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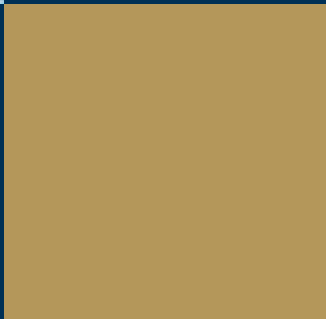
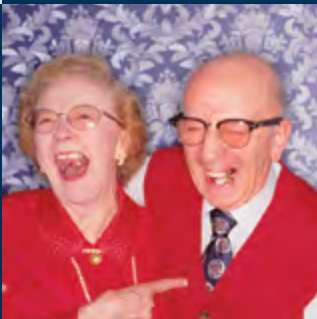
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FEATURES



TOP PRIVATE SCHOOLS >

By Patricia Lee Hall

Northern Virginia has some of the best public school systems in the United States. Still, many local families choose to send their children to private schools. Why take on the extra expense? From smaller class sizes to advanced programs and some unique environments and features, private schools generally can offer more than public schools, often limited by budgetary and policy constraints, may be able to provide.



THE "BIG EASY" TURNS 300! >

By Renée Sklarew

For three centuries now, New Orleans has welcomed visitors to its playful streets to sample its unparalleled cuisine. Despite the ravages of Hurricane Katrina thirteen years ago, New Orleans is enjoying a beautiful renaissance, and is better than ever. Don't miss your chance to explore this one-of-a-kind American city.

< THE NATIONAL CONFERENCE CENTER

By Analiese Kreutzer

The National Conference Center may be the biggest secret in Loudoun County. Although it's been there for 40 years, is the largest hospitality employer in the county and hosts hundreds of events each year on its 65-acre campus, it seems many people don't know about it and all that it has to offer.



< IT'S APPLE PICKING TIME!

By Linda Barrett

Is there anything more delightful than biting into an apple picked fresh from the tree? Crisp and juicy, tart or sweet, apples are one of the joys of the fall season. Luckily for us, we're near the heart of apple country in Virginia, surrounded by pick-your-own orchards.





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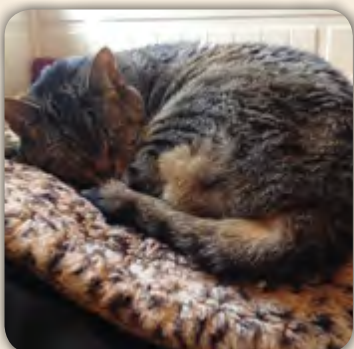
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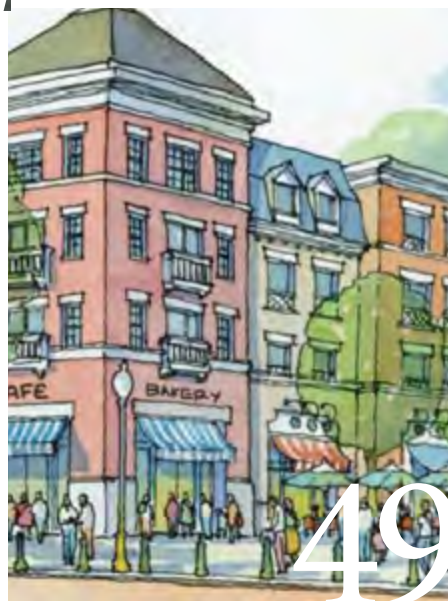


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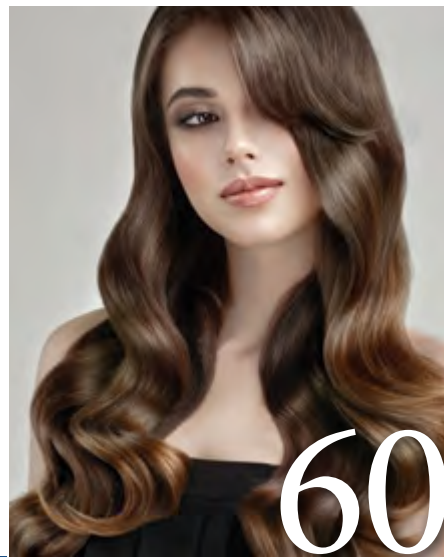
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HERNDON • CHANTILLY • STERLING
LEESBURG • ASHBURN
SEPTEMBER/OCTOBER 2018

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We are sorry about the loss of Jan King, our humorist who left our readers smiling at the end of each issue for last many years.

Please allow us to start by expressing our condolences to the family, friends and our family of readers and writers with regard to the loss of our columnist and humorist Jan King. A *New York Times* best selling author, Jan's work always left us smiling at the end of each issue for last many years. Jan passed away August 13, 2018 after a life long career of award-winning and best selling work in the literary and charitable circles. We looked forward to that email every issue to read what she came up with..."She brought Glamour, Life and Brightness to our lives," said her friend Joanna. She hung the moon.

If your looking for a private school, we have some options for you. Patricia Hall gives us some choices. Thanks, Patrica.

Planning a business meeting or special event. Analiese Kreutzer spent some time at the The National Conference Center and we're impressed! Farm to Table food, Chef's Table Dining, tunnels to keep you dry from one event to the next... Thanks, Analiese.

As a child, we loved to go apple picking. And around here, we have apples to pick.

Linda brings you the choices, facts and festivals close to home.

Wouldn't you guess, our Travel and Dining Editor Renee went to the "Big Easy" and had a blast. All we got were t-shirts and a great story. Hope you enjoy it.

Too cold to cycle? Cycle indoors at one of the many cycling studios. Emma Blancovich brings you some options. (I should join one of these studios).

Welcome to Virginia's Food Revolution. Renee Sklarew is on top of the changes. Find out where it's happening. Thanks, Renee.

Around Town, Faces you'll recognize, music, theater, and art—just some of what's going on in the greater Reston area.

Kids are back in school, please drive carefully and watch for more of what's going on on our web site www.vivatyson.com.

Cheers....

Johnny Hanna
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SELECTED EVENTS

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SEPTEMBER 7
JETHRO TULL



The Filene Center at Wolf Trap

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Reston Town Center Pavilion
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SEPTEMBER 3

HERNDON LABOR DAY FESTIVAL

Herndon Town Green, 777 Lynn Street, Herndon, VA, 11am-5pm, \$25
Enjoy downtown Herndon for the annual Labor Day Festival featuring Virginia wine tastings, craft beers, great music, a craft show, outstanding sponsors, delicious food vendors and lawn games.

SEPTEMBER 5

5 SECONDS OF SUMMER

The Filene Center at Wolf Trap, 8pm, \$44.60-84.60
Hailed as the "biggest new rock act in the world" (*Rolling Stone*) with hits like "Want You Back," "Amnesia," and "She's Kinda Hot," 5 Seconds of Summer (5SOS) is the only band in history to see its first two full length studio albums enter the Billboard 200 at No. 1.

SEPTEMBER 6

ALANIS MORISSETTE

The Filene Center at Wolf Trap, 8pm, \$45-80
With sales of over 60 million albums worldwide, Alanis Morissette is one of the most influential singer-songwriter-musicians in contemporary music. Her deeply expressive music (including "Ironie"

and "You Oughta Know") and performances have earned vast critical praise including seven Grammy Awards, 14 Canadian Juno Awards, and an induction into the Canadian Music Hall of Fame.

SEPTEMBER 6

DMV2GO AT THE PAVILION

Reston Pavilion, 9am-4pm

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

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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



SEPTEMBER 6
The Filene Center at Wolf Trap

Photo courtesy of Wolf Trap



ALANIS MORISSETTE

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SEPTEMBER 7

RORIE + HAYLEY FAHEY + THROWING PLATES

Jammin Java, 8pm, \$15-25

Rorie is a singer-songwriter, crafting music that tells stories of both heartache and hope. Known for poetic lyrics and ambient vocals, Rorie and her band create a captivating live music experience that is uplifting and emotional.

SEPTEMBER 7

Ian Anderson presents JETHRO TULL 50th Anniversary Tour

The Filene Center at Wolf Trap, 8pm, \$35-95

Led by flautist and vocalist Ian Anderson, Jethro Tull celebrates 50 years of being one of the most successful live performing acts on the world stage with over 30 albums (including *Benefit*, *Aqualung*, and *Thick As A Brick*) and sales totaling more than 50 million.

SEPTEMBER 8

4U—A SYMPHONIC CELEBRATION OF PRINCE

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

The first and only estate-approved Prince celebration, 4U will present the music of Prince like never before, with a full symphony orchestra. Throughout the course of the evening Prince's extensive musical catalog will be represented. We'll hear his greatest hits as well as some of his lesser-known gems in this musical celebration. Questlove, an avid Prince fan, has helped curate the music and arrangements that will be played by the symphony.

SEPTEMBER 8

FOOD FOR OTHERS TYSONS 5K

Tyson's Corner Center, Bloomingdale's parking lot, 8am-10am

Food for Others is the largest food bank in Northern Virginia, serving 600 families every Monday through Friday, and distributed over 2.2 million pounds of free food in 2018. During the 5K race and 1 Mile Fun Run, awards will be given to the overall male and female finisher, as well as team awards for the fastest company and most philanthropic company. Baby strollers, children, and dogs are highly encouraged for this wonderful community event.

The Tysons 5K is part of #TysonsCares Season of Giving, which celebrates our commitment to community engagement throughout Tysons, Virginia, by bringing together teams and individuals from local businesses, municipalities, residential communities, and civic groups to donate, give back, attend lively charity events, and make a significant impact in the local non-profit community. This campaign is a remarkable team building initiative for employee groups and allows community members to meet leading local non-profit organizations.

SEPTEMBER 9

LUCY SPRAGGAN

Jammin Java, 7:30pm, \$15-25

If 2018 is anywhere near as eventful as the previous year, Lucy Spraggan is set for an interesting 12 months. The singer-songwriter netted her fourth top 40 album in January last year, and followed that success with more than 22,000 ticket sales across her UK and European tours. *I Hope You Don't Mind Me Writing* charted at number 12 in the Official Top 40 Album Chart. The album, the second under her own label—CTRL Records—was described as 'a triumph' by *The Sun*.

SEPTEMBER 10

GRACE AND PIERCE PETTIS

Jammin Java, 7:30pm, \$20

Pierce Pettis' songs have been covered by artists ranging from Garth Brooks and Dion to Joan Baez and Art Garfunkel. Pettis' fifth album for Compass Records (Nashville), *That Kind of Love* (2009), received rave reviews from XM/Sirius Satellite Radio, *Paste Magazine*, *Performing Songwriter*, *American Songwriter*, *The (London, UK) Sunday Express*, *Image Quarterly* . . . to name a few. Daughter, Grace Pettis has a distinct, unaffected voice, described as a "wide open prairie, full of waving golden grains before menacing, dark thunder clouds" (*SiriusXM Program Director, Mary Sue Twohy*).

SEPTEMBER 12

MATT HOLUBOWSKI AND VERA SOLA

Jammin Java, 7:30pm, \$15

Matt's second album, *Solitudes*, the self-taught musician, poet and composer offers eleven titles that in many ways evoke isolation, estrangement, and exile, but also delves into the forms of solitudes we seek and often at times need. Vera Sola is a poet, vocalist, and multi-instrumentalist. A drifter performing her own songs alone in and out of dark bars under various pseudonyms, Vera Sola toured and recorded

with a variety of artists, for a long while accompanying singer-songwriter Elvis Perkins on the road. She has in turn collaborated on film scores and provided original music for theater and performance art.

SEPTEMBER 14

SONG OF THE NEW EARTH

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

While on his way to fame and fortune in Nashville, a series of mystical experiences rocked his world. The film features the extraordinary life and work of country singer turned brain scientist and shaman of sound, Tom Kenyon, as he journeys from his homeland of Orcas island to the stage on Broadway, giant caves in the south of France, the golden-chandeliered symphony halls of Vienna and finally to the snowy peaks of Tibet in a desperate quest to understand his rare ability to decipher the healing science of sound. Brace yourself as the film weaves in surreal events of this eccentric musician's life story and his struggle to reconcile unexplained paranormal experiences with his scientific understanding of reality as he explores his nearly four-octave range voice that has earned him a world-wide following. Preview trailer: <http://songofthenewearth.com>.

SEPTEMBER 14-15

CHALKFEST

Friday 12pm - 11pm & Saturday 8am - 4:30pm

Spectators and participants welcome! Rain or shine. Registration fee for Saturday participation includes supplies. Call 703.880.1177 for more information or email: info@publicartreston.org. publicartreston.org

SEPTEMBER 15

RAINBOW ROCK

Jammin Java, 10:30am, \$8 or Family Four-pack for \$25

Are you ready to meet the rainbow? Join the Rainbow Rock Band as they entertain your little dudes with tunes, laughs and more! Winners of a Parents' Choice Fun Stuff Award for their debut CD, *Meet the Rainbow*, an absolute mix of musical genres from folk to rock to rockabilly, all the while being EDUCATIONAL and FUN! Your child will learn about shapes, colors, movement, and more! The Rainbow Rock Band encourages all rainbow rockers to participate in the show either on the microphone or at their seat, either way your little one is sure to have fun! Suggested Age infant to 7 yrs old.

CONTINUED ON PAGE 16

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CONTINUED FROM PAGE 15

SEPTEMBER 15

FALLS CHURCH
FALL FESTIVAL

Falls Church Community Center,
10am-4pm

Features include live entertainment, pony rides, amusement rides, crafters, businesses and civic organizations, and cuisine from city kitchens. The children's activity tent offers craft projects.

SEPTEMBER 16

KIDS TRIATHLON

Herndon Community Center, 814
Ferndale Ave, 8am, \$40-50

This kids triathlon gives youngsters a great opportunity to compete in one of the fastest growing sports in the United States. This event is designed for any youth, age 6-16, regardless of athletic ability or prior triathlon experience. The courses and distances were created to be achievable for all participants. The philosophy is completion rather than competition. We want all our young tri-athletes to walk away from the event with a sense of pride in knowing that they completed a triathlon. Every participant receives a medal when they cross the finish line.

SEPTEMBER 22

SHENANDOAH
RUN

Jammin Java, 6:30pm, \$20-25

Formed in 2011, this 9-piece, DC-based ensemble, Shenandoah Run, is a band in pursuit of a vision—keeping folk music alive and fresh! This guiding ambition has been key to their success. Their performances pay tribute to both vintage Americana and contemporary folk music, while their top-notch musicianship and soaring harmonies lure you in for that irresistible sing-along. Their latest album, *SR*, released in May 2016, brings their unique, fresh voice to classic and contemporary folk songs, as well as to two original songs. Come spend some time with them and experience “folk music with a kick.”

SEPTEMBER 22

NAMI NORTHERN
VIRGINIA'S 10TH
ANNUAL WALK

Tysons Plaza, 9am-12pm

Hundreds of Northern Virginians will join together for a morning of food, fun, and friendship to raise mental health awareness and essential funds for NAMI Northern Virginia's local education, support and

advocacy programs. NAMI Northern Virginia and its over 100 volunteers, deliver messages of hope through a wide array of programs including NAMI Family-to-Family and NAMI Peer-to-Peer classes, NAMI In Our Own Voice presentations and YouthFests for teens and young adults. Our Help Line volunteers listen compassionately and provide information about local resources.

SEPTEMBER 23

KEYBOARD
CONVERSATIONS*
WITH JEFFREY
SIEGEL

The Joyous Music of Beethoven
George Mason University, 7pm,
\$44, \$37, \$26

Virtuoso pianist Jeffrey Siegel returns with his popular series to enthrall us with some of Beethoven's most upbeat music. Become a classical music insider as Siegel performs an all-Beethoven program in his first concert of the season, including the humorous “Rage over a Lost Penny” and the exuberant “Polonaise in C major.” In addition, he will play the “Theresa Sonata” and answer the question, “who was she?” Finally, Siegel will play the “Farewell Sonata,” and explore who was leaving, and

why Beethoven was so deeply affected. Perfect for classical music lovers and newcomers alike, his signature “concert with commentary” format gives the story behind the score for an experience that is both entertaining and educational. “A musical bridge-builder in action...Siegel showed just how illuminating the combination of words and abstract music can be” (*Toronto Star*).

An always-popular Question & Answer session with the audience concludes the program.

SEPTEMBER 23

NATUREFEST

Runnymede Park, 195 Herndon
Parkway, 1-5pm

Explore various nature stations throughout the park including butterflies, bees, life in the meadow, web of life, and much more. Live animal shows throughout the day. Arts and crafts and fun for the whole family will be included!

The event is free and co-sponsored by The Friends of Runnymede Park and Herndon Parks and Recreation Department. Call if your group would like to volunteer (703-435-6800 ext. 2014). Satellite parking with a passenger van shuttle will be available to and from the Herndon Police Station, 397 Herndon Parkway.

SEPTEMBER 25

INOVA BLOOD
DRIVE

1pm-6pm, beside the Reston Pavilion
Schedule Bloodmobile
appointments at 1.866.256.6372. For
more information visit inova.org/donateblood.

CONTINUED ON PAGE 18

ThermiVA for Vaginal Rejuvenation

(Get Your Pre-Baby Body Back)

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. ThermiVA 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 ThermiVA!*

*ThermiVA treatments are performed by Dr. Dima

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OCTOBER 13
George Mason University

SELECTED EVENTS



CHAMBER MUSIC SOCIETY OF LINCOLN CENTER

CONTINUED FROM PAGE 16

SEPTEMBER 28

"THE BEST TIMES AFTER ALL" WITH ARCHIE FISHER & GARNET ROGERS

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

Garnet Rogers is "The greatest interpreter and vocalist performing in the contemporary folk scene." -*Sing Out*

Master guitarist, singer and songwriter, Archie Fisher is

Scotland's foremost troubadour and is known throughout the country as the host of BBC Radio Scotland's award-winning "Travelling Folk" show, which he has been presenting for over 25 years.

SEPTEMBER 29

GAZEBO: CONCERT & NEW WAVE DANCE PARTY WITH DJ BPM

Jammin Java, 8:30pm, \$40

Paul Mazzolini (stage name Gazebo), is an Italian musician, singer, songwriter and producer. He was born in Lebanon, the son of an Italian diplomat and an American singer. As a rather cosmopolitan teenager Gazebo began a career in a variety of rock, progressive, new wave and electro bands before signing with Baby Records. His footnote in charts history is his 1983 release "I Like Chopin" which topped European and Asian charts for weeks.

