

VIVA

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# RESTON

March/April 2019 | vivareston.com | \$3.<sup>95</sup>

LIFESTYLE MAGAZINE

## THE *Wedding* ISSUE

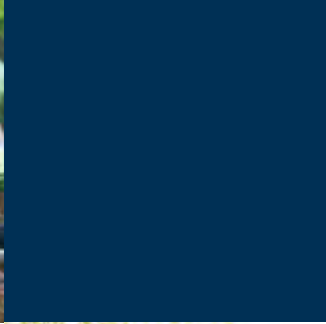
FARMHOUSE  
WEDDING CHIC

CLYDE'S WILLOW CREEK  
FARM DOES RUSTIC  
WEDDING TRADITIONS,  
VENUES, CATERING  
AND MORE

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TOP DENTISTS





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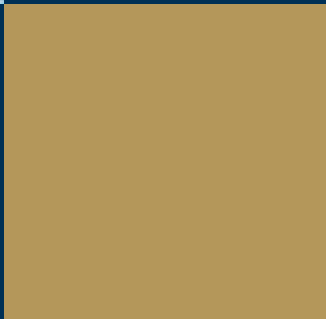
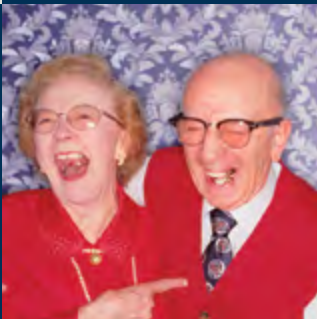


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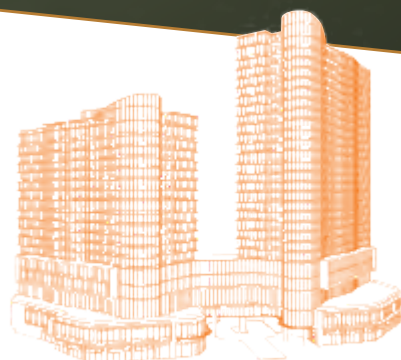


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03/19 VT VR PB

The proposed community plan has been submitted to Fairfax County for land use approval.



# FEATURES



## ◀ THE WEDDING ISSUE

Starting on page 22, get your wedding planning questions answered with articles from our experts about pulling off the perfect farmhouse-style wedding, getting rustic “right” at Clyde’s Willow Creek Farm, finding the best caterers and looking beautiful on the big day. You might even be surprised to discover how all those wedding traditions got started!

## TOP DENTIST PROFESSIONALS ➤

Discover the area’s top: oral and maxillofacial surgeons, dentists and orthodontists offering today’s most innovative treatments and solutions for beautiful smiles, health and wellness.



## ◀ TOP HOME REMODELING EXPERTS

Choosing the right contractor or design firm to make improvements on your home can be messy. Narrow your scope and start with a list of the best.

## SPECIAL NEEDS AND ADAPTIVE CAMPS, PLAYGROUNDS, & PROGRAMS ➤

Camps that cater to or purposefully include children with special needs give them a chance to have as much summer fun as other kids get. Whether their special needs stem from a physical limitation or are based on social and developmental skills, kids at these camps will be not just accommodated but enthusiastically welcomed and included.







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## LUNCH



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# ThermiVA for Vaginal Rejuvenation

(Get Your Pre-Baby Body Back)

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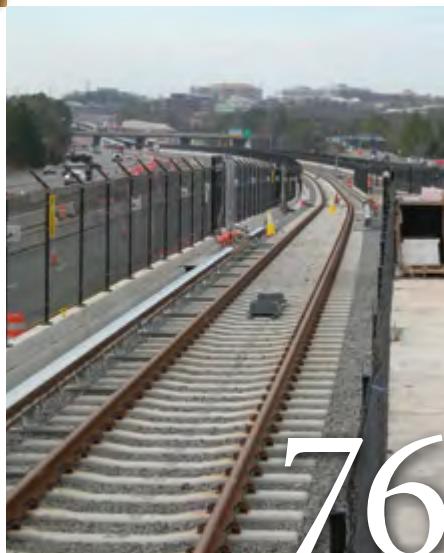
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# ARIA

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Camille Barry 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."*

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\*individual results may vary.



