazewell County Old Time & Bluegrass Fiddlers' Convention JULY 13–15

Tazewell, times vary.

Sixteenth annual convention held at the Historic Crab Orchard Museum includes dancing, music, performers, and a youth music competition. For details, visit craborchardmuseum.wordpress.com/events/fiddlers-convention.

Shenandoah Valley Music Festival

JULY 20–21

Orkney Springs. 8–11 PM each night.

Four concerts per weekend at Shrine Mont historic retreat and conference center featuring nationally recognized Americana, bluegrass, classical, country, folk, and pop/rock. For more dates, information, ticket prices, and packages, visit musicfest.org.

AUGUST 23–26

Arrington.



Lockn' Festival

Four-day music fest includes camping, outdoor activities, regional food, beverages, and artisans. On-site camping. Tickets start at \$250. For tickets or more information, visit www.locknfestival.com.

JULY 14

Horse and Hound Wine Festival

Bedford, 11am–6pm.

Music, wine, and horse and hound attractions at Johnson's Orchards. General admission \$15, tasters \$20, and children 12 and under and dogs \$5. For tickets and more information, visit www.peaksofotterwinery.com/horse-and-hound-wine-festival.

JULY 14

Wings and Wheels

Bath County, Hot Springs, 10am–4pm.

Car, truck, tractor, motorcycle, and acrobatic air show at Ingalls Field Airport. Admission is \$5 for adults, \$3 kids ages 4–12, and free for kids 3 and under. Fly and drive-in participants welcome. Registration is \$15 before 6 July, \$20 after 6 July and day of. For details, visit www.wingsandwheelsbathcountyva.com.

JULY 20–22

Smith Mountain Lake Pirate Days

Moneta, VA.

Family friendly 3-D pirate experience at Smith Mountain Lake. For more information, visit www.visitsmithmountainlake.com.

JULY 25–26

Annual Chincoteague Island Pony Swim and Auction

Chincoteague Island, VA.

Volunteer firefighters round up polies on Assateague Island and swim them across the channel to Chincoteague Island. Foals are auctioned at the carnival grounds. Learn more at www.chincoteague.com/pony-swim_guide.html.

JULY 27–28

Main Street Moments

Tazewell.

A free community street festival that includes carriage rides, food, music, and tours. For details, visit www.townoftazewell.org/mainstreetmoments.

JULY 28

Peach Day Festival at Grave's Mountain Lodge

Syria.

Free admission and parking. Live music. Swimming pool open to the public for \$5 person. For more information, visit www.gravesmountain.com/events-calendar/peach-day.

AUGUST 4

Founders Day in Urbanna

10am–4pm.

A free family fun day that includes pirates, colonial interpreters, storytelling, the town crier, and colonial tradesmen demonstrations along the waterfront. For details, visit urbanna.com/pages/urbanna-events.php.

AUGUST 10–12

Night Sky Festival in Shenandoah National Park

Luray.

This pet friendly festival near Bid Meadows Lodge will include constellation tours, solar scope viewing, telescope viewing and presentations by astronomy experts. For more



JULY 21

Alleghany, Covington.

7am–6pm.

Gran Fondo

Four cycling courses include:

The Gran Fondo, a 116-mile mountainous course; the Medio Fondo, a 69-mile hilly course; the Medio Mountain, a 69-mile mountainous course; and the Piccolo Fondo, a 29-mile hilly course. Learn more at www.granfondoalleghany.com.

information, visit www.goshenandoah.com/activities-events/festivals/night-sky.

AUGUST 11 **The Smith River Festival**

Axton, 9am – 5pm.

Free admission to this family run, paddle, cast and bike fest at the Smith River Sports Complex. Learn to fly-fish and check out local vendors. Visit www.visitmartinsville.com/smith-river-fest for details.

AUGUST 17 – 18 **Warren Street Festival**

Rocky Mount, VA. 5pm Friday, 10am Saturday.

Celebrate Warren Street's African-American history at Rocky Mount Farmers' Market with musical performances, food, art, activities, a car show and a parade. Admission is \$5 per day. For details, visit

SEPTEMBER 29 – 30 **Hampton Cup Regatta**

Hampton.

The oldest, continuously running hydroplane boat race in the country. Enjoy a children's area, food vendors, and the Hampton Cup Regatta Car, Truck & Motorcycle Show. Find out more at www.hamptoncupregatta.com.



Blackberry Delight in Shenandoah National Park

JULY 21

Luray, 10am – 5pm.

Love blackberries? Skyland chefs create special blackberry-infused dishes while family enjoy live music, dancing, and activities. This pet-friendly event is free. Details at www.goshenandoah.com/activities-events/calendar.

Hill Top Berry Farm & Winery Blackberry Harvest and Music Festival

AUGUST 4

Nellysford, 9am – 6pm.

Live music, wine and mead tasting, and blackberry picking. Admission includes logo glass. For more information, visit www.hilltopberrywine.com. 434-361-1266.

Virginia Wine, Beer & Food Fests

Quench your thirst and please your palette this year with some of the region's best foods, brews, and wines. Beer tents, wine tastings, and delicious foods have become the focal point of these notable festivals. Visit websites for details. For more Virginia festival information, visit www.virginia.org/summerfestivals.

JULY 21 **Annual Summer Seafood Festival at Mountain Cove Vineyard**

Lovington, 5 – 8pm.

Sixth annual crab feast and Democratic party event at Mountain Cove Vineyard. Tickets available in advance and at the gate. For tickets, call 434-361-1442. For more information about Mountain Cove Vineyard, visit www.mountaincovevineyards.com.

JULY 21 **Winestock**

Washington, VA. 11am – 6pm.

Live music, tie-dyed T-s, flop flops, and flowers in your hair. Dirt Road Wine Tour features wines from all over the world. \$20 in advance for adults and \$25 at the gate. K 16 and under are free. Find out more at www.virginiawine.org/events/winestock-festival-29302.

JULY 21 – 22 **Pork, Peanut and Pine Festival**

Surry, 10am – 7pm Sat, 10am – 5pm Sun.

Check out Surry's three world-renowned agricultural products during a two-day

festival or arts, crafts, food, and music. Tickets are \$5; free admission for children 10 and under. For details, visit www.porkpeanutpinefestival.org.

SEPTEMBER 1 **Taste of the Mountains Main Street Festival**

Madison, 9am – 4pm.

Free admission and free shuttle from Madison County High School. Arts, crafts, regional food, kids' activities, and music. Access to wine and beer tent, \$10. For more information, visit madisonva.com/events.

SEPTEMBER 3 **Annual Herndon Labor Day Festival**

Herndon, VA. 11am – 5pm.

Outdoor street festival at the Herndon Town Green features unlimited samples from Virginia wineries, local craft brews, music, art, and more. Wine tasting is \$20. Entrance only admission \$5 and free for children \$12 and under. Get details at www.herndonfestival.net.

For more Virginia festival information, visit www.virginia.org/summerfestivals. ♦

Lifestyle Opportunities for Seniors

Cibound



By Rick Mundy

We are fortunate to have so many high quality living arrangements and services for seniors in this area. As people age into their seventh and eighth decades, they face many decisions on the best place to live, the best health options, and more.

In an effort to cut through the myriad options, we have invited some seniors to offer their first-person accounts of the positive choices they have made to enjoy a healthy, vibrant life in our region.

> *Chesterbrook Residences* <



Ruth Bathe has lived at Chesterbrook for eight years. Originally working as a volunteer there, she was aware of the friendly and cooperative atmosphere of the very helpful and caring staff and knew it was a perfect place. Ruth enjoys meeting new people so it was natural for her to join the Welcome

Committee to help new residents. “We share information and provide personal escorts to the dining room to introduce them to others. Moving to an assisted care facility from your home is a big, big change that can be very disconcerting. We want everyone to feel comfortable,” Ruth explains. “The basis for my daily living is reaching out to other people. I learn about humanity when I’m meeting others and this enriches my life.”

Chesterbrook blends quality care with affordability and maintains an active calendar of events for residents both onsite and off, such as outings to nearby attractions like Mount Vernon, or shopping, restaurants, and movies. The facility offers chef-prepared dining, exercise, crafts, meditation, hair salon, laundry, and more.

