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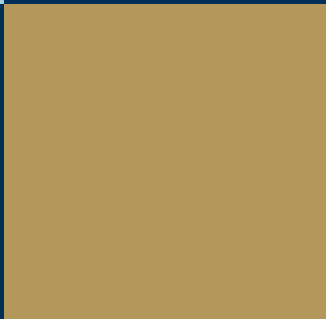
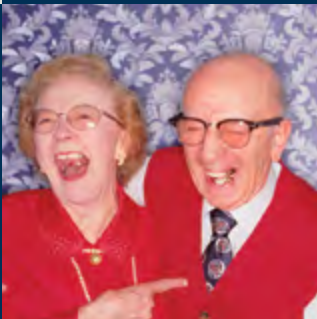


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*By Allison Chase Sutherland*

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## BEST OF BEAUTY >

*By The Beauty Experts*

Discover the area's top: cosmetic surgeons, doctors of aesthetic medicine, hair salons, and beauty businesses offering today's most innovative treatments and solutions for image-conscious consumers in the Editor's Picks of VivaReston's Best of Beauty for 2019.



## < NEW YEAR, NEW YOU

*By Kathleen McDunough*

If you're like most Americans, the word that best describes the past few months of holiday merry-making is "indulgent." Which was great fun while it lasted, but the arrival of 2019 serves as a reminder that it's time to shift to healthier habits while offering the perfect opportunity to hit the refresh button on mind, body and spirit. So how do you get back on track after the holiday hiatus and actually make your motivation—and your resolutions—go the distance?



## SUMMER CAMPS >

*By Patricia Lee Hall*

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







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LIFESTYLE MAGAZINE

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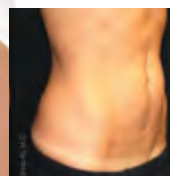


# SLIM DOWN

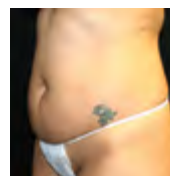
**PERMANENT FAT REDUCTION:  
3 TREATMENTS, 2 WEEKS APART**



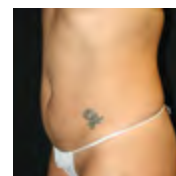
BEFORE



AFTER 2 TREATMENTS



BEFORE



AFTER 3 TREATMENTS

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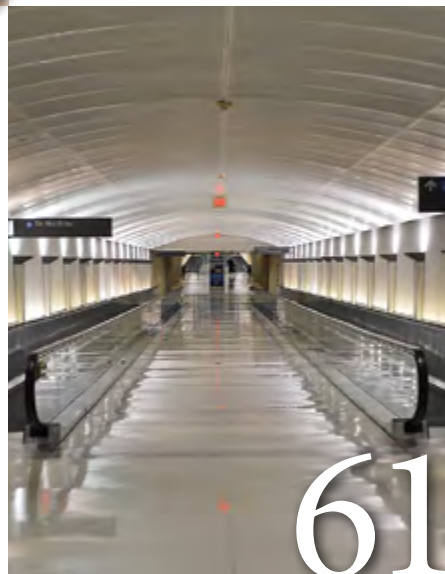
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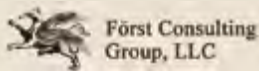


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#### PUBLISHER

Johnny Hanna

#### ART DIRECTOR / PRODUCTION MANAGER

Mary Jeanne Cincotta

#### SENIOR GRAPHIC ARTIST

Robin Long

#### VIDEOGRAPHY

Kari Cannistraro

#### ASSOCIATE PUBLISHER

Kathleen McDonough

#### VICE PRESIDENT OF BUSINESS DEVELOPMENT

John Parisi

#### ADVERTISING / CLIENT ADVOCATE

Tonya Harding

#### DIRECTOR OF HUMAN RESOURCES

Christy Jones

#### CONTRIBUTING WRITERS

Linda Barrett

Marta Bota

Dr. Liliana Calkins

Julie Holland

Analiese Kreutzer

Keith Loria

Marcia McAllister

Kathleen McDonough

Belle Schneider

Allison Sutherland

#### SPECIAL CONTRIBUTOR

Delegate Kenneth Plum

#### DINING EDITOR

Renée Sklarew

#### FASHION EDITOR

Lauren Simmons

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7921 Jones Branch Drive, Tysons, VA 22102

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General inquiries and comments about  
this publication can be sent to:

[info@vivareston.com](mailto:info@vivareston.com)

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**2019.** It's hard to believe that we've turned the calendar page and started another new year. Even harder to believe that in twelve short months we'll close out another decade.

All across the region, big changes have been happening in formerly quiet places. And as the old year has become new again we can tell from the tower cranes that dot our skyline that 2019 is sure to bring even more change to our area.

With the second phase of the Silver Line inching closer to extending Metro service to Dulles Airport and beyond into eastern Loudon County, new developments will be breaking ground this year, guaranteeing that Reston and the surrounding communities stay relevant into the future.

To the north of the Reston Town Center Metro stop—scheduled to open in 2020—Boston Properties' will begin work on "Reston Gateway", a 33-acre site with new residences, shops, restaurants, hotels, offices and parkland. Directly south of the station, Brookfield Properties has plans for its own mixed-use development to replace the old Reston Crescent office park. "Halley Rise", as it will be known, brings with it Reston's own Wegman's grocery—a cause for celebration for our local "foodies"!

It's a thrill to be able to look forward to great things for our region again this year. While 2018 dawned with news that Reston was named the top place to live in the state of Virginia by *Money Magazine*, we begin this new year with that same publication again spotlighting the gems that are our local communities. Among *Money's* new list of "The Best Places to Live in America," you'll find Ashburn clocking in at an impressive #2, with Hunter Mill comfortably installed in the 31st spot.

It requires no stretch of the imagination to see why: our booming economy—clearly this is the place to be for businesses!—and quality of life creates the kind of work/life balance that's hard to beat.

And so we begin the year in an optimistic mood, filling our pages with thoughts on renewal and the

best ways to get the fresh and fast starts that can improve both the quality and enjoyment of our lives.

Whether or not you've made a resolution, you'll want to read "New Year, New You" for a balanced and rational look at taking the small steps that can lead to real transformation. No crash diets or insane workouts required!

There's also a little something for those who have made beauty their goal. From our "Best of Beauty" favorites—those experts and top docs that can give you an edge on looking great—to products and techniques, Med Spas and detoxes, we'll help you move from beauty slacker to star in no time!

Not to mention stylish. "Love is in the Wear" and "All You Need is Love" help you head confidently into the romantic month of February.

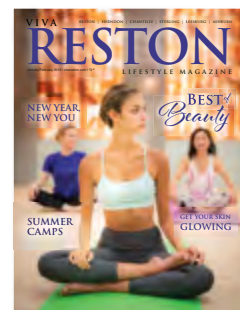
With winter now on our doorstep what could be better than heading inside for something to nibble and sip—we've got you covered with updates on the local Poké craze and new trends at Virginia's wineries that are bringing vintages and brews together.

And if your resolution is to quit procrastinating, maybe it's time to start thinking about summer camps for the kids with our directory of terrific options.

So let's all make the leap into 2019, confident that this will be the year when changes, whether small or significant, are sure to have big impact.

Happy New Year from all of us at VivaReston!

**Johnny Hanna**  
Publisher  
VivaTysons, VivaReston Magazines  
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**JANUARY 26**  
**BUMPER JACKSONS**  
The Barns at Wolf Trap



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## JANUARY 7

### MIND AND MEDITATION WORKSHOP

3536 Schuerman House Drive,  
Fairfax, VA 22031, 7:30-8:30pm,  
Free

Start the new year with an exploration of the elegant mind-breath-body connection, and how to consciously use breath and mindfulness to manage emotions, release stress and bring clarity to the mind, be present in the moment and live a healthier and happier life. Workshop takes place 1st Monday of every month. Each session will include a brief discussion followed by a guided group meditation. Light yoga and breathing exercises may be included as time permits.

## JANUARY 11

**ARNAUD  
SUSSMANN, VIOLIN**  
**PAUL  
NEUBAUER, VIOLA**

## DAVID FINCKEL, CELLO

### Chamber Music At The Barns

The Barns at Wolf Trap, 7:30pm, \$40  
Three commanding players guide the audience through three chamber masterworks by Beethoven, Dohnányi, and Mozart.

## JANUARY 12

### THE VERVE PIPE

The Barns at Wolf Trap, 8pm \$22-27  
With a reputation for spectacular live performances, this multi-platinum alternative rock band is recognized worldwide for the No. 1 smash single "The Freshmen" and radio hits "Photograph," "Hero," "Happiness Is," and "Never Let You Down."

## JANUARY 12

### JENN GRINELS

Jammin Java, 8pm, \$20  
Reviewer Kenneth Fish has called Grinels, "a rock and roll temptress conjuring musical spells that no one can resist. Whether quietly purring into the microphone or seriously

belting out a tune, the audience was hanging on every note and lapping up every well crafted phrase...her performance was nothing short of amazing."

## JANUARY 14-15

### AUDITIONS FOR "WINNIE THE POOH"

The Alden, 7-9pm

Youth actors will work with The Alden's team of theatre professionals to bring this story to life with full sets, costumes and technical elements on The Alden's stage. Students between the ages of 10-16 who live in the McLean Community Center Tax District will be considered. To schedule an audition time, please email Danielle. VanHook@fairfaxcounty.gov with your date and time preference: 7pm 7:30pm, 8pm or 8:30pm. Please specify your age and address in your email.

CONTINUED ON PAGE 14



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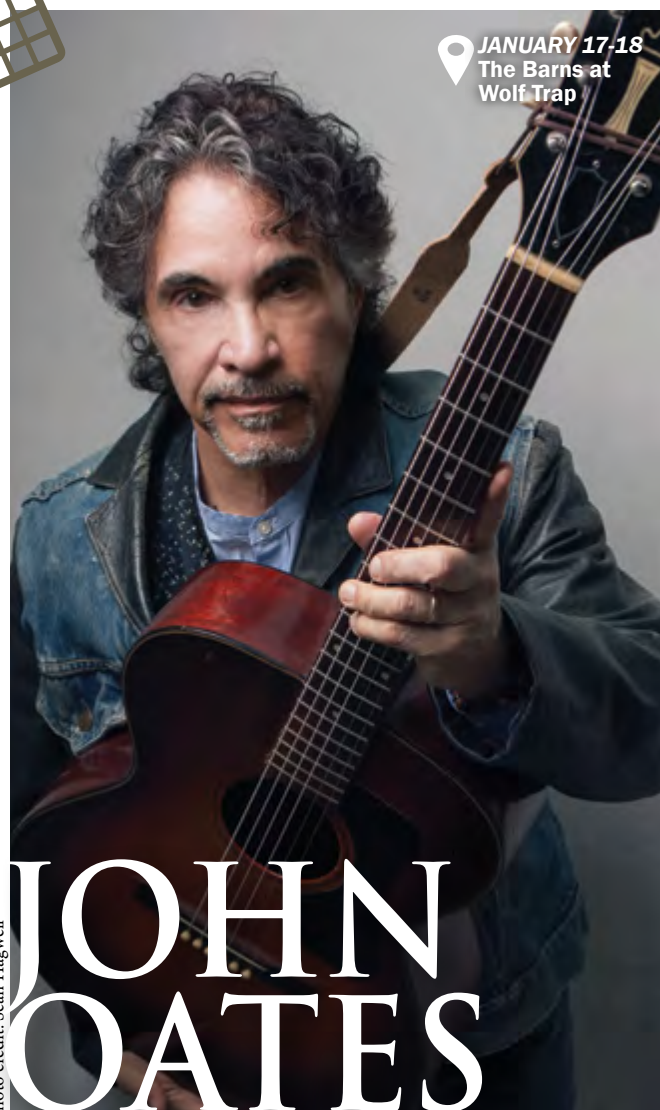
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**JANUARY 17-18**  
The Barns at Wolf Trap

Photo credit: Sean Hagwell



**JOHN OATES**

CONTINUED FROM PAGE 12

## JANUARY 17-18

### WINTER ONE-ACTS

Langley High School Auditorium, 7pm, for tickets and more information visit [saxon-stage.com](http://saxon-stage.com)

Students at Langley High School present their annual one act plays, including their Virginia High School League competition entry. Chosen works are student directed and will include a newly published one-act to be directed by the playwright.

## JANUARY 17-18

### JOHN OATES WITH THE GOOD ROAD BAND

The Barns at Wolf Trap, 8pm, \$42-47  
John Oates is one half of the best-selling duo of all time,

Hall & Oates, as well as an accomplished solo artist. An inductee into the American Songwriters Hall of Fame as well as the Rock & Roll Hall of Fame, Oates performs songs from throughout his career including those from his most recent roots-focused solo project, *Arkansas* (2018).

## JANUARY 19

### EVENING OF INDIAN DANCE

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

Enjoy a rich and innovative program from IDEA (Indian Dance Educators Association) showcasing a variety of dazzling Indian dance.

## JANUARY 19

### BACHAPALOOZA HERNDON

Jammin Java, 12:30pm, \$5

Bach to Rock students in the area know how to rock it—and then some! Dozens of student bands will take the stage at Jammin Java for Bachapalooza concert, performing to throngs of delighted fans and parents. Come see how Bach to Rock's nontraditional approach to music education brings out both talent and "fun," successfully teaching students of all ages—from early childhood through high school and beyond—by uniquely turning music into a team sport that creates student bands that learn to play sets, record in a studio and perform in public.

## JANUARY 20

### MARTIN LUTHER KING JR. DAY CELEBRATION "LINER NOTES"

McLean Community Center, 2pm, \$25/15 MCC tax residents

You will collide with music's past and present through jazz standards, hip-hop samples and actual liner notes from musicians of the civil rights movement in this multimedia concert experience.

## JANUARY 22

### BE A BOSS! 10 SECRETS OF A MEGA EA (PLUS MASTERMIND)

by Christy Belt Grossman

Keller Williams Realty McLean, 6820 Elm Street, McLean, VA 22101, 9am-3:30pm, \$137-167

Interested in a career as an Executive Assistant? Learn the difference between an "Average Assistant" and an "Ops Boss"! Start 2019 STRONG! Learn how to up your game. Propel your team and your career to higher heights. Find out the difference between having a job and building a career! And how the Ops Staff can power up a team! This class is especially geared for Executive Assistants and operations

staff. Rainmakers should come WITH their assistants! Unlike any other assistant class, this class is taught by someone who has performed in the role at a high level for 20+ years. This is not a basic "how to" class with checklists, rather a higher level, higher minded class meant to expand your horizons.

## JANUARY 25

### SARAH BORGES AND THE BROKEN SINGLES

Jammin Java, 8pm, \$15

Sarah Borges has spent the last decade touring, learning and transforming from Americana chanteuse to American music journeywoman. Her sound remains as eclectic as ever, representing what Borges likes to call "the sum total sound of my record collection": a little bit twangy, some kind of cowpunk and a whole lot of heartfelt rock and roll.

## JANUARY 25

### LINDA EDER

The Barns at Wolf Trap, 8pm, \$50-55

Vocal powerhouse Linda Eder returns to The Barns to showcase her diverse repertoire spanning Broadway, standards, pop, country, and jazz. "Who needs a Broadway show when you've got Linda Eder?" (*Chicago Tribune*).

## JANUARY 26

### BUMPER JACKSONS

The Barns at Wolf Trap, 8pm, \$22-27

Reimagining roots and Americana music by mixing in street jazz, early blues, and country swing, the DC-based Bumper Jacksons bring audiences into the center of a party where the dancing never stops.

## JANUARY 26

### BACHAPALOOZA MCLEAN

Jammin Java, 1pm, \$5

Bach to Rock student bands come together for their 2nd annual Bachapalooza concert featuring students ranging from Elementary to High Schoolers.



Come check out the buzz!

## JANUARY 30-31

### INTERNATIONAL GUITAR NIGHT

*The Barns at Wolf Trap, 8pm, \$27-30*  
Four global guitar masters come together to create two exhilarating evenings of entertainment. Luca Stricagnoli, Italy's explosive contemporary showman, returns by popular demand, joined by two of France's acclaimed young prodigies, swing guitarist Antoine Boyer and Flamenco guitarist Samuelito, and the ground-breaking Turkish fretless guitarist Cenk Erdogan.

## JANUARY 31- FEBRUARY 24

### THE BROTHERS SIZE

*1st Stage Tysons, \$15-39*  
This absorbing and emotionally resonant drama is set in the bayou country of Louisiana and is loosely based on West African myths and Yoruban poetry. Telling the story of two brothers, the critically acclaimed play imaginatively blends West African storytelling, music and movement with a contemporary tale told in African-American vernacular. Seamlessly intertwining ancient techniques with modern themes, the result is an unique and compelling theatre experience.

## FEBRUARY 1

### LUKE BRINDLEY WITH SPECIAL GUEST SCOTT MULVAHILL

*Jammin Java, 8pm, \$18*  
Prolific songwriter, musical artist and—along with his brothers, Daniel and Jonathan—owner/operator of Jammin Java (consistently ranked by Pollstar Magazine as one of the Top 100 Club Venues in the world), Luke Brindley gets back to his musical roots with a hometown performance to feature some of the fingerstyle guitar instrumentals showcased on his recent album release, "Invitation to Joy." He will be joined by



Photo credit: Shane A. Tegarden

Scott Mulvahill, award-winning songwriter and bass guitarist for Rickey Skagg's Kentucky Thunder band.

## FEBRUARY 1

### ST. LAWRENCE STRING QUARTET

#### Chamber Music at the Barns

*The Barns at Wolf Trap, 7:30pm, \$40*  
The St. Lawrence String Quartet returns to the Barns after more than a decade to explore the rich relationship between Haydn and Mozart.