SEPTEMBER 29

THE MANHATTAN TRANSFER

Featuring the American Festival Pops Orchestra

George Mason University, 8:30pm, \$100, \$75, \$50

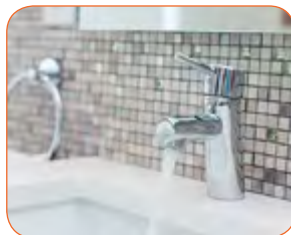
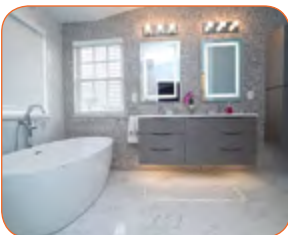
Multi-Grammy Award®-winning vocal sensation The Manhattan Transfer performs with Northern Virginia's own American Festival Pops Orchestra in a swinging evening of jazz-pop fusion at its very best. The legendary quintet revolutionized vocal jazz with their impeccable harmonies and crisp interpretations of jazz classics. They gained popularity in New York cabarets in the early 1970s, and quickly earned national fame with the release of their hit album and the single *Operator*, which took radio stations by storm. They continued to perform and record, exploring a range of jazz vocal genres, always with great success, earning their first two Grammy Awards® for the remake of their signature

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"Birdland." They have recorded with such greats as Tony Bennett, Bette Midler, and Smoky Robinson. Now they join the American Festival Pops Orchestra with Artistic Director and Founder Anthony Maiello, who has gathered some of the most extraordinary musical talent in the greater D.C. area, to present a dynamic evening of vocal and instrumental swing, doo-wop, jazz, and pop. This performance is part of the ARTS by George! benefit. Visit artsbygeorge.gmu.edu for details.

SEPTEMBER 30

NATHAN ANGELO

Jammin Java, 7:30pm, \$12-15

In the ever-changing landscape of modern pop, Nathan Angelo shines as a refreshing alternative, embracing the classic elements of popular music and celebrating the backbeat of American tradition. As the revival of music in the 60's and 70's brought together the heritage of the Great American songbook, the flair of jazz and heartache of the

Delta blues, Angelo integrates these forms into his own music with great ease and delight. For the past decade, Angelo has captivated audiences across the country with his high-spirited live show and captured the imagination of a loyal following through prolific songwriting, independently selling over 40,000 albums along the way.

SEPTEMBER 30

CUPCAKE RIDE— FAMILY-FRIENDLY BIKE RIDE!

Haley Smith Park, 814 Van Buren Street

Four-mile family-friendly ride at a casual pace with stops to visit local bakeries and businesses. Riders of all abilities on bikes of all kinds are welcome. We welcome parent-supervised children in trailers, trail-a-bikes or on their own (two-wheeled) bikes who can ride for four miles on sidewalks, trails, and quiet town streets. Arrive 30 minutes early for a

CONTINUED ON PAGE 20



OCTOBER 12
George Mason University







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create &
innovate






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8 PM

NOV
2

DANIEL HOPE AND FRIENDS AIR – A BAROQUE JOURNEY

George Mason University, 8pm \$50, \$43, \$30

Join violin virtuoso Daniel Hope as he traces the extraordinary history of the violin from the late Renaissance through the Baroque era, a dynamic period when violinists and composers were liberated to seek new, original ways to express themselves on this fascinating new instrument. For this intriguing concert, Hope is joined by an ensemble of world-class musicians, performing on modern instruments but using bows from the Baroque period. Compositions by Bach, Vivaldi, Handel, and Telemann are complemented by works from the lesser-known Falconieri, von Westhoff, and Matteis. During the concert, Hope shares a narrative that illuminates the interconnections between the composers through the extensive cultural exchange that was taking place throughout Europe. Hope has been praised as “among the best in the world as well as the most thoughtful” (*The Observer*, London). This program is brought to life by an ensemble of two violins, cello, lute, harpsichord, and percussion.

CONTINUED FROM PAGE 19

bike check-up compliments of Green Lizard Cycling. Bring helmets and water bottles. Please register, as limited space is available. No cost for the ride but you should bring money to purchase food or drink. Bakeries to visit may include: Boutique Bakery, Weird Brothers Coffee, Amphora Bakery and Duck Donuts.

OCTOBER 6

THE MCLEAN 5K

Jammin Java, 1pm, \$15

The McLean 5K Run is coming back this fall! Hosted by MCC with the support of event sponsors Century 21 New Millennium, Chain Bridge Bank and The Greater McLean Chamber of Commerce, the race features a certified course through the heart of McLean and is designed to appeal to runners of all abilities. In addition to great exercise, the event will promote Public Safety Appreciation and serve as an opportunity to express appreciation and respect for the first responders from McLean Volunteer Fire Department and McLean District Police Station.

For more information and to register go to www.McLean5K.com or send an inquiry email to: McLean5K@mcleancenter.org.

OCTOBER 6

11TH ANNUAL VIENNA OKTOBERFEST

Historic Church Street, 11am-7pm, Admission free

Oktoberfest is held the first Saturday of October. The day's activities include food, entertainment, vendors and crafters, children's events, and a beer garden.

OCTOBER 6

FLAVORS OF FALL

Reston Town Center

Savor the flavor of autumn brews and delicious fare from area restaurants. Enjoy food, wine,

German and craft beers on tap, and live entertainment. Free admission; purchase tickets for food and beverages. Produced by Greater Reston Chamber of Commerce. restonflavors.com

OCTOBER 6-7

VIRGINIA OPERA STREET SCENE

George Mason University, Saturday at 8pm, Sunday at 2pm, \$110, \$90, \$54

Virginia Opera opens its season with this landmark American opera, an explosive tragedy about the elusive American Dream. Set in 1946 on the doorstep of a Manhattan tenement within a single 24-hour period, *Street Scene* offers a view into the lives of the residents who struggle with love, jealousy, resentment, and disenchantment. Featuring a Tony Award®-winning score by 20th century Broadway legend Kurt Weill and powerful lyrics by the “Poet Laureate” of Harlem, Langston Hughes, it has been acclaimed as “an exhilarating blend of Pucciniesque melody, bright, brassy, impudent jazz, brooding blues and sparkly Broadway showtune...pulsating to the relentless rhythm of irrepressible urban life” (*Arts Desk*). Sung in English with English supertitles.

OCTOBER 7

MPAARTFEST 2018

McLean Central Park along Dolley Madison Boulevard near the community center, 10am-5pm, free

A one-day juried fine art show and sale, MPAartfest features the work of visual artists showcasing a wide variety of media and styles. During MPAartfest, McLean Central Park is transformed into a lively landscape of mini art galleries showcasing and offering for sale the work of acclaimed artists from the Mid-Atlantic region and beyond. This annual celebration of the visual arts attracts 5,000 – 6,000 visitors. Along with the artists' tents, live music

and food from local restaurants in the park, MPAartfest offers a variety of arts and STEAM (STEM+Art) activities to engage creative minds and captivate art-lovers of all ages.

OCTOBER 12

COMPAÑÍA FLAMENCA EDUARDO GUERRERO

Flamenco Pasión

George Mason University, 8pm, \$50, \$43, \$30
Direct from Cadiz, Spain, Flamenco Pasión bursts with energy as elite dancers convey the many styles of this beloved Spanish art form. Today's foremost flamenco dancer and choreographer, Eduardo Guerrero, is esteemed for his superior physical ability, flawless technique, and his unique eclectic style, combining classical and contemporary Spanish dance and ballet. It is a captivating performance of precise percussive footwork that displays an extraordinary depth of emotion. Guerrero dances alongside his company of exceptional dancers to present the full range of flamenco styles in a spellbinding demonstration of expressive and sensual dance. "...the choreography is modern and courageous; [Eduardo Guerrero] has no limits, because he does not seem to need them. He dances the impossible" (*Flamenco Divino*).

OCTOBER 13

CHAMBER MUSIC SOCIETY OF LINCOLN CENTER

George Mason University, 8pm, \$50, \$43, \$30
This premier chamber music ensemble from the world's largest performing arts complex is composed of some of the finest musicians in the world. Known for its "vitality, incisive attention to detail and spontaneity" (*Chicago Tribune*), the ensemble performs an exuberant program of Russian-inspired classics including works by Irish pianist John Field, Mendelssohn, Schumann, violin virtuoso Giovanni Battista Viotti, and Mozart, along with Russian composer, Mikhail Glinka. These divergent composers directly influenced the evolution of classical music in Russia. Discover for yourself the "exploding star in the musical firmament" (*The Wall Street Journal*) that is the Chamber Music Society of Lincoln Center.

OCTOBER 13

THE NIELDS

Jammin Java, 7pm, \$18-22

The Nields' albums are often an eclectic mix of ideas and music styles, but clear themes

CONTINUED ON PAGE 22



TIMES VARY

SEPT
21-23

TRADING SPACES' VERN YIP HEADLINES CAPITAL HOME SHOW

Dulles Expo Center, 4320 Chantilly Shopping Center, Chantilly, VA Friday 10am-9pm, Saturday 10am-9pm, Sunday 10am-6pm, \$10 Box Office adult admission; \$7 Adult online admission, \$6 Group tickets (20 or more), \$3 Children age 6-12, Children 5 and under FREE

More than 250 exhibitors, seminars, home remodeling products to be found at the Capital Home Show at Northern Virginia's Dulles Expo Center as well as Vern Yip, star of Trading Spaces. One of the most recognizable designers on TV, Yip was, for years, a judge on HGTV's "Design Star" in addition to being a Trading Spaces original cast member. The McLean, VA native now lives in Atlanta where he runs a design firm along with being a best-selling author and a UNICEF Ambassador.

More than 250 companies will be on hand to showcase the latest products and services in home remodeling, renovation, home décor and redesign. An ongoing schedule of home remodeling and renovation experts conducting seminars will be carried out throughout the three-day event. Show includes:

—**Custom Design Home Featuring Val Valdez Of Design Home:** A 1,400 square-foot home will be built on our show floor. The completely furnished custom home will feature this year's latest trends in design, color and décor. Attendees may interact with new products, speak directly with the experts and take home ideas for their own home renovation.

—**Make-It, Take-it DIY Station:** FREE! Get creative with a free hands-on workshop sponsored by Stylish Patina. Paint a customized doormat, discover the latest in string art or discover the allure of chalk paint. Learn directly from the experts, test new products and take home a custom creation in this interactive feature. Only 15 spots per workshop are available and all supplies are provided. Workshop time-slots are first come, first served throughout the entire weekend. Workshop schedule: capitalhomeshow.com/show-features/makeit-takeit

—**Hero Days:** The Capital Home Show will honor local heroes on Friday, September 21. All active military personnel, veterans, fire, police and first responders receive free admission with a valid identification.

Tickets may be purchased online at www.capitalhomeshow.com.


 SEPTEMBER 29
George Mason University



MANHATTAN TRANSFER

CONTINUED FROM PAGE 21

emerge. "Love and China" (2002) was about the fragility of love and relationships. "The Full Catastrophe" (2012) explored the messy experience of raising a family. "XVII" has the Nields looking out from midlife. The kids are older, but not fully grown. There's more space to look back and forward, and more freedom to create.

OCTOBER 13

DOGFEST DC-WALK 'N ROLL

12pm - 3pm, Reston Pavilion

Grab your friends, family and dogs and enjoy free fun, festivities, graduate speakers, dog demonstrations, music, food and more! Walk 'n Roll registration begins at 11:30 am. Presented by and benefiting Canine Companions for Independence. Visit cci.org or support.cci.org for more information.

OCTOBER 13

RECYCLING EXTRAVAGANZA AND HAZARDOUS WASTE COLLECTION EVENT

Recycling Center, 7100 Gordon Rd, Falls Church, 9am-2pm

Recycle electronics, computers, eye glasses, medical equipment, sewing machines, bikes, clothing, textiles, batteries and more. Shred up to three boxes of documents. And, properly dispose of consumer products that are either toxic, ignitable, corrosive, or reactive.

OCTOBER 14

STEEL MAGNOLIAS

L.A. Theatre Works

George Mason University, 7pm, \$44, \$37, \$26
"I would rather have thirty minutes of wonderful than a lifetime of nothing special." Steel Magnolias brings an entire evening of wonderful to the Center! L.A. Theatre Works has reimagined this timeless story about the enduring bonds of friendship in a new, radio-style production featuring a diverse group of six extraordinary women. Return with the cast to Truvy's beauty shop in the Bayou of Louisiana. The vibrant women gather in this bastion of camaraderie to preen for special occasions, and celebrate and support one another, while enduring the ups and downs of life. Both laugh-out-loud funny and deeply touching, this production exposes the strength of the human condition and our shared need for companionship. This company, known for radio-style drama presentations which include minimal sets and costumes, employ sound effects made the "old fashioned way", as they were on the classic radio shows of the 1930s and 1940s. L.A. Theatre Works is hailed as "original, exciting, and highly theatrical" (*American Theatre Magazine*).

OCTOBER 14

ANNUAL NORTHERN VIRGINIA CURESEARCH SUPERHEROES UNITE!

Tysons Plaza, 9am-11am

Join us as we celebrate and honor children from the Northern Virginia area who have

been affected by children's cancer. This special day includes prizes, music, food, and fun activities for the entire family! Funds raised at the event will help end childhood cancer by driving targeted and innovative research with measurable results in an accelerated time frame. Every day 43 children are diagnosed with cancer. Children's cancer is the leading cause of death by disease in children and 3 out of 5 children suffer devastating side effects from the treatment. There is something we can do—register today at www.curesearchsuperheroes.org/NOVA and help fund a cure! For more information, you can reach Jennifer Murphy at 240-235-2211 or jennifer.murphy@curesearch.org.

OCTOBER 16

MATTHEW PERRYMAN JONES

Jammin Java, 7:30pm, \$15

A performing songwriter by trade, Matthew Perryman Jones is actually a seeker, at heart. With each entry in his discography, his musical and moral compass points toward an artistic horizon he has yet to explore. Of his most recent release, *American Songwriter* wrote that, "MPJ's songwriting acumen could easily be used as a musical template to demonstrate how less can be so much more. [He] sounds cinematic and slowly worms its way inside your brain, feasts upon your emotions, and ultimately burrows down into your soul." It could be said that Matthew makes soul music—not based on how it sounds, but on where it originates and where it resides.

OCTOBER 24

VIENNA HALLOWEEN PARADE

Maple Ave, 7pm

One of Vienna's most popular community events, October's Halloween parade includes marching bands, floats, and other entries. Registration for the 72nd Annual Halloween Parade opens July 1, 2018. The deadline to submit applications is September 21, 2018. Kids are invited to walk in the parade in their Halloween costumes. No registration is required; meet at 6:30 p.m. in the parking lot at United Bank, 374 Maple Avenue E. Children must be accompanied by an adult.

OCTOBER 25-29

WASHINGTON WEST FILM FESTIVAL

Thursday thru Monday, Bow Tie Cinemas

A unique cinematic experience with fine independent films presented at Bow Tie Cinemas over 5 days. Visit wwfilmfest.com for more information.

NOVEMBER 1

PATTY LARKIN

Jammin Java, 7:30pm, \$25

Patty Larkin redefines the boundaries of folk-urban pop music with her inventive guitar wizardry and uncompromising vocals and lyrics. Acoustic Guitar hails her "soundscape experiments" while *Rolling Stone* praises her "evocative and sonic shading." She has been described as "riveting" (*Chicago Tribune*), "hypnotic" (*Entertainment Weekly*) and a "drop-dead brilliant" performer (*Performing Songwriter*).

NOVEMBER 2

LUCY KAPLANSKY

Jammin Java, 8pm, \$25

Lucy Kaplansky is a rare vocal talent, "a truly gifted performer...full of enchanting songs" (*New York Times*). Blending country, folk and pop styles, she has the unique ability to make every song sound fresh, whether singing her own sweet originals, covering country classics by June Carter Cash and Gram Parsons or singing pop favorites by Lennon/McCartney and Nick Lowe. ❖



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Why is important to know if your child is snoring? Is their face developing correctly? Does their airway have the anatomical support needed? Why the initiative to create the Facial and Airway Development Center?

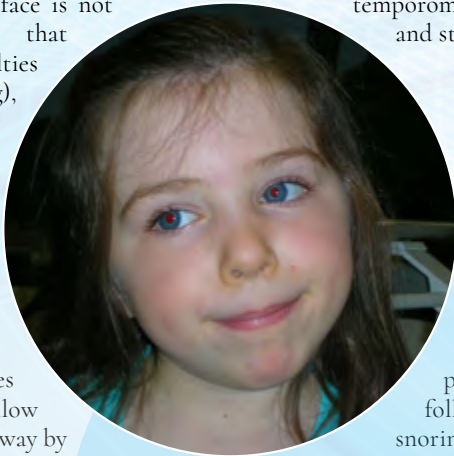
Nothing is more beautiful than seeing your child grow, arising to new opportunities while maintaining their health. However, when your child shows signs that their face is not developing properly, that they are having difficulties breathing (snoring), or learning; a closer evaluation to your child could bring back their health.

Dr. Calkins places emphasis on the early stages of facial development to create the anatomical structures (facial bones) that can allow for the growth of the airway by implementing the correct function of the stomatognathic system.

Working alongside our families at our facility, Dr. Calkins has completed quality of life questionnaires for patients' evaluation prior to starting growth stimulation and function re-patterning.

These are some of the questions that create the emphasis on the improved quality of life that children and families have experienced when facial structures are given the opportunity to manifest their full genetic potential under an environment that favors facial growth (epigenetic factors) such as correct breathing, posture of tongue within the palate, lip seal, body alignment that allows for proper use of muscles involved in breathing (diaphragm). Implementation of orofacial myology at Sunrise Orthodontics in junction with craniofacial growth direction, allows for maximization of benefits in the developmental stages of a growing child.

Dr. Calkins has been trained by Dr. Barry Raphael, Dr. Mark Cruz, Dr. Piper and Dr. Jim McKee, leaders in craniofacial development with emphasis in temporomandibular growth and stability.



In this edition, we share with our families in Northern Virginia some of the findings of our patients. In a pediatric sleep questionnaire, a 4-year-old patient presented with the following findings: snoring while sleeping, occasional heavy breathing if

sleeping on her back, but not when on her side; child will stop breathing during the night, and child wakes up with a snoring sound.

Her quality of life questionnaire will report difficulty breathing through her nose, difficulty keeping her lips together at rest, choking while eating or swallowing, restlessness, snoring and awakening during her night sleep, heavy breathing and open mouth while sleeping, and behavioral issues while at home or school.

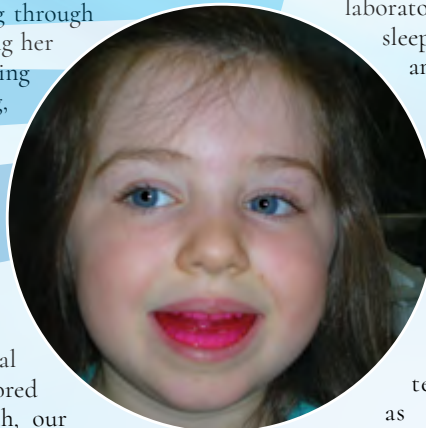
After following orofacial myology and systems tailored to stimulate facial growth, our now 5-year-old patient improved in all parameters: she now can breathe through her nose, she can keep her lips together while at rest, her chewing and

swallowing are normal, her quality of sleep at night has significant improvement and her behavior has also improved. Her snoring will be still occasional while resting on her back with a pillow. Her face is developing to the desired direction tridimensionally, therefore, sustaining her airway.

These improvements benefit the overall health of our children. At the Facial and Airway Development Center, our champions in orofacial myofunctional therapy make remarkable and sustained improvements.