Chesterbrook Residences is located at 2030 Westmoreland Street, Falls Church. The website is chesterbrookres.org

> *The Kensington* <



Gail Osberg has been a resident of The Kensington since November, 2017. A retired librarian, Gail did her research on area facilities and decided that The Kensington was most appealing especially with all the amenities they offer, even holiday parties and brain exercises. As an added benefit her family is close by. Gail talks enthusiastically about everything The Kensington provides—the restaurant-style dining room with menus and wait staff, the café where folks gather to relax and play games, even a library and book discussion groups which excite this former librarian, the piazza (“a porch,” she quips), and more. “The case managers are truly caring people,” she says. In fact, “The entire staff is very, very nice, and all give 100%”

This state-of-the-art assisted living community is less than two years old and was designed to achieve the comfort of home for residents while offering a variety of events and programs. Their best-in-class clinical program includes an on-site physician’s office, physical therapy, fitness center, and 24/7 licensed nursing care. It also offers memory care facilities.

The Kensington is located at 700 West Broad St., Falls Church. The website is TheKensingtonFallsChurch.com

> Poet's Walk <



Judy Whitesell became a resident at Poet's Walk just a few months ago. She and her family were drawn to the private rooms. Plus it is designed entirely for memory care with a staff that is expertly trained in dementia patient care.

Judy's husband, Don, reports that Poet's Walk is a home setting but with state-of-the-art security and leading edge technology which was only being designed when he worked as an architect on memory care facilities. "I can't give enough kudos to the staff. They are wonderful," Don emphasizes. Shortly after moving in, Judy told her daughter, "I feel like I'm a guest in someone's home." They realized they had made the right choice.

Poet's Walk offers a premier memory care facility in Leesburg. They demonstrate "Caring with a Commitment to Quality" in all that they do. From innovative, holistic programs that promote socializing and wellbeing to their proprietary senior caregiving standards, the team excels at fostering a nourishing, compassionate environment that supports each resident. The website is www.poetswalk-springhills.com/poets-walk-leesburg-va.

> Sunnyside Communities <



Tom and Pat Harkins chose Sunnyside as their Life Plan community some 15 years ago. Both now 70, they saw the advantage of moving to a senior facility around age 55, giving them peace of mind and freedom from maintenance. They enjoy the comfortable setting with a large living space for the couple.

They believe in giving back. As long-time

residents, Tom has been active in leadership and Pat in volunteer groups. "You can be as busy as you want with the many activities, off campus excursions, trips overseas, cruises and more. We've met so many people. One winter storm knocked out the power for several days, but the staff did an amazing job of making sure that everyone was well cared for throughout the ordeal. "It really brought people together," they noted.

All three Sunnyside Communities offer independent living, assisted living, and nursing and memory care so a resident can remain a part of the community even as their needs may change. They offer a full calendar of events and activities that can include day trips, lifelong learning opportunities, wellness activities, crafts, games and much more.

Sunnyside Communities are located in Virginia in Harrisonburg, Martinsville, and Waynesboro. The website is sunnysidecommunities.com

> Vinson Hall Retirement Community <



After 15 years on her own, Ramona Michaels moved to Vinson Hall in 2012. She says it gives her freedom, from the upkeep of her previous home: "I can come and go as I please. It has many conveniences that I like and I certainly enjoy living here." She likes that it is military-based, and "it's a lot smaller than other retirement communities" so it's more intimate. She sits on the entertainment committee and they bring in groups like the McLean Orchestra and George Mason University. She also participates in the 35-person Vinson Voices who present several concerts each year.

"The people who work here are wonderful," she adds. "they listen to us and they're cooperative and friendly. It's nice to see people with smiles when they work."

Their Residents' Association meetings always start with a salute to the flag and a prayer. She loves that patriotism and that they remember old-time values. "It makes me feel right at home," says Ramona.

Vinson Hall is an independent living community for commissioned military officers and their immediate family as well as government workers of equal rank from select agencies, while the Arleigh Burke Pavilion offers assisted living and skilled nursing care and The Sylvestery specializes in memory care for all, so residents can remain on campus even as their needs may change.

Vinson Hall Retirement Community is located at 6251 Old Dominion Drive, McLean. The website is www.vinsonhall.org

> Ascent Audiology <



Another challenge for seniors can be loss of hearing, which can cause them to feel less involved in their surroundings. Kensington resident Howard Handy found a perfect solution with his new hearing devices



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703.599.8894 | www.GeneMechling.com

kw
KELLERWILLIAMS.



designed and fitted by Ascent Audiology. He explains, "From the initial testing, the staff made sure everything went smoothly. These are so much better than my previous hearing aids. There is greater clarity and a suppression switch to block loud background noise. I am very satisfied and am having no problem. I am able to hear and fully participate in conversations."

Ascent Audiology specializes in hearing, hearing loss and hearing solutions including hearing aid fittings. Using advanced diagnostic equipment they find the exact solution for each patient's individual needs, fine-tuning those hearing solutions for optimal results, and working with patients to adjust to their new hearing aid devices. Ascent provides in-house consultations and testing at the Kensington and many other retirement or assisted living facilities.

Ascent Audiology & Hearing is located at 1320 Old Chain Bridge Road in McLean. (703) 942-8110. HearingaidDoctors.com

*> Gene Mechling—Realtor,
CRS, Senior Real Estate
Specialist (SRES) <*



Keller Williams Realty – Reston

Gene Mechling is clear in her mission – to be a trusted advisor to her senior clients. Her SRES designation means she understands their needs and has the experience and training required to assist the mature demographic. That means dealing with the emotional issues of making lifestyle changes, not rushing, carefully working with family members, and coordinating what comes up in the future such as making sure legal documents are in order.

Gene has been providing this assistance throughout the greater Reston area for 12 years coming from a background in financial services, including estates and trusts which has added to her expertise as an SRES. As an independent agent, Gene is a lifetime top producer with the Northern Virginia Association of Realtors. As a Realtor, she adheres to the strict code of ethics of the NAR.

Gene Mechling Associates—Professional Guidance—Signature Service—Ultimate Success.
703.599.8894. www.GeneMechling.com ❖



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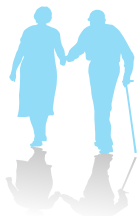
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ONE WITH PROFILES OF THE AREA'S TOP
SENIOR CARE SERVICES AND RESIDENCES.



VINSON HALL RETIREMENT COMMUNITY

supported by Navy Marine Coast Guard Residence Foundation

Vinson Hall Retirement Community is a non-profit Life Plan Community on 20 pastoral acres in Northern Virginia. Their active, vibrant community features **independent living**, **assisted living**, **nursing**, and **memory care** allowing residents and their family members to enjoy peace of mind knowing the continuum of care can accommodate changing needs. Vinson Hall provides apartments for independent seniors who are **commissioned military officers**, and their immediate family, as well as **government workers** of an equal rank from select agencies. Arleigh Burke Pavillion provides assisted living and healthcare. The Sylvestery offers **memory support assisted living**—residences for which military affiliation is not required.



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www.vinsonhall.org



Chesterbrook RESIDENCES *Assisted Living Community*

Chesterbrook Residences offers quality residential care and services to adults 62 years and older who need assistance with Activities of Daily Living such as **bathing**, **dressing**, **eating**, and **medication supervision**, but who do not require the intensive care provided in a nursing home. The guiding principle of Chesterbrook Residences is to enhance the **dignity**, **independence**, and **individuality** of each resident, living close to the people and places they love. Chesterbrook Residences offers an **active assisted-living lifestyle**. Residents enjoy the community living room with fireplace, **beautiful views**, and **chef-prepared meals** in our gracious main dining room. Best of all, they enjoy the company of newfound friends.



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www.chesterbrookres.org



Sunnyside Communities' three distinguished Virginia retirement living communities have been recognized for their innovative programming, best practices, and commitment to quality senior living care and support. Located on more than 150 acres, Sunnyside in Harrisburg, VA, is surrounded by breathtaking mountain views, picturesque landscapes, and complemented by award-winning amenities. King's Grant in picturesque Martinsville is worthy of an artist's brush with its two lakes, lush green fields, wooded perimeter, and 120-acre campus. Nestled in the heart of the Shenandoah Valley, Summit Square offers small town charm in a city that ranks among the country's top micropolitan areas. Enjoy your independence, and be yourself!



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The Kensington offers assistance that includes a full spectrum of clinical support – beyond what many traditional assisted living communities offer. This enables residents to “age in place.” They will not have to move out if assisted living health care needs change or increase. The Kensington also has a number of amenities including: Licensed nurses on-site 24hrs per day, Physical Therapy and Fitness Center on-site, Life Enrichment activities available 7 days a week, from morning till evening, Physician Office on-site, with regular office hours, All day Dining with table linens, china and crystal and a Wide variety of Suite Plans with options for private or companion living. You can expect an enhanced program of care at The Kensington!