## FEBRUARY 2

### THE WIZARD OF OZ

#### Vital Theatre Company

*McLean Community Center, 2pm, \$15/10 MCC tax residents*  
Rediscover the joy of following the yellow brick road with Dorothy, the Scarecrow, the Tinman, and the Cowardly Lion as the travel through the eclectic world of Oz.

## FEBRUARY 2

### THE DUSTBOWL REVIVAL & HOT CLUB OF COWTOWN

### The Great Divide

#### A Celebration Of The 50th Anniversary Of The Band

*The Barns at Wolf Trap, 3pm and 8pm, \$32-37*

Honoring the 50th anniversary of The Band—the seminal roots-rock group that famously toured with Bob Dylan—two of America's defining roots groups join in a celebratory outpouring of song. Eclectic LA octet Dustbowl Revival mashes up traditional American music into a time-bending, genre-hopping dance party, while Austin-based Hot Club of Cowtown delivers hot jazz licks and Western swing on a wild and woolly ride.

## FEBRUARY 8-9

### THE FOOD OF LOVE: ROMANTIC RENAISSANCE MUSIC

*Washington National Cathedral, 8pm, \$20*

As a prelude to Valentine's Day, Folger Consort offers The Food of Love, a magnificent buffet of romance and poetry with chansons and madrigals on food, drink and passionate love by French and Italian Renaissance

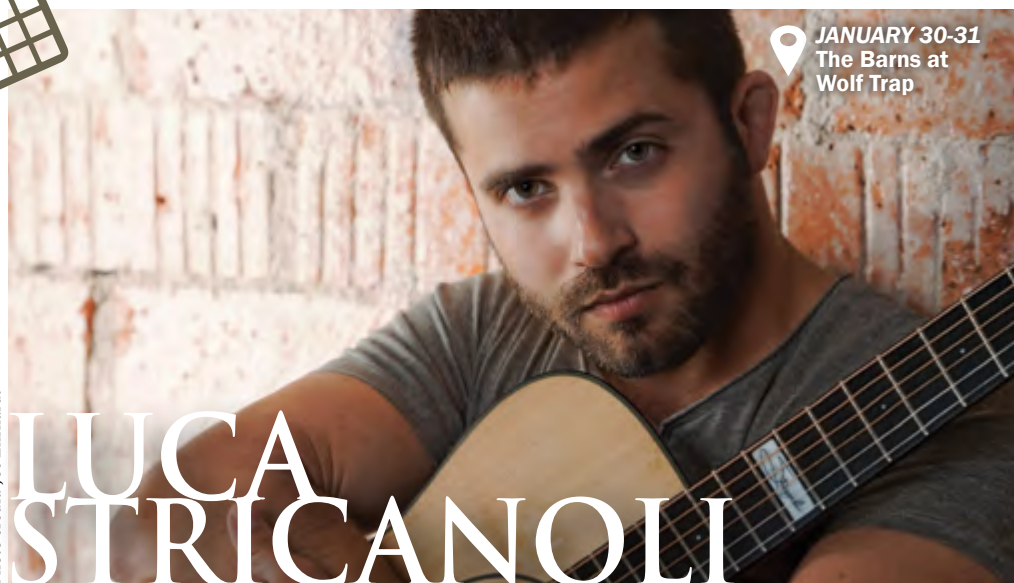
composers such as Janequin and Marenzio. Canoodle and swoon as you take in enchanting "table music" for strings, including selections from Schein's Banchetto Musicale (Musical Banquet), composed as dinner music for the sophisticated courts of Germany. This Washington National Cathedral performance features vocal ensemble Les Canards Chantants and viol consort Arcadia Viols.

## FEBRUARY 9

### CASINO NIGHT 2019

*The Columbus Club of Arlington, 5115 Little Falls Road, Arlington, VA 22207, 8-11:30pm, \$89-15,000*

Support the Arlington Soccer Association at this adult night out on the town featuring a band, dj, open bar (including signature cocktails!) and lots of gaming tables. Plan to game and dance the night away—the Columbus Club of Arlington is conveniently located an easy Uber ride from most of Arlington!



**JANUARY 30-31**  
The Barns at  
Wolf Trap

# LUCA STRICANOLI

CONTINUED FROM PAGE 15

## FEBRUARY 9

### 6TH ANNUAL 50-MILE KENNEDY WALK

C&O Canal National Park, Anglers Parking Lot (across from Old Anglers Inn), 10790 MacArthur Blvd, Potomac, MD 20854, Registration 3am/Walk 3:30am-9pm, \$125, [www.kennedy50.org](http://www.kennedy50.org)

Join the FreeWalkers, a long-distance walking group, and test your mettle with this unique physical and mental winter challenge: a 50-mile one-day walking event honoring Robert F. Kennedy's famous 1963 trek from Great Falls, MD to Harper's Ferry, WV. Participants gather at 3am for check-in and event briefing and then proceed along the tow path of the C&O Canal National Park for a day of natural beauty and fellowship with other walkers. Six support stops will be offered along the route, ranging from water/electrolyte/powerbars to full breakfast and lunch stops, with an aim to get walkers to the end, or as far as they can go. There's also extended support services such as shuttle transportation between start and finish sites, pre- and post-buffets and more! See website for complete info on training walks, full schedule, support services and registration.

**FEB 23**

6-9 PM

## THE 19TH ANNUAL GALA OF THE VIRGINIA BLACK HISTORY MONTH ASSOCIATION

WITH KEYNOTE SPEAKER LAZ ALONSO

Hilton McLean Tysons Corner Hotel, 7920 Jones Branch Drive, McLean, Virginia 22102, 6-9pm, \$25-1,450

Our Key Note Speaker is Lazaro "Laz" Alonso entrepreneur, Howard Grad, and Television and Film Actor who has starred in such films as the This Christmas, Jumping the Broom, Avatar, Detroit, and Spike Lee's Miracle at St Anna just to name a few. Guests of Honor include the Reverend Wheeler Parker Jr who the cousin of Emmett Till and the last surviving eyewitness. Guest of Honor is journalist and author Jesse J. Holland who wrote the book which became the background for the movie, "The Black Panther." Guest of Honor is author, retired television producer Dr. A'Leleia Bundles. Dr. Bundles is also the great-granddaughter of entrepreneur Madam CJ Walker who developed hair care products for women of color which are still on the market today. Final Guest of Honor is author and prison reform advocate Anthony Ray Hinton. After spending more than 30 years on death row for a crime he did not commit, Mr. Hinton has emerged as the distinguished author of the book "The Sun Does Shine." His amazing story has caught the attention of Oprah Winfrey and now his new book was selected for Oprah's 2018 Book Club.

## FEBRUARY 9-10

MARTIN  
LE VIN HERBÉ

The Love Potion

Wolf Trap Opera

Washington Concert Opera

Chamber Music At The Barns

The Barns at Wolf Trap, Sat

7:30pm, Sun 3pm, \$35-75

Wolf Trap Opera and

Washington Concert Opera

are thrilled to co-present a rare

modern retelling of the classic

Tristan and Isolde story. In

its more than 6-year history,

Swiss composer Frank Martin's

Le vin herbé (based on Joseph

Bédier's novel Tristan and

Iseult) has enjoyed countless

concert performances and

several staged productions. In

recent years, it has been seen

in Zurich, Paris and Berlin.

This performance at The Barns

will be a concert staging. The

cast will feature ten Wolf Trap

Opera alumni, and will feature

Ian Koziara as Tristan and

Shannon Jennings as Isolde.

## FEBRUARY 9-10

SWEETHEARTS &  
PATRIOTS GALA

The French Embassy, 4101

Reservoir Rd NW, Washington,

DC 20007, 7pm-12am, \$115-165

Sweethearts and Patriots is

a charity gala that benefits

organizations in support

of veterans. In 2019, the

beneficiaries will be Disabled

American Veterans and Terre

Fraternité. The evening will

be a celebration with a French

and American patriotic theme

including heavy hors d'oeuvres,

open bar and dancing. The

event is open to all, and

sponsored by the District of

Columbia Society of the Sons

of the American Revolution.

## FEBRUARY 14-15

1964 THE TRIBUTE

The Barns at Wolf Trap, 8pm, \$38-42

Beatlemania is back at The

Barns with the "best Beatles

tribute on Earth" (Rolling Stone).



## FEBRUARY 14-16

### TARTUFFE

Langley Theatre, for more information visit [saxon-stage.com](http://saxon-stage.com)

Tartuffe, or *The Imposter*, one of Moliere's most provocative and hilarious comic farces helmed by DC actor and director Dan Crane.

## FEBRUARY 16-17

### MASTERS OF HAWAIIAN MUSIC

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

Performing in a traditional Hawaiian style, the Masters of Hawaiian Music bring "folklore and cultural memory into a performance that...[unfolds] as breezy entertainment" (*The New York Times*).

## FEBRUARY 19-20

### CHERISH THE LADIES

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

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

## FEBRUARY 22

### WU HAN AND FRIENDS SCHUBERTIAD

Chamber Music At The Barns

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

An all-star group of musicians presents an evening of Schubert including his E-flat piano trio, several beautiful Lieder, and the beloved Trout Quintet.

## FEBRUARY 22

### THE BAND BATTLE—FINALS!

*Jammin Java*, 7pm, \$10-20

Following 4 "elimination" rounds in January, see which band will win the grand prize of \$2,000 cash and the chance to headline a show at the Band Battle Finals. All battles will be judged by regional music industry professionals and touring bands!

## FEBRUARY 23

### THE OKEE DOKEE BROTHERS

McLean Community Center, 1pm., 4pm, 6:30pm, \$20/15 MCC tax residents

The Grammy® Award-winning Okee Dokee Brothers mix their passion for the outdoors with American Folk music to create songs



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Waynesboro, Virginia

[www.sunnysidecommunities.com](http://www.sunnysidecommunities.com)



CONTINUED ON PAGE 18



# CHERISH THE LADIES

that they hope will inspire children and their parents to get outside and get creative.

**FEBRUARY 24**

**AUTHOR WALTER MOSLEY**

*The Alden at McLean Community Center, 2pm,*

*Free, Pre-registration required*

NAACP Image Award-winning writer of mysteries and crime fiction, in 2016 Mr. Mosley was named Grand Master by the Mystery Writers of America (Edgar Award).

**FEBRUARY 24**

## THE A BRIDAL SHOW—METRO DC'S WEDDING SHOW

*The Virginian Suites, 1500 Washington Blvd., Arlington, VA 22209, 1-4pm, \$12-38*

Meet some of the best wedding vendors in Metro DC all under one roof while you sample wedding cake, savor cuisines, get great reception table designs ideas and see the most talented entertainers and so much more including \$15,000 in coupons & prize giveaways.

**MARCH 1**

## ELLIS PAUL RECORD RELEASE

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

Though some may refer to him as a folksinger, he is more—a singular storyteller and a musician—whose words reach out from inside and yet also express the feelings, thoughts and sensibilities that most people can relate to in one way or another, regardless of age or upbringing.

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*Lifestyle MAGAZINE*





Salt Room Therapy

# Aria MediSpa, Yoga & Wellness Center

by Allison Chase Sutherland

Aria MediSpa, Yoga & Wellness Center provides an authentic European spa experience right here in Northern Virginia. Unique and effective treatments will take you on a fascinating journey of discovery to optimal health. Fresh orchids welcome you at the entrance. From the soothing Serenity Zone to the Himalayan rock salt-walled heated yoga studio, you will embark on a tranquil and simultaneously energizing experience. Themed objets d'art are inspired by lotus flowers to elephants to giraffes to Russian nesting dolls and Buddha statues. Mint tea or citrus-infused water await you at every turn. Nibble on high antioxidant mix and apples. Drift off to the sounds of a fountain. This Zen-like space will recalibrate your entire being.

Here's how it works. Aria MediSpa, Yoga & Wellness Center offers a fully comprehensive 1-day Rejuvenation, 3-day Energy Balance, and 7-day Detox Weight Loss Program, based on the concept of natural detoxification and deep cleansing of the body using new methods in a multi-prong approach in order to lose weight, lose toxins naturally, eliminate fat, and encourage the lymphatic system to remove toxins from fat cells through our core treatments and spa treatments, resulting in restoring the natural metabolism and balancing energy circulation. Keeping up to date with the latest technological advancements allows them to offer scientifically based body treatments with the most effective new products, devices, and procedures available for achieving dramatic results.



Whole Body Cryotherapy

Throughout life, the body continues to accumulate toxins—from such everyday sources as the food we eat, the water we drink, and the air we breathe. Consequently, it is impossible for the body to effectively process these numerous toxins and therefore ends up storing them in the body, causing people to have difficulty with their weight loss goals.

**The Detox Program** is comprised of a three-step process whereby they: 1) start to remove toxins from the body through core treatments, 2) eliminate toxins ingested from food through a customized meal plan of 1,500 calories maximum of low-calorie, organic food per day, and 3) develop a new gently balanced lifestyle.

You will arrive at Aria's sleek, contemporary, state-of-the-art facilities in Sterling, Virginia, for a day visit, or for a three- or seven-day stay in your own luxurious private suite, decorated in muted tones such as seafoam green and taupe—with amenities such as a spacious modern bathroom with a rainforest showerhead, desk, and TV—just what you need and nothing you don't. They recommend you pack a bathing suit for the steam room, comfortable clothing for Thai massage, a tracksuit, and running shoes. Guests may have breakfast and lunch in their bathrobe; however for dinner in the charmingly chic café, casual-elegant attire is requested. After a refreshing shower upon arrival, you will slip into your robe and slippers and head down to be greeted at the first floor reception desk.

## Detox Weight Loss 7-Day Program

During your stay, you will be guided through a series of core treatments:

**Caracalla Treatment**  
(20 min, 7 sessions)

**Jouvence Wrap Dry Float**  
(20 min, 7 sessions)

**Sharko Jet Shower**  
(10-15 min, 7 sessions)

**Drainage Massage with Cupping**  
(60 min, 7 sessions)

**Kneipp Contrast Therapy**  
(10 min, 7 sessions)

**Float Therapy** (60 min, 3 sessions)

**Salt Room Therapy** (7 sessions)

**Vibration Therapy** (10 min, 7 sessions)

In addition you will experience a suite of spa treatments:

**Sauna with Snow Infusion**  
(30 min, 5 sessions)

**Sauna with Herbal Venik**  
(30 min, 2 sessions)

**Aroma Steam Therapy**  
(30 min, 7 sessions)

**Organic Body Scrub** (1 session)

**Thai Massage** (60 min, 1 sessions)

**Organic Facial** (1 sessions)

**Zerona Body Contouring**  
(45 min, 6 sessions)

**VelaShape Body Shaping**  
(45 min, 6 sessions)

**Whole Body Cryotherapy**  
(3 min, 3 sessions)

**Hot/Warm Yoga** (60 min, 3 sessions)

**Meditation** (30 min, 7 sessions)



*Flotation Therapy*



**Initial Evaluation/  
Nutritionist  
Consultation**

One of the most important steps when staying at Aria MediSpa is the initial evaluation, which allows them to make an accurate assessment of your current state of health—mental and physical—in order to customize a specific treatment program that will fit your requirements. First, you will undergo a full-body densitometry, which will provide full information about the proportion of fat, muscle, and bone in your body. Also we will measure your body proportions and weight. This will inform the type and duration, as well as the menus selected for your personalized treatment plan. We offer a selection of light, tasty nutrient-rich food prepared by a chef with fresh seasonal produce, following a bio-light food philosophy.

You will have a consultation with a nutritionist to develop a personalized dietary lifestyle with regard to the biological clock, selection of food, and food combinations. You will be empowered to make nutritious healthy food choices that will increase your energy, help you experience weight loss, healthy glowing skin, and decreased anxiety—naturally increasing your vitality for life.

Next, you will have an appointment with a clinical director, who will review your well-being history, specifically regarding body conditions, in order to develop an appropriate treatment plan for you based on your own particular well-being and health profiles. Then you are ready to start the detoxification process.

### CORE TREATMENTS



**Detox Hydrotherapy  
Caracalla Treatment**

During this 20-minute treatment, the client will lay down in a tub of water where the body will experience the pulsating impact of powerful computer-driven jets emanating from 350 nozzles which produce a wave of movement along the body, having the effect of naturally loosening the fat cells in the body to a depth of 1/4 inch across the entire surface of the body.



**Seaweed Jouvence  
Wrap Dry Float**

Guests enjoy relaxing music during this 20-minute treatment where they are covered with seaweed in the form of a mud mask, wrapped in a seaweed wrap, and gently lowered onto a soft cushion which floats in a tub. The tub is heated to a balmy temperature of 96°F, under which conditions detoxification is enhanced, as fat is released as one loses liquid through the perspiration process.



**Powerful Jet Sharko  
Shower**

The powerful Jet Sharko Shower projects water under high pressure from a shower-like device from a distance of 8.5–10 for an extra strong massage over the patient's entire body. It uses a pressure of 1.5–5 atmospheres with water at a temperature of 90–96°F. This activates the metabolism, improves blood and lymph circulation, produces a relaxing effect on the nerves, eliminates headaches, and improves sleep quality. It is also useful for the prevention and correction of cellulite. This method combines the process of reducing fat cells more quickly with massage to release the liquid





*Aroma Sauna with Hydrotherapy*

with toxins. This process continues to loosen and soften fat cells and prepare the body for myofascial lymphatic drainage massage.