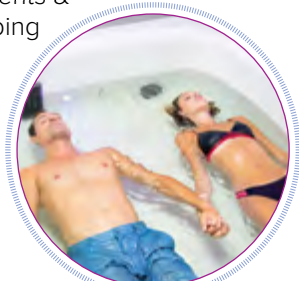
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**RESTON**  
LIFESTYLE MAGAZINE

THE MAGAZINE FOR RESTON  
HERNDON • CHANTILLY • STERLING  
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MARCH/APRIL 2019

#### PUBLISHER

Johnny Hanna

#### ART DIRECTOR / PRODUCTION MANAGER

Mary Jeanne Cincotta

#### SENIOR GRAPHIC ARTIST

Robin Long

#### VIDEOGRAPHY

Kari Cannistraro

#### ASSOCIATE PUBLISHER

Kathleen McDonough

#### ADVERTISING / CLIENT ADVOCATE

Tonya Harding

#### DIRECTOR OF HUMAN RESOURCES

Christy Jones

#### CONTRIBUTING WRITERS

Susan Baldani

Linda Barrett

Marta Bota

Tonia Chagon

Michael Evans

Patricia Lee Hall

Nuha Handoush

Julie Holland

Kathleen McDonough

Rose Price

Renée Sklarew

Dusty Smith

#### SPECIAL CONTRIBUTOR

Delegate Kenneth Plum

#### DINING EDITOR

Renée Sklarew

VIVA RESTON LIFESTYLE MAGAZINE | 703.448.7323

7921 Jones Branch Drive, Tysons, VA 22102

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

[Facebook.com/RestonLifestyleMag](https://www.facebook.com/RestonLifestyleMag)

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

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

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

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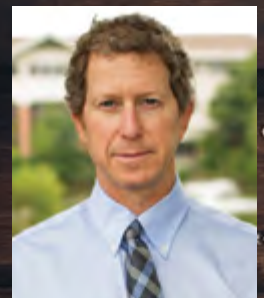


# LET YOUR OUTER BODY REFLECT YOUR INNER BEAUTY

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# OUT & ABOUT

**MARCH 16**  
**SEAMUS EGAN**  
The Barns at Wolf Trap



## POPULAR VENUES

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703-790-0123  
[mcleancenter.org](http://mcleancenter.org)

### RESTON HISTORIC TRUST AND MUSEUM

Lake Anne Plaza  
1639 Washington Plaza N  
Reston 20190  
703-709-7700  
[www.restonmuseum.org](http://www.restonmuseum.org)

### RESTON TOWN CENTER

11900 Market St, Reston 20190  
703-579-6720  
[restontowncenter.com](http://restontowncenter.com)

## MARCH 8

### 1ST ANNUAL INTERNATIONAL WOMEN'S DAY CELEBRATION AT LAKE ANNE PLAZA

RCC Jo Ann Rose Gallery, Lake Anne Plaza, 7:30-9pm, Free  
Mark your calendar and plan to celebrate International Women's Day and the achievements of the women who have made the iconic Lake Anne Plaza - the "heart and soul" of Reston - what it is today. More than fitting, as 75% of the plaza's businesses are owned and operated by women! Friday evening, come to learn and share at the kick-off reception at the Jo Ann Rose Gallery. Hear first-hand from past and present female leaders in the community about personal experiences as business owners, stories of Lake Anne and visions for years ahead. Light fare and refreshments provided and a limited edition Commemorative Poster to benefit Shelter

House available for sale. Celebrations continue at Lake Anne through Sunday with shop and eatery specials and a variety of music performances, art exhibitions, book signings and more. Gallery Reception: 7:30- 8:15pm, Panel Discussion and Q&A: 8:15-9pm. [www.lakeanneplaza.com](http://www.lakeanneplaza.com)

## MARCH 8-10

### 24TH ANNUAL NATIONAL CAPITAL BOAT SHOW

Dulles Expo Center, Fri:12-8pm, Sat: 10am-8pm, Sun: 10am-5pm, Adults/\$10,12&underFree  
Boats, boats and more boats! That's what you'll see at one of the largest Boat Shows in the region. Dealers from Virginia will fill the building with everything from jon boats to motor yachts. Marinas, electronics, water sports and safety equipment will be on display. Plus you can talk to experts about insurance, financing, repair, maintenance and boating safety.