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Reston Home Tour

BENEFITING THE RESTON HISTORIC TRUST & MUSEUM

Reston Home Tour

SATURDAY
OCTOBER 13, 2018
10AM-5PM

Tickets: \$30

Available At:

- Reston Museum at Lake Anne and online at www.restonmuseum.org/hometour
- The Wine Cabinet at North Point
- Greater Reston Arts Center in Reston Town Center

Visit www.restonmuseum.org or call 703-709-7700 for more information

By Marnie Schaar with Photography by Bob Haukness

Reston Home Tour Chairperson Marnie Schaar grew up in Reston and has been selling real estate with Long & Foster, Inc. for 16 years. This is her second year in charge of the Reston Home Tour. Her predecessor, Bonnie Haukness, has taught her the ropes and is still very active in the tour.

Design Intervention!

The 17th Annual Reston Home Tour focuses on six homes that have undergone major redesign in the form of renovations, additions, complete remodels, extensive landscaping, hardscaping and interior decor. These homes, each offering a unique Reston flair, are sure to get your design juices flowing! You will travel in architectural time from a South Reston 1968 Dutch Colonial to Reston's newest luxury apartments, The Signature, at Reston Town Center where a "taste of autumn", catered by Balducci's, will be offered.

Tickets to this one-day, self-guided event sell out quickly. To avoid disappointment, make your plans now. All proceeds benefit the Reston Historic Trust and Reston Museum.

Basset Lane—Vollman & Hobrila

A childhood visit to a nascent New Town left a lasting impression on Lee Hobrila. Years

later, when she and Jim needed to relocate to the metro area from Michigan, Lee knew where to look. They toured 30 Reston properties in a single weekend, and Basset Lane came out on top! Twenty five years later they still call Basset Lane home, although it has gone through several transformations to keep up with their changing lifestyle. Highlights including a backyard oasis, gorgeous kitchen, and a newly renovated master bedroom suite will surely delight tour goers.

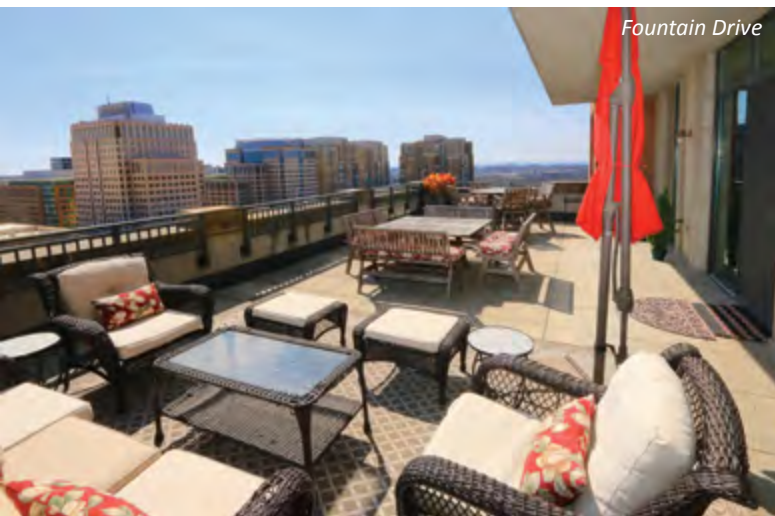
Glade Drive—Blaustein

Ken and Mari were drawn to the Wharf's unique architectural personality. They appreciated the contrast between the public facing front with its understated, 70s-era, Reston aesthetic and the semi-private, pond-facing back featuring private decks overlooking fish ponds, creeks, a waterfall, and fountains. Their contemporary eclectic home was nearly move-in ready when they purchased. Major renovations, executed by the previous owner, transformed the interior allowing open rooms to flow from space to space and level to level. The couple installed the latest Smart Home technology to optimize energy use and provide security. The entire platform is controllable from inside and outside the home. Intelligent and unique!

Ring Road—Everett

As veteran renovators—the 2014 Reston Home Tour showcased their transformed Moorings





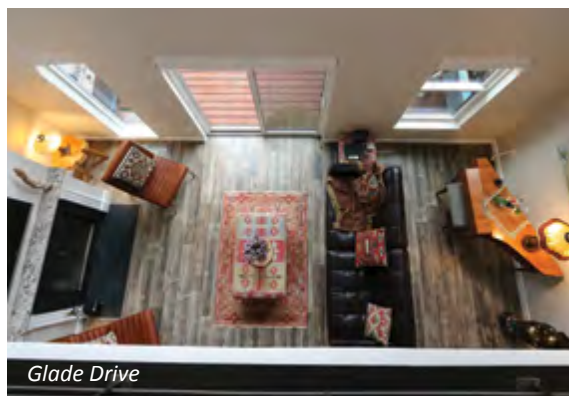
Drive Condo—Emily and Kevin turned their 50-year-old, virtually untouched rambler, into a modern dream home! Reconfiguring the layout to an open floor plan while pairing bargain finds with high-end pieces allowed the couple to create an eclectic—very cool—home, they half-jokingly describe as “postmodern, mountain/cabin/farmhouse chic.” The outside now has a craftsman look people desire, and inside Emily’s love of mixing materials and juxtaposing textures is evident throughout the house. FUN and current is what this house is, and definitely original!

Fountain Drive—Wright

After living in Great Falls for 20 years, Larry and Mary Wright down-sized from their 12,000 sq. ft. single family home to their 4,000-sq.-ft. Paramount condo on the 13th floor. Their 600-sq.-ft. patio overlooks the Blue Ridge mountains to the West and the Reston Town Center to the South, and is the ideal place to view fireworks. Filled with interesting artifacts from their international travels and renovated throughout, this spectacular condo is like no other. The kitchen underwent a major renovation and contains a backsplash containing 50-million-year-old fish fossils from a prehistoric lake bed in Wyoming. A Xian warrior stands guard in the dining room. The master bathroom renovation was just completed last year!

Bright Pond—Levergood & Rollin

Patty and Chuck moved from Ashburn nearly a decade ago to Bright Pond Lane. The home served the family of four well, but now, as empty-nesters, the couple has reimagined the space with stunning results. They have worked with two designers to renovate and decorate. Moroccan influences, stunning light fixtures, and Chuck’s sister’s artwork, are just a few mentions to inspire. You won’t want to



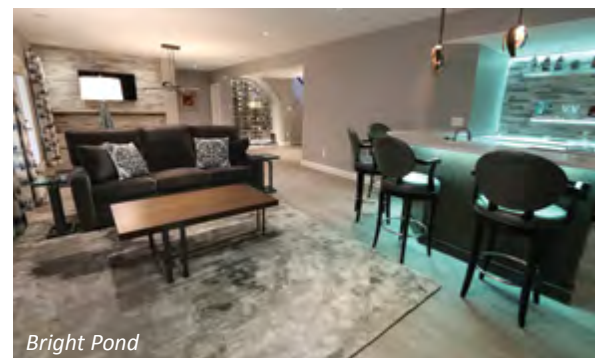
miss the one-of-a-kind, custom-made, temperature-controlled glass wine display carved out under the stairs and the custom bar with LED-remote-controlled lighting options to suit any mood.

Round Pebble—Xeller

When Tara, Steve, and their two young children relocated from California to Reston in 2006 they rented at first to get to know the area. They soon discovered they loved Reston and wanted to stay. A couple more children, and with number five on the way, it was time to buy! They purchased Round Pebble realizing quickly that some things needed to be changed for their family of seven! They moved into a short-term rental down the street and watched as their vision and their architect’s plans came to fruition. Nine months later they returned to a gorgeous and functional home that exceeded their expectations—the focal point being the kitchen with a wall of windows overlooking their pool and a large island with ample seating for friends and family to gather.

Signature Apartments—Bozzuto Open 11-4pm on Tour Day

Reston Town Center’s new Signature



Apartments will be on tour this year. Designed to LEED Silver standards for green building, the property’s cluster with two high-rise and two low-rise buildings—each unique—integrates extensive amenities amid varied residences and inspired outdoor spaces. Tour the models, see the luxurious common areas with a SkyTop fitness center on the penthouse level, fire pits and shuffleboard on the 7th floor abutting the pool and the expansive entertaining spaces on the main level. And enjoy a Taste of Autumn catered by Balducci’s, the new gourmet store at RTC. ♦

UNDO THE DAMAGE

Medspa treatments can reverse some of the sun's harmful effects on your skin

BY ANALIESE KREUTZER

Ultraviolet light from the sun damages skin and causes age spots, hyperpigmentation, wrinkles, enlarged pores, broken capillaries and dryness and contributes to rosacea, acne and spider veins. After age 40, skin is less able to regenerate, and you start to see the adverse effects of sun exposure.

Thankfully, there are treatments for these types of sun damage. Medspas in our area offer a variety of options to renew the skin and erase the damage. Following is an overview of the most common treatments.