We owe it all to our little patients and our families, in the diligence displayed by following our advice, guidance, and implementation of systems that will allow the craniofacial respiratory complex to attain the necessary equilibrium to sustain function.

Dr. Calkins uses 3-D imaging technology to evaluate children's' skeletal, dental and upper airway structures. She also interacts with local sleep laboratories to conduct sleep baseline diagnosis and implements algorithms for access to appropriate care, customized to every patients' needs.



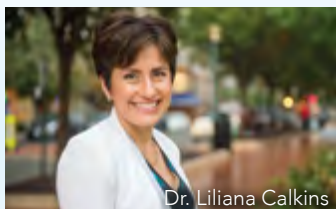
Lately, Dr. Calkins started the use of digital calibration technology, known as MATRx for titration of sleep oral devices for the adult community in need of improvement of sleep-disordered breathing.



The initiative to create the Facial and Airway Development Center focuses on education and early intervention to improve the quality of life of children that suffer from manifestations of sleep-disordered breathing.

We humbly dedicate this article to our patients and families, that place their trust in our philosophy of treatment. We also dedicate this article to our mentors: Dr. Mark Piper, Dr. Jim McKee, Dr. Barry Raphael and Dr. Mark Cruz for being pioneers in guiding the medical community to understand the manifestations of sleep-disordered breathing in children they are researchers in temporomandibular growth, that have given foundation towards understanding this crucial joint.

Meet our champion in orofacial myology training! Thank you to our dear patients!



Dr. Liliana Calkins



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Welcome to Virginia's FOOD REVOLUTION

BY RENÉE SKLAREW

Virginia has a long history of leadership. Consider America's Founding Fathers—seven men from Virginia signed the Declaration of Independence. Here, in a state full of trailblazers, there's a new revolution going on, and it's happening on a small farm in Loudoun County. This homestead existed long before our country's first Independence Day, and now it's in the process of developing the sweet taste of the future. This is what I learned at CEA Farms, an operation where novel ideas could solve some of the world's most pressing problems.

"I'm trying to get people to change the way they think about food," says Don Virts, owner of CEA Farms in Hillsboro, Virginia. The pastoral landscape that surrounds Virts' farm lies alongside Route 9, formerly a wagon trail running through a gap in the hills of Western Loudoun County.

Hillsboro is a progressive community that was founded in the 1730's by Germans and Quakers seeking religious freedom and fertile land. Virts' ancestors began their family farm in Hillsboro in the 1760's. Two centuries later, Virts sustained the family legacy by working in the fields. After he inherited the land with his brother, Virts built a greenhouse and helped his nephew launch a cattle farm.

One year ago, Virts and his family opened a market and café to showcase his produce and his nephew's meat. At Virts Family Farms market, you can buy local products and order an "All-Loudoun Burger" consisting of beef, onion, lettuce and tomato. The produce comes from Virts' greenhouse and the meat from the family's ranch. The taste of these hamburgers is of pure beef, no seasoning or condiments required.

At first glance, this operation may not look groundbreaking, but behind the rustic facade, there's a rebellion going on. Inside Virts' greenhouse, he employs experimental farming technology, like designer fertilizers, solar-sourced energy and innovative water filtration systems.

"I want to grow my crops in a controlled environment," says Virts. "I want to grow those crops year-round, so I'll have tomatoes in January and February. I want to do it using no chemicals. I will recycle every bit of water we use, and manufacture my own water. All of this is going to run on renewable energy."

Take a walk through the CEA Farms' white-tented greenhouse where rows of lettuce, tomatoes, microgreens, onions and cucumbers are harvested year-round. Virts welcomes visitors and hosts regular tours. I first visited CEA Farms on a cold December day, enjoying the bright warmth inside the greenhouse. Virts pulled two heads of immaculate butterhead lettuce out of his growing flats to take home to my family.

"Look at this lettuce," Virts points. "See how clean it is? No dirt, no grit, no acid rain fell on it, no animals running through it, no birds flying over. You can eat right from here. You don't have to wash it. I've got spicy arugula, radish, char and onion microgreens. Restaurants buy the flat with all the varieties. The microgreens grow on burlap, so there's no dirt. If you keep this burlap moist by watering it once a day, and there's no waste. It continues to grow even after you deliver it."

Five tech companies are investing in Virts' greenhouse. One is supplying an atmospheric water generator to reduce humidity levels, to lessen the need for fungicides. Virts' humidifier system recycles atmospheric moisture he'll use to water his plants. Along with rain water, he processes this recycled water with one-hundred-





percent renewable energies, without the use of chemicals.

Virts is also manufacturing nitrogen fertilizer designed for his unique greenhouse environment. He's running tests in the greenhouse with plots outside in the hay and corn fields to see how it does side-by-side. "The potential is unbelievable," Virts tells me. "We will produce our own fertilizer and raise our own food, with no carbon fuels used at all."

Virts' vision is to install greenhouses on rooftops of buildings and inside communities. Virts explains. "I want to grow food where the people are. I've talked to developers and said, your clubhouse and pool is used a tenth of the year, why not build a greenhouse and create a sustainable community?"

Some governments are listening. From Purcellville to Lebanon, people are intrigued by Virts' greenhouse and its potential to grow food inside neighborhoods, even those challenged by water access. Tech companies have asked him to go global, but Virts thinks there's enough business in the Washington DC Area to keep perfecting his concepts. Recently, data companies discussed building greenhouses on the roofs of their building with him. The enormous quantity of water they use can be recycled and used safely on his plants.

Virts is installing a solar collector that requires minimal land: "I can put this thing in my front yard and not obstruct the view. It's actually pretty. It's round; they call it a smart flower. When the sun goes down, the solar panels close in a circular fashion. In the morning, the panels open and track the sun. It's very efficient and uses a small footprint."

Virts' sister-in-law Linda owns and runs the Virts Family Farms market. This pioneering family loves supporting their fellow farmers, so every product is made or manufactured in Virginia. "Our chicken comes from Joel Johnson's family farm in Purcellville. We sell eggs by Happy Chicks from Waterford, Virginia. We have salsa using my tomatoes. There's local lamb from Hamilton, and on Thursdays, a neighborhood baker brings in pies, cakes and granola. The coffee is roasted in Lucketts."

At Virts Family Farm, you'll be impressed by this small-town farmer's impact on his community, but imagine what these greenhouses could mean to the growing demand for food using methods that won't harm the environment. Virts says he's witnessed global warming personally by watching his pond. It used to freeze hard every year, but now, it's never long enough to skate or play.

Currently, Virts supplies the Loudoun Conference Center and Ford's Fish Shack with his produce, including CEA Farms' robust and flavorful microgreens. He will need additional greenhouses as the demand for his products grows. I've no doubt he will see his vision through. "It's getting back to the way my forefathers got their food. They grew it, or it came from a neighbor," says Virts. "With modern science and technology, we can have fresh, chemical-free food with a very small carbon footprint every day of the year." ♦

AUTHOR: Renee Sklarew writes about food, travel and recreation. She leads tours for Smithsonian Associates, and is the author of *60 Hikes Within 60 Miles of Washington DC* and the *Unofficial Guide to Washington DC*. Follow her on Twitter @DCWriterMom

CEA Farms
(304) 261-8596
15485 Purcellville Rd
Purcellville, VA 20132
www.ceafarms.net



National Secrets

The National Conference Center Reveals It's More Than Just a Venue for Business Meetings

BY ANALIESE KREUTZER

You can watch a game and enjoy great food with your friends at the Black Olive Bar & Grill at The National.

The National Conference Center may be the biggest secret in Loudoun County. Although it's been there for 40 years, is the largest hospitality employer in the county and hosts hundreds of events each year on its 65-acre campus, it seems many people don't know about it and all that it has to offer.

The National is one of the largest and most comprehensive learning and training facilities on the East Coast with 265,000 square feet of classroom or function space, 917 guest rooms, full service food and beverage facilities, and a 14-element challenge course. It won seven industry awards last year, including Partner of the Year from Loudoun County and Hotel of the Year from the Virginia Restaurant, Lodging & Travel Association.

Although The National does host large meetings and conferences, it also accommodates smaller groups and is available for events such as weddings, holiday parties, corporate picnics and community events. The West Belmont Place Event Center at The National boasts the largest ballroom in Northern Virginia at 16,000 square feet and was the site of the Marine Corps University Ball last year. It also has been the choice for high school, college and family reunions as well as weddings—particularly large cultural weddings that include multiple events over

several days. In addition to the ballroom and meeting spaces, The National has abundant outdoor areas for events, including spacious terraces, patios, courtyards and the West

Lawn. Two fire pits and comfortable outdoor furniture make the outside spaces comfortable all year round.

Having a wedding nearby? You can reserve a block of rooms at the National even if your event is being held elsewhere.

Welcoming the Community

In addition to its event spaces, The National has more than 900 guest rooms. You can reserve a weekend room block even if your event is being held somewhere else. Having a vineyard wedding? Book a block of rooms at The National, and your guest accommodations can be arranged in pods around common areas. Accommodations include flat screen TVs, free Wi-Fi, full service hot breakfast buffet, ample free parking and access to the fitness center.

The Black Olive Bar & Grill, a large sports bar, is located within The National. Members of the community are invited to join the Black Olive Club. The free membership gives you entrance to the bar, where you can watch sports on one of the 16 large TVs, enjoy live music, professional DJs, karaoke, games, local

wines, craft beer and a hand-crafted seasonal menu featuring appetizers, sandwiches and light entrees.

Throughout the year, The National's management invites members of the community to events on the property, including an Easter Brunch and Breakfast with Santa. The staff also hosts block parties in the summer with live music, local wine and beer, and food from local restaurants and food trucks. There is no entry fee, and food and drink tickets may be purchased at the event.

The next block party will be on September 21 and will have an Oktoberfest theme. For details, go to conferencecenter.com or visit The National Conference Center on Facebook.

The National has forged a partnership with Loudoun County Public Schools (LCPS) to support its programs. The Riverside High School culinary program holds a competition each year, and the winning students prepare their recipes at The National for parents, teachers and other invited guests. The National also participates in LCPS's program called Project Search. As part of the program, challenged young adults who have aged out of the school system participate in job training at The National. They rotate through different departments where they are coached in the job skills required to work there. The National has hired six Project

It's not just for big meetings. The National can accommodate groups from 18 to 1,800.



photo credit: David Galen

Want to treat the foodie in your life to something special? Hold an intimate chef's table for friends or family in one of the many smaller rooms at The National.



Search student in the past two years while others go on to find hospitality jobs elsewhere in the community.

Conducting Business

Large corporations and small businesses, associations, nonprofits, military and government agencies all hold events at The National, including meetings, retreats, conferences, conventions, training and educational programs. It's also a popular facility for team building events. The staff at the National develops team building experiences on the challenge course, or they can arrange something less physical like a wine tasting or culinary class. Companies choose to have their picnics at the National and take advantage of the challenge course or other activities such as corn hole or badminton.



photo credit: David Galen

The National is a great place to hold your organization's holiday party.

themselves to hot entrees, salads, comfort foods and more. Allowing guests to control their portion sizes helps minimize food waste.



The National's 250 meeting rooms are organized into five distinct areas for maximum privacy and versatility, and sophisticated on-site technology capabilities support any type of presentation.

Some groups use The National for a meeting that lasts a day. Others use it for training that lasts for months. A major telecommunications company has a multi-year contract to hold all of its training there.

Restaurant-Quality Farm-to-Table Food

The National's owners retained LaKota Hotels & Resorts four years ago to manage its day-to-day operations, and one of the biggest changes they made was to the food service program. They did away with a cafeteria-style dining facility and set up fresh food stations, where diners help

The management is particularly proud of its farm to table program. The National staff often feeds more than 1,000 people per day. A large percentage of their produce and meats are sourced within Loudoun County from places such as CEA Farms, Springhouse Farms, Silcott Springs Farm and Yohanan Farms. They also purchase from local bakeries, breweries and vineyards.

The National's efforts to buy locally extend beyond the farm to table concept. This year, Vice President and General Manager Geoff Lawson challenged each department to purchase all their products, when possible, within Leesburg or within Loudoun County or, at the very least, to keep the purchase within the state of

A system of tunnels connects the buildings. In bad weather, attendees don't need to take their coats or umbrellas to go from one event to the next.

Virginia. The goal is to minimize the natural resources used to get the best products and to positively impact the local community. This is just the latest environmental effort by The National, which is a certified Green Seal facility.

When planning your next event—whether it's a holiday party, a training workshop, a reunion or a wedding—consider the indoor and outdoor spaces, professional services, overnight accommodations, restaurant-quality food and environmental stewardship that The National Conference Center has to offer. For more information, email sales@conferencecenter.com or call 703-724-5111. ♦

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



HELPING YOUR CHILD SUCCEED:

Is It Time to Experience the Montessori Difference?

With the rate of change in our world accelerating and all kinds of new opportunities being created by technological innovation, lifelong learning is now a necessity skill for keeping up-to-date, staying relevant and thriving.

Yet despite a wide range of devices in the hands of students and educators, a recent global report by the Organization for Economic Co-operation and Development (OECD) suggests education systems that are heavily invested in computer-reliant curriculums are not seeing any noticeable improvements in their results for reading, math and science. Rather, the study indicates that students who use tablets and computers very often tend to do worse than those who use them moderately or not at all.¹

For parents concerned about their child's success, not only during their academic years, but well beyond, a Montessori School experience could make a world of difference.

Instead of tech, teachers at Montessori Schools, such as the Montessori School of McLean, prefer a more hands-on, experiential approach to learning that contrasts sharply with the rush to fill classrooms with the latest electronic devices. The role of imagination

in learning is emphasized and an integrated approach to the intellectual, practical and creative development of pupils is offered.

Created and pioneered by Maria Montessori over 100 years ago—first in Italy and then in the United States where Alexander Graham Bell founded the Montessori Educational Association at his Washington, DC home — the Montessori Method was, and is, based on a lifetime of study and observation of how children really learn.

The 4,500 Montessori schools in the United States (22 alone in the Tysons/Reston/Herndon area) focus on developing and educating children ages 18 months through 12 years old, with a curricula of hands-on experiences intended to appeal to a child's innate hunger for knowledge. At Montessori, children actively learn to love learning.

Montessori's method focuses on personal development rather than exams, producing

more mature, creative and socially adept children, studies have found. Children of different ages share the same classes, and are encouraged to collaborate and help each other. Special educational materials are used to keep children interested, and there is an emphasis on practical life skills.

Psychologists have also reported that across a range of abilities, children at Montessori schools out-performed those given a traditional education. Five-year-old Montessori pupils were better prepared for reading and math, and 12-year-olds wrote significantly more creative essays using more sophisticated sentence structures.²

And in an era when civility seems to be disappearing, some of the most impactful effects of a Montessori experience can be seen in social skills and behavior. Studies continue to show that Montessori children display a greater sense of justice and fairness and interact in more emotionally positive

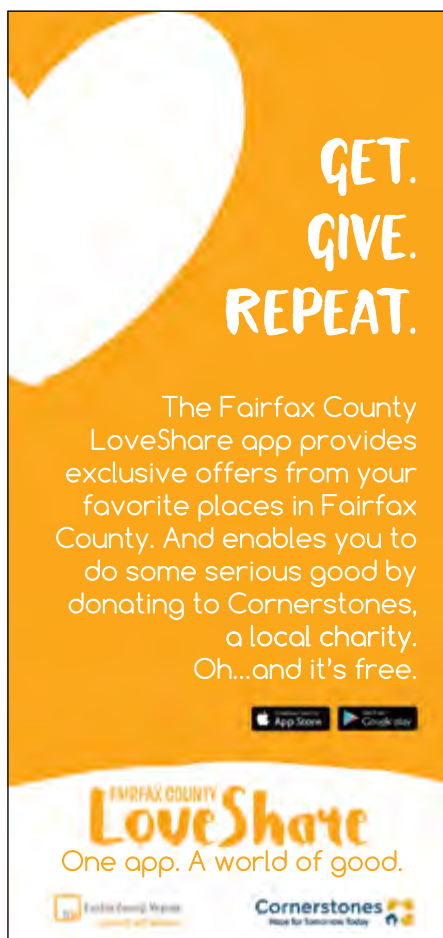
ways, having learned to use problem-solving skills to effectively and peacefully negotiate with others.

In almost every aspect, a Montessori education offers a fundamentally different experience than a traditional education, with clear advantages at every stage of a student's development.

With its foundation in self-direction and cooperative activities, a Montessori program helps a child develop a strong self-image, high levels of academic and social competence as well as the confidence to face challenges with optimism. Encouraged to make decisions from an early age, Montessori-educated students are problem solvers who can make appropriate choices, manage their time, and work well with others.

What ultimately sets a Montessori student apart is empowerment: students ready for the next step in their education and able to find their own path on the journey to becoming thoughtful, passionate and productive global citizens. ♦

1. OECD (2015), Students, Computers and Learning: Making the Connection, PISA, OECD Publishing
2. Science Magazine (2016), Evaluating Montessori Education. A.S. Lillard & N. Else-Quest



Montessori Ages 3-5
Preparatory Grades 1-8



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BY PATRICIA LEE HALL

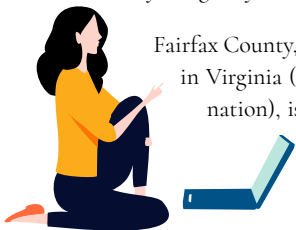
VIVARESTON'S PICKS FOR Top Private Schools

Northern Virginia has some of the best public school systems in the United States. Still, many local families choose to send their children to private schools. Why take on the extra expense? From smaller class sizes to advanced programs and some unique environments and features, private schools generally can offer more than public schools, often limited by budgetary and policy constraints, may be able to provide.

Fairfax County, which has the largest public school system in Virginia (and the tenth largest school system in the nation), is home to dozens of private schools which go beyond solid academics to provide enrichment programs,

a well-rounded education, and special programs to prepare students for college and life.

Parents seeking the benefits of a private education often begin as early as preschool, where young children are exposed to educational philosophies such as the student-directed learning method of Montessori. Whether you are looking religious instruction, a specialty program for arts, or a curriculum focused on science, technology, engineering, and mathematics (STEM) you will find many choices in Northern Virginia. Some are homegrown, independent academics, while others are part of a national organization. Our guide below highlights some of the best private schools in the area.





PRESCHOOL THROUGH KINDERGARTEN



Nysmith School for the Gifted

Herndon, VA
(703) 713-1332
www.nysmith.com

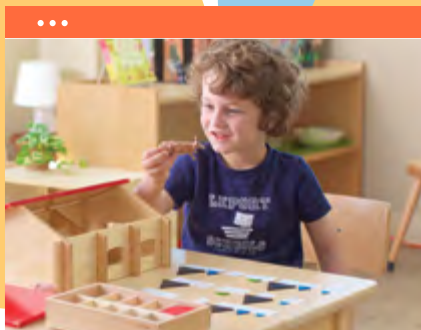
Guided by the principle that children enjoy learning, Nysmith seeks to engage them with age-appropriate challenges and innovative programs. With small class sizes, award-winning programs, minimal repetition, and STEM programs from a very young age, Nysmith kids become engaged, enthusiastic, and well-prepared for the future.