CONTINUED ON PAGE 14



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Reston Community Center  
Reston Museum & Shop

Reston Town Center  
Box at the Green Garage  
Hyatt Regency Hotel  
Panera Bread  
Reston Visitor's Center  
Starbucks

North Point Village Center  
Giant  
Starbucks

South Lakes Village Center  
7 Eleven Soapstone  
CVS Pharmacy  
Safeway  
Starbucks

Plaza America  
CVS  
Gold's Gym  
Starbucks  
UPS  
Whole Foods Market  
(cafeteria counter)

Spectrum Village Center  
Harris Teeter  
Red Door Salon

Hunters Woods  
Reston Community Center  
Safeway

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Inova Sterling  
Shoppers  
Starbucks Leesburg Pike  
Wegmans



**MARCH 17**  
Reston Town Center



# LUCKY LEPRECHAUN 5K

CONTINUED FROM PAGE 12

## MARCH 10 & APRIL 14

### "SECOND SUNDAY" DANCES

RCC Hunter Woods, \$5 Reston/\$10 Non-Reston, 18+

**Afternoon Dance 2:30-4:30pm:** Dancers of all skill levels convene to foxtrot, swing, cha-cha, and waltz during these fun afternoon dances. Music selection ranges from golden oldies to today's more modern dance selections. Three mini-lessons, door prizes and light refreshments add to the fun; partners are not required.

**Country Western Dance 5:30-8:00pm:** Line dance, two-step, shuffle and swing the night away to popular country western tunes played by RCC's DJ. Refreshments provided. No square or contra dancing.

## MARCH 14

### CONTRA TIEMPO PRESENTS: "JOYUS JUSTUS"

CenterStage, RCC Hunter Woods, 8pm, Reston/\$20, Non-Reston/\$30  
This urban Latin dance theatre

experience takes on joy as the ultimate expression of resistance! An invigorating blend of physically intense and socially astute performances that push the boundaries of Latin dance as an expressive cultural and contemporary form, Contra-Tiempo brings salsa back to its roots as a mode of expression for the struggles of the working class. After the performance, learn how to salsa and join in the Dance Party in the Community Room, where the performers become your teachers.

## MARCH 14

### SHE-SUITE SUMMIT

Ritz-Carlton Hotel, 1700 Tyson's Blvd., McLean 22102, 8:00am-5pm  
March is Women's History Month, so this is the perfect time to join the Northern Virginia Chamber and Velvet Suite as they address the most pressing issues of gender equity and advancement. The event brings together women from across the region and the nation to design solutions for advancing women at work, home and in the community. This is a unique experience

for influential leaders to elevate a successful career and a significant life. Discover proven strategies and high-caliber connections to activate your own personal brand of leadership as your greatest competitive advantage. Attendees automatically become part of the newly formed She-Suite Community, where relationships built at The Summit can exist far beyond a single day. Visit [theshesuitesummit.com](http://theshesuitesummit.com) to register.

## MARCH 15-17

### SUPER PET EXPO

Dulles Expo Center, Fri:3-8pm, Sat: 10am-7pm, Sun: 10am-5pm, Adults/\$13, Kids/\$8 3& under Free  
Welcome to the Pet Lovers Dream Weekend! Fun "edutainment" for pet lovers of all ages. Shop 150 local & national exhibitors and meet adoptable pets. Leashed pets welcome for spirited play (retractable leashes NOT permitted). See dogs, cats, birds, reptiles, small animals and more. New exhibits include Canine Good Citizen Testing with the AKC, the Aquarium Experience and Cat-Centric.

## MARCH 16

### SEAMUS EGAN

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

Seamus Egan, founding member of the band Solas, returns to The Barns with The Seamus Egan Project. Bringing along friends and musical guests, Egan will introduce fans to his immense and influential catalog of music, as well as some new music he's never recorded or performed live as he continues to explore the further reaches of the Irish musical tradition.

## MARCH 17

### LUCKY LEPRECHAUN 5K

Reston Town Center, 8am, \$30-45  
Run like you've got the luck of the Irish on your side, with awards for top 3 female and male finishers. Kids can "get their Irish on" too with a free short (about 100 yards) fun run at 9am. After the race, enjoy a fun filled celebration at the finish line with tasty refreshments, music and awards. Checkout the website to register and for additional details. Registration for kids fun run morning of race near the finish line.  
[praces.com/luckyleprechaun/](http://praces.com/luckyleprechaun/)