CHEMICAL PEELS

Chemical peels remove damaged cells from the outer layers of the skin.

"The new skin that replaces the outer layers will be smooth and less wrinkled in appearance," said **Dr. Thara Kodandaramachandra** of the **Parma Center for Health, Medicine and Wellness** in Vienna.

There are different chemical formulas depending on your skin type and the problem you want to address. Chemical peels may cause a little burning for a few minutes after the chemicals are applied and some redness and swelling after the procedure. Following the peel, you will experience some scaling and spots will turn darker before crusting and peeling off in seven to 14 days.

Caroline Dudley, MMA, clinical director at **ARIA MediSpa, Yoga and Wellness Center** in Sterling explains that a spot of sun damage visible on the skin's surface is actually much larger beneath the surface, so, depending on the size of a spot and how long you've had it, it may take a series of three or more treatment sessions to eliminate it. She also suggests using a medical-grade topical hydroquinone in conjunction with peels or other treatments to lighten the skin from the inside.

Medspas offer ways to treat and reverse damage caused by the sun. Consult an aesthetician for the treatment that's best for your skin issues, your comfort zone, your wallet and the results you expect.

MICRONEEDLING

Aging skin, hyperpigmentation and enlarged pores benefit from microneedling. According to **Astoria**, "Microneedling technology uses multiple needles that vertically pierce the skin with an automatic vibrating function. When moved across the skin's surface it stimulates natural collagen reproduction." Microneedling treatments deliver topical nutrients deep into the skin, which stimulates repair and allows for faster resurfacing results. Skin may appear red for a day or so after treatment.

CRYO FACIALS

Just as lasers use heat energy to treat the damaged skin, cryotherapy, or freeze therapy, uses cold. Cryo facials reduce pore size, decrease wrinkles and lines, brighten dark spots, stimulate collagen production and improve blood flow. Cryo facials are quick, non-invasive and pain free. The skin is rapidly cooled using liquid nitrogen, which leads to tightening and then dilation of blood vessels and capillaries which helps to flush toxins and impurities from the skin.

Medspas offer ways to treat and reverse damage caused by the sun. Consult an aesthetician for the treatment that's best for your skin issues, your comfort zone, your wallet and the results you expect.

LASER AND LIGHT THERAPY

The different laser and light treatments out there can be confusing, often because Medspas name their treatments after the brand name of the equipment they use.

Ablative lasers remove the outer layers of sun-damaged skin and stimulate the underlying skin to form collagen. These procedures are often called laser resurfacing. Non-ablative lasers work beneath the surface skin layer to stimulate collagen and tighten the underlying skin.

The more aggressive the laser treatment, the longer the recovery time. The skin may go through various stages of redness, crusting and peeling for about a week after a laser treatment, and the skin may remain pink for up to another two weeks.

"The body's natural healing process creates new healthy tissue to replace the areas of affected tissue, resulting in healthier, younger-looking skin," said **Kodandaramachandra**. You will experience a temporary darkening or lightening of the skin. Recovery time is minimal and the results are gradual. It can take several months to see the full effects. In some cases, a series of treatments may be recommended.

Some common light-based treatments are intense pulsed light, or IPL, photo facials and radiofrequency.

According to **Astoria Laser Clinic and Med Spa** in Vienna, "Acne, rosacea, and exposure to environmental pollutions and UV radiation can lead to inflammation and the production of free radicals in your skin. Ultimately, these can lead to scarring, premature aging and even skin cancer. IPL is highly effective at destroying free radicals and reducing inflammation while rejuvenating the skin. Desired results usually require multiple treatments. Each treatment takes approximately 30 minutes and requires little to no downtime."

New laser and light technologies are being developed all the time, and some of the newest promise minimal social downtime, shorter treatment sessions and decreased healing time.

SILK DERMALINFUSION

Silk DermalInfusion is a noninvasive procedure with no downtime, and you will see immediate improvement in volume, hydration, tone and texture of the skin. The approximately 30-minute treatment exfoliates dry, damaged skin cells, deep cleans and infuses condition-specific serums deep into the skin. The skin continues to improve after the treatment as new, healthy cells rise to the surface.

Dudley explains that the process involves choosing the right serum to address a client's concerns then using a diamond-tipped, hand-held appliance to shoot out and then vacuum up the solution and exfoliate the skin.

Skin may appear flushed or red immediately after the treatment, but this is temporary. Silk DermalInfusion rejuvenates, smooths and evens skin tone while it hydrates, leaving skin up to 70 percent more volumized for up to 72 hours following the procedure. The results are instant and cumulative. Most skin care professionals recommend a series of four to six treatments for best results.



GROWING BEAUTY TRENDS

By Marta Bota

Beauty trends come and go, but some stand the test of time and become beauty staples for the average female. Here are some trends you may or may not know about, only time will tell if they stick around!

CHARCOAL TEETH WHITENERS



Having a megawatt smile seems to be a standard beauty practice these days, but it can get pricey!

There are more and more options becoming available over the counter. One recent unique beauty trend is to use charcoal teeth whiteners to whiten your smile. Yes, it sounds crazy to put a black substance on your teeth to whiten them, but it does remove staining. There are powders and pastes available. Charcoal will help remove stains, but won't actually lighten your natural color, that should be done with whitening agents. Always check with your dentist before using anything on your teeth, as you don't want to weaken enamel.

TATTOO EYEBROW PENS



Full eyebrows has been a growing trend the past few years.

Not everyone is blessed with naturally full eyebrows. There are many cosmetic options (powders, pencils, gels) and there is also permanent makeup or microblading to create the illusion of fuller brows. These are all great options! Something new on the horizon are tattoo eyebrow pens. Some are felt tip markers that tint the skin and existing brows and they last for several days and are waterproof! Some have comb tips that create a microblade effect! This can give you the convenience of not having to do your eyebrow makeup every day! Just practice and keep a waterproof makeup remover handy, in case you make a mistake!

SNS NAIL DIPPING POWDER



Women have discovered gel nails in the recent years for the strength, durability, and long lasting effect of this beautiful manicure!

A NEW product on the horizon are SNS dipping powders! They are odorless, don't need UV light to set, and are a HEALTHIER option with more colors available for your nails than the classic gel nail products! You will get the same long lasting effect, the only downside is it is a very time consuming process.

ORGANIC AIRBRUSH TANNING



We all love the healthy glow of a tan, but at what cost?

The sun damages the skin, causing skin cancer and premature aging. Sun beds are even worse! A very safe alternative option is sunless tanning. I have recently added organic airbrush tanning to my services. What I love about airbrush tanning is the ability to create a flawless tan that lasts anywhere from 5-12 days, depending on how well you care for it (using paraben free cleanser and moisturizer). The technology today in sunless tanning is AMAZING! Products are infused with vitamins, leaving the skin feeling wonderful with a beautiful glow! No orange glow here! Go to mbfacedesign.com to book your appointment!

DRY SHAMPOO & VOLUMIZING POWDERS



With our busy lifestyles today and our active social media lives it's hard to get in a daily shampoo, yet we need to look great!

I love products that can extend our good hair days! I love Keratin Volumizing Dry Shampoo! This powder lifts the hair at its root and lifts grease and grime from the scalp for a cleaner, more voluminous head of hair on days that we are just too busy! What's not to love about that?



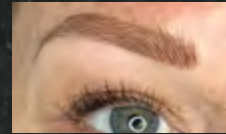
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BREEZY Button Downs

BY JULIE HOLLAND

Button-downs are such a wardrobe staple, whether it's a work look or go-to for a casual social event. July can be a hot month to endure being buttoned up in one, though, so here are some breezy styles that make long sleeves more manageable during those hot summer months.

Off the shoulder tops—show off those bronzed summer shoulders and feel that breeze on your skin.

Thin and sheer—stay cool in breathable and quick drying fabric.

The stars and stripes top (above) is from GANT and is so soft, thin and airy—just pop a cami underneath, and you're good to go. The white off-the-shoulder-top was found on Scattoclothing.com, and looks great paired untucked with leggings, too.



Looking for a summer day trip or mini getaway? These photos were taken at beautiful Longwood Gardens, an absolutely breathtakingly gorgeous historic Du Pont estate in PA, only about 2 hours outside of D.C. Be sure to catch one of the fountain shows set to music (during the day and also at night, with lights).