### Drainage Massage with Cupping

A form of massage following the flow of the lymph system, this technique is based on deep, rhythmic pressure. The massage therapist will open up the lymph nodes to allow the powerful lymphatic system to carry and remove toxins from the body. Additionally, vacuum suction in the form of cupping will increase the detoxification process. Additional benefits of lymphatic drainage are that it strengthens the immune system, relieves muscle spasms—which can also cause widespread muscular pain—and promotes tissue regeneration.



### Kneipp Contrast Therapy

Gradually pass through a series of four contiguous showers with colored synchronized lights and alternating cold water from the overhead and hot water from below, which encourages the metabolic system to increase the process of removing toxins from the body. Contrasting therapy should be a standard part of detoxification weight loss treatment and any technique for stimulating tissue without stressing it. Contrast hydrotherapy is used to prevent and treat acute and chronic conditions. This treatment strengthens immune defenses, stimulates the circulatory and nervous systems as well as the metabolism, and invigorates the body.

Former Miss Iowa USA and HSN Beauty Expert and blogger Shawn Marie Diddy



*Couples Massage in the Himalayan Salt Room*

was impressed by the suite of services she enjoyed, including Cryotherapy, which she thinks everyone should try. “My favorite part of the spa experience was the people—the practitioners. The spa treatments were wonderful, however the way the staff attended to us was exceptional. I like relaxing treatments because—like many people—my life is often hectic. I think my favorite moments were in the Aromatherapy Sauna with Russian Herbal Venik. I also enjoyed the experience of the Himalayan Salt Room because it was great for my mind and body. As far as the Hot Air Drift and Snow Infusion, as a former Miss Iowa USA, I know snow, and I recommend you go to Aria for their spa experience. Just thinking of it makes me smile. It was also great timing for me as I had been on several long flights. The stimulation of the treatments really made me feel better and more able to enjoy my trip.”

The team at Aria MediSpa is committed to your ongoing health and well-being goals, providing exceptional experiences to truly nourish, educate, and inspire. Their goal is to not only introduce new lifestyle choices, but

to give you the knowledge to take home from this health retreat into your day-to-day life, so as to make lifelong changes on your path to a happier, healthier you. They seek to find the best possible solutions to assist you reaching your personal health, well-being, fitness, weight loss, and lifestyle goals. Recent Aria guest Camille Barry of Great Falls, Virginia, expressed her unequivocal enthusiasm upon completing the 7-day body detox/weight loss program at Aria. She attested that the 8 pounds she lost while at Aria indeed stayed off. “I’m ecstatic! The weight I lost were pounds I had struggled to lose for several years. I can now wear clothes that hung in my closet during my ‘overweight period’ unused. Needless to say, I am quite pleased with the dramatic results.” Embark on your own health discovery journey today. ❖

### Aria MediSpa, Yoga & Wellness Center

2 Pidgeon Hill Drive, Sterling, VA 20165  
www.ariamedispa.com  
703-444-2800

# NEW BEAUTY

## PRODUCTS & TECHNIQUES

### *to Get Your Skin*

# GLOWING

By Analiese Kreutzer

## REALLY PERSONALIZED SKINCARE

If you've ever had a beauty counter consultation or filled out a form to figure out what skincare products are right for you, you know that sometimes the answers to the questions aren't as simple as picking A, B, C or D. Maybe you have dry skin and are concerned about signs of aging, but you also tend to get breakouts. The typical diagnostic tools tend to take you down one path or another without addressing all of your concerns. DNA-guided personalized skin care solutions promise to put a stop to hit or miss product searches.

A simple cheek swab gives scientists what they need to examine your skin's DNA and prescribe the best skincare ingredients for you. Home test kits, such as the HomeDNA Skin Care Testing Kit from DNA Diagnostics Center, return a detailed report that covers topics such as skin sensitivity, sun protection, collagen quality and fine lines and wrinkles. For better or worse, the report does not list specific brands or products or give you tips about how or when to apply them. Instead, it tells you what ingredients in products will be most effective for your skin. It will help guide you in your purchases, but you will still have to do some legwork to find products to meet your needs.



## BEAUTY IS INDEED ONLY SKIN DEEP,

but that doesn't mean you shouldn't pamper it. After all, healthy, beautiful skin is the best tool you have in your makeup bag for looking good. Lucky you, the beauty industry spends a lot of time and money developing products to address skin's problems and enhance its assets. Following are some of the newest products and procedures developed to help you achieve and maintain healthy, radiant skin.

## PRODUCTS WITH NATURAL INGREDIENTS

Cosmetics colored with fruits and vegetables instead of chemical dyes and skincare with natural oils from fish and plants are the result of a trend in natural beauty products and cosmetics combined with consumers' desire to know and feel good about what's in the products they use. Some of the latest ingredients from nature to look for in skincare products include oils derived from salmon, a fatty acid called willow bark that is used to treat skin inflammation and plant-based products containing algae, kale and spinach.





## NEXT LEVEL BODY CONTOURING

This one's not exactly about skincare, but you'll want to show off more skin when you look and feel better about your more toned midsection. You may have heard about non-invasive fat-reduction procedures like CoolSculpting that freezes and removes fat cells and SculpSure that uses heat to melt fat cells, but the newest option, called Emsculpt, takes body shaping a step further. Emsculpt uses high-intensity focused electromagnetic energy to cause powerful muscle contractions that break down fat cells while building muscle. The Food and Drug Administration cleared Emsculpt for the improvement of abdominal tone, strengthening of the abdominal muscles and the development of a firmer abdomen. Emsculpt also is approved for strengthening, toning and firming the buttocks. Emsculpt should be used along with—not in place of—a healthy diet and exercise. With no downtime and the only discomfort being equated with the muscle soreness of a vigorous workout but with better results, Emsculpt can help you trim fat, tone muscle and make you love the skin you're in.



You can also use cryotherapy to treat just your facial skin. No need to go in a chamber, the technician will spray your face with subzero air. It removes the outer layer of dead skin cells, promotes even and smooth distribution of new cell growth, reduces pore size, decreases wrinkles and lines, lightens dark spots and improves blood flow and collagen production, which all adds up to fresher, younger-looking skin.



## MASKS

Masks are not new, but they are having a moment right now. Stop into any beauty supply store or walk down a facial care aisle in a drugstore and you'll see masks of all kinds. Masks aren't just for your face, either. You can find them to treat your hands, feet, hair, décolleté and under your eyes. The number and variety of different masks can be overwhelming, but since you usually can purchase them in inexpensive single-use packets and they should only be used two or three times a week, you can try out different masks without making a big commitment.

Masks come in different formulations to address different skin concerns. In general, you put the mask on and relax for about 10 minutes while it

goes to work. Then, depending on the type of mask, you rinse, tissue or peel it off.

- ✿ Clay masks detoxify skin by drawing out impurities from your pores.
- ✿ Cream masks contain moisturizers and oils that hydrate and replenish skin.
- ✿ Gel masks soothe and cool sensitive or irritated skin.
- ✿ Exfoliating masks remove dead skin cells and often include ingredients to brighten and give skin a nice glow.
- ✿ Sheet masks may be infused with products to tone, clarify, moisturize or brighten skin. You lay the sheet over your face, pat it down, wait for it to work its magic, remove it and gently work any remaining product into your skin.

**Analiene 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 [AnalieneKreutzer@gmail.com](mailto:AnalieneKreutzer@gmail.com).**



## Presenting the Editor's Picks of VivaReston's Best of Beauty for 2019

Discover the area's top cosmetic surgeons, doctors of aesthetic medicine, hair salons, and beauty businesses offering today's most innovative treatments and solutions for image-conscious consumers.



## Rodi Salon



Rodi Salon is a full service salon for men and women. Relax in a shiatsu massage chair, enjoy a scalp massage and the most amazing cut, style and color in the D.C. Metro area.

Here at Rodi Salon we believe in thorough consultations with each client to ensure you get the best haircut and style for you! All hair textures are welcome; we have a highly trained staff with the expertise to handle hair from straight and thin to thick and curly. We individually tailor your new look based on facial features, personality, and lifestyle, guaranteeing you will leave feeling your best. We encourage you to bring pictures if you have something specific in mind.

### RODISALON

(703) 288-3880  
2070 Chain Bridge Rd #181  
Vienna, VA 22182  
[www.rodialon.com](http://www.rodialon.com)



#### Specialties and Services

Hair Care	Coloring & Highlighting	Treatments & Texture
Blow Dry & Styling	Waxing & Threading	Special Event Updos
Cut & Styling	Brazilian Blowout	Shiatsu Massage Chair
Curly Hair—Ouidad		

## Colour Bar Studio



To capture dreams, create beauty, and make a difference in people's lives is what the artists at Colour Bar Studio base their designs on. A satisfied client is this salon's number one priority, as well as to providing them with the utmost care and attention. The highly-skilled specialists at Colour Bar Studio challenge themselves every day to create fresh, new looks for their clients while pampering them for the ultimate experience. They pride themselves with having such a talented staff of hair designers, colourists and make-up artists to represent this highly-respected studio.

At Colour Bar Studio, hair color is their specialty. They are able to design an individual look by enhancing the shine of your hair, adding dimension and depth, or covering grey. These professionals are all licensed in Virginia and trained on the most advanced techniques. They are composed of different levels of expertise to ensure the client's full satisfaction.



(703) 848-2000  
8100 Boone Boulevard, Suite 115  
Tysons, VA 22182  
[www.colourbarstudio.com](http://www.colourbarstudio.com)



#### Specialties and Services

Customizing Color And Cut To Enhance Each Individual Client's Style	Provides exclusive techniques, products and treatments	Environmentally friendly—ammonia-free permanent color available
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## MB Face Design & Body Glow



As a professional makeup artist with decades of experience in different mediums, Marta Bota will analyze your facial features, skin tone, and texture to bring balance to your face and enhance your natural beauty with her skilled techniques. She will assess your beauty needs and tailor the look for whatever your event calls for! Whether you are getting married, attending a black tie event, or walking the red carpet she will make you look your best! Ms. Bota has worked as a makeup artist for news organizations including CNN, FOX News Channel, and NBC Universal, and has a long list of celebrity clientele. She has recently added organic airbrush tanning to her services that will add a perfect glow for all your special occasions! Ms. Bota has a beauty team that helps her accommodate large parties!



Use Marta's contact page on  
[www.mbfacedesign.com](http://www.mbfacedesign.com)

### Specialties and Services

Professional makeup  
and organic spray  
tanning services  
Television makeup

Wedding & prom,  
and  
Special event make-  
up & tanning

Halloween makeup  
Makeup lessons  
Teen workshops

## Aria Medispa, Yoga & Wellness Center



ARIA Medispa, Yoga & Wellness Center provides the ideal destination to escape the pressures and demands of city life – whether for a weekend stay or a full week of rejuvenation. The facilities at ARIA Wellness Center include private spa areas and lounges, steam rooms, exceptional change facilities, a beautiful guest dining room, and peaceful relaxation areas to ensure that you can unwind at every turn.

ARIA offers a wide selection of body treatments, massages, facials, aromatherapy, laser and eMatrix treatments, and weight loss regimens. Each guest is cared for from the moment they arrive, making the experience one of pure relaxation. The facility caters to all your beauty and wellness needs.



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### Skin care treatments

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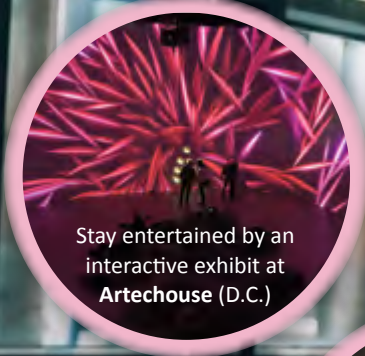
# Love is in the Wear

BY JULIE HOLLAND


These cold months are perfect for slipping into flirty layers and finding yourself hand in hand with your beau in a cozy locale. Here are a few suggestions for looking stylish while taking advantage of the many unique date spots the Tysons/ D.C. area has to offer.

## Try these date spots this winter:


- Warm up with a yummy latte at Classic Bakery (that is also a work of art and almost too cute to drink) while nibbling on a s'mores croissant, for a more laid back date. (Photos taken at the Tysons/ Corner location)
- Cozy up to your date and enjoy beautiful jazz music in the dimly lit room of **Sotto** (D.C.).
- Enjoy an atmospheric lunch or dinner at the artfully decorated Russian themed **Mari Vanna** restaurant in D.C.
- Join hands to glide across the ice at one of the many rinks open in the area (**Reston Town Center Ice Skating Pavilion**, **Georgetown's Washington Harbour Ice Rink**, the **National Gallery of Art Sculpture Garden ice rink** to name a few.)
- Visit an exhibit at the **National Building Museum** or the **Renwick Gallery**. Past visits include happily "swimming" in what looks like a kid's ball pit at the "Funhouse" exhibit at the National Building Museum, and feeling like a kid next to a giant colorful mushroom at the Renwick Gallery's "Burning Man" exhibit.



Stay entertained by an interactive exhibit at **Artehouse** (D.C.)



Work together (but also show off your skills, of course) to solve the mystery at an **Escape Room Live** (locations in Alexandria, VA and Georgetown, D.C.)



Dine in a winter wonderland "**Winter Igloo**" at the **Watergate Hotel** in D.C. (runs through the end of February)

Photo by local influencer, Kit Stanwood (KitStanwood.com), taken at Classic Bakery in Tysons Corner



# Date Night Style

## Men's watches

the larger the watch face, the better!

▼ Daniel Wellington Sheffield 40mm watch \$229



▼ Unique-Vintage wool and red ribbon bowler hat \$44



◀ Free People "Petty Tee" (Don't do me like that) \$68



## Casual meets glam

laid back graphic t-shirts paired with dressy skirts

## Vintage inspired hats

to tie in more of that retro elegance while standing out from the crowd



◀ Free People "Living the Dream" t-shirt \$68

▲ Unique-Vintage mustard yellow beret \$24

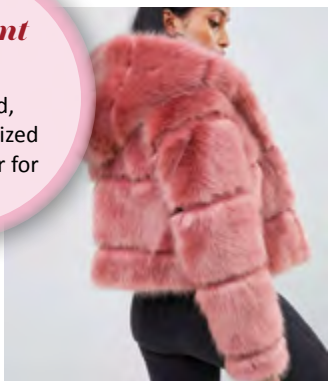
▶ Zooshoo Jay Velvet Ankle Bootie \$34



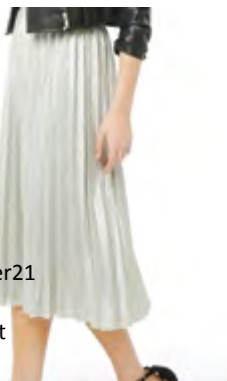
## Statement coats

bright, bold, ornate, oversized or colorful fur for the win

▶ ASOS hooded faux fur coat \$103



▶ Forever21 metallic midi skirt \$35



## Silver or velvet (or both) ankle boots

grab his attention or put a smile on your face every time you look down



## Midi or ankle-length skirts

for a retro elegance and class (may need to get yourself a pair of warm tights!)



▲ Banana Republic black pleated tulle midi skirt \$119



▲ ASOS red ruffle skater coat \$119

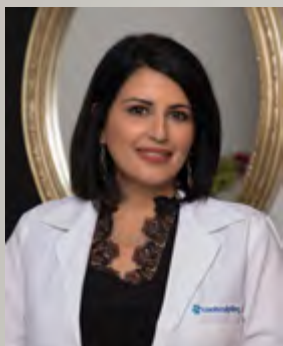
▲ Zooshoo Metallic Ankle Bootie - \$20



◀ JORD "Frankie" wood watch \$189



# ASK AN EXPERT



By Nuha Handoush  
Medical Laser Technician at  
Astoria Laser Clinic & Med Spa

## How To Turn Back Time with the Right Skin Care

I am a Clinician with years of experience working with patients who keep getting skin treatments done at Med Spas on a regular basis but do not necessarily take the important steps to use proper skin care at home. Most people buy skin care over the counter at different times without consulting with their Clinician first. These at home products may be counterproductive in achieving a desired goal, if the skin care does not compliment the treatments done at their Med Spa.

Clearly, throughout my time in this industry, I have seen and continue to see how prescription strength skin care from a doctor's office extends the effects of any treatment provided in office, whether it is a laser, radio frequency or needling treatment. To reverse the signs of aging and correct any skin issues, three to six treatments with four-week increments are recommended. It requires then only a few treatments each year due to the natural aging process. I have had great success in mixing either needling treatments with radio frequency or laser treatments with needling. These procedures speed up the renewal process of aging cells, build new collagen, brighten dark spots and helps tighten the skin.

Proper skincare is important because our skin is the largest barrier against infection and aging that we have. Keeping our skin healthy and moist helps keeps this barrier strong. When the skin gets dry and irritated by harsh soaps or wrong products, skin cracks can occur and this makes us more prone to infection. Skin care is the range of practices that support skin integrity, enhance its appearance and relieve skin conditions. It is just as important to wear a sunscreen in the winter than it is in the summer. It also protects you from the sun's rays—specifically ultraviolet light—that can damage cells. The correct skin care is necessary when being exposed to the winter weather. Having healthy skin also helps your body keep its temperature at a constant level. ♦



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# NEW YEAR, NEW YOU

By Kathleen McDonough

If you're like most Americans, the word that best describes the past few months of holiday merry-making is "indulgent." Which was great fun while it lasted, but the arrival of 2019 serves as a reminder that it's time to shift to healthier habits while offering the perfect opportunity to hit the refresh button on mind, body and spirit. So how do you get back on track after the holiday hiatus and actually make your motivation—and your resolutions—go the distance?

First, the good news: Research proves that those who make New Year's resolutions are 10 times more likely to successfully alter a behavior than they would if there was no start-of-the-year vow. Which is perhaps why 45 percent of American adults still ring in the New Year with a resolution.