## MARCH 22-24

### SUGARLOAF CRAFTS FESTIVAL

Dulles Expo Center, Fri:10am-6pm, Sat: 10am-6pm, Sun: 10am-5pm, Adults:\$10/online:\$8, Kids 12& under: Free  
This Festival features more than 250 of the nation's most accomplished fine artists and craft designers offering their one-of-a-kind work in functional and decorative pottery, sculpture, glass, jewelry, fashion, wood, metal, furniture, home accessories, photography, and fine art. Visitors can also enjoy delicious gourmet foods for sampling and purchase, live music, interactive children's entertainment, and live demonstrations by talented



artist. [www.sugarloaforcrafts.com](http://www.sugarloaforcrafts.com)

## MARCH 23

### KIDS TROUT FISHING DAY—RESTON

*Snakeden Branch Stream, 8am-12pm*

This is a day your child won't soon forget! Snakeden Branch stream will be stocked with hundreds of rainbow trout, and all equipment, including fishing rods, will be provided to make the day a success. Volunteers teach children how to bait, cast, hook and cook their freshly caught dinner. Trout Unlimited members help clean the fish they catch. All children must be accompanied by an adult, and must wear shoes that can get wet and muddy--no sandals.

Registration required but walk-ins accepted as rods and space allows. Adults may not fish during event and those over 16 years old, who are helping, must have a Virginia State Fishing License (freshwater only), available online at [www.dgif.state.va.us](http://www.dgif.state.va.us). Volunteers with fishing experience are needed. Contact [habrock@reston.org](mailto:habrock@reston.org) if you can help.

Location: Snakeden Branch Stream between Soapstone Drive and Lake Audubon. Check-in near the 7-11 on Soapstone Drive. Parking along Soapstone Drive, Glade Drive or in the Glade Pool parking lot. Closest address is 2303 Soapstone Drive. [www.reston.org](http://www.reston.org)

## MARCH 25, 27-28

### AN INTIMATE EVENING OF SONGS AND STORIES WITH GRAHAM NASH

*The Barns at Wolf Trap, 8pm, \$85-95*

Legendary singer-songwriter and founding member of Crosby, Stills & Nash and The Hollies, Graham Nash is a two-time Rock & Roll Hall of Fame and Songwriter Hall of Fame inductee, Grammy Award winner, *New York Times* bestselling author, and an Officer of the Order of the British Empire (O.B.E.). With

many Billboard-charting songs like "Teach Your Children" and "Chicago," catch your favorite Nash tunes and stories from his illustrious career.

## MARCH 27

### THE COMPLETE WORKS OF WILLIAM SHAKESPEARE (ABRIDGED) [REVISED]

*CenterStage, RCC Hunter Woods, 8pm Reston/\$25, Non-Reston/\$35, All 37 Plays in 97 Minutes!*

Known as London theatre's longest-running comedy, the Reduced Shakespeare Company's now brings its irreverent, fast-paced romp through the Bard's plays to Reston. Join these madcap men in tights as they weave their wicked way through all of Shakespeare's comedies, histories and tragedies in one wild and memorable ride that leaves audiences breathless and helpless with laughter. In the spirit of Shakespeare himself, RSC shows contain some occasional bawdy language and mild innuendo. All children (and parents) are different, so we've chosen to rate our shows PG-13: Pretty Good If You're 13.

## MARCH 30

### DIVA CENTRAL EVENT

*Reston Community Center Lake Anne, 11am-3pm, Free*

It's time again for this annual high school prom and middle school formal dress giveaway. This incredible one-day event is open to any current middle and high school student who is in need of a formal dress, shoes, jewelry and other accessories. Each student will receive a keepsake as well as a goody bag and refreshments. Enjoy a truly boutique experience and everything is absolutely FREE!

## MARCH 30

### JAZZMEIA HORN

*CenterStage, RCC Hunter Woods, 8pm Reston/\$20, Non-Reston/\$30, 8pm*

Jazzmeia Horn has a name that



speaks for itself, capturing her very essence. With vocal confidence far beyond her years, the young singer arrives with her debut recording, *A Social Call* and is a reflection on the times.

## MARCH 30

### MASON DANCE COMPANY GALA CONCERT

*George Mason University Center for the Arts, Concert Hall, Fairfax Campus, 8pm*

Each Spring, Mason dancers perform works by renowned choreographers in the Concert Hall in the Dance Gala Concert. This extraordinary evening features a dynamic performance of technically demanding and intensely driven work by talented students as they embark upon their promising dance careers.