1



2



3

Similar tops to try:



4



5

1. Blue Striped Button Down
www.gant.com

2. Sheer Polkadot
www.Na-kd.com

3. Off the shoulder white
www.macys.com

4. Sheer black and white stars
us.asos.com

5. Off the shoulder pink
us.asos.com

6. Off the shoulder blue
www.lordandtaylor.com

7. Sheer white
www.forever21.com



6



7

ASK AN EXPERT

How to Control Symptoms of Sun Damage

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www.astorialaserclinic.com



By Olga Solovienko
Licensed LME
Clinician, Medical
Laser Technician
at Astoria Laser Clinic
& Med Spa



NO CURE FOR MELASMA OR SUN DAMAGE, YET SYMPTOMS CAN BE CONTROLLED.

Summer is around the corner, but our epidermis may be thankful if we use sunscreen and try not to tan. The sun and its intense heat, in fact, can be the mortal enemy of the epidermis, that outermost layer of skin that is in the forefront in the war against sun damage and melasma, which is typically characterized by dark patches on the skin. According to the American Academy of Dermatology, 90 percent of those affected are women. No one knows exactly what causes melasma, however experts agree that exposure to sunlight is considered to be a major factor and have found certain commonalities among individuals with this condition which may explain why melasma is primarily found in women.

As skin problems go, melasma is pretty common. It mainly affects the face although it can be found on other areas of the body that were exposed to the sun. Estrogen, pregnancy, and birth control pills have also been associated with this condition. Individuals with darker skin tend to be more effected by melasma than those with lighter skin. It is that exposure to sunlight that affects the epidermis cells that control pigment.

In addition to protecting are skin by limiting its exposure to the sun with clothing and sun screens, there

are a variety of procedures that have been prescribed, although the effects of some of these treatments may be questionable. To get rid of those brown patches caused by melasma, lasers may be used but the results are often temporary, having to be frequently repeated and, in some cases, may actually make matters worse. Your doctor can prescribe specially formulated creams containing hypopigmenting agents like hydroquinone and others that can lighten the brown patches on the skin. Other options include stripping away the top layers of the skin to help lighten the patches. These include chemical peels, dermabrasion, and microdermabrasions.

It is important to remember that there is no current procedure that guarantees the absence of melasma forever or that the patches will be completely lightened. And while you may need to return to your aesthetician for follow-up treatments, it is more important that you follow skin treatment guidelines, especially those regarding sun exposure, to minimize melisma's return. If you are pregnant, you should discontinue any of the above procedures because of possible risks to the fetus. Take the same precautions if you are breastfeeding. ♦

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Full Back reg. \$1,080/6 **NOW \$756/6**

Upper or Lower Legs reg. \$1080/6 **NOW \$756/6**

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Meet VIRGINIA'S NEWEST Wineries

BY LINDA BARRETT

The Virginia winery scene is ever growing, with these wineries being some of the latest to pop onto the scene near our region. Each offers a unique experience through setting, amenities, entertainment, and of course, their wines and ciders.

Northern Virginia



50 West Vineyards

39060 John Mosby Hwy, Middleburg, VA 20117,
www.50westvineyards.com

The farm vineyard 50 West sits high on a bluff offering stunning views of the Bull Run Mountain range and offers wines produced in the classic Bordeaux style of France. It is one of the larger vineyards in northern Virginia, producing fruit on five farms, and uses Old World winemaking techniques in a modern solar-powered wine facility. It was named for Rt. 50 along which it sits. Visitors can enjoy tastings in the Tack Room, a converted horse stable with a contemporary flair.



Capitol Vineyards

3600 Sage Rd., Delaplane, VA 20144,
www.capitolvineyards.com

Built in the 1800s, the tasting room at Capitol Vineyards was once home to the first African-American Postmaster General in Virginia. It was converted into a General Store in the 1900s, but stood vacant since 1950. Now renovated, it still maintains its historic frame and style and original wooden bar. It hosts a vineyard, tasting room and onsite restaurant, with owners planning a luxury B&B.



Mountain Run Winery

10753 Mountain Run Lake Rd., Culpeper, VA 22701
www.mountainrunwinery.com

Farm winery Mountain Run's tasting room was created from an old corn crib and is flanked by a 100-year-old horse barn and a 120-year-old house surrounded by corn, soy and hay fields. Farming artifacts from around the property are on display. In addition to planted grapes, the farm includes several varieties of berries and native grapes. Located 5 minutes from downtown Culpeper.



Slater Run Vineyards

9030 John S. Mosby Highway, Upperville, VA
20185
www.slaterrun.com

Slater Run's ancestor built the first Rockburn Farm house on this property in 1720, and it has passed down through the family ever since. The Vineyards offers two venues: a rock-constructed tasting room located just outside Upperville (open year-round) and the winery and vineyards (open seasonally).



The Wine Reserve at Waterford

38516 Charles Town Pike, Waterford, VA 20197
www.waterfordwinereserve.com

Loudoun County's newest winery, The Wine Reserve, offers visitors sweeping views of the Blue Ridge and Catoclin Mountains along with wine tastings, light fare, local food trucks, and special events just minutes from Leesburg. Latest events are posted on its Facebook page, www.facebook.com/waterfordwinereserve.

Central Virginia



Ashton Creek Vineyard & Winery

14501 Jefferson Davis Hwy, Chester, VA 23831
www.ashtoncreekvineyard.com
 (open by appointment only)

Ashton Creek touts itself as a winery, vineyard and event venue located just south of Richmond off I-95. Its tasting room opened late 2016 to offer hand-crafted wines, ciders and small plates. Fun events have included an Adults-Only Easter Egg Hunt with hidden eggs containing more than \$1,000 worth of prizes and goodies.



Castle Glen Estates Winery

18185 Narrow Path Trail, Doswell, VA 23047
www.castleglenwine.com

The owners of Castle Glen Winery first got the winemaking bug making their own wines from a kit. Over the years, their wines kept improving and once they got serious about winemaking, they found their land on a historic Doswell estate not far from King's Dominion and began planting grapes. Wine selections include reds, whites, seasonals and colorful wine slushies.



Chisholm Vineyards at Adventure Farm

1135 Clan Chisholm Lane, Earlysville, VA 22936
www.chisholmvineyards.com

Chisholm Vineyards rebranded itself recently

as a separate entity from Adventure Farm, although each contribute to and complete the story and experience of the family farm. The vineyard sits on the Adventure Farm, now managed by the 3rd and 4th generations. In addition to wines and food trucks, visitors can enjoy Friday Night Live Music events and purchase premium beef, local heritage turkeys and seasonal goods raised on the farm in The Farm Shop.



Courthouse Creek Cider

1581 Maidens Rd., Maidens, VA 23102
www.courthousecreek.com

Courthouse Creek is dedicated to growing heirloom cider apples with minimum intervention. As they wait for their four-acre orchard of American, English and French apple trees to mature, they source all their apples locally. The cidemaker follows a natural method of cider making, or rustic style using minimal (if any) preservatives; all 11 ciders are barrel fermented and aged and bottle-conditioned, not filtered. This adds nuances and layering of flavor as complex as wine.



Five Oaks Vineyards

4574 Belle Vista Drive, Barboursville, VA 22923
www.fiveoaksvineyard.com

As a still-developing winery, Five Oaks' farm winery offers tastings in its rustic barn, with wines presented bistro-style; visitors sit at tables to enjoy the tasting room experience. In warmer weather, tastings are offered outdoors. In its four-phase renovation, modification of the barn will include a small tasting room, along with cold and bulk wine storage.



Wineworks Extended

1585 Avon Street Extended,
 Charlottesville, VA 22902
www.virginiawineworks.com

Wineworks Extended is the second tasting room opened by Michael Shaps as a neighborhood wine bar and taphouse. In addition to producing wines under his own label and for several prestigious wineries, Shaps owns and manages a successful winery in Burgundy, France where he studied to be a winemaker. Visitors to Wineworks (his first

tasting room) can sample his award-winning Virginia and high-end Burgundy wines. At Wineworks Extended, they can experience his everyday drinking wines available on tap in growlers, carafes and glasses.

Shenandoah Valley



Brix & Columns Vineyards

1501 Dave Berry Rd., McGaheysville, VA 22840
www.brixandcolumns.com

The owners of Brix & Columns both grew up in the farming world and knew they wanted to recreate that experience with their own children. As students at The University of Virginia, they each fell in love with Jeffersonian architecture, which they recreated in the tasting room design, set amid beautiful panoramic mountain views. Wines crafted by Michael Shaps.



Marceline Vineyards

5887 Cross Keys Rd., Mt. Crawford, VA 22841
www.marcelinevineyards.com

Located in the heart of the Shenandoah Valley, Marceline is anchored by a beautiful log barn surrounded by patios, gardens and a hillside of grapevines. The tasting room features six wines including a Cabernet Franc raspberry dessert wine and a variety of delicious chocolates, truffles and European sipping chocolate, along with light snacks.