But will they keep it?

According to statistics, almost half will give up on their goals within six months. Avoid being one of them. If you've vowed to look better, feel better and live healthier in 2019, these eight tips from the experts will help you achieve your goal. Little things can make a big difference, and these small changes are no exception.





---

## 1. STOP DIETING



A perennial resolution chart-topper, year after year many of us make the same old plans to slash our caloric intake. There's evidence, however, that restrictive dieting doesn't lead to weight loss, and instead typically leads to long-term weight gain. If you have pounds to shed and need the structure of a formal "diet", consider the DASH diet, a flexible and balanced lifetime eating plan proven to lower blood pressure and cholesterol, reduce the risk of depression and manage weight. This Mediterranean-inspired eating plan has been highly praised by researchers and ranked "Best Diet" 8 years in a row by US News and World Report. The simplest approach of all, however, and one that all experts favor, is just eating "real food"—meaning reducing and/or eliminating prepared and processed foods from your everyday meals—and keeping track of your portions.

---

## 2. EAT YOUR VEGGIES



It's probably not news that eating fruits and vegetables is a must for good health. What you might not know is that the more researchers learn about the relationship between the gut and the brain, the more

evidence there is that nutrition is a key factor in your mental health, too. People who consume more fruits and vegetables don't only have more beautiful bodies, but also lower levels of depression than those who eat less of the "good stuff". Low in calories, high in vitamins, minerals, phytochemicals, and fiber, 6 half-cup servings of vegetables and 1 ½ to 2 cups of fruit per day is the target, which means you should be enjoying at least a couple of servings at each and every meal.

---

## 3. MOVE YOUR BODY



It doesn't matter if you're walking around your neighborhood or running a marathon—any sort of movement is going to help you. And as if weight reduction wasn't benefit enough, exercise is one of the most effective ways of improving your heart health, upping your sex drive, improving your sleep, boosting your mood and maintaining cognitive function. Adhering to an exercise plan, however, can be hard. This new year, aim to identify the exercise you find enjoyable, that gets you out socializing, and that allows you to build competence as these are the activities and routines you're most likely to stick with.

To provide motivation to actually get out of bed and complete your daily workout, walk, run, or swim, experts suggest working towards a goal (like a race), training with a friend, or adding in an element of competition. Adding new activities to your routine, like hiking and mountain biking, can elevate your fitness while getting you more connected with the outdoors. And during these winter months, activities like sledding, cross country skiing and ice skating—even snowball fighting and building a snowman—can burn anywhere from 340 to 450 calories an hour.

It's important to remember that the gym is not the be-all and end-all when it comes to exercise. You can get in a workout virtually anywhere. Do push-ups and leg lifts at your kitchen counter while waiting for coffee to brew. Get in your cardio with a brisk lunch-hour walk or an afterschool dance party with your kids. Do sit-ups during TV commercials. If you make yourself active during all of your extra minutes, you'll stay on track for a stronger, fitter you. And injecting movement into packed calendars by exercising in short bursts can be just as beneficial for your health as one long session, says research from Arizona State University in Phoenix. For example, the free 20-minute yoga or Pilates workouts on FitnessBlender.com are not only easy to squeeze into your schedule, but have the added benefit of being restorative exercises that help you decompress from a stressful day while keeping you moving.

---

## 4. BUY A REUSABLE WATER BOTTLE



Water is essential to good health, yet most of us fall short of the "8 glasses a day" rule. Drinking water encourages better digestion and blood flow, improves skin tone and texture, and keeps your body from hoarding fat by regulating body temperature. Along with a push for increased physical activity in 2019, make sure you're upping your water intake to cover the extra fluid loss. And while you're hydrating, help the planet by opting for a reusable water bottle, which can translate into personal savings (the average American wastes about \$266 a year on bottled water, according to the Earth Day Network) as well as planetary savings since the average American uses 167 disposable water bottles yearly, but only recycles 38. Who knows, you just might find yourself showing off that stylish reusable bottle at the gym a bit more often.

---

## 5. BREATHE



It sounds counterintuitive to remember to breathe, but it really is so important. Proper breathing is essential during exercise. During aerobic activities, such as running or swimming, a good breathing pattern ensures that your working muscles will continue to receive the oxygen they need to keep contracting. According to researchers at the University of New Mexico, proper breathing is also central to nonaerobic forms of exercise, including weightlifting, yoga, tai chi and Pilates. Even taking a few meditative deep breaths throughout your day can help you relax and find more presence and peace, especially in tough situations.

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## 6. REDUCE SCREEN TIME



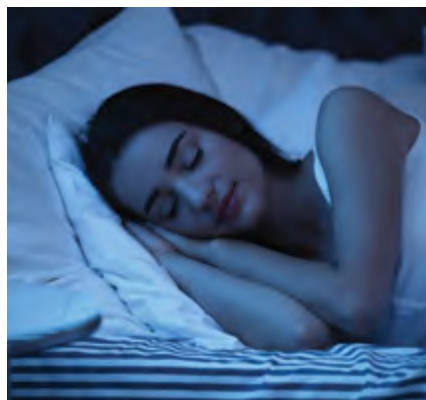
For most of us, a large part of our day requires us to look at a screen of some

description. Excessive screen time not only affects posture, mood, and sleep quality, but potentially can cause eye damage as well. Unfortunately, many favorite leisure activities such as TV bingeing, movie viewing and gaming can also add to the amount of time spent passively watching a display. While it's impossible to completely escape our devices, large or small, there are ways to reduce the time you place your eyes and brain under the screen strain. Reducing screen time is one answer. This may be the year to put yourself on an occasional device "diet". Use the time away to cook a meal, get in a workout, or do some reading. In 2019, make sure your screen time is part of a happy life, not a substitute for it.

*Note:* When you do use your devices, put them to work helping you follow through on your resolutions in the form of apps and services that can help build, manage and motivate personal fitness, nutrition or meditation plans.

---

## 7. CATCH SOME Zzzzzzzs



Have you ever thought that sleep can help your exercise routine? The answer is YES! There is a proven correlation between sleep and exercise, with each one impacting the other. When you don't get adequate sleep, it can result in poor exercise performance and even weight gain. Conversely, there's evidence that sleeping well can result in more productive exercise, as well as exercise helping to improve sleep quality. The research is clear: you really can't get by on just a few hours of

sleep—the vast majority of us need an average of eight hours a night. Make this the one to get right in 2019 because getting enough sleep makes it easier to avoid cravings for unhealthy foods, keep off excess weight, and maintain your best emotional health.

---

## 8. TAKE CARE OF YOURSELF



This year make a shift in your concept of "me time". This is the moment to stop resisting what your mind may tell you is just being "lazy" and finally do the things that are just for you and contribute to your wellbeing. It's easy to get caught up in the whirlwind of work emails, after-school carpool schedules and life's countless obligations. Spending at least 10 minutes daily on quality, mindful "me-time"—such as reading for pleasure, meditating or playing with a pet—allows you to focus not only on feeling good, but also reduces stress and improves your well being. Make self-care a priority in 2019.

So this year, after the champagne is drunk and the confetti cleaned up, get ready to begin your "new you" adventure by staying committed, celebrating the small successes and going easy on yourself, for self-forgiveness in the face of failure (we're only human, after all) re-ignites our motivation to try again.

Good luck and have a great year!





# ALL YOU NEED IS LOVE

## (But a little jewelry never hurts!)

By Kathleen McDonough

As St. Valentine's Day draws near, its status as *the* romantic holiday remains strong, but times are changing and now many people are coming to regard February 14th as more of a "love"—rather than an "in love"—holiday, choosing to recognize all their most affectionate relationships, including family and friends.

Amidst the scramble to find creative gifts for Valentine's Day, the truth is, no matter the recipient, you can never go wrong with a beautiful bauble. Because in a world of disposable items, fine jewelry stands out as an exquisite ornament that can be worn and appreciated for years to come. It's the perfect present to give everyone on your Valentine's shopping list as it's not only a beautiful accessory but also a personal and public expression of the recipient's personality, often a remembrance of life's milestones, and always a reminder of the giver.

Gifters can be assured that fine jewelry and diamonds will always "fit" and there's always room for more. "I have enough jewelry", said no one, ever.

If you like the idea of giving gifts of fine jewelry, there are plenty from which to choose, from chic vintage-inspired to contemporary; dangerously glamorous to timelessly classic. Fine jewelry (as opposed to fashion jewelry) is made from precious metals such as gold or platinum and often features diamonds and/or gemstones. So if you really want to impress this Valentine's Day, diamonds and gemstones are great ways to do it, and can be found in every price range. This is the gift that will be cherished forever.

Here are some of the best reasons why this is the year to give diamonds and fine jewelry – simple or extravagant – on Valentine's Day:

- ✦ **Because she's like a sister:** A delicate chain with one or more small diamond drops or petite diamond hoop earring are the pieces that can be worn everyday with almost any outfit, from business suit to T-shirt.
- ✦ **Because he's your best friend:** An 18K gold dog-tag necklace personalized with his name, yours, or your names together. Or if he's a real free spirit, how about a single diamond stud for his ear?
- ✦ **Because you've been dating a year:** You can keep it casual, but very personal, with jewelry that has a sweet message or personalized charm, like your initials combined or a symbol of a shared experience. For a bigger statement of love, look for jewelry pieces with breathtaking gemstones or diamonds. Just imagine her reaction when you light up her wrist with a gift every woman secretly craves...a diamond tennis bracelet!

✦ **Because you've made it 15 years:** Consider commemorating your love and partnership – how far you've come together, the hurdles you've overcome and the adventures you've had – with a diamond or gemstone eternity ring.

✦ **Because your mom deserves it:** Show her how much she means to you with a diamond pendant necklace that will be worn close to her heart.

✦ **Because it's a timeless heirloom:** Start a family tradition of giving children a fine piece of jewelry—perhaps engraved with their name and age or begin building a charm bracelet—to create a jewelry wardrobe that they can cherish for years to come.

For the most meaningful Valentine's Day gift, choose a piece of jewelry that matches his or her unique style. But as with any major purchase, educating yourself is key to choosing something that you'll love giving and a gift that will be cherished forever.

Although buyers often hope to discover a great Internet deal when it comes time to shop, sometimes that "online bargain" can turn into a nightmare. Consulting and shopping with a reputable local jeweler, therefore, is always to be recommended. By shopping on-site you will be able to determine actual quality by examining each piece closely to determine the color and sparkle of diamonds or gemstones as well as overall workmanship. When you buy from a local jeweler, you have the advantage of understanding the true quality of each piece of jewelry.

The jewelry store experience should be relaxed and fun. The best jewelers are passionate about their craft and love sharing their knowledge with customers. The education and expertise you gain in the jewelry store will guide you in choosing the perfect gift for a lifetime of wearing pleasure. By choosing quality from the very beginning you'll have beautiful, well-made jewelry that can be passed down for generations.

An added plus of establishing a relationship with a local jeweler is that they will be there for your future purchases, repairs or custom design needs.

So whether to acknowledge a friendship, new beginnings or endless love, the gift of fine jewelry carries deep emotional meaning in a swipe-right world where things are increasingly fast and artificial. Valentine's Day is a terrific time to celebrate the one(s) you love. Show your appreciation for him or her with an unforgettable gift of fine jewelry.

Chocolates get eaten and flowers die, but fine jewelry is forever! ❖



BY DR. RISHITA JAJU

## Is Juice Healthy for Your Child's Teeth?

Juice is refreshing and can be very delicious. Sadly, juice is not necessary for a balanced diet due to its very high sugar content and acidity. When consumed frequently, juice can become a contributor to one of the leading causes of tooth decay in children.

High levels of sugar content found in juice can be dangerous for the teeth. Once the child finishes their cup of juice, leftover sugar likes to hide on the teeth until washed away. The saliva then becomes more acidic from the leftover sugars left in the mouth. This toxic combination puts the child at higher risk for enamel break down and development of cavities.

Since baby teeth are so much smaller than permanent teeth, it is easier for sugar to cause rampant cavities. Children need their teeth for not only a beautiful smile, but to learn how to eat and speak correctly!

So, how can we enjoy juice and stay healthy?

- ✔ Offer juice when enjoying a meal. The foods and saliva production will help wash away the leftover sugars.
- ✔ Avoid juice before going to sleep or late at night.
- ✔ Only allow water to go into sippy cups. Children are more likely to be mobile with sippy cups which means they have frequent opportunities to expose their teeth to juice.
- ✔ Provide fruits instead of juices. Small serving sizes of fruit have smaller sugar content and less artificial ingredients. After snacking, we recommended to rinse and floss teeth to remove any fruit that may be in between the teeth.

These are some suggestions for juice consumption according to the American Academy of Pediatrics:

**Children younger than 12 months.** Do not routinely give fruit juice to infants younger than 12 months since it offers no nutrition benefits at this age.

**Children 1–3 years.** Limit fruit juice to a maximum of 4 ounces per day.

**Children 4–6 years.** Limit juice to a maximum of 4–6 ounces per day.

**Children 7–8 years.** Limit juice to 8 ounces per day.

Alternatively, transitioning from juice to only water is a great step towards a healthy smile and body. It may take time but is possible! Encourage children to drink water, but most importantly to enjoy it. If you are able to limit sweet drinks and increase water intake, you become an excellent role model for your kiddos.

Remember that the later you wait to introduce juice to your little ones, the longer they don't know to ask for juice! If you suspect that your child may be at risk for poor oral health due to the effects of juice or sugar, be sure to reach out to your Pediatric Dentist as soon as possible. ❖

Author: Dr. Rishita Jaju is a pediatric dentist at Smile Wonders in Reston, VA. She is an advanced board-certified dentist with proficiency in laser dentistry.



## Suggested Juice Consumption

according to the  
American Academy of Pediatrics



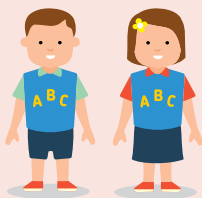
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Limit juice to 8 ounces per day.

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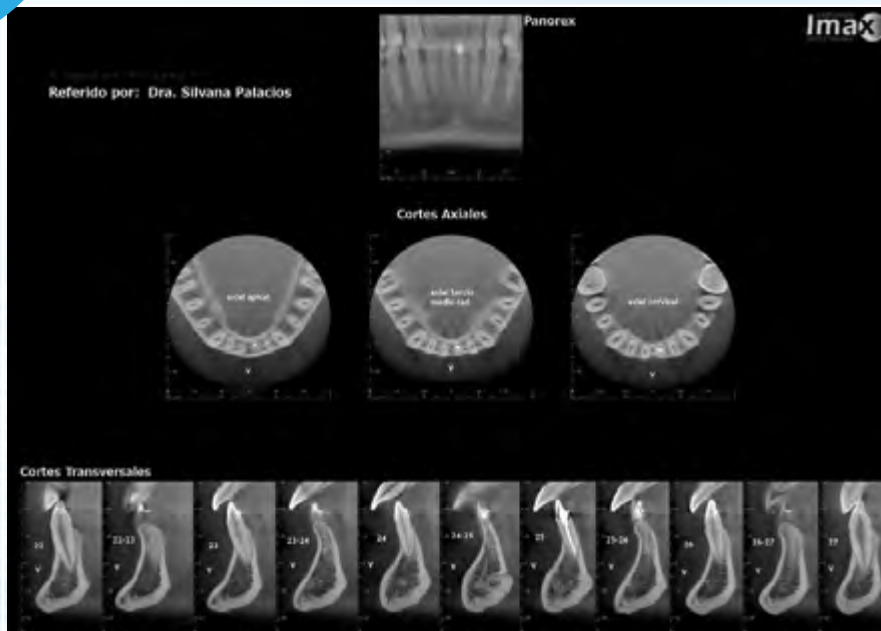


Photo credit: Dr. Silvana Palacios

## PERIODONTALLY ACCELERATED OSTEOGENIC ORTHODONTICS: AN ADULTS' OPTION

**P**eriodontally accelerated osteogenic orthodontics (PAOO) is a type of clinical procedure that combines selective incisions of the bone surrounding the teeth, bone grafting where needed, and the application of orthodontic forces (i.e. braces). This procedure takes advantage of the bone healing pattern known as the regional acceleratory phenomenon (RAP) in which more invasive dental procedures heal faster and stronger than that of lesser invasive procedures or methods. PAOO results in an increase in alveolar (dental) bone width, shorter treatment time, increased post-treatment stability, and decreased amount of apical root resorption (a 'shortening' of the roots of teeth associated with some orthodontic treatments).

This type of combined treatment is usually used in adult or non-growing patients to correct complex, multiple or compounded issues. It is pretty ideal as an adjunctive therapy to facilitate ideal restorative treatment for adult patients with dental implants. While most teeth respond



well to traditional orthodontic forces in a matter of months, it can be a source of frustration for doctor and patient alike when the manipulation of spaces and teeth becomes stalled mid-treatment. This occurs more frequently in adult patients with fully mature alveolar bone.

More invasive corticotomies (incisions in the dental bone) combined with bone grafts and then braces, or other orthodontic appliances to guide the growth and re-shaping of the bone and alignment of the teeth, have demonstrated excellent results.

Adult patients present a special set of difficulties when it comes to orthodontic

treatment. For starters, adult alveolar bone (the sockets in which your teeth sit) are very fixed and no longer malleable. Secondly, adults more frequently experience hyalinization—a term for when tissue degenerates into a homogenous glass-like substance—when subjected to prolonged orthodontic pressures. Tooth loss can occur. Bone loss can occur. Nothing that anyone really wants!

The research team in India stated in their paper (Periodontally accelerated osteogenic orthodontics (PAOO)—a review, cited below)

“With this technique, one is no longer at the mercy of the preexisting alveolar volume, and teeth can be moved 2 to 3 times further in 1/3rd to 1/4th the time required for traditional orthodontic therapy.”