## MARCH 30

### KIDS TROUT FISHING DERBY - HERNDON

*Sugarland Run Trail, 8am-12pm, \$8-12*

The Town of Herndon Parks and Recreation Department hosts the 16th Annual Kid's Trout Fishing Derby. Join this annual tradition at Sugarland Run Trail behind the Herndon Police Station, where the stream will be stocked with trout just for this event. Children age 2-15 and their families learn while experiencing a relaxing and successful day catching fish. Volunteers teach children how to bait, cast, hook and cook their freshly caught dinner. Trout Unlimited members help clean the fish they catch. All children must be accompanied by an adult, and must wear shoes that can get wet and muddy--no sandals. Pre-

## CONTINUED FROM PAGE 15

registration is recommended as limited fishing poles and bait are available for use. Adults may not fish during event and those over 16 years old, who are helping, must have a Virginia State Fishing License (freshwater only), available online at [www.dgif.state.va.us](http://www.dgif.state.va.us). Event meets behind the Herndon Police Station on the Sugarland Run Trail. [www.herndon-va.gov](http://www.herndon-va.gov)

## MARCH 31

## ICE BREAKER 5K RACE

200 Spring Street, Herndon, VA 20170, 8am, Pre-registration available until 3/29 at noon: \$20 per person/12 & under \$10, Race Day Registration: \$30 per person/12 & under \$10

Usher in spring and honor the environment by being active outdoors with your friends and family. Walk or run

the 5K course through a scenic section of town, around the Herndon Parkway and through parts of Sugarland Run Trail. All runners will receive a sapling tree to grow and enjoy for years to come. After the race, there will be a community planting and celebration of the Town of Herndon's 30th anniversary of Arbor Day/Earth Day. The race starts and ends at Northwest Federal Credit Union. Top three finishers will receive a tree or bush to plant. Long-sleeved sport-tek shirts and sapling tree guaranteed to the first 200 registered runners. [www.herndon-va.gov](http://www.herndon-va.gov)

## MARCH 31

## CAPITAL HARMONIA'S 4TH ANNUAL WOMEN'S CHORAL FESTIVAL

Community of Faith United Methodist Church, 13224 Franklin Farm Rd, Herndon 20171, 4-6pm, Free



12-4 PM

## FOUNDER'S DAY

Lake Anne Plaza, 12-4pm, Free

Celebrate the 55th anniversary of Reston's founding with the Reston Historic Trust and Museum. The event is open to the whole community. Enjoy a full day of family-friendly activities, including a moon bounce, special exhibits, Public Art Reston tour, author and artist talks, face painting and musical entertainment. Come out to remember founder Robert E. Simon, Jr. and celebrate the history of this unique community. A special feature of this year's observance will be the unveiling of the new Lakeside Pharmacy icon exhibit at 1pm.



Join Capital Harmonia in recognizing Women's History Month and honor the contributions of women and the contributions of local women-led charitable organizations with whom they partner. This event is open to the public and free and includes a reception immediately following the concert. Bring along your friends and family! [capitalharmonia.org](http://capitalharmonia.org)

## APRIL 4

## BEST OF RESTON AWARDS

Hyatt Regency Reston, 1800 Presidents St., Reston, 6pm  
Cornerstones and the Greater Reston Chamber of Commerce present Cornerstones of our Community: The 28th Annual Best of Reston Awards. The

Best of Reston event honors individuals, organizations and businesses that have put forth tremendous effort in their commitments to community service and improving the lives of others. The proceeds support key programs and initiatives of Cornerstones. Reservations available online through Cornerstones.

[www.restoncommunitycenter.com/www.cornerstonesva.org/events\\_list/best-of-reston](http://www.restoncommunitycenter.com/www.cornerstonesva.org/events_list/best-of-reston)  
[www.cornerstonesva.org](http://www.cornerstonesva.org)

## APRIL 6

## PARKS &amp; STREAM CLEAN-UP &amp; SHRED EVENT

Runnymede Park, 195 Herndon Pkwy, Herndon 20170, Cleanup: 8am-12pm, Shred: 9am-12pm, Free



Two Events To Show You Care! Volunteer to bring a little TLC to our parks and streams—a great opportunity for kids to earn community service hours!—or do a little personal cleanup at the secure document shredding and recycle event. Park and Stream Clean-up volunteers meet at the main entrance of Runnymede Park and should bring work gloves and wear suitable clothing. Everyone is welcome. Note: there is a five container limit per vehicle for the shredding. See website for volunteer signup and shred guidelines. [www.herndon-va.gov](http://www.herndon-va.gov)