Winery at Kindred Pointe

3575 Conicville Rd., Mt. Jackson, VA 22842
www.kindredpointe.com

Kindred Pointe began its life as Kindred Pointe Stables before evolving into a winery with its storage barn converted into the barrel room and the addition of a large pavilion. It specializes in wine and cider production and offers activities including cornhole, ping-pong and Frisbee golf. Visitors can walk around the pond or along the walking trail, or sit by the fireplace in cooler weather with a hot mulled wine. ♦



BY LINDA BARRETT

Buying vs. Renting a Home

Buying a home is the American Dream. And with interest rates low, there is a favorable climate for buying now. According to the Northern Virginia Association of Realtors®, home sales in 2018 are up by 4% over the same time last year.

But as interest rates climb, home prices rise, and inventory continues to be scarce, it may be difficult for people to purchase a home. Other considerations may also make renting the right option.

So how do you know if it is better to rent or own a home?

Consider your Longevity

BUYING: If you plan to live in your home for an extended period of time, then purchasing a house can be the best option, especially since home prices are rising (up by 2% over last year). Buying now will help you get into a desired neighborhood, whereas by waiting a few years, homes may be priced out of your range. You will also see the benefits of a higher selling price in a few years if you don't stay in the home long term.

The biggest benefit to owning a home is the ability to build equity; the longer you stay in your home, the greater the equity you build.

Accumulating equity can allow a homeowner to receive a larger profit when selling and offers the ability to use that equity for a home equity loan or a mortgage refinance once the equity amount reaches 20%. Improvements to the home can also increase a home's value.

RENTING: If you are planning to relocate within a short period of time, or your family or income circumstances are changing significantly, renting may be a better choice.

Consider the Costs

BUYING: Home buyers must qualify for a mortgage, which includes principal, interest and homeowner's insurance costs. If you don't have 20% to put down on a down payment, you will also incur PMI, or private interest mortgage insurance, which can range up to 1.5% of your original loan amount per year, depending on your mortgage amount and your credit score. You must have a decent credit score to qualify for a mortgage in the first place and even a small dip in your credit

score can lead to higher interest payments over the life of a loan.

On top of the mortgage payments, the homeowner is responsible for all the expenses of maintaining a home. If the HVAC system breaks or the roof needs to be replaced, those costs are paid out of your own pocket.

On the plus side, homeowners may qualify for tax deductions, as for mortgage loan interest, property tax payments and home business usage. When you sell your home, you can also take deductions for capital improvements and may exclude (up to the limit) capital gains on the sale.

Sample upfront costs to purchase:

- Earnest money deposit (1%-3% of the selling price)
- Down payment (preferably 20% of the purchase price or more)

- Appraisal (approximately \$300-\$500)
- Pre-sale home inspection (approximately \$300-\$500)
- Property taxes (reimbursement to previous owner or your own tax pre-payment)
- Homeowner's insurance (first year's payment up front)
- Closing costs (approximately 2%-4% of the purchase price)
- Possible homeowner association fees

RENTING: Renting a home relieves you of the costs of home maintenance, however, your monthly rent may be higher than a mortgage would be, and is subject to yearly bumps. As a renter, you do not have the advantage of tax deductions on property tax and mortgage interest.

Even with renting, there are up-front costs. Most landlords require at least one security deposit along with the first month's rent, and if you cause damage to the property, your landlord may withhold your security deposit to cover repairs.

Sample upfront costs to rent:

- First month's rent
- Refundable security deposit
- Renter's insurance
- Non-refundable security deposit (example: for pets)
- Possible last month's rent
- Possible pet rent

Consider the Freedoms

BUYING: As a homeowner you have options. You can rent out your home or part of your home, or take part in the short-term rental sharing economy through Airbnb, VRBO or similar services. You also have the freedom to decorate and remodel your home (within code restrictions) to suit your own taste and lifestyle. And once your house is paid off, you no longer have a mortgage payment.

The long-term security of knowing you own your home is appealing. Homeowners put down roots and become an integral part of the community in which they live. It is easier

to make friends in the neighborhood and participate in associations as a homeowner. Since renters are more transient, you don't see that type of community.

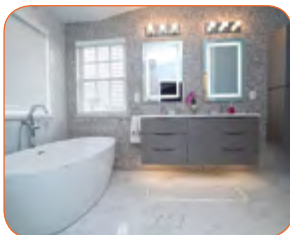
RENTING: As a renter, you can move on with much less trouble than if you had to sell your home. It may also be easier to qualify for a rental versus qualifying for a mortgage. Although your credit score and credit record are checked for both, requirements are less strict for renters in many cases.

Many rental properties offer amenities included in the rent, like swimming, tennis and fitness, laundry facilities and recreational areas. Some rentals can include part or all of your utilities in the rent. On the other hand, you may not have control over how long you can remain at a property. The landlord may or may not offer the option to renew a lease.

Talk to a Realtor

To explore your home-buying options, talk with a Realtor. A real estate professional can help determine whether buying or renting is your best option at this junction in your life and set you on the road to home ownership. ♦

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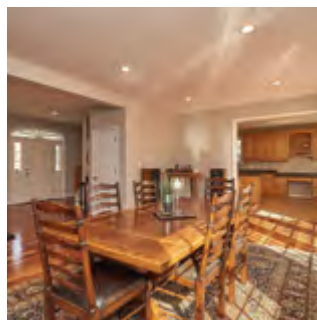
213 Crescent Station Terrace SE, Leesburg, VA 20175

703.793.1993 | virginiakitchenandbath.com



2121 WOODFORD RD. VIENNA, VA \$1,199,000

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HUNTERS VALLEY ROAD \$1,185,000 VIENNA, VA

Nestled on a serene two acre lot, this home is within minutes to Metro Vienna and Oakton shopping areas. With use of the original footprint, this house has been completely gutted, rebuilt, and expanded upon using energy efficient design. There is a large flexible living area, wrap around porch, gourmet kitchen with walk-in pantry, Master Suite, and three large bedrooms. Hardwood floors are throughout the house and it also has two fireplaces, and a large garage.



TOMMYE LANE \$1,149,000 RESTON, VA

Formerly a home model, this home has been meticulously maintained and updated. It has a grand two-story foyer with curved staircase and vaulted ceilings in the living room. It's a perfect blend of formal entertaining space and everyday living space. It's updated kitchen has a two-level granite island. The family room leads out to a back deck. The master suite is equipped with his and hers walk-in closets. With a brand new roof and driveway, this property is bound to surpass all expectations.

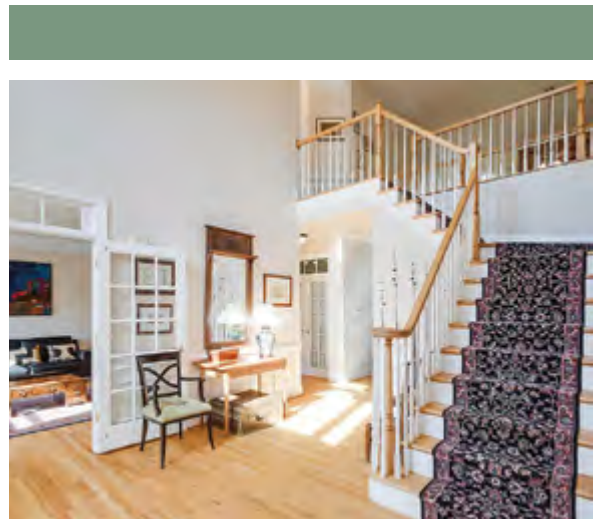


SUZANNE PARISI

Mobile: 571.214.9934

suzanne@c21redwood.com

SUZANNEPARISI.COM



3404 WAPLES GLEN COURT

OAKTON, VA

\$1,100,000

Stately 4BR, 4.5 BA brick colonial conveniently located is a prime Oakton location, ideal for commuters. So many upgrades: roof, siding, gutters, fence, septic pump and french drains all installed in 2015. HVAC, dishwasher and refrigerator in 2016. Special details include hardwood floors, double crown molding, and a soaring 2-story family room with a gas fireplace. Enjoy the beautifully landscaped, fenced backyard on the expansive back deck or 3 season living in the fantastic screened-in porch. Great Oakton school pyramid.



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Charmed by Cotillions



by Linda Barrett

When you think of Cotillion, you may evoke images of white-gloved debutantes in the deep South learning which fork to use at a fancy dinner or trying the steps of a lilting waltz. But today's cotillion is hip and modern—and a lot of fun.

"Cotillion is so much more than putting on a beautiful white dress and learning to dance. It gives both boys and girls the life skills that empower them for success later on in business and social situations," said local National League of Junior Cotillions (NLJC) chapter director Jean Ann Michie. "We want to help young people feel comfortable in any social situation, and to learn how to help others feel comfortable as well; it's all about learning to build relationships."