And,

“The significance of the increase of the rate of tooth movement, however, pales in comparison to the fact that the teeth can be moved two to three times further than would be possible with traditional orthodontics alone, and that the cases can be completed with an increased alveolar bone volume. This increased alveolar volume can provide for a more intact periodontium, a decreased need for extractions, a degree of facial reshaping, and an increase in the bony support for both the teeth and the overlying and soft tissues.”

With the ability to strengthen alveolar ('tooth-bed') bone and guide the shaping of maxillary (upper jaw) and/or mandibular (lower jaw) bone, noticeable changes can occur in the soft tissues of the lower face as well. This and similar procedures are in a very real sense tissue engineering. Patients often look different. But this is usually a very desirable result!

While PAOO is considered to be less invasive than OAO (osteotomy assisted orthodontics) or SARE (surgically assisted rapid expansion), it is still an invasive procedure (one that requires work beyond the surface) and is not without some risk. Aside from the expected, and perfectly normal, pain and swelling after the surgical portion, there have been some reports of slight interdental bone loss, loss of attached gingival tissue, and a few cases of periodontal defects observed in a small number of patients with short interdental distance. In a couple of cases of intensive corticotomies blood clots occurred under the skin on the face and neck. The vast majority of study subjects reported no problems in their treatment.

However, PAOO is not recommended for everyone. Patients with active periodontal





Photo credit: Dr. Silvana Palacios

disease or gingival recession are not good candidates for this procedure.

Clinically speaking, though, PAOO is a safe and effective treatment for addressing the following issues—important to patient, orthodontist and periodontist alike:

1. Resolve Crowding and Shorten Treatment Time
2. Accelerate Canine Retraction after Premolar Extraction
3. Enhance Post-Orthodontic Stability
4. Facilitate Eruption of Impacted Teeth
5. Facilitate Slow Orthodontic Expansion
6. Molar Intrusion and Open Bite Correction
7. Manipulation of Anchorage

The theories behind PAOO have been around for a long time—well over a century. But until recently just how to apply them effectively has been a bit of a mystery. Thanks to researchers (some of whom are cited below) there has great progress made in the development and proliferation of PAOO and other surgically aided orthodontic techniques.

So, if you are an adult who didn't get orthodontic treatment in your youth and you wish you had, it's not too late! You can indeed have the smile, bite and chewing action you desire. And, with these new procedures that take advantage of your body's own healing processes (remember the RAP mentioned earlier?) you can finally have a smile to smile about in less time, with less inconvenience and much better, longer lasting, healthier results!

We want to extend our gratitude to Dr. Silvana Palacios T., Dr. Francisco Munoz T., Dr. Tom M.Wilcko for their fantastic contribution to the science of bone remodeling techniques, with their applications in orthodontics, maxillofacial reconstruction, management of cleft palate cases.

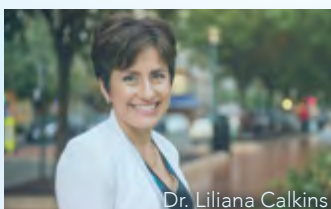
#### SOURCES:

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# SUMMER CAMPS

## Editor's Picks for Best Schools and Camps

By Patricia Lee Hall





It's winter, it's cold, and the kids still have many months left in the school year. But as many parents know, this is the time of year when many families look ahead to summer months and how the kids will spend it. It may seem like it's far in advance, but since some of the most popular camps fill up quickly, it's never too early to book a spot. Camps are about more than just providing childcare during the weeks off from school and giving the kids something to do. Day camps of modern times are enriching experiences that expose students to new experiences, hone their talents, or challenge them to go beyond their limits.

In Northern Virginia, there are hundreds of options for summer camp. The variety alone is dizzying: locally, kids can choose from multi-purpose or general camps where they can do a little bit of everything (often with fun themes changing each week) and strengthen their

academic skills, or specialty camps focused on activities they love. Among the specialties, children can spend a week, several weeks, or even a couple of months enjoying camps specific to music, dance, drama, visual arts, sports, language arts, gymnastics, horseback riding, outdoor and adventure, martial arts, cooking, or science, technology, engineering, and mathematics (STEM).

For parents, this means the problem is not finding camp options but selecting the very best for their children. To help with this decision-making, we present our Editor's Picks for Best Schools and Camps. We selected our list based on the reputation of the school or organization, the strength of the programs offered, and the quality of instruction. We also include some specialty camps on the recommendation of local parents.

## GENERAL/MULTI-PURPOSE CAMPS

### FAIRFAX COUNTY PARK AUTHORITY

*Camps for ages 3-15*

Multiple locations in Fairfax County

(703) 324-7329

[www.fairfaxcounty.gov/parks/camps](http://www.fairfaxcounty.gov/parks/camps)

For variety, value, and flexibility, Fairfax County Park Authority is a great choice for camps. With nearly 2,000 offerings through the expansive Fairfax County, parents get plenty of options. At historic sites, schools, recreation centers, nature centers, and more, campers can take camps in STEM topics, team and individual, sports, arts and crafts, dance and performance, nature, boating and aquatics, outdoor adventures, and more. Parents can choose from half-day and full-day camps for weekly and full summer sessions, and some programs offer extended hours.

### LOUDOUN COUNTY PARKS

*Camps for kindergarteners through eighth-graders*

Multiple locations in Loudoun County

(703) 777-0343

[www.loudoun.gov/1186/Summer-Camps](http://www.loudoun.gov/1186/Summer-Camps)

Loudoun County Parks, Recreation, and Community Services offers a good value for camps, with low fees, extended hours, and varied programs. Weekly activities include science and nature, arts and crafts, sports, group games, music and drama, cooking and more. There are also weekly swimming trips and field trips, plus parties and celebrations.

### BEANTREE LEARNING

*Camps for ages 5-13*

Chantilly and Ashburn, VA

(571) 223-3110

[www.beantreelearning.com](http://www.beantreelearning.com)

Beantree Learning's large, beautiful, and modern campuses offer great activities for young children. In 2019, the Ashburn campus will have camps dedicated to sports such as soccer, cooking, STEM programs, and more. The Westfields campus in Chantilly plans to offer a multi-purpose camp with different activities including visits to local parks and water parks plus other field trips.

### LOUDOUN COUNTRY DAY SCHOOL

*Camps for preschoolers through eighth graders*

Leesburg, VA

(703) 777-3841

[www.lcds.org](http://www.lcds.org)

Loudoun Country Day School (LCDS) is an accredited and award-winning private school for kids in preschool through eighth grade students in Northern Virginia. Its summer programs (available for full-time and half-day) offer 10 weeks of fun and learning through specialty camps as well as theme camps and sports camps.

### RESTON MONTESSORI

*Camps for kids age 3 months to 5 years*

Reston, VA

(703) 481-2922

[www.restonmontessori.com/summer-camp/](http://www.restonmontessori.com/summer-camp/)

Young children at Reston Montessori enjoy a full-day or half-day program (with extended hours available) that allows plenty of time for free play. Each week, fun themes explore subjects that are educational but highly enjoyable to kids, including animals, earth sciences, space, gardening, and healthy eating.

### THE GODDARD SCHOOL

*Camps for preschoolers through sixth graders*

Tysons, Herndon, Chantilly, Ashburn, and other locations, VA

(800) GODDARD

[www.goddardschool.com](http://www.goddardschool.com)

The founding principle of The Goddard School's curriculum is that children experience the deepest, most genuine learning when they have fun. The school's summer camp puts this philosophy into action by fostering play-based learning opportunities inside and outside the classroom. Its STEAM (STEM plus art) programs provide hands-on experiences for children from preschool through sixth grade (depending on location).

### CONGRESSIONAL SCHOOL

*Camps for children ages 4-14*

Falls Church, VA

(703) 822-452

[www.congressionalschool.org](http://www.congressionalschool.org)

Congressional School hosts the "Congo Camp" each summer for children through the early teen years on its 40-acre campus. Its diverse programs include day camp, specialty camps, and even travel camps. Children can participate in a multitude of programs including studio art, crafts, swim and water games, outdoor adventures, music, team sports and games, archery, drama, martial arts, cooking, and more.

### BASIS INDEPENDENT MCLEAN

*Camps for preschoolers through middle schoolers*

McLean, VA

(703) 854-1253

[mclean.basisindependent.com](http://mclean.basisindependent.com)

Welcome to BASIS Independent McLean's Summer Program where kids can get messy, play hard, and make friends all summer long. We believe summer is a time for exploration and hands-on fun so our camps and classes are designed to get children involved and making both mental and social connections.

### GREEN HEDGES SCHOOL

*Camps for kids ages 3-7*

Vienna, VA

(703) 938-8323

[www.greenhedges.org](http://www.greenhedges.org)

The Montessori-guided Green Hedges School in Vienna provides a child-centered environment where kids feel confident to participate, discover, and grow. Each week young children will discover children's literature from around the world along with a focus on a theme, be it arts and crafts, science, sports and games, outdoor play, music and drama, or even a Maker Faire. Parents can choose from half-day or full-day camp with options for extended hours in the morning and afternoon.

**BROOKSFIELD SCHOOL***Camps for kids ages 3-10*

McLean, VA

(703) 356-KIDS (5437)

[www.brooksfieldschool.org](http://www.brooksfieldschool.org)

Brooksfeld offers a unique Montessori experience cultivating a love for learning for young children. This philosophy extends to its summer camps (for kids ages 3-5 or 6-10) where they enjoy learning through outdoor play. Campers ages 3-5 enjoy swimming lessons tennis each week along with field trips. Campers ages 6-10 go off-campus for weekly field trips to enjoy activities such as hiking, archery, canoeing, lake swimming, farm visits, nature programs, horseback riding and horsemanship, ra opes courses, indoor rock climbing, and more.

**EASTERN RIDGE SCHOOL***Camps for toddlers through first-graders*

Great Falls, VA

(703) 757-7900

[easternridgeschool.org](http://easternridgeschool.org)

Eastern Ridge makes good use of its "outdoor classroom" with children and teachers being outside most of the day enjoying uninterrupted play, exploration and child-inspired projects. The full-time summer camp program (with extended morning and afternoon hours available) give students the chance to work in the gardens, explore natural habitats, and enjoy singing, storytelling, and art.

**CRÈME DE LA CRÈME***Camps for kids ages 5-12*

(800) 374-5715

[cremedelacreme.com](http://cremedelacreme.com)

At the state-of-the-art Crème de la Crème, summer camp students enjoy an integrated program with a variety of activities to stimulate learning through fun and recreation. Weekly camp themes can include STEM, animals, drama and puppetry, art, outdoor summer fun, and water and water parks, cooking, and even a "TEAM USA" patriotic session.

**WESTMINSTER SCHOOL***Camps for kids age 3-14*

Annandale, VA

(703) 256-3620

[www.westminsterschool.com/practice\\_areas/camp-griffin.cfm](http://www.westminsterschool.com/practice_areas/camp-griffin.cfm)

With a mission to "experience, explore, and create," Westminster School's Camp Griffin taps into children's curiosity and creativity. Younger campers enjoy enrichment programs in sports, science, technology, art, cooking, and more, while students in fifth through eighth grade get additional experiences through the school's travel and specialty programs.

**FAIRFAX CHRISTIAN SCHOOL***Camps for kids in grades K-12*

Dulles, VA

(703) 759-5100

[www.fairfax-christian-school.com](http://www.fairfax-christian-school.com)

Fairfax Christian School, now in a new 50,000-square-foot, state-of-the-art campus on 15 acres in Dulles, offers a variety of camps for students of all ages. Its summer camp programs include sports and athletics, academics, adventure, and social skills. It offers its camps in partnership with YMCA of Metropolitan Washington/Fairfax County Reston.

**THE LANGLEY SCHOOL***Camps for kids in preschool through middle school*

McLean, VA

(703) 356-1920

[www.langleyschool.org](http://www.langleyschool.org)

There truly is something for everyone at the Langley School's Summer Studio, with dozens of classes on a multitude of subjects. With nearly 100 classes, the summer program offers sessions on science, food and cooking, sports and games, visual and performing arts, technology and robotics, design and engineering, travel and the environment, and more.

**EDLIN SCHOOL***Camps for kids in kindergarten through eighth grade*

Reston, VA

(703) 438-3990

[www.edlinschool.com](http://www.edlinschool.com)

Whether exploring the school's five acres of lush woodland and fields or experimenting in a lab, exploration is limitless at Edlin School. The summer camp's options include opportunities for these and more, with weekly sessions on nature and exploration, STEM subjects, art and animation, history, sports, and more.

**MADEIRA SCHOOL***Camps for kids in elementary through high school*

McLean, VA

(703) 556-8200

[www.madeira.org](http://www.madeira.org)

This girls-only academy (day and boarding school) provides summer camps for students from kindergarten through high school levels (options vary by camp). Set on 376-acre campus overlooking the Potomac, Madeira has broad summer offerings cover athletics and special interests. Depending on their grade level, students may choose from weekly programs in STEM/STEAM, chess, horseback riding, sewing, Minecraft and other game design, and more.

**CORTONA ACADEMY***Camps for kids in (rising) grades 5-12*

Herndon, VA

(703) 464-0034

[cortonalearning.com](http://cortonalearning.com)

Cortona Academy seeks to spark imagination through a STEM-heavy summer program of academics and fun. In the morning, students focus on academics, selecting focus areas such as math, algebra, and geometry; reading and writing; PSAT and SAT test preparation; biology, and more. In the afternoons, they can choose from fun educational experiences including culinary 3-D printing, furniture painting and design, wearable electronics and fashion design, knitting and sewing, LEGO robotics, or drama, music, and dance production.

**RANDOLPH-MACON ACADEMY***Camps for kids age 10-18*

Front Royal, VA

(540) 636-5215

[www.rma.edu](http://www.rma.edu)

Randolph-Macon Academy (RMA), a renowned boarding and day school in the beautiful Shenandoah Valley, has summer programs for tweens and teens. The Middle School day camp (grades 5-8) includes sports, swimming, community service, conservation projects, games, and other activities. Evenings activities include bonfires, movie trips, bowling, mini golf, and more. The overnight camp (grades 6-8) includes activities and trips on the weekends, or returning home on the weekends. The theme for Summer Camps 2019 is Space Exploration & Investigation, with history, science, and reading and writing focused on the topic. A Summer School option (for high school credit) offers more than 20 enrichment courses such as SAT Prep, Creative Writing, and Study Skills. And teens ages 13-18 can enroll in





Randolph-Macon's Flight Camp, with first-class instruction both in the air and on the ground with a Cessna 172.

### CHILDREN'S LEARNING ADVENTURE

*Camps for preschoolers through elementary-school age*

Ashburn, VA

(571) 510-7700

[www.childrenslearningadventure.com](http://www.childrenslearningadventure.com)

Summer camp at Children's Learning Adventure involves many STEAM activities to sharpen students' academic skills in a fun environment. At this large, modern, beautiful campus, campers enjoy cooking classes in a professional kitchen, an art studio, performing arts opportunities, traditional and high-tech games, a television production studio, and amenities such as basketball courts and a bowling alley. There are also field trips each week.

### NOVA PLAY LABS

*Camps for children ages 5-14*

Chantilly, VA

(571) 250-7719

[www.novaplaylabs.com/summercamps](http://www.novaplaylabs.com/summercamps)

NoVA PlayLabs offers a well-rounded mix of fun and academics, relaxation and active play. Campers spend their time on STEM projects, reading and writing, nature walks, fitness activities, art, and even cooking classes.

### RESTON COMMUNITY CENTER

*Camps for preschoolers through high-schoolers*

Reston, VA

(703) 476-4500

[www.restoncommunitycenter.com/summer-camps](http://www.restoncommunitycenter.com/summer-camps)

For children of all ages and all kinds of interests, Reston Community Center provides good choices in its camp offerings. The program offers recreation, adventure, creativity and fun for children from preschool through high school. Campers may enjoy sports, archery, rock climbing, performing arts, visual arts, and more.

### FAIRFAX COLLEGIATE

*Camps for kids in (rising) grades 3 through 9*

Multiple locations in Fairfax and Loudoun counties, VA

(703) 481-3080

[fairfaxcollegiate.com](http://fairfaxcollegiate.com)

Fairfax Collegiate offers more than 110 courses at 10 summer locations, for a great variety of programs that are educational and engaging. Students can enroll in programs for art and design, writing and test preparation, science and mathematics, filmmaking and animation, debate and public speaking, or robotics, programming, and engineering. The emphasis of its programs is to offer creative activities that stimulate a love of learning.

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*-Maria Montessori*

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## SPECIALTY CAMPS

### SPORTS AND ATHLETICS

#### THE NZONE

*Camps for kids ages 5-14*  
Chantilly, VA  
(703) 266-0118

[thenzone.com/camps/summer-camp](http://thenzone.com/camps/summer-camp)

The all-sports camps at The nZone are not just for athletes but for elementary and middle-school students who love to move, play, and stay busy. The camps here also do not focus just on one sport at a time but provide participants the chance to experience all kinds of games. Sports campers enjoy at this indoor large venue can include soccer, kickball, Wiffle ball, dodgeball, capture the flag, flag football, noodle hockey, sharks and minnows and a variety of other fun games.

#### HIGHKICKS TAEKWONDO

*Camps for kids ages 4-12*  
Multiple locations in Fairfax and Loudoun counties  
(703) 378-1000 (Chantilly)  
[highkicks.org/summer-camp](http://highkicks.org/summer-camp)

More than for physical fitness and self-defense, a solid martial arts training provides personal development skills. Highkicks Taekwondo is a leader in our area for martial arts training, with locations in Chantilly, Herndon, Fairfax, South Riding, Sterling, Ashburn, Clifton, and Centreville. Its summer camp is filled with martial arts instruction and sports, plus arts and crafts, games, field trips, and more. The program offers parents flexible hours from early morning to evening, and both full- and half-day options are available all summer long.