Beantree Learning

Chantilly and Ashburn, VA
(571) 223-3110
www.beantreelearning.com

Beantree Learning's large, airy, and beautiful campuses, which resemble a plaza or town square, provide a lovely setting. But it's the substance of its programs, not just its aesthetics, that make Beantree attractive to parents. This accredited school hires only degreed, professional teachers and promotes a well-rounded program for early childhood education to include foreign languages and global learning, music, physical fitness, and performing arts. Hands-on projects, special events, and monthly field trips for kindergarteners expand on the curriculum.



LePort Montessori

Reston, Herndon, Chantilly, Fairfax, Broadlands, and Aldie, VA
(703) 404-9733
www.leportschools.com

LePort Schools provide education following the Montessori philosophy to encourage independent thinking and self-directed learning. Montessori-trained teachers, mixed-age groups, and child-led activity and exploration give students a chance to explore and set their own pace from a young age. Children ages 3-6, including kindergarten, are all in one classroom, staying with the same teaching team for three years to provide a consistent, three-year mixed-age community in which they get unlimited, child-led time to explore.

Loudoun Country Day School

Leesburg, VA
(703) 777-3841
www.lcds.org

Founded in 1953, Loudoun Country Day School (LCDS) is an accredited private school that helps develop students academically, physically, artistically, socially, and emotionally. Its preschool program has a strong focus on social skills and independence through imaginative play and creative thinking. Special programs include field trips and teaming up with older students on projects. Kindergarten programs incorporate technology, core academics, and hands-on activities into the daily curriculum.



Reston Montessori School

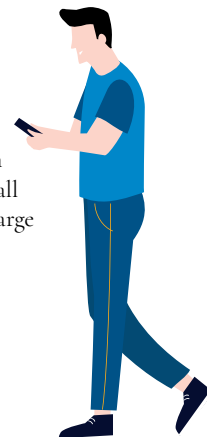
Reston, VA
(703) 481-2922
www.restonmontessori.com

Reston Montessori School was established in 1986. It is an American Montessori Society Full Member school. The school grew from one primary classroom to serving students from age 3 months to 12 years in Pre-Primary, Primary, Kindergarten and Elementary school classes. The Montessori Method is based on the child's tendencies to explore, be independent and make decisions, develop self-control, abstract ideas from experience, be creative and imaginative, repeat for internalization, concentrate, and perfect and master concepts and ideas.

Montessori classes are organized into groups representing a three-year age span. Within each group there is constant interaction, problem solving, child-to-child teaching, and socialization.

The environment is arranged according to subject area, and children are free to move around the room, and to work on a piece of material as long as needed. It is the role of the teacher to prepare and adapt the environment. The teacher links the child to the environment with well-planned lessons.

Children learn directly from the environment, other children, and from the teacher. The teacher works with children one-on-one, in small groups, and less frequently, in large group settings.





PRESCHOOL THROUGH KINDERGARTEN

EDUCATION



The Goddard School

Tysons, Herndon, Chantilly, Ashburn, and other locations, VA
(800) GODDARD
www.goddardschool.com

Goddard School knows that when learning is fun, children flourish. The school's goal is to provide a collaborative, family-like environment where children blossom into respectful, confident and joyful learners. Its comprehensive, play-based curriculum, developed with early childhood education experts, provides the best childhood preparation for social and academic success. Guided by its Educational Advisory Board, the school's teaching philosophy emphasizes art and STEM programs, enrichment opportunities, safety, and a nurturing environment.



Congressional School

Falls Church, VA
(703) 533-1064
www.congressionalschool.org

Set on a 40-acre campus, Congressional School boasts a "comprehensive, interdisciplinary, challenging, and age-appropriate academic program" to develop students academically and nourish them socially and emotionally. From preschool on, children develop literacy skills, emerging mathematics, and hands-on science. In Kindergarten, they also receive instruction with specialty teachers in art, music, and physical education, and languages such as French or Spanish.



BASIS Independent

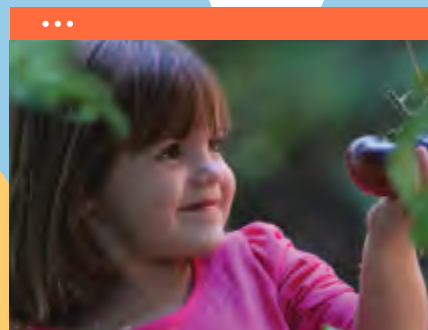
McLean, VA
(703) 854-1253
mclean.basisindependent.com

"When students love to learn, they excel," is the guiding principle of BASIS Independent. The school provides a joyful learning culture that celebrates hard work and inspires children of all ages to reach the next level. Its Early Learning Program (PreK-1, PreK-2, and kindergarten) balance a child's natural tendencies—to question, explore, and create—with intentional, academic learning. Students are well-rounded and confident, with opportunities to explore programs in art, music, science, athletics, and more.

Green Hedges School

Vienna, VA
(703) 938-8323
www.greenhedges.org

With a small student-teacher ratio (8:1), Green Hedges School in Vienna forms a tight-knit community that provides a foundation for academic values and strong engagement. Preschool and kindergarten students learn in a Montessori classroom with Montessori-trained teachers, and all students learn French beginning at three years old. Leadership and community service programs begin from an early age.



Brooksfield School

McLean, VA
(703) 356-KIDS (5437)
www.brooksfieldschool.org

For more than 30 years, Brooksfield has offered a unique Montessori experience cultivating a love for learning that fosters lifelong friendships among children, families, teachers, and the community. Situated on five quaint acres of woodlands, the school emphasizes creativity, the arts, and nature. Young children develop self-confidence and independence, hone their distinct gifts and talents, and learn to be community leaders. The school also emphasizes sustainability, eco-friendly learning environments, and environmental stewardship.

Eastern Ridge School

Great Falls, VA
(703) 757-7900
easternridgeschool.org

Children learn by doing at Eastern Ridge, and much of the education takes place exploring the world around them, including outdoors. At Eastern Ridge, children play and learn outside at least one hour each day, but often for longer. Inspired by the Reggio Emilia approach and by European-style forest schools, Eastern Ridge makes good use of its "outdoor classroom," providing gardening, unstructured play, and project-based learning opportunities for its young students. The school also promotes a strong community with heavy parent involvement.





Crème de la Crème

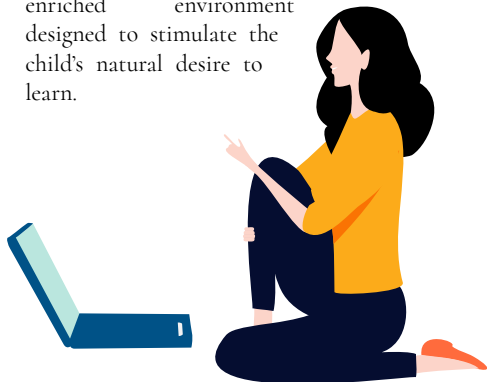
Sterling and Woodbridge, VA
(800)374-5715
cremedelacreme.com

Crème de la Crème encourages children to succeed and discover a love of learning that lasts a lifetime. Because studies show that preschoolers' minds are stimulated in 30-minute intervals, the school designed a classroom rotation that provides a primary teacher plus rotations throughout the day to enrichment classes with specialists. The school's state-of-the-art facilities include a sun-filled atrium and amenities such as a water park on-site, full indoor gym, tennis and basketball courts, soccer field, and baseball diamond. Safety and security are key points, with biometric fingerprint and code process for school entry and continuous monitoring through security cameras.

Montessori School of South Riding

Chantilly, VA
(703) 953-3771
www.montessorisouthriding.com

This accredited Montessori school instills a sense of independence and collaboration in its young students. Founded in 2003, it provides preschool and kindergarten in an environment that balances choice with structure, and creativity with discipline. Students learn through cooking, art, gardening, bilingual instruction, and other fun hands-on opportunities in a warm, enriched environment designed to stimulate the child's natural desire to learn.



Top 10 School In The World



Small Classes 1:9 Ratio

The award-winning Nysmith School diversifies academics up to four grade levels in a loving environment to meet the needs of each child. Daily science, computer instruction, foreign language, logic and much more. Minimal repetition, minimal homework. Come see how Nysmith will prepare your child for the future while having fun.

Nysmith
SCHOOL FOR THE GIFTED

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Limited Openings
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Transportation Available
703 552-2912
nysmith.com



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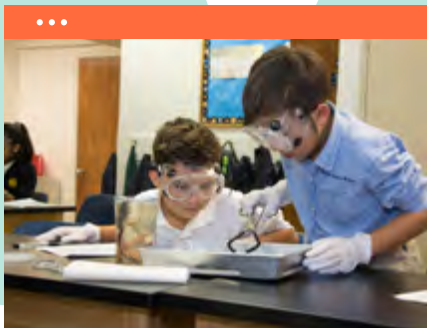
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KINDERGARTEN THROUGH HIGH SCHOOL



The Fairfax Christian School

Loudoun County, VA

703-759-5100

www.fairfax-christian-school.com

The Fairfax Christian School is an award-winning, independent, university-preparatory school serving kindergarten through twelfth grade which creates scholars with a passion for learning. Their experienced teachers follow a time-tested, challenging curriculum which promotes critical thinking and creativity while focusing on the success and talent of each student. With small class sizes and individual attention, each student thrives, explores their unique abilities, grows in their confidence and achieves academic success.

"The Fairfax Christian School provides a traditional education with the personal attention needed to ensure every student excels," notes Jo Thoburn, head of school.

The Fairfax Christian School's new campus, located near Dulles airport, opens in 2018. The new campus allows for expanded opportunities for all of their students. The new facilities include state-of-the-art science and computer labs, a performance hall, library, art studio, music studio, a large gymnasium and expanded outdoor playing fields.

The Fairfax Christian School has an exceptional worldwide reputation, over a third of their students move to the US to attend the Fairfax Christian School and top universities around the globe accept their graduates.



Beantree Learning (through grade 2)

Chantilly and Ashburn, VA

(571) 223-3110

www.beantreelearning.com

Beantree Learning continues its well-rounded early childhood education into the early elementary grades with programs designed to help students maximize their potential. Its offerings for students through second grade include reading, writing, math, science, social studies, and physical education, plus fully integrated activities in character development, foreign language, art, music, and technology. Small student-teacher ratios and useful resources provide teachers with the flexibility to tailor their instruction to meet the learning styles of every student.



Nysmith School for the Gifted (K-8)

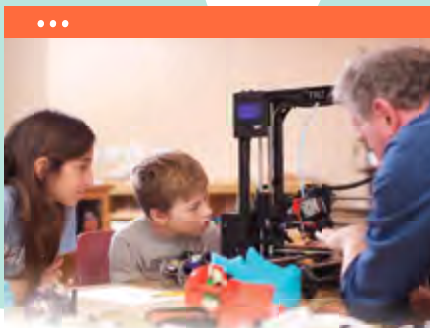
Herndon, VA

(703) 713-1332

www.nysmith.com

Elementary education at Nysmith means a highly experiential environment and hands-on learning, with minimal homework or repetition. The school's core curriculum includes math instruction at up to four grade levels above the student's grade level, and two and a half hours of computer technology instruction and nearly four hours of hands-on science each week.

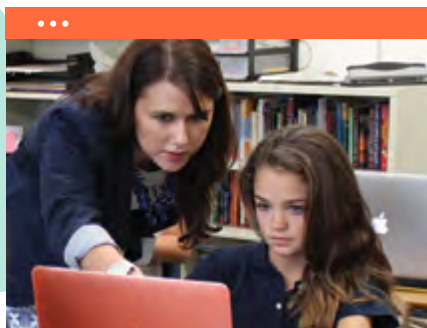




LePort Montessori (K-8)

Reston, Herndon, Chantilly, Fairfax,
Broadlands, and Aldie, VA
(703) 404-9733
www.leportschools.com

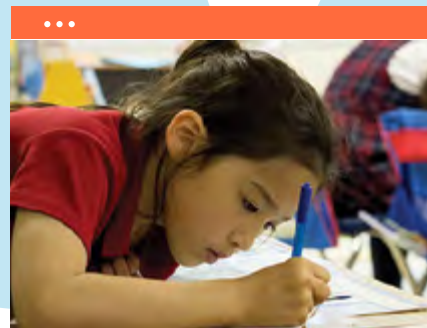
LePort Schools provide education in the Montessori style, preparing students to graduate as confident, independent thinkers with a strong knowledge about the world around them. Its elementary programs provide individualized attention with low teacher-student ratios, strong foundational skills in language arts and math, many hands-on activities, tailored learning, and family-friendly schedules with limited homework. Middle-schoolers learn in an environment that is challenging but still supports self-expression, with additional opportunities to learn through enrichment programs and community service projects.



Loudoun County Day School (K-8)

Leesburg, VA
(703) 777-3841
www.lcds.org

LCDS provides a challenging and rigorous but well-rounded curriculum for kindergarten through eighth grade with a family atmosphere and small teacher-student ratios – its students in middle school are in class sizes about half that what they would be in public schools, giving them more teacher attention and leadership opportunities. Accompanying the core subject areas are programs in art, music, foreign languages, technology, and physical education, including multiple sports. Students also can partake in community service activities, character programs, speaker series, team-building activities, and life skills programs.



Congressional School (K-8)

Falls Church, VA
(703) 533-1064
www.congressionalschool.org

Elementary and middle school students at Congressional School work in a collaborative and challenging environment. From its earliest stages, the curriculum emphasizes independence and “ownership of learning” by its students. Beginning in fifth grade, students change classes throughout the day to receive instruction from specialists for each core subject. The curriculum includes multiple leadership opportunities for students, plus team-building exercises made more exciting by Congressional’s large campus which includes a 40-foot climbing wall, swimming pools, archery range, and a challenge course and zip line.

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www.FairfaxChristianSchool.com



KINDERGARTEN THROUGH HIGH SCHOOL

The Langley School (K-8)

McLean, VA

(703) 356-1920

www.langleyschool.org

Langley's inquiry-based curriculum for elementary students helps them develop skills they can apply to real-world problems. In first grade, children begin reading books independently, including nonfiction texts. By third grade they're writing and publishing their own books. All Lower School students participate in state-of-the-art science labs several times each week. Middle School adds intensive foreign language instruction plus many electives, team sports, and community service projects.



Green Hedges School (K-8)

Vienna, VA

(703) 938-8323

www.greenhedges.org

Offering strong STEM and arts programs, Green Hedges provides elementary and middle school students with a well-rounded education. All middle schoolers study two languages and have leadership opportunities inside and outside the classroom. A strong visual and performing arts program and new science and native garden enhance student creativity. The Experiential Learning program provides unique opportunities: beginning in grade four, students take overnight trips to sites where the focus is on learning by doing, whether it's a working family farm to better understand the farm-to-table food cycle or a multi-day trip to the Chesapeake Bay to study ecology.

Gesher Jewish Day School of Northern Virginia (K-8)

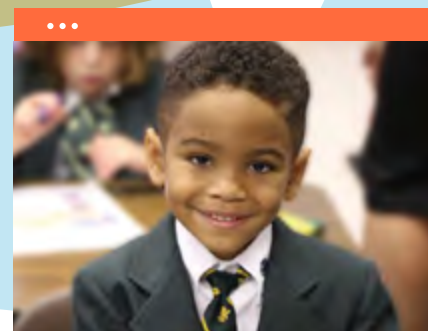
Fairfax, VA

(703) 978-9789

www.gesher-jds.org

Guided by Jewish values, Torah, and community, Gesher promotes learning, justice, kindness, and respect. The curriculum combines traditional learning in language,

math, science, and social studies with Jewish studies (including Hebrew, cultural history, Torah study, and prayer, in a small setting with a low student-teacher ratio of 8:1. Jewish traditions are celebrated daily and families include all level of Judaic practice as well as interfaith families. Special programs include field trips and outdoor learning opportunities.



Westminster School (Preschool-8)

Annandale, VA

703-256-3620

www.westminsterschool.com

Westminster School provides a well-rounded education steeped in the classics, whose fundamental goals are a disciplined and well-informed mind, strength of character, dedication to learning, creativity, and joy in the possibilities of life. Celebrating one of the most diverse communities of any private school in NOVA, Westminster attracts families from many different cultures and nationalities. Due to frequent opportunities for performing and public speaking, graduates demonstrate strong communication skills. Accelerated curriculum includes the core subjects, as well as Junior Great Books, French, Latin, Art, Music, Penmanship, Drama, and daily PE. Extracurricular activities such as sports,

chorus, orchestra, MathCounts, Odyssey of the Mind, Science Olympiad, chess, and multiple field trips per year enhance the students' rich experience. Extended care, door-to-door bus service, enrichment classes, and camp programs are also available.

Cortona Academy (grades 7-12)

Herndon, VA
(703) 464-0034
cortonallearning.com

Cortona Academy is unique in that at this school, the parents, not the administrators, choose the schedule, teachers, courses and class size best suited to their child's needs. Founded in 1992, Cortona Academy serves students in grades 7-12 with group and one-on-one classes to focus on enrichment, remediation, acceleration, or superior, but stress-free STEM plus arts education.

Its "no-fail, potential-based philosophy of education" is geared to each student's educational needs, interests and abilities to help them succeed. Students have the option to complete two years of study in one, and to enroll at any time of the year due to the flexible rolling admissions process.

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MIDDLE SCHOOL

September 28 and October 11,
9:00-10:30 a.m.

UPPER SCHOOL OPEN HOUSE

November 11, 2:00-4:00 p.m.

Feature Program

LOWER SCHOOL INNOVATION

October 20, 9:30-11:00 a.m.

RSVP

www.flinthill.org/visit-campus

OR 703.584.2314.



Flint Hill School

KINDERGARTEN THROUGH HIGH SCHOOL



Madeira School (grades 9-12)

McLean, VA
(703) 556-8200
www.madeira.org

This girls-only academy provides a private high-school education focused on “launching women who change the world.” Set on 376-acre campus overlooking the Potomac, approximately half the students board at the school, with the rest attending as day students. Academics include advanced placement courses, STEM programs, and performing and visual arts. Students can further learn through global travel and exchange programs, a dozen sports and competitive horseback riding, and more than 50 student clubs, plus numerous opportunities to engage in community service and even intern on Capitol Hill. Student-teacher ratios are among the lowest you will find anywhere, at 6:1.

Paul VI Catholic High School (grades 9-12)

Fairfax, VA
(moving to Loudoun County in 2020)
(703) 352-0925
www.paulvi.net/page

As a top-ranked Catholic high school, Paul VI boasts a strong academic program that prepares students well for college and life in a setting that emphasizes community values. Its curriculum includes core subject areas along with theology, world languages, and technology. Academic programs are challenging, with the goal to prepare students for college, work life, and community leadership, while being lifelong learners. Recognized as one of the top 50 Catholic high schools in the country by the Cardinal Newman Society, Paul VI offers advanced placement and honors courses, and an excellent sports program.