For example, some of the first things attendees practice is how to introduce themselves to someone, introduce others, start and carry on conversations with other children or adults, and how body language plays a role in the way they stand or walk in with confidence. After all, first impressions are extremely important. Skills learned at cotillion can spread beyond the classroom. "I want my students to openly share the information they learn in cotillion and use it to set an example for their friends."

The National League of Junior Cotillions chapters here in Northern Virginia follow programs that include social interactions, dining and social etiquette, and ballroom dance with professional instructors. Students get to showcase their skills in a fall or winter dance and a fancy spring ball, and have opportunities to go out into the community to both learn from business leaders and practice their skills. "Service helps us to become a whole human being," Michie said. "And because our programs include leadership skills and service, when our students go to job or scholarship interviews, they can be proud to say that they headed up a service project."

How Cotillion Changes Lives

The definition of cotillion offered by the NLJC is, "To act and learn to treat others with honor, dignity and respect for better relationships with our family, friends and business associates

later in life and to learn to practice ballroom dance."

"For me, cotillion is the opportunity to learn to engage in the social dance of life," explained local NLJC chapter director Ann Achiu. "Because the program encourages personal growth and a recognition of the greatness within each student, it empowers students with knowledge of how to handle a variety of situations and encourages them to respect themselves and others in the way they act, speak and interact. I tell my students that there are a lot of things you don't have control over, but every day you have the ability to choose your attitude and how to treat other people. These small choices, one by one, can change the world, refine you, and help

you be the best version of yourself."

"Students who attend cotillion feel

Quick Etiquette Tips

- ☞ Show respect.
- ☞ Put away cell phones and make eye contact when interacting with other people.
- ☞ Honor privacy.
- ☞ Display common courtesies.
- ☞ Mealtimes are for family conversation.
- ☞ Mind your manners.
- ☞ Do good deeds even when no one is looking, and without being asked.

confident and prepared for life, and have a better understanding of what's expected of them," Achiu continued. "Every year, I have students who go through the interview process for internships, college admission, scholarships and jobs. Instead of being grouped in the pack with everyone else, that extra polish, refinement and understanding gives them an edge, both in relationships and opportunities."

"The world is becoming increasingly coarse and harsh, and there is an erosion of what is considered appropriate and inappropriate behavior, with the biggest offense being a disrespect and lack of regard for others. People are forgetting that they are part of a community and think only of themselves. This not only hurts the offender, but it hurts everyone around them. We need to see others around us and show consideration. That makes us rise to become the type of person we should be."

Cotillion is Available for Every Student

Cotillion is not just for the rich; it is open and very affordable to anyone who wants to participate. The NLJC programs include: Pre-Cotillion (K-4th grade), Junior Cotillion (5th-8th grade), High School Cotillion Program™ (9th-12th grade), Debutante Cotillion Presentation Society™, and Corporate Cotillion® for corporations and individuals. Cotillion sessions are held once a month for seven months, with most beginning in September.

Each NLJC director manages a territory consisting of different chapters assigned by school region and age. Achiu's cotillions focus on the 6th through 12th grades, while Michie's cotillions range from kindergarten through 12th grades. Parents can contact either director to find a chapter in their town or check the NLJC website.

Students can begin cotillion at any age. Some attend for only one year, while others return every year until graduating from high school. While there is some overlap in curriculum, students learn new skills at every level, and what they already learned, they get the opportunity to practice again with new people.

"I wish that every student could participate in cotillion," Achiu said. "My goal is that when they leave my program, they will have increased self-esteem, respect for themselves and others, and the skills to feel comfortable as they navigate adult life." ♦

HAVING A PARTY?

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Loudoun Chapters Jean Michie, 540-550-5450, jean.michie@gmail.com, www.loudouncotillion.com

Fairfax and Arlington Chapters Ann Achiu, 703-569-6721, ann.achiu@nljc.com, www.nljc.com

National League of Junior Cotillions
www.nljc.com



BY DUSTY SMITH

Herndon Station

Work is progressing rapidly at Herndon Station, where work on the canopy is nearly complete. Recently, the ramp from the Dulles Toll Road to Fairfax County Parkway was reopened after a lengthy closure to allow project work in the area around the Herndon-Monroe Park and Ride bus bays. The south pavilion for the station will be located nearby.

Virginia Secretary of Transportation Tour Project



Virginia Deputy Sec. of Transportation Nicholas Donohue, MWAA President and CEO Jack Potter, Dulles Corridor Metrorail Project Construction Manager John Kearney, Dulles Metro Executive Vice President Charles Stark and Virginia Secretary of Transportation Shannon Valentine toured the Phase 2 of the Silver Line project in early May.



Virginia Secretary of Transportation Shannon Valentine joined project officials for a tour of the Silver Line Phase 2 in May. Here the group has stopped to take a look at the Rail Yard and Maintenance Facility under construction on Dulles International Airport property along Route 606 in Loudoun County.

All photos courtesy of the Dulles Corridor Metrorail Project



Recent construction photos of the Yard Leads

Much of the track work on the yard leads, the tracks that join the Silver Line Phase 2 to the nearby Rail Yard and Maintenance Facility on Dulles Airport property along Route 606, has been complete. While one photo shows straight lines of track along the aerial guideway, the other photos show the beauty and complexity of a double crossover along the tracks. A double crossover permits moving in either direction to switch to the other track. The tracks also had to pass over Horsepen Pond on Dulles Airport Property.



Proximity of the Silver Line to the Airport

Taken at the yard leads on Dulles International Airport property, this photo demonstrates the proximity of the Silver Line to the airport.



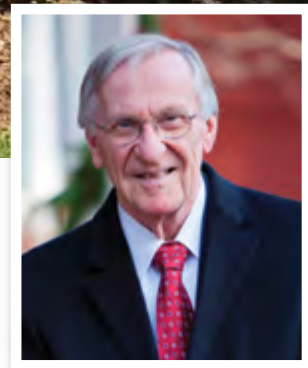
Work along roadway

What's going on down there? Commuters traveling along the Dulles Toll Road see construction cones and jersey barriers daily, but they do not always see the work that is going on just beyond those barriers. These photos demonstrate the proximity of rail-related work to the toll road. These photos, taken near the future Innovation Center Station north pavilion, show the installation of a soundwall between the toll road and a nearby stream. The work is taking place just below the pedestrian bridge leading from the pavilion.



BY DELEGATE KENNETH R. "KEN" PLUM

PATHWAY TO *Good Health*



Recently I had a bothersome health issue that I delayed doing anything about until a Friday morning before a three-day weekend made me think that I should go to the doctor that day rather than worry about it until the next week. The general practice doctor I use has an office within three miles of my home and has a walk-in service for the first hour each day. Within an hour of making my decision to find out what was ailing me, I was in the doctor's office talking to a nurse practitioner about my concern. She assured me that my problem was quite common and that a single prescription would likely resolve it. She sent the prescription electronically to the drug store a couple of blocks from my home. I picked up the medicine within a half hour on my way back home.

Fortunately, my story was not about having a terrible disease; rather it was about a medical need that I had for which I wanted reassurance and a resolution. The entire transaction from worry to resolution took just over an hour. But the experience reminded me of just how fortunate I and my neighbors are to live in a place like Reston with easily-available and excellent medical services.

I could have needed hospitalization as many people do each day. For Restonians, that does not create a problem. Reston Hospital adjoins Reston Town Center. As a new member of the Board at the hospital, I have become aware of the incredible range of treatments available there. I knew about the robotic surgery having been to an earlier open house program where I

was able to put my hands on the controls to see how responsive the robots are. The robot was not attached to a patient at the time of my trial run, but I was convinced that the robot could skillfully do the work for which it was intended. Since that time the robotic surgery department has been expanded to be the most comprehensive in the mid-Atlantic region.

Reston Hospital in the middle of our community—a Level II trauma center—has a 24-hour dedicated pediatric emergency room for children and their worried parents, a nationally recognized oncology program named after my friend Ann Rodriguez, and an award winning maternity program among other programs to bring us back to good health.

I share my personal story and my description of the comprehensive hospital in our community is to remind myself and others of how fortunate we are to live in a community with such extensive and easily-accessible health and medical services. I often write about the extensive trail system we have in Reston and which I utilize regularly. The trails are good for our health. Another pathway we have in our community that leads to good health are the many excellent medical providers and services we have within a short distance from our homes. Take an inventory of those facilities and services to know where they are if you need them. They can keep us on a pathway to good health. ❖



BY JAN KING

Don't Make Me Over

More than any other animal on the planet, humans are probably the biggest creatures of habit. We find comfort in eating certain foods, hanging out with our close circle of friends, and shopping at familiar stores. Even the latter day prophet, Billy Joel, warned us "Don't go changin'." He knew how our little routines eliminate stress and make us feel safer. But then one day—WHAM! Cruel outside forces appear out of nowhere and alter our routines so drastically, we're left shaking in our Mary Janes.