#### EVERGREEN SPORTSPLEX

*Camps for kindergarteners through eighth-graders*  
Leesburg, VA  
(703) 777-7800

[www.evergreensportsplex.com/camps](http://www.evergreensportsplex.com/camps)

Active kids can learn new skills and stay busy all day at Evergreen Sportsplex. Here, kids can test their multi-sport ability, learn a new skill, tap into their artistic side, and explore and learn more about nature. Older kids (ages 8-14) also can enjoy an adventure camp with a ropes course and zip line.

## OUTDOOR AND ADVENTURE

#### ADVENTURE LINKS

*Camps for children ages 7-13*  
(571) 281-3556  
[www.adventurelinks.net](http://www.adventurelinks.net)

Adventure awaits at Hemlock Overlook Regional Park in Clifton for children seeking to make the most of summer in the great outdoors. With several pickup locations throughout Northern Virginia, Adventure Links takes campers Hemlock, where they can enjoy numerous activities in an all-natural environment. Camp activities may include kayaking, navigating a challenge course, enjoying a ropes course and zip line, caving, river tubing, paddling and learning about outdoor living skills.

#### MULFORD RIDING CAMP

*Camps for children ages 6-16*  
Centreville, VA  
(703) 991-1257

[www.mulfordridingschool.com/summer-camps](http://www.mulfordridingschool.com/summer-camps)

Young horse lovers can bond with their favorite animals over the summer at Mulford Riding School. The program includes horse education, riding instruction, general horsemanship, and how to play games on horseback. Kids learn how to work with the animals and care for them through feeding and grooming. They also learn about horse psychology, horse management, and barn maintenance. During breaks, campers also can enjoy the swimming pool. Extended camp hours are available.

#### HIDDEN HILLS FARM

*Camps for children ages 4-15*  
Warrenton, VA  
(703) 626-3006

[www.hiddenhillsfarmva.com/summer-camp](http://www.hiddenhillsfarmva.com/summer-camp)

Riding camp at Hidden Hills Farm provides children introductory and expanded horseback riding skills. Campers receive a daily riding lesson, daily stable management lesson, and enjoy horse-themed arts and crafts and water activities. Full-day camp is available for children ages 6-15, and half-day options exist for kids ages 4-6. Before and after care options are available.

## PERFORMING ARTS

#### MOUNT VERNON COMMUNITY CHILDREN'S THEATRE (MVCCT)

*Camps for children in (rising) first through third grades*  
Alexandria, VA  
(703) 360-0686

[www.mvcct.org/camp](http://www.mvcct.org/camp)

MVCCT camps stretch kids' imaginations, nurture their creative energies, and build skills through dramatic action. Whether they want to be front and center on stage or learn about the behind-the-scenes work on a production, campers get experience putting on a show from start to finish. Participants learn techniques designed to exercise their minds, bodies, voices and imaginations.

#### ACTING FOR YOUNG PEOPLE (AYP)

*Camps for kids ages 5-18*  
Fairfax, VA  
(703) 554-4931

[www.afyp.org](http://www.afyp.org)

AYP provides actors of all ages with professional-level training in a supportive and fun environment. The school is affiliated with George Mason University.



and its faculty is made up of working professionals in the industry, including actors, directors, and teaching artists. At AYP camps, students develop acting skills and build self-confidence while learning about the theater and film industries, all leading up to a final production of their own.

## STEM

### CHILDREN'S SCIENCE CENTER

*Camps for kids in first through fourth grades*  
Fairfax, VA

(703) 648-3130

[childsci.org/events-programs/in-the-lab/camp](http://childsci.org/events-programs/in-the-lab/camp)

The Lab by the Children's Science Center at Fair Oaks Mall is a beautiful, modern space where young explorers can discover the wonders of science through exciting, hands-on activities. Campers in first through fourth grades will learn about STEM topic and how they are a part of, and impact, our daily lives. Camps offer fun themes and a new curriculum each summer and sessions for different grade levels.

### NOVA SYSTEMIC

*Camps for children in grades 3-12*

Multiple locations in Fairfax, Loudoun, and Prince William counties

(703) 323-3000

[www.nvcc.edu/systemic/camps.html](http://www.nvcc.edu/systemic/camps.html)

Northern Virginia Community College's NOVA SySTEMic camps focus on hands-on, project-based science and technology learning for third- through twelfth-graders (depending on the specific course). The programs enable students to begin exploring STEM fields their educational and workforce opportunities. Courses include robotics, coding app design, cybersecurity, aerospace topics, and more.

### STEM AND FLOWER

*Camps for kids ages 3-14*

Chantilly, VA

(703) 203-1979

[www.stemandflower.com/camp-themes](http://www.stemandflower.com/camp-themes)

STEM and Flower runs STEAM camps that combine science and technology with art.

All projects, experiments, and crafts are hands-on and follow a theme. On the science side, kids will learn about engineering, astronomy, chemistry, and biology, while for the art portion they work on painting, music, theatre, and more.

### IDEAVENTIONS

*Camps for kids ages 6-17*

Reston, VA

(703) 860-0211

[www.idealventionsacademy.org](http://www.idealventionsacademy.org)

Ideaventions offers hands-on, small group, STEM camps that are taught by professional and experienced educators, scientists and engineers. Camps combine lab work, outdoor exploration and computing and robotics around different themes for the youngest students, while those grades 7-9 participate in research academies building or doing experiments each day on advanced topics. High schoolers can take summer courses in language arts, test preparation, and history.

### MAD SCIENCE

*Camps for kids in first through sixth grades*

Multiple locations in Fairfax County

(301) 593-4777

[dc.madscience.org/campexperience.aspx](http://dc.madscience.org/campexperience.aspx)

Mad Science camps offer a daily combination of in-class discovery and exploration, outdoor games, and physical activities, with hands-on applications of the scientific principles presented.

Using simple, real world science

techniques that allow even the youngest of campers to enjoy the learning environment, campers see science in action. Weekly camp topics include robotics, rockets, forensic science, and more.

### STEM EXCEL

*Camps for kids in kindergarten through sixth grade*

Multiple locations in Fairfax, Loudoun, and Prince William counties

(571) 349-0048

STEM exCEL supports STEM enrichment programs and summer camps at more than 80 schools across Fairfax, Loudoun, and Prince William Counties. Its summer camps cover a broad range of topics including 3D printing, programming, electronics, robotics, website design, fashion illustration, game design, comic book illustration, digital art, graphic design, Minecraft modding, and Minecraft chess.

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](http://FairfaxFamilyFun.com) and lives in Fairfax County. She can be reached at [editorialpro@gmail.com](mailto:editorialpro@gmail.com).

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BY LINDA BARRETT

# New Trends for Virginia Wineries

## Wine Lovers and Beer Lovers Can Now Enjoy Tastings Together

Love wine? Love beer? Love both? Check out the new trends in Virginia's wine community that are opening up the industry to even more people, opportunities...and animals.

### Breweries and Wineries Side By Side

One trend we're starting to see is Virginia wineries offering a selection of craft beer and wine on the same premises, thanks to a ruling change. Three local favorites are already on board: Hillsborough Winery, Brewery & Vineyard; Barrel Oak Winery and the Barrel Oak Farm Taphouse; and Quattro Goomba's Winery and Brewery, now licensed as farm breweries as well as farm wineries. This means they can serve both wine and beer in their tasting rooms.

"In 2014, the General Assembly passed the law allowing the new licensing designation for farm breweries; before that, they were commercial and had to have separate facilities," explained Brian Roeder, founder/proprietor at Barrel Oak, one of the people behind the law change, and the first to get the farm brewery license.

"Prior to this law change, you had to have separate ABC licenses," added Kerem Baki, General Manager of Wine Production at

Hillsborough. "If I had my farm winery license posted in my winery tasting room, I couldn't have a brewery license as well. Now the law allows co-inhabitation of two different licenses and that wine and beer can be served and enjoyed side by side in the tasting rooms."



Virginia's Department of Alcoholic Beverage Control (ABC) reported in 2018 that Virginia now had 352 wineries and 262 breweries. Sixty two distilleries were also recorded.

### Newly Opened Hillsborough Brewery

Since licensing laws also require that production be done on site for a farm brewery license, Hillsborough dedicated a separate building for its brewery, opening it in October 2018. The brewery and winery are run by two brothers: Kerem and Tolga Baki. Kerem is the winemaker who creates hand-crafted wines from grapes grown on the property, while brewmaster Tolga produces unique craft beers in the brewery located just down the hill from the original tasting room. The Hillsborough brewery currently offers five beer varieties: Pilsner

Lager, Farmhouse Ale (aged in wine barrels), English-style IPA, Brown Ale, and Belgian Blonde.

Once a month, Hillsborough offers a guided tour of the winery and brewery, along with a different educational seminar and opportunities to meet with the winemaker and brewmaster. (Reservations recommended.) "We get about 30-40 people each day," Kerem Baki said.





A new Virginia law, effective January 1, 2019, requires that when a brewery licensee retails brands of beer that the brewery owns, at least 20% of that volume of beer sold for on-premises consumption in that calendar year be manufactured on premises.

Tastings of beer or wine (no mixed flights) are held in the historic tasting room, and beer and wine dinners are planned, along with a beer club to accompany the wine club.

## Barrel Oak Farm Taphouse

"Our goal is not to become a big brewery, but rather, to provide customers with an enhanced experience when they come here," Roeder said. "I wondered if the clientele would be fundamentally different and would clash, but it doesn't clash at all...they love it. It expanded our customer base and was very well received."

To qualify as a farm winery or farm brewery, a percentage of the ingredients for the product must be grown on the property. With Virginia's climate, the most-often grown crop for brewing is hops, which visitors can see along with grapevines. "Coming to a winery gives you an entirely different experience than going to a town brewery," he continued. "Here, you enjoy the land and the beautiful views, and see where the hops and vines are grown."

Barrel Oak features a 10-barrel brewery and serves a Kölsch, IPA (Gold Award winner), Winter Amber, Irish Red, Saison, Belgian Dubbel and more. The brewery is located underneath the taproom, build right into the hillside, and beer runs up refrigerated lines right to the taproom. Barrel Oak also offers clubs for its wine and beer lovers.

Quattro Goomba is the third winery with a brewery on site. Its brewery opened with a commercial license that required wine and

beer to be consumer in separate locations. After their licensing change, they can now offer enjoyment of their craft beers and wines in both tasting rooms.

## Dogs Allowed

As of July 1, 2018, new legislation states that companion dogs are now allowed in ABC-licensed distilleries, wineries and breweries in Virginia. This was another rule change initiated by Brian Roeder and is good news for those who enjoy traveling with their four-footed friends.

The existing law, Section 3.2-5115 of the Code of Virginia, was amended to state that while dogs are still not allowed in areas where their presence is likely to result in contamination of food, food contact surfaces or food packaging materials, they will be allowed within a designated area inside of or on the premises of a winery, brewery or distillery. The tasting room must be separated from the food preparation areas, and manufacturing and storage areas must be enclosed and separate.

This new legislation does not, however, require an establishment to allow dogs, with the exception of service animals. The previous law stated that no animals were allowed in areas used for food manufacturing, with the exception of guard or guide animals.

As Virginia's wine and beer industries continue to grow, they also continue to evolve, offering more and more options for wine and beer lovers alike. ♦



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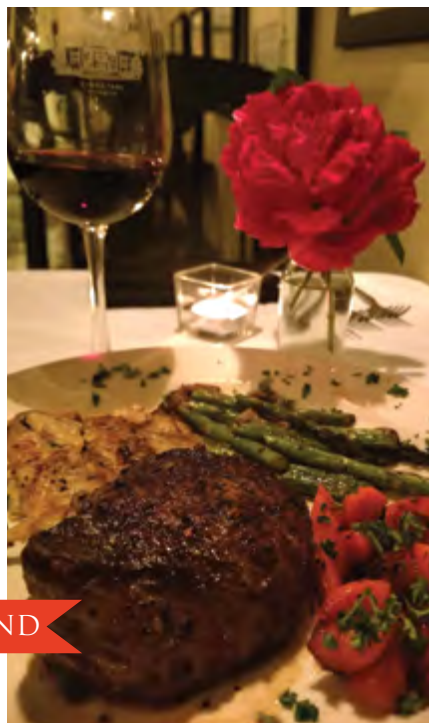
**540-364-6402**

**www.BarrelOak.com**





BY ALLISON CHASE SUTHERLAND



## *Glen Gordon Manor*

### *The Epitome of Rustic Elegance*

The exquisite Glen Gordon Manor, reminiscent of a French Provincial estate, will transport you to another realm the moment you roll up the gravel drive. Encompassing 45 acres of rolling countryside near Shenandoah National Park in Rappahannock County, this is a place where your spirit can truly soar.

Tracing its roots back to 1833 as a Wells Fargo stagecoach stop, the manor exudes that familiar feeling of nostalgia, which will make you want to linger just a little longer.

Enter the Houndstooth Restaurant and absorb the subtle hues of greens and blues. Regale in a gourmet breakfast of poached pears drizzled with balsamic vinegar, accompanied by Greek yogurt with honey from the inn's own apiary, garnished with a sprig of fresh mint. Country scones with a powerful crunch factor combine lusciously with flavorful, fruity raspberry preserves.

Time to get outside and breathe some of that fresh mountain air - any time of year. Ask the kitchen for a small bucket of carrots to take out to the family horses in the stables or the fields. The distinct personalities of the horses quickly emerge. La Tache stamps his

hoof impatiently in an attempt to expedite the carrot-feeding process by novice city-dwellers, as Exo and Petrus patiently await their turn. Shaggy winter-coated Shetland ponies Penny and Tucker trot up eagerly, bursting with enthusiasm at the prospect.

Fancy-crested chickens cavort in the yard, hence the supply of farm-fresh eggs. A trail will loop you back around to the serene pool, whose graceful mermaid enjoys a backdrop of Virginia's undulating Blue Ridge. Sit a spell in the gazebo.

While away the afternoon in an overstuffed armchair, sipping Lady Grey tea by the hearth in the oak-paneled, timber-ceilinged Hunt Room to the smooth classics of jazz in anticipation of your delectable 5-course dinner. Murals of lively beagles and the handsome family of the manor on horseback

grace the walls. Imagine live music emanating from the minstrel gallery in the alcove above as in bygone days.

Resident celebrity Chef Dayn Smith has been an executive chef at restaurants in the US, Puerto Rico, and Switzerland. Both he and his son Lindell studied at the Culinary Institute of America in Upstate New York. This is where culinary innovation meets classic cuisine -- all with the freshest ingredients from local organic farms.

Back in 2006, Chef Dayn and his wife "fell in love with the beauty and serenity" of the place and decided to make it their very own. Lindell adds, "Our home is so magical we just wanted to invite people to share it."

The spacious professional kitchen and accompanying pantry are simultaneously rustic and state-of-the-art. On a winter





morning, while snowflakes swirl in the glacial air, you may encounter Lindell hauling firewood over to the kitchen hearth -- the traditional center of the home and of life itself. The place of gathering, the place of revelry.

Vision plus preparation results in a veritable culinary celebration. You can sense the exhilaration of sheer invention. The candle-lit tablecloths of the intimate Houndstooth Restaurant await.

Start with a refreshing baby beet salad Montrachet with microgreens, caramelized pecans, and aged balsamic paired with a Villa Viva Côtes de Thau 2017 from Languedoc-Roussillon, followed by a velvety Carrot Ginger Soup with Crème Fraîche Espuma and roasted coconut. Next up, ahi tuna ceviche adorned with fried plantain and wasabi ice cream, paired with an André Brunel Domaine de la Becassonne 2015 Côtes du Rhône.

As the guest celebrating her birthday wished everyone at dinner, "I hope you all had good days." A nice sentiment indeed. Places such as these engender such conviviality. Indeed, I hope all of you have good days too.

She raved about the carrot-ginger soup, an opinion which everyone shared. "This is so good, I wish I could bathe in it!" she gushed.

After dinner, follow the bookcase-lined hallway back to that oh-so-inviting great room. Dana, Michelle, and Kenny will keep the fire going. Tales abound fireside. You may hear of Transatlantic voyages, harrowing adventures, and rockstar encounters. And the honor bar is just steps away. Or select a bottle of wine by tablet from the acclaimed wine cellar below.

Elements of stone, wood, and metal set a natural tone throughout. Eclectic art refreshes your gaze at every turn. Intricately designed paper flowers adorn the ceiling of the glass-enclosed Fox Den, which was transformed for Meryl Streep's brother's wedding.

The regal and romantic Wallis Suite is aptly named after Wallis Simpson, who visited with King Edward VIII of England when the historic estate served as a hunting retreat for the royal family. The opulent Albert Room overlooks the enchanting pool and scenic vistas. And the elaborately tiled floral shower in the Montejurra Room is a sight to behold.

In addition to the main house, the Glencroft Cottage houses the two-story Wakefield Suite, featuring a vintage clawfoot bathtub. And to gaze upon the mountains from the bath of the Windsor Suite is most restorative. Wrap yourself in the plush robes. Engulf yourself in the most luxurious scented linens.

Perched atop the hill sits the Mews Cottage, a spacious private retreat with a covered porch overlooking fields and rock walls. Meander along and abandon your every care as you swing on the wooden swing under the stately oak tree on the expansive front lawn.

For even greater indulgence, the Tack Room Spa provides a relaxing massage experience adjacent to the horse stables for a true country getaway.