The Potomac School (K-12)

McLean, VA
(703) 356-4101
www.potomacschool.org

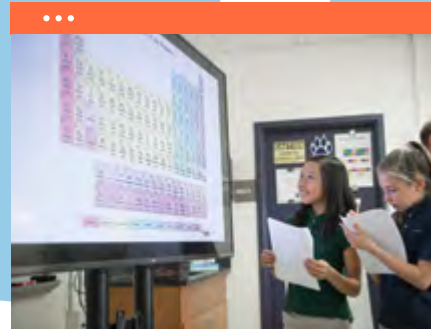
The Potomac School serves to develop the whole child, with a rigorous academic program that also looks “prepare students to lead lives of purpose, achievement, and generosity of spirit.” Curriculum highlights include advanced placement (AP) courses; languages including Chinese, French, Latin, and Spanish; computer science and engineering classes; visual and performing arts opportunities; dozens of sports teams; enrichment programs; and community service projects. The school, founded in 1904, is on a 90-acre wooded campus which includes three libraries and a science and engineering center. More than 70 percent of teachers have advanced degrees. Upper school students can apply to the Global Perspectives and Citizenship Program, in which they study economics, politics, culture, and ecology.



BASIS Independent (K-12)

McLean, VA
(703) 854-1253
www.mclean.basisindependent.com

BASIS Independent provides a strong and diverse liberal arts and sciences curriculum that builds critical thinking skills and a positive and joyful learning culture. Early instruction emphasizes connections between disciplines, so in grades 1–3, math and science are taught together in a daily 85-minute block, for example. In middle school, students discover and make connections through coursework in three different sciences (biology, chemistry, physics), Latin, logic, economics, world history, and more. The high school program, consistently recognized as one of the best in the country, as ranked by U.S. News & World Report, prepares students to compete and excel on the international stage.



Flint Hill School (K-12)

Oakton, VA
(703) 584-2300
www.flinthill.org

Flint Hill School provides a student-centered program that encourages students to take risks, explore their passions and think like innovators.

From exploring computer science in Junior Kindergarten to publishing a book about Harriet Tubman's life story in Fourth Grade, Flint Hill's Lower School students enjoy a wide range of opportunities to grow as productive and excited learners through the School's emphasis on critical thinking, collaboration, personal goal-setting and problem-solving skills. In the Middle School, depth and breadth of opportunity are key to students' success with the introduction of competitive sports and an expanded curriculum that includes differentiated courses in innovation, languages (Latin, Spanish and French), math and English. Students also benefit from the skill and compassion of Flint Hill's teachers, who are experts in the many facets of the transition to adolescence. The Upper School combines a strong college preparatory curriculum with an array of electives, co-curricular activities and opportunities outside the classroom to meet an ever-expanding range of student interests and global demands. All of this is complemented by a deep commitment to Flint Hill's core values.

Upper School student Kate notes, “When I talk about Flint Hill, I talk about the four core values—respect, responsibility, honesty and compassion. Everyone shows those in their actions here.”



Randolph-Macon Academy (6-12)

Front Royal, VA
(540) 636-5215
www.rma.edu

Further out but within easy access to Northern Virginia is Randolph-Macon Academy (RMA), a renowned coeducational college preparatory school in the beautiful Shenandoah Valley. The boarding and day school, now celebrating its 125th anniversary, has several outstanding features. First, it boasts a great record of preparing students for the future, with 100 percent of its graduates accepted to college each year. Next, it offers some unique opportunities, such as the only private in-house aviation program in the nation at a secondary school. The academy owns two Cessna 172s and upper school (high school) students can take optional classes by faculty flight instructors. RMA focuses on academic excellence (it offers many honors and Advanced Placement courses), leadership, and character development, with the goal to ensure that students are self-reliant, respected, and recognized for their individuality. The school is set on 135 acres in Front Royal and serves grades 6-12. Upper and middle school students can receive tutoring each day for extra help and participate in sports, arts, and other extracurricular activities. As one of just six private military schools in Virginia, RMA has upper school students participate in the Air Force JROTC program, focused on leadership skills, citizenship responsibilities, and community service. All students have United Methodist Church services offered in the chapel each week. ♦

Patricia Lee Hall is a freelance writer and communications consultant who began her journalism career at The Miami Herald. She is the founder of FairfaxFamilyFun.com and lives in Fairfax County. She can be reached at editorialpro@gmail.com.



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Want to Go Apple Picking?

BY LINDA BARRETT



Is there anything more delightful than biting into an apple picked fresh from the tree? Crisp and juicy, tart or sweet, apples are one of the joys of the fall season. Luckily for us, we're near the heart of apple country in Virginia, surrounded by pick-your-own orchards.

Fun at the Farms

Apple picking season is rife with fun activities for the entire family. Orchards and farms include attractions like corn mazes, petting zoos, wagon hayrides, apple butter and cider making, play areas, music, apple pies and other foods to help you create a memorable experience. And many orchards offer stunning views of farm landscapes and the nearby mountains. Make a day of it!

Be aware that some you-pick-it orchards may charge an admission fee in addition to a price per pound of whatever apples you pick to purchase. Most offer farm markets as well, where you can select harvested apples from large bins, as well as purchase a number of apple-and-otherwise products, foods and drinks.

How to Pick the Best Apples

Many of today's modern apple varieties grown on dwarf trees so that the apples are well within reach of even the smallest member of your family. Others require special picking baskets on poles to reach apples high up in trees, available from the orchard you visit.

Apples on trees ripen from the outside of the tree inward toward the trunk, so the apples along the outside branches of the tree ripen first. But once they are picked, they do not continue ripening, so choose those that are already ripe. A ripe apple is crisp and firm while an unripe apple is quite sour, but the color depends on the varietal. Trust the farmer to direct you to the ripest ones.

Once you select your apple, grab hold of it and roll it upwards with a twist along the branch to remove it. Don't pull the apple downward from the tree. This can disturb the attaching spur which is where next year's apple will grow. A ripe apple will easily give way. Place it gently into a basket trying not to bruise it. Once bruised or cut, apples go bad quickly. If it falls on the ground, you can still pick it up and use it.

Store apples in a cool place after picking. A basement or the fruit drawer in your refrigerator are ideal. The length of time an apple keeps depends on the variety. Some apples keep well, but Red and Golden Delicious do not and are best



eaten fresh. Don't wash apples until you are ready to eat them.

When Are Apples Ready to Pick?

It can take three to five years for a dwarf apple tree to mature to crop, and 5-8 years for a standard-sized tree, and an apple tree should produce fruit for about 15-30 years or longer.

Apple varieties ripen at different times. Those that mature early, like Honeycrisp, Jonagold and Paula Red, are called "summer apples" and are at peak ripeness in early August through early September. Gala and Golden Delicious ripen mid-fall, and Fuji, Rome, Granny Smith and Braeburn ripen late fall. Some of the most popular apples are: Honeycrisp, Red Delicious, Fuji, Jonagold and Gala.

Virginia's Apple Economy

Virginia is the 5th-largest apple producing state, with 15 flourishing varieties, and growers sell apples domestically and internationally, reports the Virginia Apple Growers Association. Most are sold for processing into products like apple juice, applesauce, apple cider, and apple cider vinegar, with Winchester's White House Foods being one of the largest manufacturers. The industry

adds more than \$235 million annually to the state's economy, according to the Virginia Department of Agriculture and Consumer Services. In addition, Virginia is home to a growing hard cider industry, with more than 20 producers in the state.

Many of these orchards were established long ago. For example, Marker-Miller Orchards is now in its 5th generation, with 110 years in the same family. Richard's Fruit Market features an apple storage building erected in the 1930s.

Other Apple-Related Things to Do

In the mid-1800s, Virginia's Shenandoah Valley was a rich apple-growing region. Today, Winchester is home to the world-famous Shenandoah Apple Blossom Festival that spans 10 days and encompasses more than 40 events each spring. For a fun day, follow the Shenandoah Apple Trail, a 45-mile-long tour, with an accompanying audiotape and companion brochure that takes visitors via highways and backcountry roads to attractions and farm markets in Virginia's Apple Capital.

It's always best to eat foods in season at the

peak of their freshness. So get out there and pick some apples!

See page 45 on where to pick your own apples.

Fun Apple Facts

- More than 2,500 varieties of apples are grown in the U.S., but only the crabapple is native to North America.
- Apples ripen 6-10x faster at room temperature than when refrigerated.
- Apples are a member of the rose family.
- The top apple producers in the world are China, United States, Turkey, Poland and Italy.
- It takes about 36 apples to create one gallon of apple cider.



BY BELLE SCHNEIDER

ASK AN ADVISOR: ABOUT SAVING FOR COLLEGE

We just had a baby, how soon should I start savings for my child's college?

The best answer I can give to that question is, start now. As a new parent you are likely overwhelmed by all the increased responsibilities and it is easy to put off the future, but don't. The sooner you begin saving for college, the more time your savings will have to grow.

How do I figure out how much I need to save?

There are some very good college savings calculators online that will help you estimate the future cost of college based on your child's age, rising education costs, and the current annual average college costs.

Once you identify the estimated cost, figure out how much annually you need to be saving in order to meet that goal. If you cannot cover the entire cost, don't worry, there are plenty of scholarships and work study programs your child may be eligible for in the future.

It is important that you do not forgo saving for your own retirement in order to increase savings for your child's college. Keep in mind the fact that your child can get a loan for college but you cannot get a loan for retirement.

What types of accounts can be used for college saving?

Technically any savings or investment account (outside of a retirement account) can be used, but there are state sponsored accounts that allow some tax benefits. 529 College Savings Plans are a popular option because they allow you to receive a state tax deduction for contributions. You may also want to consider Pre-paid Tuition or opening an UGMA account.

There are pro's and con's to each of these accounts and you need to determine which type of account best fits your needs. It is important to understand and compare the yearly contribution maximums, tax benefits and the withdrawal restrictions.

What happens if my child does not use the money I've saved in a 529 Account?

Most people don't realize that 529 assets can be used at any eligible institution of higher education. That includes not only four-year colleges and universities, but also qualifying two-year associate degree programs, trade schools and vocational schools—both at home and abroad.

You also have the right to change the beneficiary on your 529 account. As long as the new beneficiary is a family member (sibling, first cousin, aunt, uncle, grandparent, or even you) the money can be used for qualified education expenses without being charged income taxes or penalties.

Taking the cash is always a possibility, but if assets in a 529 are used for something other than qualified education expenses (tuition, required fees, books, supplies, computer-related expenses, room and board etc.) you will have to pay both income tax and a 10% penalty on the earnings. Since one of the main benefits of a 529 account is the tax-free earnings, I'd think carefully before cashing it out. ♦

*An interesting side note is that if the beneficiary gets a full scholarship to college, the penalty for taking the cash is waived.

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

Want to learn more?

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

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**All situations are different, please consult your financial professional for information regarding your needs and suitability issues. An investor should consider the investment objectives, risks and charges and expenses associated with municipal fund securities(529 Plans) before investing. More information about municipal securities is available in the issuer's official statement. The official statement should be read carefully before investing. For a comprehensive review of your personal situation, always consult with a tax or legal advisor. Neither Cetera Advisor Networks LLC nor any of its representatives may give legal or tax advice.*

Where to Pick Your Own Apples

Fauquier County

- *Hartland Orchard*, 3064 Hartland Ln., Markham VA 22643
- *Hollin Farms*, 1524 Snowden Rd., Delaplane, VA 20144
- *Stribling Orchard*, 11587 Poverty Hollow Ln., Markham VA 22643
- *Valley View Farm*, 1550 Leeds Manor Rd., Delaplane VA 20144

Frederick County

- *High Hills Farms*, 933 Barley Ln., Winchester, VA 22602
- *Marker-Miller Orchards Farm Market and Bakery*, 3035 Cedar Creek Grade, Winchester, VA 22602
- *Richard's Fruit Market*, 6410 Middle Rd., Middletown VA 22645

- *Rinker Orchards*, 1156 Marlboro Rd., Stephens City, VA 22655

Loudoun County

- *Crooked Run Orchard*, 337883 E. Main St., Purcellville VA 20132
- *Great Country Farms*, 18780 Foggy Bottom Rd., Bluemont, VA 20135

Rappahannock County

- *High Places Orchards*, 121 Winesap Ln., Flint Hill-Huntly, VA 22640
- *Jenkins' Orchards*, 355 Yancey Rd., Woodville, VA 22749
- *Lee's Orchard*, 65 Orchard Ln., Washington VA 22747
- *Muskrat Haven*, 20 Cedarbreak Ln., Amissville, VA 20106



2018 Apple Festivals

- **Shenandoah Valley Apple Harvest Festival**
Sept. 15-16, Frederick County Fairgrounds
- **Apple Harvest Festival**
Oct. 6-7, Marker-Miller Orchards
- **Apple Harvest Festival**
Oct. 20-21, Richard's Fruit Market
- **Open House**
Oct 20-21, High Hills Farms



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AROUND TOWN

BY SHARON REED

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

ROCK BANDS, FIREWORKS, CARNIVAL LIT UP THE NIGHTS AT CELEBRATE FAIRFAX

Nightly fireworks lit up the sky at the Celebrate Fairfax! Festival, held June 8th through 10th at the Fairfax County Government Center. Nearly 70,000 people attended the 37th annual event, which included carnival rides, interactive exhibits, food vendors, family programs, a 5K Race—and much more.

Musicians performed 120 shows on the seven stages at the festival, including this year's four headliner bands: Good Charlotte, Gin Blossoms, Sugar Ray and Cracker.

On Friday night, June 8, multi-platinum selling band Good Charlotte hit the stage and performed 13 songs, starting off with "The Anthem," one of the band's most popular songs.

Formed in 1996, Good Charlotte is a pop punk/alternative rock band from La Plata, MD. The band made a name for itself playing in Washington, D.C. clubs.

Good Charlotte consists of vocalist Joel Madden and guitarist/vocalist Benji Madden, identical twin brothers who grew up in La Plata, MD.; bassist Paul Thomas, also from La Plata, MD.; guitarist/keyboardist Billy Martin from Annapolis, MD.; and drummer Dean Butterworth, of

Manchester, England.

Highlights of the show included the band's performance of five of their Billboard chart topping songs: "The Anthem," "Girls and Boys," "The River," "I Just Wanna Live"—and "Lifestyles of the Rich and Famous," the last song of the show.

Fireworks burst over the Fairfax County Government Center following the show, with countless appreciative "oohs!" "ahhs!" from the audience.

Next up Herr Metal performed 80's hair metal hits on the adjacent Cox Rocks stage. Clad in brightly colored costumes with flowing wigs, the band performed songs from Bon Jovi, Guns N' Roses, Def Leppard—and more.

But the fun wasn't over yet. Following the show many people headed over to the Silent Disco. Wearing wireless headphones, the participants switched channels back-and-forth to dance to the music played by 3 different DJs. Observers couldn't hear the music but amusingly saw the participants rocking out in silence.

The carnival and interactive exhibits were open day and night throughout the weekend.

On Saturday night Gin Blossoms launched the headliner show by performing the song "Lost Horizons," the first song on their multi-platinum 1992 album "New Miserable Experience."

Formed in 1987 in Arizona, Gin Blossoms consists of: Bill Leen (bass guitar); Jesse Valenzuela (rhythm and lead guitar, backing vocals); Robin Wilson (lead vocals, percussion, harmonica, acoustic guitar); Scott "Scotty" Johnson (lead and rhythm guitar, backing); and Scott Hessel (drums, percussion).

During the show the audience was treated to hear four songs from "Mixed Reality," their new album, which frontman Robin Wilson announced would be coming out on June 15.

Highlights of the show also included the performance of three of their Billboard hit songs: "Found Out About You," "Until I Fall Away" and "Allison Road."

As they continued their set lightning started to flash, causing the show to be ended early after playing their 12th song, "Found Out About You." The audience then chanted for the band to play the song, "Hey Jealousy" but unfortunately the weather forestalled it.

With a storm threatening, the audience was instructed several times to take cover in the Government Center. Despite the warnings, many people stayed in front of the stage, literally singing in unison in the rain, which hit with force. The rain continued for about 2 hours. As it began to clear the nightly fireworks were launched about the Government Center.

After that the rain stopped Sugar Ray took the stage to perform an abbreviated show. Drenched but happy, fans appreciatively clapped and sang along when lead singer Mark McGrath began to perform the first song: "Summertime's Coming." The shortened set consisted of 10 songs, including hit songs "Every Morning," "Someday," "When it's Over" and "Fly."

Formed in 1986, Sugar Ray is an alternative rock band from Newport Beach, CA. Its members are: Mark McGrath (lead vocals, rhythm guitar, percussion); Rodney Sheppard (lead guitar, backing vocals); Kristian Attard (bass, backing vocals); and Dean Butterworth (drums, percussion, programming, backing vocals).

Finishing off the set, Sugar Ray performed its chart-topping number one hit song "Fly" to the delighted audience.

Sporadic light rain didn't stop the crowds from watching Cracker perform on Sunday afternoon, June 10th. Umbrellas could be seen going up and down throughout the afternoon, but fortunately there was no thunder and lightning.

Formed in 1991 in Redlands, CA, Cracker is a rock band consisting of lead singer David Lowery (vocals, guitar); Johnny Hickman (lead guitar, vocals); Bryan Howard (bass guitar); Carlton "Coco" Owens (drums); and Matt "Pistol" Stoessel (pedal steel guitar).

Cracker performed 16 songs at Celebrate Fairfax, starting off with "King of Bakersfield" and finishing the set with "I See the Light." Highlights of the show include their performance of "Teen Angst (What the World Needs Now)," which charted at number one on the U.S. Modern Rock Tracks, as well as chart-topping hit songs "Low," "Get Off This," and "Euro-trash Girl."

During the concert fans were also able to sample craft beer at Celebrate Fairfax's



Sunday Brew, a pop-up beer festival that featured 12 local and regional breweries.

Celebrate Fairfax! Festival is a can't-miss annual event. Mark your calendars! Next year's event will be held June 7-9, 2019.

Additional upcoming events hosted by Celebrate Fairfax include: Fall for Fairfax KidsFest, Sept. 29-30, www.fallforfairfax.com. ❖





BY FREDERIQUE STEPHANIE

OBSERVATION DECK NOW OPEN WITH AN INCOMPARABLE EXPERIENCE OFFERING 360-DEGREE VIEWS OF THE NATIONS CAPITAL

General Tickets On Sale Now

Legends, the award-winning firm behind One World Observatory at the World Trade Center in New York City and OUE Skyspace in Los Angeles, is thrilled to announce the highly anticipated opening of The Observation Deck at CEB Tower in Arlington, Virginia on June 21, 2018, just in time for Summer Solstice. Located in the heart of Rosslyn, at the top of JBG Smith's all glass CEB Tower at Central Place, the new public observatory will offer spectacular, panoramic views of the Nation's Capital and beyond. Tickets are now available for purchase online at www.theviewofdc.com.

Perched on the 31st floor of the tallest building inside of the Beltway, The Observation Deck provides incredible 360-degree views and an opportunity to experience the Washington, D.C., Maryland, and Virginia skylines like never before. The Observation Deck features 12,000 square feet of unobstructed observation space, technology that leads guests through a self-guided tour, an open-air terrace, a café that celebrates the vibrant and multicultural food scene of D.C., and private event space with unmatched views of the skyline and the Potomac River.