These are just a few of the tragic conspiracies we've all fallen victim to:

STARBUCKS—Here in San Diego we're used to sitting outdoors pretty much all year round, sipping our hazelnut mocha lattes while contemplating our next pair of flip flops. If we had to sit indoors, we'd perish within days from low Vitamin D levels and psychotic episodes triggered by losing our tans. Rain? Don't even go there. The entire state freaks out. Normally, we bask in this complacency every day, but a month ago our Shangri-la was catastrophically destroyed when some herbally impaired dude tried to park in front of our Starbucks. Driving a behemoth Range Rover, he hit the gas instead of the brake, ending our world as we knew it. Chaos ensued when the car blasted over the curb onto the patio, taking out 3 supporting beams plus most of the tables and umbrellas. Thankfully, nobody was injured, but management closed off the patio area for six weeks of repairs. This left the regulars suddenly homeless with no purpose in our lives. Twenty-two of us seniors, surfers, and slackers were forced to roam the wasteland of an asphalt parking lot for 40 days and nights like the Jews of Israel in the desert. Couldn't we have just gone to another Starbucks? Unthinkable! We have patronized that Starbucks for so long, we've acquired squatter's rights.

SOUPER-MARKETS—I admit that I've been hooked on Campbell's chicken noodle, tomato, and vegetable soups since the Eisenhower administration. And even though there are 10 times more choices on the shelves nowadays, they've been altered by a diabolical group of FDA nutritionists rendering these favorites unrecognizable. They concocted new recipes filled with foreign substances like kale, quinoa, fava beans, chorizo, and black barley. What exactly are these ingredients? Are they grown on our planet? I don't think they even belong in soup, because I seem to recall them being used to make adobe brick. Well, I don't care how healthy these Soup Nazis claim their new recipes are; as far as I'm concerned those soups are killers. Unless they change back to the original recipes, we're all going to die from starvation or lose the will to live.

COSMETICS—After years of trying out dozens of brands, most women have finally found their perfect shade of lipstick, foundation, and mascara and stuck with them for years. Then one day, we go to the drugstore only to find that all our favorite brands have been "discontinued".....

what???? Say it isn't so! I started wearing Maybelline's "Pink Poodle" when I was still starching my crinolines. And now I can't even find one tube on the shelves or even in the Dollar Store, the graveyard for all discontinued brands. Drugstores are now crammed with at least 250 shades of moisture-infused shimmering glosses that make our lips look like they've been lubed with Havoline Motor Oil. When a guy tries to kiss you, he'll slide right off those lips and could sustain a nasty whiplash. And, one more thing. Don't ever buy one of those "indelible" brands guaranteed to last 24 hours, either. They cannot be removed with anything except turpentine.

Even my favorite foundation is now being infused with ceramides, hyaluronic acid, and a string of unpronounceable polypeptides. Sounds pretty unsafe to me as evidenced by the fact they won't even test them on lab rats anymore. What's more, the chemists inventing these new formulas work under the radar in stealth testing labs wearing hazmat suits. Who knows what we're putting on our faces? As far as I'm concerned, it's just a big money-making scam. Many even include a micro-sponge applicator which replaces traditional fingertip application, claiming it's more economical. What a joke. These sponges suck in ¼ of the bottle every time you use it.

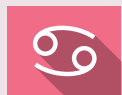
And what's up with mascara? They've rendered it unrecognizable! Some are even being packaged in creepy vibrating applicators. I'll take my old Maybelline cake mascara any day. All you had to do was spit on it before applying with that little brush. At least we knew what was in our own saliva. I'll tell you one thing. Whatever was in there had to be a lot safer than the sodium laureate sulfate and siloxanes we're applying on our eyelashes nowadays. One of the newest mascaras actually envelops each individual lash in a black rubbery tube, which looks like shag carpet on your eyelids. Others are full of micro fibers which are supposed to build up individual lashes that give a feathering effect. However, just like a molting bird, the micro-fibers shed and float around your corneas like a caterpillar crawling around your eyes. Then there's always the issue of walking into walls from blurred vision.

Please—somebody make it stop! I want to go back to the days when there were only one or two brands we could count on. All these new choices are causing stress-induced worry lines around our eyes, lips, and forehead which will require another deadly toxin, Botox, to smooth them out. At this rate, our faces will be embalmed by the age of 35.

Let's return to the good old sixties when everything was so sweet! Come to think of it, what ever happened to Marshmallow Fluff? ♦

HOROSCOPES

JULY



CANCER 6/21 - 7/22: The Fourth of July brings a touch of romance. Expect friendship but look for fireworks.



LEO 7/23 - 8/22: Years of effort may lead to more effort, not relaxation. But remember success is nearer than you think. Stay the course.



VIRGO 8/23 - 9/22: Your summer will soon shape up to be busier than you expected. A large gathering is on the horizon. Whatever you do, get help with the details.



LIBRA 9/23 - 10/21: You might find yourself mingling in an unlikely group. Assume the best of people then talk about the weather.



SCORPIO 10/22 - 11/21: The darkness of the new moon on the 13th brightens significantly when you touch base with a friend.



SAGITTARIUS 11/22 - 12/21: Be open to new connections. You find allies in unexpected places but you'll have to allow them into your bubble.



CAPRICORN 12/22 - 1/19: You make a link with someone who speaks your language, but not with your vocabulary. Stay away from jargon and speak simply.



AQUARIUS 1/20 - 2/18: It's tempting to try to change others, but first ask yourself what you could change to put your home and relationships in order.



PISCES 2/19 - 3/20: The stars say your convictions soon will be challenged. Be gracious and move on to other conversations.



ARIES 3/21 - 4/19: Think ahead before you go on vacation this year. An annoyance turns into a major affair if you are not prepared.



TAURUS 4/20 - 5/20: Avoid an impulse buy that will cost a lot but not actually solve the problem. Home repairs may be on your mind.



GEMINI 5/21 - 6/20: An associate is more of a friend to you than you realize. Gossip is a temptation but steer away from this trap.

AUGUST



LEO 7/23 - 8/22: Patience is key this month as your goals and relationships go from valley to mountain and back again.



VIRGO 8/23 - 9/22: Focus on what is doable. Road blocks make goals look difficult. When you see one, look for another path that works.



LIBRA 9/23 - 10/21: Lucky Libra! Smooth sailing comes your way with a minimum of waves. Enjoy the peace and share it with others.



SCORPIO 10/22 - 11/21: News comes your way that seems dramatic. But use your intuition to decide how it genuinely will affect you and for how long.



SAGITTARIUS 11/22 - 12/21: Your mind wanders from work to personal issues and back again. Remember whatever happens, you can handle it.



CAPRICORN 12/22 - 1/19: Please your coworkers or boss with a special contribution, if you have the time. Extra effort pays off.



AQUARIUS 1/20 - 2/18: A family story gives someone a boost. Find time to tell the children the story of your struggles and triumphs.



PISCES 2/19 - 3/20: A loved one turns into a big jerk, but before you react, candidly consider how you contributed to the problem.



ARIES 3/21 - 4/19: Act unselfishly when presented with the chance to help someone. You get an unexpected boost from the moment.



TAURUS 4/20 - 5/20: An important health decision becomes more critical. You've been putting it off. Now is the time to do something about it.



GEMINI 5/21 - 6/20: You have put a lot of energy into a project or relationship. You may think the problem is solved, but be ready for a flare up.



CANCER 6/21 - 7/22: If you have been disappointed by people or events this month, look to the people at the edge of your life. They are ready to help.

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Thinking **invisalign**: the choice is **clear**

- **Board Certified Orthodontic Specialist**
- **Experience** (invisalign over 15 years)
- **Attending Faculty** (teaching invisalign and orthodontics over Washington Hospital Department of Orthodontics)
- **Voted “Top/Best”** orthodontist in Northern Virginia
- **Affordable** – full in-house financing



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Experience

Over 15 years
of experience
with invisalign



Credentials

Board Certified
Orthodontist and
Attending Faculty
teaching invisalign
at Washington
Hospital Center
Department of
Orthodontics



Personal Care

Voted “Top/Best”
Orthodontist in
Northern Virginia



Technology

Cutting Edge
Procedures and
Equipment



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We are proud to
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