Guest Sandra Valledon Souza's eyes brighten as she describes her singular experience. "Everyone you meet here is welcoming, warm, and attentive. It is a sophisticated atmosphere in a nonchalant kind of way. This is a peaceful escape where you can really drift away between dreams and reality."

In essence, Glen Gordon Manor is a place that makes you want to stop time. And with a little imagination, you might just be able to. ♦

### GLEN GORDON MANOR

1482 Zachary Taylor Hwy

Huntly, VA 22640

[www.glegordonmanor.com](http://www.glegordonmanor.com)





BY BELLE SCHNEIDER CFP® AIF®

# ASK AN ADVISOR

## ABOUT NEW YEAR'S RESOLUTIONS

### What Are the Most Important Financial Resolutions I Should Have for 2019?

Everyone has different priorities but here are the top four I recommend:

#### PREPARE FOR THE UNEXPECTED

**Create an emergency savings account.** The best line of defense against unexpected events is to have a liquid cash fund that can cover at least six months of living expenses or any large, unforeseen bills that are too high to pay out of your regular monthly income.

**Evaluate your need for Long Term Care, Disability, and Umbrella insurance.** Emergencies do happen, and your financial well-being could be undermined by outsized costs that might accompany an illness or injury, job loss, or even a storm that does major damage to your home.

#### PROTECT YOUR ESTATE

**Review and update your estate documents.** The primary purpose of a will is to ensure that your assets are distributed to whomever you choose, in the amount and manner that you choose. You may also want to consider establishing a living revocable trust. A trust is an agreement between the grantor (the person who establishes and funds it) and the trustee, who administers it. If you have a living trust you can leave all of your assets to the trust when you die, which can then be doled out by your terms through the trustee. A trust avoids

the probate process and allows the heirs access to the trust assets more quickly.

**Check your credit report.** A more recent development in protecting your estate is monitoring your credit report for fraud and identity theft. You can retrieve a free report from [www.annualcreditreport.com](http://www.annualcreditreport.com) from all three agencies once a year. You may also want to consider hiring a company to monitor your credit and notify you if there are any changes.

**Review your Life insurance needs.** If something were to happen to you (or your spouse) how would it affect your dependents? Make sure you have appropriate coverage and that the beneficiaries are up-to-date.

**Change your passwords.** It's a good idea to change your financial account passwords periodically to avoid identity theft and fraud.



## OPTIMIZE YOUR PORTFOLIO

**Consolidate your accounts.** Do you have several 401(k) accounts from old employers? Multiple bank accounts? Consolidation can make maintenance and analysis easier and help lessen the risk of identity theft.

**Review your Investments.** Review your investments and make sure you have the proper investment mix and appropriate diversification that aligns with your goals and risk tolerance. Your Financial Advisor should be able to review your portfolio with you, or if you do not have an Advisor, many online investment accounts have built in tools for evaluating portfolio risk.

**Evaluate your fees.** Choosing low-cost investments and being aware of how much you are paying in fees can go a long way toward reducing the amount you pay to invest.

## CREATE A FINANCIAL PLAN

The key to long term financial success is having a plan. A financial plan provides a road map from your current financial situation to reach your future financial goals. A good financial plan will give you confidence and help you understand the steps you need to take to achieve your objectives.

A detailed financial plan includes multiple variables and strategies, covers risk management, asset allocation, tax planning, retirement and estate planning. If you have a large estate creating a financial plan can be confusing and time consuming. We recommend working with a good Financial Advisor who can help you navigate the process and keep you on track. ❖

**Author:** Belle Schneider CFP® AIF® is an Advisor 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](http://www.vlpfa.com) or submit your question for an advisor to [info@vlpfa.com](mailto:info@vlpfa.com).

VLP Financial Advisors

8391 Old Courthouse Rd., Suite 203  
Vienna, VA 22182

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BY RENÉE SKLAREW

*Poké from Lei'd Hawaiian Poké*

# POKÉ:

## A TASTE OF THE TROPICS IN A BOWL

I was standing behind a superhero. He was four feet tall and could barely see over the counter. “I like shrimp in my bowl,” he told the server at PokeHub. His mom suggested he try kale, but the superhero refused. “I’ll take seaweed,” he said. His mother looked pleased.

Maybe you love it. Maybe you haven’t tried it yet, but one thing to know about Poke (pronounced Poh-Keh) is this healthful bowl of ingredients is like a taste of the tropics in a bowl.

Poke’s origins are distinctly Hawaiian. The islanders have eaten some form of it for centuries. The pre-Colonial seafood dish literally means “to cut crosswise into pieces.” They prepared their fresh catch of the day—usually octopus or small reef fish—by slicing, salting and then serving it with seaweed. Other additions might be algae and candlenuts—both are indigenous to Hawaii. With the ocean’s bounty on their plate, Hawaiians ate some form of poke on a regular basis. Today, they often choose from 20 different versions of poke at grocery stores, surf shacks and gas stations. Seafood is typically sold by the pound, and rice costs extra. Then they put it in a cardboard box for you to take to the beach, work or home.

The classic poke proteins are octopus or raw ahi tuna, marinated for at least one hour in soy and sesame (although today in America, salmon is the most requested). The poke movement in mainland America began on the West Coast, especially coastal cities like San Diego and Los Angeles. Then, poke restaurants began turning up in urban areas around the country. At this

*Wall treatment at Lei'd Hawaiian Poké**Poke Hub*

writing, Northern Virginia has 11 restaurants dedicated to poke, but you will see poke dishes on restaurant menus as well.

Chloe Lee and her husband Brendan Lee own PokeHub in Reston Town Center. The Lee’s are from Orange County, California, where they had a popular poke restaurant before most East Coast residents had ever heard of poke. Chloe wanted to live near her mother in Fairfax County, and the Lee’s felt Northern Virginia had excellent schools and was an ideal place to raise their kids. They sold their restaurant in California and opened up PokeHub about 18 months ago.

PokeHub is not the typical fast-casual poke place. The Lee’s want people to come in several times a week, so they offer an extensive variety of possibilities for enjoying their poke. You can even have chicken and tofu. For your base, choose from white or brown rice, tortilla chips, salad mixes or a burrito version—your selections are wrapped in seaweed like a sushi roll. There’s even a kid’s bowl, for your superhero.

Chloe is a fresh food fanatic, so she prefers to serve her seafood raw, rather than marinated in advance. “I don’t like the seafood to get





*Poké from PokeHub*



mealy,” she says. The line staff takes the ingredients you choose for your poke bowl and mixes them together with the sauces of your choice before serving them. PokeHub has far more seafood choices than most poke restaurants. Select from ahi tuna, seared Albacore tuna, salmon, eel, scallops and shrimp. “We cut each fish as needed, so they stay fresh,” says Chloe. I watched them clean up at the end of lunch. Nothing sits, and the kitchen looked immaculate.

Chloe says that there are poke places all over California, but only the really good ones survive. She tried to sell the concept of poke to several developers when she first moved to the DC Area, but found them skeptical. “When we asked the people of Reston Town Center, they were familiar with the product, and agreed,” Chloe says. PokeHub was one of the first in Northern Virginia, and it fits in well with the modern lineup of dining options. The Lee’s are opening additional locations in Oakton and near the Capital One Center.

A wide variety of toppings awaits diners at PokeHub. I adored the pickled cucumbers and the Masago (fish eggs), sweet crab, wasabi and furikake—a combination of dried seaweed, sesame seeds and dried fish. Several of these ingredients cost extra, so don’t add them haphazardly. I tried the traditional sauce—Yuzu Ponzo and Sesame Shuyu, but spice-lovers might prefer the wasabi mayo or PokeHub’s custom-blended hot sauce. “We make all our sauces in house,” Chloe adds.

On another afternoon, I stopped at Lei’d Hawaiian Poke Shop next to Tysons Corner where I found a steady stream of customers. For the base of Lei’d’s poke, choose from white or brown sushi rice, soba noodles,



*Chloe and Brendan Lee from PokeHub*



*Servers from Lei'd Hawaiian Poké*

Matcha edamame rice and nachos. Then build your bowl with proteins, either salmon, tuna or shrimp in pre-marinated sauces like Gangnam style, Sea Salt Limu (lime), Red Volcano and some conventional sauces like Siracha or Yuzu.

Select a few toppings—I recommend the diced mango and Hot Cheeto Crunch. There are lots of combinations, but sometimes too many toppings can obscure the star of the dish—raw fish. But I’ll leave that to you to decide.

With its growing popularity, Hawaiians are enjoying the enthusiasm for their regional dish, but some experts worry about the sustainability of featuring fish at a fast-casual restaurant. And although it’s not customary to add pineapple and avocado, it makes your bowl look infinitely more Instagrammable. Hawaiians like to say the poke we eat in the U.S. is California Poke, not Hawaiian Poke. Either way, this healthy, flavorful meal in a bowl just might make you feel like a superhero. ♦

**LEI'D HAWAIIAN POKÉ**  
8032 Leesburg Pike suite D  
Vienna, VA 22182  
(703) 972-1070  
[leidpoke.com](http://leidpoke.com)

**POKÉHUB**  
11990 Market St  
Reston, VA 20190  
(703) 787-0035  
[www.mypokehub.com](http://www.mypokehub.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](http://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](http://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](http://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](http://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](http://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](http://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](http://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/](http://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](http://www.passionfishreston.com)

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Since opening in 1991, Zeffirelli Ristorante Italiano has been established as a fine tradition in historic Herndon. The 100 year old building adds character and ambiance to Zeffirelli's dining experience and their newly remodeled space is sure to please. Their formal service, candlelit tables, exquisite Italian cuisine, and fine wines set an incomparable atmosphere for their patrons.

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**703.318.7000**  
In Old Town Herndon  
728 Pine St, Herndon, VA 20170  
[www.zeffirelliva.com](http://www.zeffirelliva.com)



## 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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.minervacuisine.com)



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## RUSSIA HOUSE

Herndon | Russian | \$\$\$

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

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

[www.russianhouserestaurant.com](http://www.russianhouserestaurant.com)

## TURCUISINE CATERING

Herndon | Turkish | \$

Located in the Worldgate shopping center, TurCuisine is a standout in the area, offering authentic Turkish and Mediterranean fare for your special events. 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).

358 Victory Drive, Herndon, VA | 571-258-9424

[www.turcuisine.com](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.thaibythai.com)



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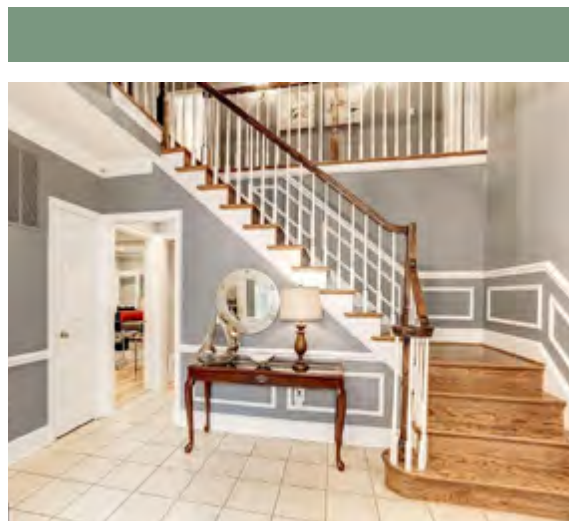
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dave@joanneadams.com



# Reston Chamber

networking camaraderie business great events local establishments expand member enterprise

## THE GREATER RESTON CHAMBER OF COMMERCE

Joining the Greater Reston Chamber of Commerce is an investment in both your business and our community. Our organization, like other chambers, is a group of local businesses seeking to advance their collective interests while providing an association of community leadership committed to enhancing the quality of life and fostering a healthy economic environment in the Reston area.

There are several benefits to joining the Reston Chamber that many may not realize, including relationships, visibility, promotion, community engagement, training, education, programs and events.

**Relationships:** Generally, people do businesses with someone they know and trust. Studies show that when people know an organization is a member of their local chamber, there is an 80% increase in patronage for those companies.

And if a local business has a need but doesn't know how to address it, the Reston Chamber serves as a resource for identifying and connecting with other companies that can offer support. Here at the Greater Reston Chamber we like to think of ourselves as "Connector-in-Chief" for our local business community. Even if the hour is late and staff isn't available, our Chamber's website is accessible 24/7, ready to connect visitors with the person or company that best meets their needs.

**Visibility:** Being part of the Reston Chamber gives companies visibility, both through financial investments as well as human capital participation. These include community events, chamber programs, networking groups, and committees. Whether it is becoming a committee member, sponsoring

an event, attending a program or teaching an education session, your business will be viewed as a leader in our local community. The more active you are in The Chamber the more visibility your company will receive throughout the Reston area.



**Promotion:** The Reston Chamber is also an extension of your business's marketing team. Through the relationships that are built and the networking that is conducted, members will reference you, your company and things you are doing to other members and beyond to the larger Reston business community. Each of our member businesses have a professional profile page on our website which provides the opportunity to introduce your company through general descriptions, event listings, specials, and services offered. This can be updated as frequently as you like which further supports your company's Search Engine Optimization.

**Community Engagement:** The Reston Chamber is a vital part of our community's economic, civic and social health, helping to keep our local government, non-profit and for-profit sectors strong. Working with The Chamber and our member businesses keeps your resources in the community. Another chamber benefit is the representation companies receive in Richmond addressing issues important to you and our business community. The Chamber has professional

advocates in Richmond representing issues that directly affect our local businesses' bottom lines.

**Training & Education:** The Reston Chamber hosts more than 20 training and education events every year. These include a monthly business education series—free to members—and educational events on topics of interest such as Government Contracting, Resourceful Women, The Healthy Work Place, and Young Professionals. And Chamber membership is an employee benefit for your entire company—training is always available to all your employees at no additional cost.

**Programs and Events:** All work and no play doesn't create lasting relationships, so to make sure that members have the chance to get to know one another in more relaxed environments, The Reston Chamber hosts a monthly networking event, two outdoor festivals, and other social activities throughout the year. These are great opportunities to connect and build professional and personal relationships, offering the perfect occasions to network with chamber members you might not otherwise have the opportunity to meet.

When you join the Greater Reston Chamber, your business gains a local network you might not otherwise be exposed to, entrée to our area's best business professionals ready to assist in expanding your company's outreach and impactful training for your employees, as well as a real and significant connection to our community. Perhaps the best advice for any local business in 2019 is to join The Greater Reston Chamber—it will be the best marketing dollar you spend all year! ❖



# UPDATES ON THE DULLES CORRIDOR METRORAIL PROJECT



## ◀ Innovation Center

Looking north at the Innovation Center south pavilion, pedestrian bridge and the Station. At the bottom left is the beginning of the bus bays along Carta Way.

## ▼ Dulles Airport

The westerly end of the Dulles Airport Station platform. Parking Garage B is in the background.



## ▲ Herndon Station

Looking north at the Herndon Station. The south pavilion is on the left with the pedestrian bridge. The lower portion is the existing bus bay canopy at the Fairfax County parking garage.

## ▶ Herndon Station

Looking from the Herndon South Pavilion towards Reston. The crane in the foreground is working on the stair tower and elevator at the pedestrian bridge connection from the pavilion to the existing parking garage.



All photos were taken by Phil DeLeon.



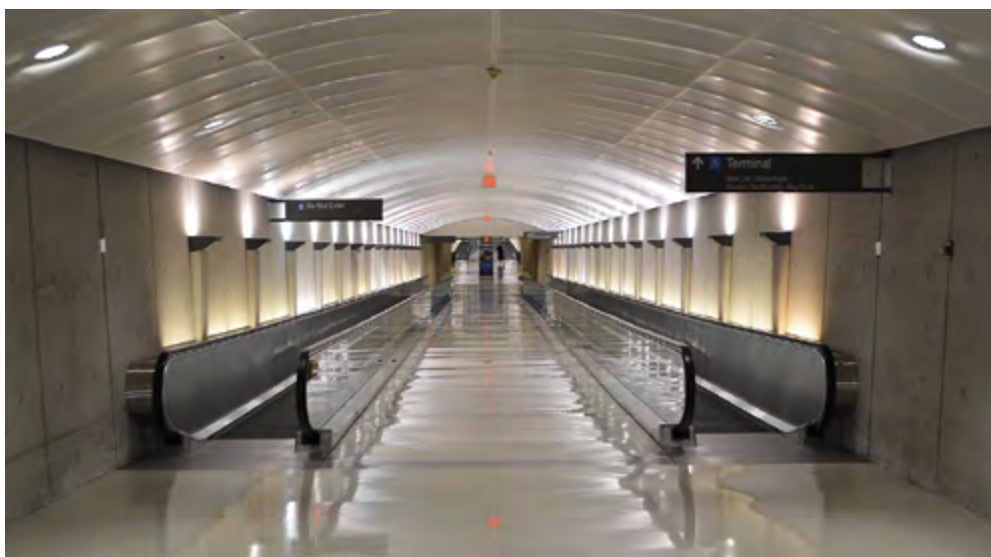
Photo credit: Phil DeLeon.

# UPDATES ON THE DULLES CORRIDOR METRORAIL PROJECT



## ◀ Bio Retention Pond

*Completion of the first storm water BMP facility, a bio retention pond adjacent to Traction Power Substation #14 which is located between the Dulles Toll Road and Sunrise Valley Drive just east of the Innovation Center Station.*



## ◀ Dulles Airport

*Pedestrian tunnel at Dulles Airport*



## ◀ Dulles Airport

*Pedestrian tunnel at Dulles Airport*



# BRIDGE CLUB

## LOUIE'S EMERALD DAY

♠ K 10 9 8 6

♥ A Q 7

♦ K Q 7

♣ 6 5

♠ Q J

♥ J 10 8

♦ A J 10 9

♣ K J 10 4

West	North	East	South
------	-------	------	-------

1 ♣

pass 1 ♣ pass 1NT

pass 3NT all pass

West leads the six of hearts. Plan the play.  
See page 64 for the answer.