Guests will not only enjoy unparalleled views of the region, but will be immersed into unique historical perspectives of some of the most famous local landmarks through the "Windows Into History" exhibit. The exhibit utilizes interactive digital touch-screen displays and directional audio narrating some of the untold stories of different people and viewpoints that have influenced our nation's history while drawing parallels to the distinct views seen from each window of The Observation Deck. The guest experience is highlighted by a complimentary photo opportunity and an interactive hologram experience that allows guests to step into the shoes of selected historical figures and learn different perspectives on import issues that have shaped our nation.

A daily ticket to The Observation Deck costs \$22. Discounted tickets will be made available to youth, students, military, and seniors with appropriate identification. Visitors who purchase in advance through the online store at TheViewofDC.com will save on ticket service fees. Full-service ticketing will be available daily in the Box Office Lobby with staffed ticketing stations. Visitors looking to be one of the first to experience the new attraction and views may have their choice of dates and times with tickets available for purchase online now for the June 21st opening.

Timed ticketing will allow visitors to choose the date and time of their visit to ensure wait times for busy travelers are minimized. Advance reservations and e-ticketing are useful tools to help manage capacity, and allow the purchase of tickets while guests plans their trip to the area. Visitors will experience a smooth purchasing experience whether at the box office, on their computers at home or from their mobile phones as they arrive to The Observation Deck.

Legends will utilize a customized ticketing suite, which enables visitors to purchase tickets in their box office, on their computers, or right from their mobile devices with a simple, consistent, and attractive layout on multiple devices. This eCommerce solution will serve as their storefront 24/7, and offer visitors print-at-home and mobile barcoded ticketing, with secure payment processing.

General contact inquiries: 703-423-0600 or email tickets@theviewofdc.com

For group contact inquiries: 703-423-0600 or email groups@theviewofdc.com

Follow and engage with The Observation Deck at CEB Tower on social #theviewofdc on Facebook Twitter Instagram

www.theviewofdc.com ❖



Photo courtesy of bizjournals.com

COUNTY PRODUCES \$1.2M FOR DOWNTOWN HERNDON PROJECT

While Silver Line construction of the new Herndon Metrorail continues, Reston Now has reported that the Fairfax County Board of Supervisors will contribute \$1.2 million for the redevelopment of downtown Herndon — an effort being led by developer Comstock LLC and the Town of Herndon to create a town center.

The funding commitment is the largest dollar contribution for economic development to date. Funds are drawn from a funding category designed for one-time, seed money for projects that provide direct economic benefits for Fairfax County. Roughly a quarter of \$5 million in available funding has been committed to downtown Herndon.

The almost five-acre site, which is owned by the town, is currently tax-exempt. The new town center would pay real estate taxes and generate additional sales tax from retail elements.

The project includes an 18,000-square-foot arts center, which will serve as the centerpiece of the downtown area. The downtown Herndon project will include almost 300 apartments, 17,600 square feet of ground floor retail and a 761-space parking garage.

Dranesville District Supervisor John Foust, who chairs the praised the contribution. “Activities around the arts create thousands of jobs and hundreds of millions of dollars in economic activity in Fairfax County and contribute to the success of a redevelopment project that will significantly increase the tax base of the town and the county. ♦



Photo courtesy of Herndon Patch



BY RENÉE SKLAREW



THE HOME COOK'S *Secret Ingredient*

"You don't want runny batter," says Chinnell Watson to a class of sixteen students. Watson is our instructor at Cookology Culinary School. The class is gathered in a commercial kitchen surrounded by shelves filled with spices, jars, pots, pans, cookie trays and a very busy hand-washing station. One of the students is my daughter Allie, who peers over the simmering pot, waiting for the milk, butter and flour to thicken. To keep the ingredients from sticking to the pan, Watson tells Allie to keep stirring the mixture into a figure-8. We take turns scraping and mixing, until all this exertion reminds me of Julia Child's memorable quote about French baking: "You are the Boss of that dough."

"Pate Choux dough is used to make eclairs, cream puffs and chorros," explains Watson, a professional pastry chef who trained at Johnson and Wales Culinary School in South Florida. Watson keeps a running dialogue while we struggle to produce this finicky concoction. Nearly everyone in the class is a beginner, but they all seem enthusiastic about learning these baking techniques.

For those three hours, we patted, mixed, piped and iced our eclairs, profiteroles and croissants until we could fill a to-go box with pastries to take home. This is what a class at Cookology is all about. Taking a few hours out of your week to learn the fine art of cooking and baking under the helpful watch of a skilled Cookology instructor.

Cookology is unique, thanks to its location inside Dulles Town Center. It was owner Maria Kopsidas' idea to open an accessible, affordable cooking school where she could share her love of food. Her school would not be a place where you watch and taste—no, this is hands-on, active instruction with professional chefs in safe, commercial kitchens. Cookology even has a full-time dishwasher on hand to keep things moving.



Cookology opened its doors in 2009. “It was right after the financial crash,” says Cookology’s manager of business development, Will Bushey. “But when Lerner gave her the chance, she jumped in.” Lerner is the developer of Dulles Town Center. The location, on the Macy’s side of the mall, is easy to access, and the school has won so many hearts and minds that Kopsidas is about to open a second location in Ballston. The new Cookology Culinary School will have five different spaces within 6,200 square feet to accommodate higher volume events.



Cookology in Dulles Town Center is a fun place to go for a distinctive date-night experience. “It was Maria’s idea to connect people through cooking,” says Bushey. “She wants people to get out of their comfort zone and talk while they’re cooking together.” Along with hosting Saturday Night Socials, Cookology organizes team building activities. “So, groups come in together, and it’s like they’re in Top Chef or Chopped. The group is assigned a secret ingredient, and then they need to come up with their dishes using that ingredient,” Bushey explains.

During many evening classes, while guests are chopping, they’re also sipping wine. You can buy your own bottle here to enjoy while you cook. “That often gets people to start a conversation,” says Bushey. They have a Culinary Boot Camp, with five weeks of instruction in executing techniques and recipes under the guidance of Chef Mark Chang. Classes that caught my interest were Japanese Detox, Dim Sum Workshop, and a Family Class where you learn to make crab cakes and hush puppies.

Cookology also hosts kids programs and summer camps. The set-up is ideal if you’re looking for a high-energy birthday party that involves learning and eating. They customize the classes based on the age and experience of the participants. They also have Mommy/Daddy & Me classes for toddlers.

Our baking class took place on a Sunday afternoon, so most of us refrained from drinking wine. But that didn’t hinder us from chatting while we rolled our dough and inserted the espresso chocolate cream into our eclairs after they turned golden brown.



“You want to crack eggs on a flat surface,” says Chef Watson who demonstrates the technique to the group. We all agree, we had never heard this recommendation before. “Cracking an egg on a bowl introduces bacteria into the egg. You want a nice, flat surface and a clean crack,” says Watson. “Then use your fingers to open the shell.” Easier said than done, but we all gave it a try.

Our class consisted of couples, groups of friends, parents with their adult children, and even an aspiring pastry chef. It’s especially nice to come with a partner, since some of these recipes are labor intensive and work best with two sets of hands. If you don’t have a partner, you can pair with someone from the class or work on your own.

Allie and I had the most trouble with the piping bag. It required lots of forearm strength to get the eclairs fat enough to make an air pocket where we would insert cream. After we finished piping the dough, we made delectable icing that tasted like maple syrup. The espresso chocolate cream was fluffy and velvety. The dough definitely had air pockets. We were all pleased to have accomplished this daunting task. Julia Child also wisely said, “No one is born a great cook, one learns by doing.”

After removing our aprons, we put our bowls and whisks away, and sampled our eclairs, while the staff began to prepare for the next lucky group of students. To see the calendar of classes, visit classes.cookologyonline.com. ♦

SELECTED AREA RESTAURANTS

RESTON

ARIAKE

Reston | Japanese | \$\$

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

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

www.ariakerestaurant.com

BARCELONA RESTON

Reston | Mediterranean | \$\$

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

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

www.barcelonawinebar.com

BARTACO RESTON

Reston | Mexican | \$

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

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

www.bartaco.com

CAFESANO

Reston | Mediterranean | \$

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

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

www.cafesano.com

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.

42920 Broadlands Blvd. Ashburn, VA
571-209-1200 | www.clydes.com/willow

HERNDON

ANGEETHI AUTHENTIC INDIAN CUISINE

Herndon | Indian | \$

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

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

www.angeethiindian.com

GRANADA

Herndon | Mediterranean | \$

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

368 Elden St. Herndon, VA | 703-955-7009

www.granada-cafe.com

PIERO'S CORNER RISTORANTE ITALIANO

Herndon | Italian | \$\$

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

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

MINERVA INDIAN CUISINE

Herndon | Indian | \$

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

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

RUSSIA HOUSE

Herndon | Russian | \$\$\$

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

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

www.russiahouserestaurant.com

TURCUISINE

Herndon | Turkish | \$

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

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

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

www.turcuisine.com

ZEFFIRELLI RISTORANTE

ITALIANO

Herndon | Italian | \$\$

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

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

zeffirelliristorante.com

LEESBURG

AIYARA THAI

Leesburg | Thai | \$

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

5 Catoctin Circle, SE | 703-771-1131

www.aiyarathairestaurant.com

TUSCARORA MILL

Leesburg | American | \$\$

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

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

www.tuskies.com

THE WINE KITCHEN

Leesburg | American | \$\$\$

Enriched by the bounty of nearby Virginia and Maryland farms, The Wine Kitchen combines hyperlocal agriculture with culinary artistry to offer extraordinary wines paired with 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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BY RENEE SKLAREW

NEW ORLEANS CELEBRATES 300 YEARS With a Melting Pot of Unforgettable Food

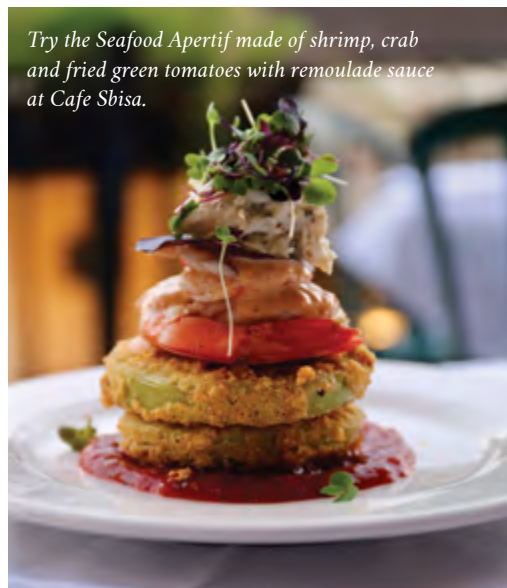
I've dreamed of visiting New Orleans for as long as I can remember. The city's iconic dishes are arguably America's most important cultural cuisine. Food like jambalaya, gumbo, crawfish etouffée, beignets, dirty rice, po'boys and chicory coffee are what makes this Louisiana city mythical in my mind. They held so much meaning for me, that I wondered if tasting them on their home turf would be a disappointment.

I shouldn't have worried. New Orleans was everything I expected, and So. Much. More.

The First Europeans Came to New Orleans in 1718

To appreciate the heritage cooking associated with NOLA, as the locals call the city, you must understand New Orleans' complicated history. Like much of the East Coast of North America, Louisiana's native Americans saw the first European explorers in the 1500's. The earliest

Try the Seafood Apertif made of shrimp, crab and fried green tomatoes with remoulade sauce at Cafe Sbisa.



Europeans to settle in the swampy Gulf Coast region arrived in 1718 led by French tradesman Jean-Baptiste Le Moyne de Bienville. Bienville founded the town on a crescent-shaped bend in the Mississippi River, naming it after France's Duke of Orleans, and now three centuries years later, New Orleans commemorates its 300th anniversary.

The Treaty of Paris in 1763 transferred the territory to the Spanish Empire, then Great Britain fought Spain for New Orleans. In 1803, the French again took control over the region, and sold the land to United States in the profitable exchange known as the Louisiana Purchase. That was when the U.S. officially changed New Orleans' official language to English and began a prosperous slave market here. However, Louisiana was also home to free people of color known as the Creole community; they are descendants of the union between many European and African citizens. The port city continued to grow, with immigrants from the Caribbean, Germany, Ireland and Italy.

Residents of New Orleans quickly adapted European and African dishes to incorporate crops that could survive in the surrounding bayou. "The mixing of cultures played an important role in the development of New Orleans culinary history, but so did the terrain," explains Jyl Benson, of New Orleans' Southern Food and Beverage Museum (SoFAB). Benson teaches cooking classes at SoFAB. She prepared jambalaya while explaining the history of this evolving cuisine. If you visit, stop at SoFAB's market and restaurant to buy local spices, cookbooks and taste an authentic Cajun meal.

How to Best Enjoy Mardi Gras

New Orleans is well known for its legendary



The architecture on Magazine Street is as interesting as its eclectic boutiques and entertaining restaurants.

holiday Mardi Gras, which I mistakenly believed was just one day called “Fat Tuesday.” A tour I took at Mardi Gras World, a gigantic workshop on the New Orleans waterfront, quickly dispelled that myth.

Preparation for Mardi Gras is actually a year-long effort, where locals build colorful floats, plan extraordinary balls, and organize mile-long parades. Mardi Gras season actually starts on January 6, when the locals begin baking their famous King Cakes. These decadent cakes originated with the French people who, since the 12th Century, have celebrated the Catholic’s Feast of the Epiphany with a King Cake. Although King Cakes are only available during the lead up to Mardi Gras, Mardi Gras World offers guests a slice at the end of every tour.

Each year Mardi Gras lasts between one and two months, depending on the Easter calendar. To determine the Fat Tuesday, start from Easter Sunday, and count back 47 days. Visit anytime during the last two weeks leading up to Fat Tuesday, and you’ll catch multiple parades marching through the streets of New Orleans.

Work off all that Great Food on a Bike Tour

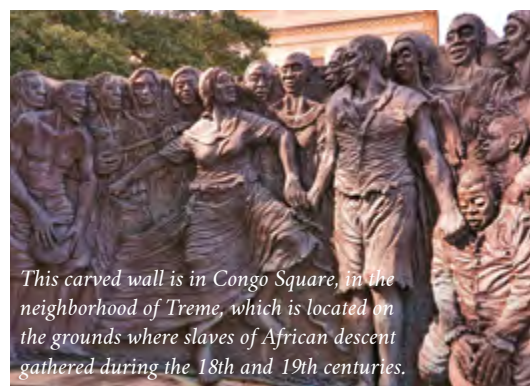
One exhilarating way to explore New Orleans is on a Free Wheelin’ Bike Tour through the Garden District. This neighborhood of antebellum homes is the perfect opportunity to learn more about New Orleans’ culture. The guide leads you on easy-gliding bikes through streets lined with exotic gardens and graceful homes. Built on cotton plantations, wealthy Americans sought to escape the frantic French Quarter, and subdivided the farmland to build Victorian-style houses among 100-year-old



St. Louis Cathedral is the centerpiece of Historic Jackson Square in the heart of the French Quarter.



It's popular to go biking in New Orleans, and a favorite destination is pastoral City Park.



This carved wall is in Congo Square, in the neighborhood of Tremé, which is located on the grounds where slaves of African descent gathered during the 18th and 19th centuries.

live oak trees. The Garden District is home to a few of New Orleans’ renowned residents including Sandra Bullock, Brad Pitt, Peyton, Archie and Eli Manning, Nicholas Cage and author Anne Rice.

Free Wheelin includes a stop in St. Louis Cemetery #1, a must-see to better understand the town’s unique history. In New Orleans, graves are built above-ground due to the low-lying landscape. While walking through the cemetery, you’ll hear captivating stories of the city’s infamous heroes and villains. Citizens like Marie Laveau, a voodoo priestess who placed powerful “spells” on people. She is said to be buried in Plot 347. Also buried here are Homer Plessy, the plaintiff in the Plessy vs. Ferguson Supreme Court case, and Delphine LaLaurie, a vicious slave holder. There’s even an Egyptian pyramid-shaped grave waiting for Nicholas Cage when he dies.



Metairie Cemetery is one of many graveyards worth exploring in New Orleans.

CONTINUED ON PAGE 59

Mother's Po Boy Sandwich



Central Grocery Muffaletta



WHERE TO FIND NEW ORLEANS' *Iconic Dishes*

Café Du Monde – Established in 1862, this cherished coffee shop is open 24/7. Located in the French Quarter, you'll find New Orleans' well-known beignets—square donuts sprinkled with powdered sugar—and Café au Lait, a combination of chicory coffee and milk. Cafedumonde.com

Central Grocery – Opened in 1906 this small Italian market is famous for making the original Muffaletta, a heaping sandwich on a soft, round roll, topped with sesame seeds, and stuffed with layers of cold meats, cheeses and tangy olive relish. It's huge, but you can buy it by the quarter. Centralgrocery.com

Katie's Restaurant & Bar – This local favorite opened in 1984 in Mid-City, a neighborhood outside the touristy areas of NOLA. It was closed after Hurricane Katrina, but like so many, reopened and serves outstanding eggplant fries with red sauce and crispy baked oysters. It's hard to find a friendlier place to dine. Katiesinmidcity.com

Gumbo Shop – Located in the French Quarter, this multi-level restaurant has a lovely patio and offers all New Orleans' classic dishes along with nearly a dozen versions of its namesake, Gumbo. Gumbo consists of long grain rice with a choice of seafood, meat or veggies, encased in a spicy brown gravy. Divine. Gumboshop.com

Café Sbisa – This romantic restaurant has a trendy bar, but it's one of the oldest dining spots in the city. Craig Napoli, the owner, has his own dock where he sources his daily catch from the Gulf. Don't miss the Courtbouillon, a traditional Creole stew with fish, shrimp, mussels and crab in a spicy sauce. Cafesbisanolala.com

Mother's – This 70-year-old institution serves breakfast all day but is beloved for their Po Boy sandwiches on soft rolls with ingredients like fried shrimp, roast beef, oysters and more. Mothersrestaurant.net

Café Sbisa Courtbouillon



Café Du Monde Beignet and Chicory Coffee





Windsor Court Hotel has expansive, luxurious suites.



Visit Mardi Gras World to learn all about the history and current practices in New Orleans' annual celebration.



Louis Armstrong Park honors New Orleans' hometown hero, jazz icon Louis Armstrong.

Where to Stay in New Orleans

I wanted to be able to walk the eclectic streets of the French Quarter, but avoid Bourbon Street, where revelers party late into the night. I chose the Windsor Court, a Forbes-Four Star hotel with a sumptuous spa, fitness center and pool. Windsor Court is beloved for its high tea service in Le Salon on weekends. The hotel is likewise the perfect place to relax and take a break from New Orleans' bustling city streets, but still be steps away from the action.

For three centuries now, New Orleans has welcomed visitors to its playful streets to sample its unparalleled cuisine. Despite the ravages of Hurricane Katrina thirteen years-ago, New Orleans is enjoying a beautiful renaissance, and is better than ever. Don't miss your chance to explore this one-of-a-kind American city. ♦



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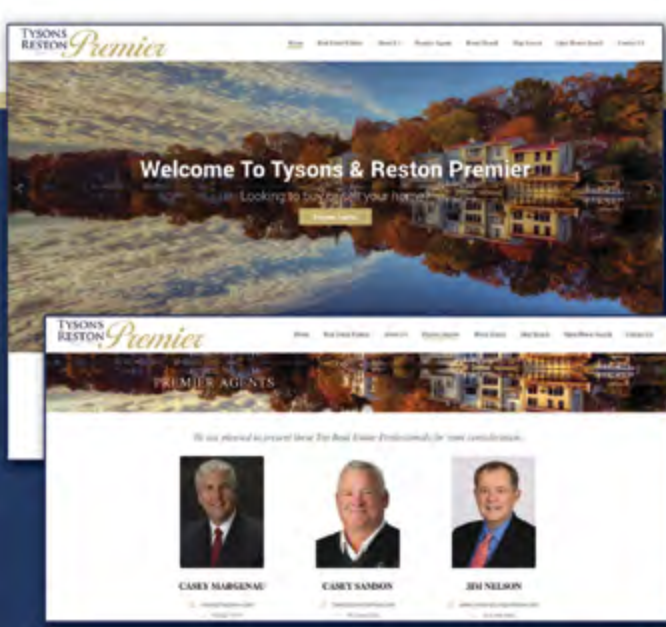
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STAY AHEAD OF HAIR LOSS

With These Clinical and
At-Home Treatments
for Fuller Hair

By Analiese Kreutzer

According to the American Hair Loss Association, up to 40 percent of women in the United States experience hair loss. The causes vary and may be due to stress, pregnancy, menopause or health conditions such as lupus, hypothyroidism or iron deficiencies. The American Academy of Dermatology says the most common cause is female pattern hair loss (FPHL), also known as androgenetic alopecia, a hereditary condition which usually becomes noticeable in a woman's 40s, 50s or 60s.

If you've noticed your part looks wider, there's more hair in your brush or your ponytail feels smaller, visit a dermatologist to determine the cause of your hair loss. It is important to identify the cause so you can pursue the most effective treatment.

Some hair loss problems can be solved with an improved diet or a change in hair care routines if harsh chemicals are causing thinning. For hair loss problems caused by FPHL, you'll need to seek out other treatments.

LASER THERAPY

Low level laser therapy (LLLT), also called cool laser or red light therapy, stimulates the hair follicles and increases blood flow to the scalp by more than 50 percent, according to the Astoria Laser Clinic & Med Spa in Vienna. The treatment works on all areas of the scalp and has been proven to stop hair loss and regrow hair. Laser therapy has been shown to be particularly effective when used in conjunction with hair transplants, but it is also effective on its own.

Nuha Handoush, senior licensed LME clinician at Astoria, recommends 10-16 laser treatments once per week for best results. "You can expect to see results four months after the last treatment," she said. She recommends one treatment per month thereafter to sustain the results.

Hair treatment clinics and spas have medical-grade lasers that are much more powerful than at-home devices. However, if cost is

a concern and you're committed to being diligent about using an at-home system, they are easy to use and effective, although results will take longer.

There are several at-home LLLTs on the market, including those from Theradome and iRestore. Both of these look similar to a bicycle helmet. The Theradome should be used twice a week for 20 minutes at a time and the iRestore every other day for 25 minutes, but you have the advantage of using it in the comfort of your home while you're reading or watching TV. The iRestore claims you can expect to see visible growth in three to six months, and the Theradome in six to nine months.



TOPICAL TREATMENTS

As mentioned above, PRP can be used in conjunction with microneedling to stimulate hair growth. With PRP, a technician draws a vial of your blood and spins it in a centrifuge to extract the plasma. Then ingredients are added, and it's injected into your scalp at intervals.

According to Trichological Associates, the Hair Loss Clinic in Alexandria, PRP stimulates natural hair growth, especially if the formula contains growth factors such as platelet derived growth factor and vascular endothelial growth factor. Clinical trials of PRP for hair growth have been inconclusive, in part because each practitioner adds different ingredients and in different amounts, but, when used in conjunction with microneedling, laser treatments or hair transplants, the results have been positive.

Minoxidil remains the only FDA-approved topical product for treating hair loss. It does not work for everyone, but it is effective for treating FPHL. The results are only sustained as long as you keep using it. It does have some risk of side effects, one of the most common being unwanted facial hair growth.

MICRONEEDLING

Microneedling is a process often used for facial skin rejuvenation in which tiny needles are rolled over the skin creating micro injuries. In response to these injuries, your body increases collagen production. When used on the scalp, microneedling increases the production of growth factors and stem cells that can stimulate hair growth.

Microneedling on its own has shown mixed results, but when it's combined with topical treatments, the channels that the needling opens up in the scalp allows the topical treatments to penetrate deeper, enhancing their effectiveness, so it makes sense to use minoxidil or platelet rich plasma (PRP) along with microneedling for maximum results.

"With scalp needling, we infuse a specific GF Hair Complex that mimics plasma in the body, which stimulates hair growth. We also recommend using minoxidil on a repeated basis at home to maintain hair growth," said Handoush.

PRODUCTS FOR THICKER TRESSES



< Women's Rogaine

Available as a mousse with 5 percent minoxidil that you apply once a day or a 2 percent minoxidil solution you apply twice per day with a dropper.



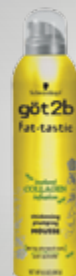
< Keranique Regrowth Treatment

This easy-to-use treatment contains 2 percent minoxidil and comes with a precision spray nozzle to target the regrowth treatment precisely. Apply six sprays twice a day to thinning areas.



< ArtNaturals Argan Oil Shampoo

A hormone called DHT restricts the blood supply to hair follicles, which is a common cause of hair loss. This shampoo contains DHT blockers to ward off hair loss.



< Got2b Fat-tastic Thickening Plumping Mousse

This collagen-infused mousse plumps up thin hair, making it feel thicker, denser and stronger.



< Laritelle Fertile Roots Hair Oil

Herbal infusions in the oil stimulate the scalp and hair follicles, increasing blood circulation, strengthening and protecting the hair and fighting hair loss.

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



Cycling Studios

By Emma Blancovich

Where to Cycle this Fall in the DMV

Cycling studios are all over the place now it seems. So how is one to know which one to go to? Do they all offer the same class and you just pick one closest to you, or does each one have a different vibe and you would be willing to drive to one where you would feel most comfortable?

Well, each cycling studio does have its own feel and type of energy, but aside from that, they all vary in costs with their memberships and have unique promotions where one of those might be the best cost-efficient choice for you—if that is a factor in making up your mind.

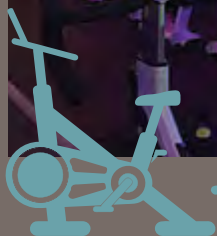
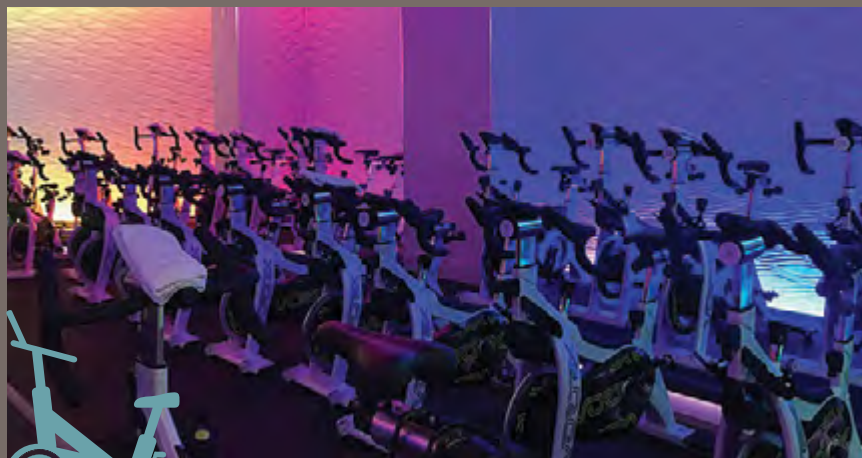
Virginia has some really great studios and each of the studios also carries great athletic wear that are clothing lines that the studio represents, be it the studio's name brand or another one. Some of the cycling studios even have a full out coffee bar in them with a bakery. Whatever your type of vibe is that you picture yourself going to for when it comes to cycling studios, Virginia definitely has it for you.

Read on to see what each type of studio is like and what promotions they currently have going on:



The Zengo Studio

Zengo Cycle has locations in VA, DC, and MD. Wherever you happen to be, I can promise you that there will be a Zengo Cycle nearby. The great thing about this studio is that you pay for classes with credits, so you never have to worry about missing a monthly

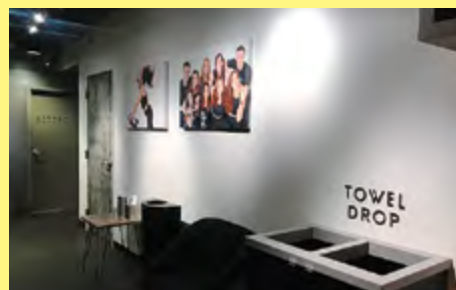


The Vortex Studio

The Vortex Studio located on the top level of The Tysons Galleria is a dream come true. This studio really does a great job of bringing a community of people together with its coffee bar and athletic wear that is all provided to you for purchase upon entering their studio. Taking a cycling class for the first time can be intimidating so by going a little earlier and buying an acai bowl for lunch and then purchasing a Simple branded t-shirt or a new Vortex backpack for your cycling shoes, you can feel more a part of the cycling studio community. If you're into your ride being a fun time-out from your day, then look into their Hip Hop Thursday's that they currently offer taught by Caroline or Kat. You will want to go dancing after the workout because of how enjoyable their classes actually are and not as tiring as some of the other ones offered. You can buy their starter pack which provides you with 1 month of unlimited classes for \$150.00. They also have an ongoing promo where if you want to buy your classes for a full year, you can take advantage of an upfront discount.



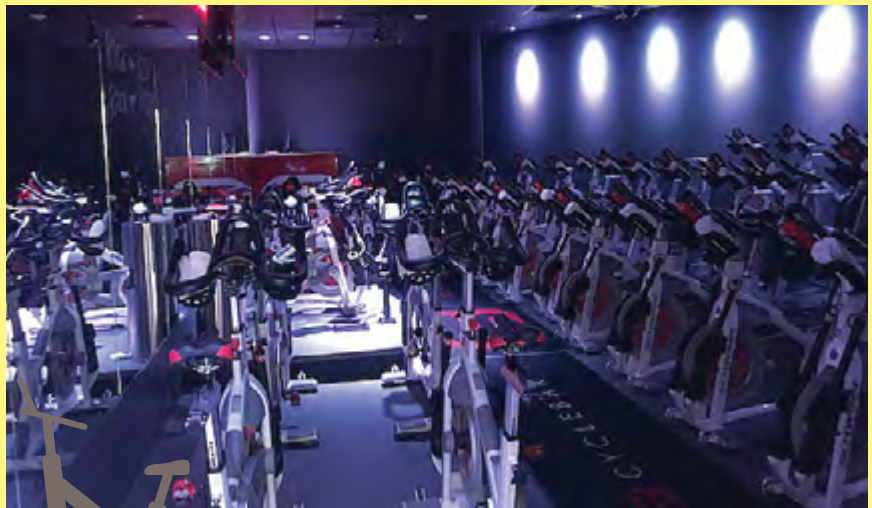
membership payment, or wanting to cancel it if you happen to move away from any Zengo studios—which is hard to imagine since they are everywhere. The New Rider Pack starts at \$33.00 and includes 3 classes that expire after 45 days of purchase. Their studios offer you an intimate feel because of the proximity from the instructor to the back row; everything is condensed together, but without feeling too close for comfort. The locker space is also very compact, again, giving this place a boutique type of environment. Something unique to Zengo classes is that they incorporate the use of free weights to promote muscle movement in your core body areas; you can choose what size weights would be best for you. The music ranges from fast pop songs to slower ones, but they are all top 100 songs that will get you spinning really fast or keep you cruising. You can check out their instructor page and find Allison if you are looking for an extreme type of cycling workout; her class will leave your legs feeling like jelly.





New Trail Cycling Studio

New Trail Cycling Studio is located in Reston Virginia. This studio will open later this summer in August 2018, but will be holding some preview classes in July. All the info for upcoming classes can be found on their website at: www.newtrailcycling.com. Liz Kamp who is the owner of this studio really wants this studio to make cycling a part of every day life, which is why she will be including teen cycling classes at her studio that are made specifically for riders of ages 12-16. If you are the busy mom on the go, well now your kid can join you as well. Teen classes will be separated by gender and gave age appropriate music. She also includes in her schedule of classes, classes for 55+. The 55+ ride will have lower RPMS and intensity levels and feature hit songs from the 50's-70's, though one can still tailor the ride to their specific needs in this class. New Trail social media sites will also show updates for their weekly update music playlist. Liz Kamp informed me that the bikes her studio will be using are also the latest state of the art bikes from Schwinn (and the first in VA as of yet) that will record your info and send it to you, along with having many other customizable features. If you like having the best of the best and want to include your entire family within the cycling lifestyle, then be sure to check out the preview riding dates on their website. Liz says of the vibe for her studio, "I want this to be a place where first time riders will not feel intimidated, but rather at ease. I want first time riders to incorporate cycling as a part of their everyday life and not something that is going to be a one-time thing."



Cycle Bar Premium Indoor Cycling

Cycle Bar Premium Indoor Cycling has locations in Arlington and Falls Church, Virginia. The studio has a low-key feel to it, not having a coffee bar or clothing to buy right as you walk in, but rather a Keurig in the back and your choice of a banana, which is offered every day for free. You also get free parking in the Harris Teeter parking garage which is located right next door to the Falls Church location. Cycle Bar loves its community and is also committed to giving back which shows by the promotion they run for teachers and students; a month of unlimited rides for only \$75.00. They also have weekly themes which are posted on boards for all to see that feature what the songs for the rides of the week will be. The themes are fun and quirky such as: evolution of country music, or British invasion. Courtney who is a manager at Cycle Bar Says to check out their website on holidays as well because they tend to offer promotions or free rides on those days. Cycle Bar has also created Cyclegiving® which is their philanthropic movement to partner with organizations that help bring fundraising to charities. They call this their unique form of marketing that informs their community of health and wellness all while still raising money for an overall good cause. You can currently sign up for a week free of cycle classes through the end of summer. You can then start off with 5 rides for an introductory rate of \$99.00.



HAIR CARE ROUTINES FOR ALL AGES

By Emily S.

Our bodies don't stop changing after puberty: They're constantly evolving and adapting to age. While there are plenty of advantages to growing older, some of the physical signs are a little less welcome. Our hair in particular is often a source of pride and confidence, but can show the most signs of age. We've compiled some tips to ensure that your hair is being taken care of at every step in life.

TWENTIES



While your twenties are for experimenting with color and style, there are still ways to take care of your hair to ensure that it will be healthy in the future. Exercise and sun exposure are often a huge part of a young woman's life, but can both have surprising impacts on your hair's health. Avoid long-term damage by taking some preventative measures.

A tight ponytail can rip your roots out and damage follicles, yet sixty percent of women say they use a hair tie daily. Try swapping your hair elastic for scrunchies or elastic cloth hair ties to protect your strands from damage.

Make sure to also engage in proper measures to protect your hair from sun damage if you're going to be outside for a long time. Invest in some scalp and hairspray-esque hair sunscreens to avoid exposure to damaging, and cancer-causing UV rays.

THIRTIES



Often by our thirties, our beauty needs have drastically changed from those in our twenties. With rapidly changing life plans and damage from years of experimental hair care, thirty year old women should start buckling down to get serious about long-term beauty.

Cutting down on the number of times that you wash your hair every week can keep overshowering from stripping your hair of its moisture and damaging your roots. In fact, most people only need to shampoo twice a week, but only a third of women follow these guidelines. Try substituting a dry shampoo every now and then to prevent overworking your hair.

Another way to avoid brittle hair is to improve your diet. Your hair reflects what you eat, and foods rich in biotin and omega-3 fatty acids can bolster your cells and strengthen your hair while giving it added shine. Try introducing more nuts, seeds, eggs and dark green veggies into your diet to achieve radiant locks.

FORTIES+



As we reach our forties, our bodies start to change quite a bit. Most women struggle with brittle, greying hair as their follicles lose pigment. While there is beauty in proudly showing off your age, there are also ways to roll back the clock if you wish.

If you choose to color your hair, make sure you're getting the right dye. Many hair dyes don't offer full grey coverage, and have a limited range of colors. Use one that's custom made for you to feel confident in your color and own your unique beauty.

Also, avoid using too much heat on your hair. Overly hot styling tools can singe your hair and damage the shafts, leading to frizzy, broken hair. Take a day or two off to let your hair's natural oils replenish and protect each strand. When you do use heat in a straightener or curling iron, don't set it too high. For finer hair, use a lower setting, and for thicker hair, a higher setting, but never use a 400 degree tool.



www.mbfacedesign.com

Switch Out Your Makeup for the Fall

By Marta Bota

The days are shorter and you can feel the chill in the air. The leaves will begin to turn brilliant colors as Autumn is quickly approaching! This is a favorite time of year for many, but that means its time to put away your cute summer sandals and little sundresses.

For those of us who LOVE fall fashion that means its time to break out the boots and start layering your clothing and accessories! I love wearing colors that reflect the seasonal changes, adding golden and burgundy hues to my scarves and sweaters! That means its time to change your makeup palette as well, bringing in richer, deeper tones to your lip and eyeshadow colors! Adding copper and gold shimmer gives an added depth to these rich tones!

In addition to being a seasoned makeup artist I'm also an organic airbrush tan artist. I love the effect of a light airbrush tan for a "healthy glow" this time of year. It adds warmth to the rich makeup palettes this season and will make you truly stand out!



I love deep, rich red and burgundy lip colors in the fall! Kat Von D Painted Love lipsticks come in a wide array of colors that are perfect for this time of year. These are rich full-color lipsticks that will really make a statement.



Eyeshadow palettes are the way to go when layering color on your lids this season! One of my favorite palettes is the Tartelette In Bloom Clay Palette by Tarte cosmetics. This eyeshadow kit has a great variety of color choices that are perfect for any season! There are matte and shimmer shades that give you endless possibilities. The darker shadows are perfect for Fall and I love adding shimmer to the center of the lid for a dramatic effect! What really excites me about this particular eyeshadow kit are the ingredients. Mineral pigments and Amazonian clay makes them glide on with ease and allows for smooth blending.



We must turn our attention to foundation this season. As our summer glow fades we should keep this in mind and consider purchasing a lighter shade. Foundation should be a PERFECT match to our skin tone and type for the most flawless makeup application. My all time favorite foundation is Limelife by Alcone Perfect Foundation. The highly pigmented botanical foundation is a favorite among celebrity makeup artists and their clients, creating the most natural effect that looks like a "second skin!" It works well on ANY skin type and is "buildable" for the perfect coverage.