Excerpt taken from: *Frank Stewart's Bridge Club*.  
Page 33.

## BIDDING QUIZ

### YOU HOLD:

♠ K 10 9 8 6 ♥ A Q 7 ♦ K Q 7 ♣ 6 5

You open one spade, your partner responds two hearts, you raise to three hearts and he next bids four diamonds. The opponents pass. What do you say?

**ANSWER:** Partner's four diamonds is a cuebid to try for slam and promises the ace. You have no side ace to cuebid in return, but since you have good trumps and two helping diamond honors, your hand is too promising to sign off in four hearts. Bid five diamonds.

Excerpt taken from: *Frank Stewart's Bridge Club*. Page 36.

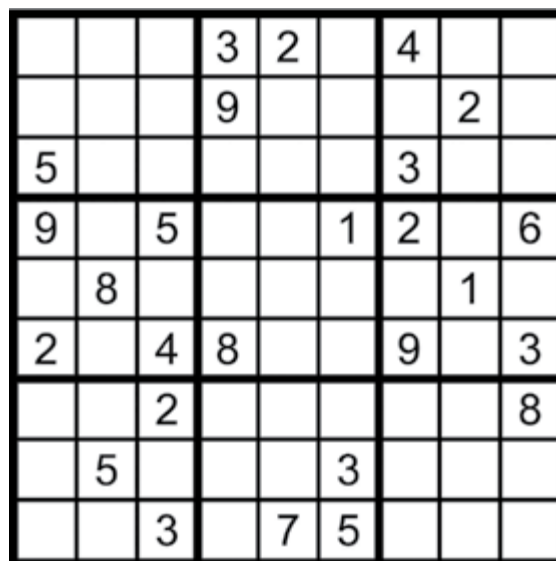
HARDSHIPS OFTEN  
PREPARE ORDINARY  
PEOPLE FOR  
EXTRAORDINARY  
DESTINY.

—C.S. Lewis

## HOW TO SOLVE SODOKU PUZZLES

No math is required to solve a sudoku. You only need logic and patience.

Simply make sure that each 3x3 square region has only one instance of the numbers 1-9. Similarly, each number can only appear once in a column or row in the larger grid. The difficulty on this puzzle is easy.



DON'T DWELL ON WHAT WENT WRONG.  
INSTEAD, FOCUS ON WHAT TO DO NEXT. SPEND  
YOUR ENERGY MOVING FORWARD TOGETHER  
TOWARDS AN ANSWER.

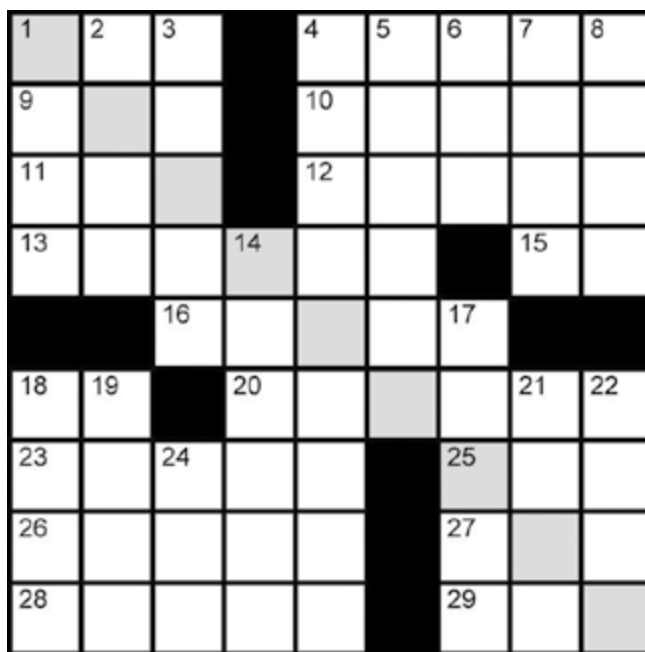
—Denis Waitley

## "TO MY BIGGEST FAN"

### CROSSWORD CLUES

#### ACROSS

1. U.S. document publisher
4. Primitive fishing tool
9. PC linkup
10. Duplicate
11. Hall-of-Famer Mel
12. Carries on
13. Female fowl
15. Tagged player
16. Song of joy
18. @
20. Beats it
23. Quagmire
25. Elementary particle
26. Banish
27. Literary collection
28. Tattletale
29. Setter or retriever



#### DOWN

1. Unappetizing food
2. Cracker spread
3. Available
4. Like an owl
5. Flat
6. Many, many years
7. The "A" of ABM
8. Sheet music symbol
14. Annoyance
17. Water nymph

18. End of grace
19. Biological classifications
21. Like old records
22. Unexpected difficulty
24. Canyon feature



# BRIDGE CLUB SOLUTION

## SAVING PARTNER

♠ 7 4 3		♠ A 5 2
♥ 6 4		♥ K 9 5 3 2
♦ 8 5 4 3		♦ 6 2
♣ A Q 7 3		♣ 9 8 2

♠ K 10 9 8 6		♠ Q J
♥ A Q 7		♥ J 10 8
♦ K Q 7		♦ A J 10 9
♣ 6 5		♣ K J 10 4

	N	
W		E
	S	

West	North	East	South
			1 ♣
pass	1 ♠	pass	1 NT
pass	3 NT	all pass	

Opening Lead: ♥6

Unlucky Louie was at the club, accepting congratulations on his twentieth wedding anniversary.

'But last week I heard you say you and your wife were drifting apart,' I told him.

'We were,' Louie said blandly. 'We bought a used waterbed, and it sprang a leak.'

Later I watched Louie try to handle 3NT. He played low from dummy on the first heart, and East took the king and shifted to the nine of clubs: ten, queen. West returned a low club, and East's eight forced Louie's jack. When East got in with the ace of spades, he led another club, and West took the seven and ace. Down one!

According to Louie, one's twentieth anniversary is awkward: it's too soon to brag but too late to complain. In this deal, it was too late for him to either brag or complain after he ducked the opening lead.

Louie must instead grab the ace of hearts and force out the ace of spades. He is sure for four spades, four diamonds and one heart, and can lose no more than two clubs, a spade and a heart.

Excerpts taken from: Frank Stewart's Bridge Club. Pages 36

## SODOKU Answers

6	9	1	3	2	8	4	7	5
4	3	7	9	5	6	8	2	1
5	2	8	7	1	4	3	6	9
9	7	5	4	3	1	2	8	6
3	8	6	5	9	2	7	1	4
2	1	4	8	6	7	9	5	3
7	6	2	1	4	9	5	3	8
1	5	9	2	8	3	6	4	7
8	4	3	6	7	5	1	9	2

## CROSSWORD Answers

G	P	O		S	P	E	A	R
L	A	N		C	L	O	N	E
O	T	T		R	A	N	T	S
P	E	A	H	E	N		I	T
		P	A	E	A	N		
A	T		S	C	R	A	M	S
M	A	R	S	H		I	O	N
E	X	I	L	E		A	N	A
N	A	M	E	R		D	O	G

SHE DISCOVERED WITH  
 GREAT DELIGHT THAT  
 ONE DOES NOT LOVE  
 ONE'S CHILDREN JUST  
 BECAUSE THEY ARE ONE'S  
 CHILDREN BUT BECAUSE  
 OF THE FRIENDSHIP  
 FORMED WHILE  
 RAISING THEM.

-Gabriel Garcia Marquez

LET GO OF CERTAINTY. THE OPPOSITE ISN'T UNCERTAINTY. IT'S OPENNESS, CURIOSITY AND A WILLINGNESS TO EMBRACE PARADOX, RATHER THAN CHOOSE UP SIDES. THE ULTIMATE CHALLENGE IS TO ACCEPT OURSELVES EXACTLY AS WE ARE, BUT NEVER STOP TRYING TO LEARN AND GROW.

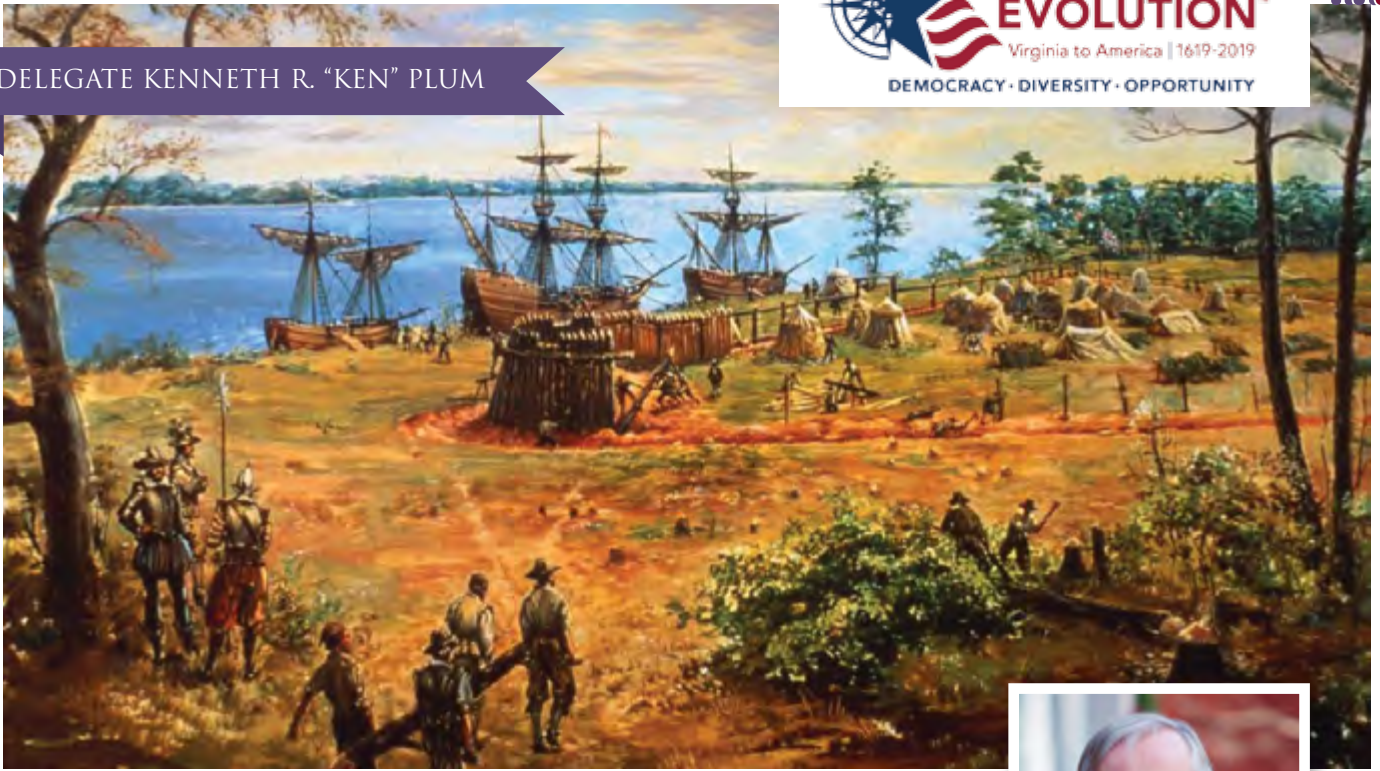
-Tony Schwartz



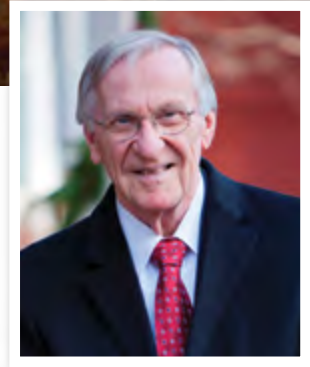


BY DELEGATE KENNETH R. "KEN" PLUM

Photo of Jamestown courtesy of www.history.com



## Building a New Year on the Old!



Some find it amusing that I begin many if not most of my talks about issues facing Virginians today by harkening back to the Commonwealth's long history or by quoting Virginia leaders of by-gone days with Thomas Jefferson being my favorite. We can certainly learn from the past, and most assuredly we do not want to repeat past mistakes.

The new year 2019 is noteworthy for Virginians as the 400th anniversary of representative government in North America. The English started a colony in North America at Jamestown Island in 1607 and after much difficulty established a foot hold in what some referred to as the new world. The indigenous people who had been living here for about 15,000 years certainly did not appreciate the immigrants who invaded their lands and who with superior weaponry and germs from unknown diseases decimated those the colonists referred to as Indians.

To manage their joint affairs as a colony, representatives of the various plantations that had sprung up in the Jamestown area met in the mud-daub church on Jamestown Island in 1619 in what is now celebrated 400 years later as the first representative legislature in this hemisphere. The legislature became known as the House of Burgesses later to become the House of Delegates of the General Assembly. I am pleased to be serving in the oldest continuous legislative body in America.

Four hundred years ago is important to Virginians and to Americans for other reasons as well. The first Africans were brought to the new colony that year. They came not of their own free will but as slaves to work the land for the new crop, tobacco, that was to become the basis of Virginia's

economy for centuries. It took many chapters in Virginia's history to move past viewing African Americans as property and not as persons with equal rights. The first English women came to Virginia in 1619 as essential to sustaining the English colony into the future.

The recognition year 2019 is a good time for all Virginians to recognize the harsh and unfortunate events of our past that affect us to today. Take your children or grandchildren to Jamestown Island or Jamestown Settlement to learn more about this important chapter of what happened in the land where we live and where we can begin to discuss what we want it to become in the future.

Check out travel opportunities and special events at [www.americanevolution2019.com/about/](http://www.americanevolution2019.com/about/). ♦

## HOROSCOPES

# JANUARY



**CAPRICORN 12/22 - 1/19:** You might be looking for more out of a relationship. Stars say by the 20th, it will be time to ask for what you want. All answers will move you forward.



**AQUARIUS 1/20 - 2/18:** The full moon on the 21st heralds the beginning of a new building effort. Could be wood and wire or heart and home. Give it your all.



**PISCES 2/19 - 3/20:** You have a hunch that could serve you well if you bet cautiously. Now isn't the time to bet the farm.



**ARIES 3/21 - 4/19:** Not every comment is criticism but when you are frustrated, it might seem like it. Beware of impulsive words this month.



**TAURUS 4/20 - 5/20:** Some Taureans miss the comforts of home this month. It won't be forever. Stars advise gathering the herd. Change is coming.



**GEMINI 5/21 - 6/20:** Your wit and vision inspire new ideas. Tread carefully with the most cautious around you. It takes time for them to see.



**CANCER 6/21 - 7/22:** Travel is on your mind. Bargains await the Cancers who look at all options. A patriotic choice is attractive.



**LEO 7/23 - 8/22:** Get away from the crowd to follow an idea the rest might not understand. By the 19th, your natural magnetism draws some to your side.



**VIRGO 8/23 - 9/22:** For Virgo, the clear way is usually the best. Cut through the cacophony of voices, to find the right route. Stars guide you on the 20th.



**LIBRA 9/23 - 10/21:** When everyone knows what is best for you, consult your own intuition. Ask yourself if you have the courage to face the best and worst outcome.



**SCORPIO 10/22 - 11/21:** Spend some energy on yourself this month after a hectic giving season. Puzzles are on your mind.



**SAGITTARIUS 11/22 - 12/21:** Balance honesty and discretion this month in an expected encounter with a person important to you. Discern what is truth and what is your opinion.

# FEBRUARY



**AQUARIUS 1/20 - 2/18:** Of course, some Aquarians always get the flowers at the office. But, don't parade around with tokens of your good fortune in love. Stars say a friend is trying to be brave.



**PISCES 2/19 - 3/20:** Beware of making assumptions about an acquaintance or distant relative. They are more than they seem to be. Assuming otherwise could be embarrassing not to them, but to you.



**ARIES 3/21 - 4/19:** Carve out time to be with a friend or loved one, even if it is just listening to music. An older person needs you.



**TAURUS 4/20 - 5/20:** Changes are afoot that might be permanent. Do what you can to influence the outcome, but remember change is the nature of life.



**GEMINI 5/21 - 6/20:** Questions linger by the new moon on the 4th. A bit of silly gossip contains something false and something true. Remain above it.



**CANCER 6/21 - 7/22:** A child may be on your mind by the full moon on the 20th. Stay calm, close, and loving. Your time is most important.



**LEO 7/23 - 8/22:** Tackle it now. By the first quarter moon on the 12th, take steps to accomplish one goal of your heart. What you start this month has benefits by the end of the year.



**VIRGO 8/23 - 9/22:** You didn't see it coming, but here it is. Surprise events require your heart, head, and effort. Don't shy from the challenge.



**LIBRA 9/23 - 10/21:** You've waited a long time, but a long process is coming to an end. Take a deep breath. Whether the outcome is good or bad, it is what it is.



**SCORPIO 10/22 - 11/21:** Affairs of the heart, or lack thereof, are on your mind in the month of hearts. Take stock of what you have offered and what you can offer.



**SAGITTARIUS 11/22 - 12/21:** A invitation for a volunteer effort comes your way. You will get more than you give, if you can find the time.



**CAPRICORN 12/22 - 1/19:** Time to look into your crystal ball. Where do you want to be in 15 years and, with your current lifestyle, where will you probably be?



**DAVE ADAMS**

REALTOR®, SRS, MRP, e-PRO  
703-963-4491

Dave@JoAnneAdams.com  
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