As we transition from summer to the cooler seasons I still love to use bronzers on my clients, to create a warm glow to their skin tone. This looks particularly beautiful with the vivid hues in fashion for this vibrant colorful season. One of my favorite bronzers is Too Faced Milk Chocolate Soleil. The name says it all! This matte bronzer neutralizes red, enhances all skin tones, and is infused with cocoa powder making it's chocolate scent extra delicious for the chocolate lover in you.

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Fall Plaids & Autumn Fads

BY JULIE HOLLAND

I know a lot of people have a hard time saying bye to summer, but I'm not one of them. Bye summer, mmk oh baiiii. The weather can be so amazingly perfect in this area through September and October (you'll get your 70 degree days again in February...totes becoming a trend), and most importantly, the boots, scarves and comfy layers get to come out! "Yes!" to all the above. You really don't have to stress about packing away your summer wardrobe when **blazers** and **booties** exist, and isn't it far more comfortable to "glisten" a normal amount in the fall, rather than sweating your face off and watching your hair expand into frizzy new heights in the summer? Pop-in **hair extensions** and **hats** are much more doable with a chill to the air, and layers can make an otherwise boring outfit pop.



FANCY PICNIC BASKET. Eeee, what is better than an autumn picnic?! Many varieties of picnic "baskets" exist, from backpacks that unzip to reveal the full spread of wine glasses and cutlery, to this vintage half round wicker design. This vintage style is so romantic and makes a great accessory for photos! Find similar ones on Etsy.

Here are a few suggestions for strutting on crunchy leaves and sipping pumpkin spiced lattes in style:



INSTANT HAIR EXTENSIONS (ponytail and invisible halo). Whether you're bored of your current length or style, or just looking to switch it up every now and then, pop-in extensions are easy to use and look amazing. My favorite brand to wear is "Hairdo", found on Hairuwear.com. These come in many styles and shades, in synthetic or human hair. You can even take the long, "invisible" extension to your salon and have them trim and layer it to match your hair so that no one would ever know.



BOOTIES. Try booties with fringe or Chelsea style rain boots.



Well, **PLAID**, of course. Has this ever not been a thing? Go for the classic red or hop on the current trend of colorful plaids (like pink) in varying pattern sizes.

A STATEMENT COAT. Sure, classic trench coats can look super chic, but oversized coats in bold prints and colors are just plain fun. You can't wear a cow print coat and not feel slightly fabulous. (see similar cow coat from ASOS)

ASK AN EXPERT

Fall is the best time to repair sun damaged skin



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

Astoria Laser Clinic & Med Spa

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Vienna, Virginia 22182
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Can sunspots be removed?

Sun spots, which include age spots, freckles, and other benign pigmented lesions resulting from sun-damage, can be removed from face and nearly any body area. Needling, Peels, Radio Frequency and Laser treatment removal of sun spots can significantly enhance your skin's appearance.

Is there a difference between freckles and sunspots?

When there is no exposure to the sun, freckles fade as the skin cells are replaced by new cells, hence the reason why freckles fade during winter. The main difference between sun spots, age spots and freckles, is the age at which they appear, the size and the location on the body.

Do freckles caused by the sun go away?

There are two types of freckles: One type appears when the skin is exposed to sun in the summer, and this type fades during winter months. The other type does not fade. These freckles tend to be darker than the freckles that fade. Either ones should be removed in office.

Are sun spots a sign of cancer?

Some changes in your skin come with age, such as the unpopular age spots (also known as sun spots or liver spots). These have nothing to do with the liver and are caused instead by long-term sun exposure. Not all spots that appear on the skin are cancerous. However, moles, freckles and sunspots are warning signs that the skin has had too

much sun exposure, increasing the risk of skin cancer. It is recommended to get your skin checked periodically.

Are age spots and freckles the same thing?

These cells produce melanin, a substance that darkens the skin. Freckles are generally harmless, tiny brown spots that usually appear on sun-exposed areas early in life, and fade over time. Age spots look similar, but they are usually seen later in life and tend not to fade.

Are freckles genetic?

Freckles are small, concentrated spots of a skin pigment called melanin. Most fair-skinned, red-haired people have them. Freckles are controlled primarily by the MC1R gene. Freckles show a dominant inheritance pattern: parents who have freckles tend to have children with freckles.

Can you get a freckle removed?

If benign appearing, freckles can be removed by different treatment options depending on the nature of the freckle and skin type of the patient. It is best to first get a consultation done.

Are you born with freckles?

Sometimes they merge together to make a larger spot. Freckles appear on skin that has been exposed to the sun. When you touch the skin you cannot feel a freckle unlike moles. People are not born with freckles, they only develop after a person has been exposed to sunlight. ❖

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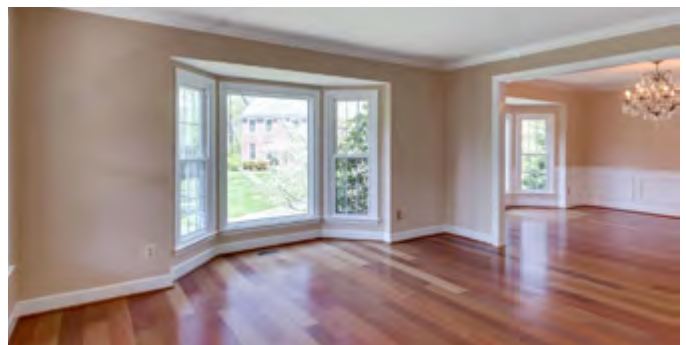
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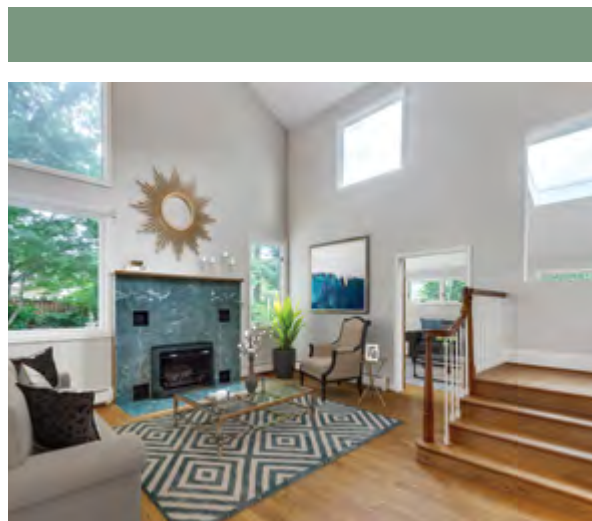
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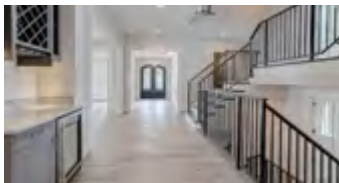


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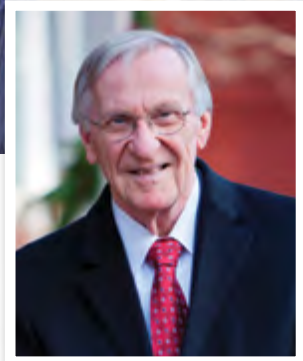
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"WHEN EXPERIENCE COUNTS"



BY DELEGATE KENNETH R. "KEN" PLUM

Five Generations OF RESTON



I could not help but notice at a recent community meeting the different generations that were represented. As many as five generations were present. The “white tops” of gray hair made the traditionalist generation (born before 1945) obvious. They have been around longer than the Reston community.

Reston was founded at the end of the birth period of baby boomers (1946 to 1964) that is also referred to as the me generation. The increased birth rates after World War II made it one of the larger generations. The median age of Restonians is estimated to be 39.2 years with boomers making up a significant number of the current population.

Coming on strong in numbers and leadership for our community are the millennials who were born between 1977 to 1995. Millennials surpassed the baby boomers in number. Generation Z make up the remainder of our population having been born in the mid-1990's or after.

Of course, generations are not as precisely defined as the dates above might suggest. There are characteristics of time and events that help to define periods in which people are born. Likewise, there are other names given to the generations beyond those listed here. Some of those names are friendly and obvious and others are characterized as critical by those who came from another generation.

I will not attempt to define in this short essay the characteristics of the generations for there is much controversy

over the adjectives used to describe persons of another generation. Suffice it to say that technology, work, education and social mores influence characteristics of each generation that make each unique.

Reston is a diverse community in many ways including the number of active generations that live here. Pay attention to the different perspectives that are reflected in community debates. Some of our differences come about simply because we come from different generations with all the implications that brings to the discussion.

Our life experiences with social media, education, and diversity come together to have us like different housing styles, expectations of the community and the workplace, social experiences, and the like. These factors should not divide us; they need to be seen as the lush tapestry that makes up the rich diversity of our community and makes it the wonderful place it is to live. One generation is not somehow “better” than another. We can all learn from each other and be stronger as a result. It has long been expressed that young people need to pay attention to their elders. Equally as important is that people like me and others of my generation need to pay attention to our young people. They are amazingly bright and strengthen our community when they choose to live among us! ❖



BY SANFORD CHRISTMUS

Q: We recently adopted a young adult dog from a local rescue group. His name is Condé, and we love him. Our concern, though, is that he drools and sometimes vomits when he's riding in the car. What can we do for him? *—The Torre family, Vienna, VA*

A: Congratulations on your new addition to the Torre family! A common stereotype is happy dogs that stick their heads out the car window, ears blowing and with a big goofy look on their faces. Some dogs, however, are terrified of the car or of movement they're not controlling. Some, like many people, experience motion sickness. Some pups develop the fear of becoming sick because it happened before.

The first step in figuring out how best to handle Condé's problem is to determine the cause for his drooling. If he is happy to get into the car and happy as you leave, but over time he salivates and gets quiet and sullen, motion sickness is more likely his problem. Many dogs with motion sickness vomit on a car ride, but some just slobber or get nauseated and quiet. Dogs with anxiety, on the other hand, are visibly anxious (tail tucked, ears down, furrowed brow) about being in a moving or parked vehicle, and some are nervous even walking near the car.

Dogs with motion sickness should be treated early, because without treatment, the problem often worsens. In many cases, motion sickness turns into an anxiety-related problem, because these dogs associate the car with nausea and vomiting. The best treatment for motion sickness is to take your pup for very short rides with no food in his stomach. Even a trip around the block is great, especially if Condé doesn't show any signs of nausea (drooling, lip smacking, increased swallowing, etc.). If he does, he should be distracted and massaged, so he's relaxed and not worried about his nausea. This job requires two people; one to massage and calm him, and the other to drive safely. Once you're finished with the short drive, get out and play with Condé, take a walk, and generally have fun. Next get back into the car and take the short trip back home. Do this daily, if possible. Even several times a day isn't too much. Lavender oil has a calming effect on dogs and people, so try putting a few drop of essential lavender oil on a cloth and keeping it in the car. Slowly increase the duration of the drives over several weeks of short drives, massaging, playing, and lavender oil.

Many dogs can "learn" not to get nauseated during car rides. Some, however, will have the problem regardless of training. Some of these patients improve with a pre-trip dose of Benadryl, Dramamine, or other antihistamine. For others, veterinarians can prescribe an excellent anti-nausea medication called Cerenia (maropitant) to be given before a trip.

We can use desensitization techniques on dogs that show signs of anxiety or fear, rather than true nausea. We slowly introduce such a patient to the fear-inducing thing, but we limit exposure, to avoid any reaction from the dog. When dogs are slowly introduced to the thing they fear, they can learn that it's not necessary to react in a frightened way and that they are safe and protected. Some patients with severe anxiety benefit from medication to relieve their fears, to help them learn a new, calm behavior. If severe anxiety is the issue, talk to your veterinarian about drugs such as alprazolam, clomipramine, or other anti-anxiety or antidepressant medications. As mentioned, lavender oil on a cloth in the car or on a bandana around the dog's neck can help calm nervous pups, too.

The first step in desensitizing dogs with car-trip anxieties is to determine at what point they're first showing signs of worry before a trip. Look for a dropped or tucked tail, ears

laid back, a change in personality, or reluctance to move forward. Some dogs get anxious only when the car is moving, while others show signs of anxiety even getting near the open car door. Once you determine at what point the dog gets nervous, the next step is do all the things leading up to the car trip, but stop one step before the anxiety is generated. For dogs that are anxious only during movement, prepare for the trip, including closing the car doors and turning on the car, but then sit in the driveway while giving treats to the pup, playing games, even feeding a meal, as long as the doggy shows no signs of anxiety. After a few minutes, turn the car off and get out and play. In this way, you are positively reinforcing calm, comfortable behavior, and the dog isn't being pushed to the point of being fearful.

For dogs that are nervous about getting within five feet of an open car door, open the car doors like you're going to leave, and walk the dog up to about eight feet away. Have him sit and give him treats. Move a little forward and back, giving treats the whole time, as long as he's not anxious, but don't move closer than eight feet. Do these exercises daily.

After a few days at this step, move closer to the car each day, until the pup will get into the car without anxiety. Next drive one block, giving treats the whole time, and then get out and play. Get back in the car and go home. Slowly extend the trips.

For the more anxious dog, move to five feet from the car, and if she's showing no worry, give treats and walk around near the car, but not closer. Move closer each week until the dog will get into the car without anxiety and then follow the steps above. Desensitization often works because we do not push anxious dogs to the point of showing any signs of fear and we positively reinforce calm behavior with treats, food, play time, and toys. The goal is to add another step to the car trip slowly, over time, until our furry kids are calm, cool, and collected during routine car rides. If all else fails, some dogs benefit from medication to quell their fears and allow them to learn a new, better way to behave.

I hope this information makes Condé a better passenger. Be sure to talk to your veterinarian, too, about how best to help your buddy. ❖

AUTHOR: Sanford Christmus, DVM practices veterinary medicine at Oakton-Vienna Veterinary Hospital in Vienna, Virginia. To learn more about Dr. Christmus and the hospital, visit OVVHpets.com. Please e-mail questions to askthevet@ovvpets.com.



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SILVER LINE CHANGING AIRPORT LANDSCAPE



Construction of the future Dulles Airport Metrorail Station and tracks on aerial guideways continues to change the landscape of the airport.

Capital Rail Constructors has taken advantage of the few bright sunny skies this summer to place tracks on guideways and perform inspections while building out station interiors and support facilities.

Soon elevators will be installed in the station and work continues to complete the transformation of a tunnel that will contain moving sidewalks to carry airport users from the rail station being built in front of a parking garage to the airport terminal. This replaces an old tunnel in the same spot that was closed to allow for new moving sidewalks. The new tunnel will reopen in the coming months. ♦

These photos by Phil DeLeon take the reader on a tour of the ongoing work.



▲ Looking to the west along the inbound tracks of the aerial guideway at the Airport Station. Parking garage A is on the right side of the photo. The Airport terminal is off to the left. Approximately over Saarinen Circle.



▲ Aerial guideway just east of the Airport station where the guideway splits for outbound and inbound tracks. The Airport terminal and towers in the background.

◀ Looking east along the outbound tracks into the Airport Station.



◀ Abutment A where the ballasted track (at grade) and the aerial guideway meet in the middle of the DIAAH on the Airport – looking to the south east. Rudder Road highway overpass goes over the ballasted track in the near distance.



▲ The “Walk Down Team” reviewing the aerial guideway between Abutment A and the Airport Station. Checking the gauge of the tracks (distance between the rails), distance from the tracks to the third rail, visual alignment and overall condition. The sixth Walk Down with representatives from CRC, MWAA, WMATA and DRPT.



▲ Looking northerly along the inbound aerial guideway towards Abutment A (where the tracks go aerial into the Airport) along the DIAAH. As you can see from the sign on the right, almost directly above Aviation Drive in the Airport.



▲ Dulles Airport Tunnel



▲ Looking south from the aerial guideway on the outbound tracks. The exit on the DIAAH is below on the left and a portion of Horsepen Lake is to the left.

HOROSCOPES

SEPTEMBER

OCTOBER



VIRGO 8/23 - 9/22: Virgos can be picky! This month you'll need take back some independence to make sure things are up to your standards.



LIBRA 9/23 - 10/21: Act boldly to cement your sense of confidence as the moon moves into its first quarter on the 15th.



SCORPIO 10/22 - 11/21: Resist taking slogans to heart this month as you open your eyes to new ways of thinking.



SAGITTARIUS 11/22 - 12/21: Just when you think you are at tilt, someone adds a new pinch of stress. Draw the line somewhere.



CAPRICORN 12/22 - 1/19: A resolution to a set of problems may be near. Take some small steps to address the issues. A modest win lifts your spirits.



AQUARIUS 1/20 - 2/18: You get energy from a trip to the woods. Leave your phone at home and kick some fallen leaves.



PISCES 2/19 - 3/20: Something remembered lifts your spirits. It might be an old tune, a joke, or a family story. Seize the feeling and go with it.



ARIES 3/21 - 4/19: Beware of over-commitment this month. Stars say your time is in demand, but don't stretch yourself too thin.



TAURUS 4/20 - 5/20: Adventure -- or at least something you haven't tried lately -- is on the horizon for September. Taureans benefit when they take it by the horns.



GEMINI 5/21 - 6/20: By the 25th, a disappointment fades and your mood rises with the bright full moon. Take time to realize that all is well.



CANCER 6/21 - 7/22: The future is calling. A decision you make this month influences the next 12. A sacrifice yields big benefits by 2019.



LEO 7/23 - 8/22: Fear isn't Leo's top problem but a good Lion knows when to back off the chase.



LIBRA 9/23 - 10/21: What you need is just around the corner. Don't give up your dreams or plans! Move forward. Won't be long now.



SCORPIO 10/22 - 11/21: You may find yourself at cross-purposes with another on an issue you care about. Resist the impulse to strike back when you can score a point.



SAGITTARIUS 11/22 - 12/21: Unfinished projects may be annoying this month. But you'll get help at mid-month and, just like that, some of them will be gone.



CAPRICORN 12/22 - 1/19: Chances are your super power is not reading the future. Give yourself a break when unexpected challenges occur.



AQUARIUS 1/20 - 2/18: Time to work on those personal habits you know hold you back. The last quarter moon on the 3rd gives a chance to triumph by the full moon on the 25th.



PISCES 2/19 - 3/20: Get the facts on that health issue. Action now might save plenty of trouble later on.



ARIES 3/21 - 4/19: A dispute is in the air. You might be able to win, but consider the cost before the matter becomes a full battle.



TAURUS 4/20 - 5/20: Take advantage of the lingering summer warmth. A cold drink in a cool place is the ticket to fun by the end of the month.



GEMINI 5/21 - 6/20: The dark night of the new moon on the 8th brings an unexpected lift for your spirits. Indulge!



CANCER 6/21 - 7/22: Put the phone down and walk the dog—or cat. Disconnect for a few minutes and know that world can wait.



LEO 7/23 - 8/22: By the full moon on the 25th, you begin to feel your personal power. Use it for good.



VIRGO 8/23 - 9/22: Leave an i undotted this month and use the time for that certain something you've wanted to do, but haven't had the chance.

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