APRIL 7

## WASHINGTON WEDDING EXPERIENCE

Dulles Expo Center, 11am-4pm, \$15

As you click through wedding websites and flip through bridal magazines, you will find hundreds of ideas. How will you choose those that will be part of your wedding day? How will you make sure that everything is really as amazing as it looks in print or online? The Wedding Experience is your opportunity to experience everything up close and in person. Chat with the area's

CONTINUED ON PAGE 18



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most talented and trustworthy wedding professionals while you taste delicious cakes, see beautiful flowers, and find your perfect look in our fashion show. Treat yourself to a signature drink, capture the beauty of your engagement ring in our Ring Selfie Station, add your married name on our

New Name Wall, and visit our Flip-Flop Bar where you can create something fun to wear as you are getting ready for your big day. Plus, you'll receive extra savings and special offers reserved exclusively for show attendees. Tickets and details available at [www.weddingexperience.com](http://www.weddingexperience.com). Enter

promo code DULLES to receive 50% off each ticket purchased online.

## APRIL 7

### LINER NOTES: A MUSICAL JOURNEY THROUGH HIP-HOP'S MANY INTERSECTIONS

CenterStage, RCC Hunter Woods, 3pm Reston/\$15 Non-Reston/\$20  
This electrifying show combines live music, poetry and a multimedia design that enhances a medley of favorite jams while bringing together generations of music lovers. Collide with music's past and present through hip-hop samples and actual liner notes from favorite LPs. featuring Paige Hernandez, Baye Harrell, Akua Allrich and Kris Funn's Corner Store Jazz Quintet.

## APRIL 12

### STORM LARGE

The Barns at Wolf Trap, 8pm, \$50-55  
Cole Porter, Pat Benatar, and Black Sabbath—powerhouse singer-songwriter Storm Large can sing them all and more! Whether performing with Pink Martini, at a cabaret, or with a rock band, this sassy yet classy artist with an edge knows how to bring the house down.

## APRIL 13

### EGGNORMOUS EGG HUNT

Sunrise Valley Elementary School, 10824 Cross School Road, Reston, 10-11:30am, Free  
Bring the kids and the family to great community tradition and enjoy entertainment by a strolling magician, games and multiple moon bounces along with our ever-popular egg hunt for children up to 8 years old. Many photo opportunities abound, so remember to bring a camera and a favorite basket to carry goodies. Please bring water or pack a picnic to enjoy while outdoors. The egg hunt starts at 10:30 a.m. sharp! [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com)

## APRIL 13

### AQUA EGG HUNT

Herndon Community Center, 1:30-4:30\*, \$10 fee includes one parent and one child

Join friends and neighbors at the Herndon Community Center pool for the Aqua Egg Hunt where children collect as many floating and sinking eggs as possible in the time allowed. Everyone receive a prize! After the hunt, stay for an open swim which will begin approximately at 4:30 p.m. Swim attire is required. No mesh shorts are allowed in the pool. Children 6 years & under must be accompanied by a parent in the water. The event is popular, so it is highly recommended that you pre-register. Online registration is available until 12:00 p.m. on April 13. After that time, all registrations must be completed at the front desk. Make sure to arrive early to sign-in and receive egg collecting bag. \*Times determined for different age groups.

## APRIL 13

### TROUT FISHING IN AMERICA

CenterStage, RCC Hunter Woods, 3pm Reston/\$5 Non-Reston/\$10  
This eclectic folk/rock band is perhaps best known for family/children's music, with songs like "My Hair Had a Party Last Night," "18 Wheels on a Big Rig," and "When I Was a Dinosaur" which have earned them a place in the hearts of kids and parents everywhere. Besides their quirky and memorable kids' performances, Trout has electrified festivals and performing arts centers across North America with their deep catalogue of "adult" songs.

## APRIL 14

### DAVID WILCOX

Jammin Java, 7pm, \$30-35  
Now 20 records into a career marked by personal revelation and wildly loyal fans, David Wilcox returns to the DC area

LAST BISON  
NEW ALBUM SODA OUT NOW



JAMMIN JAVA  
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APR  
13

## THE LAST BISON

Jammin Java, 8pm, \$15-25

In 2012 The Last Bison seemingly rose from the marshes of southeastern Virginia to captivate the national music scene with a rare blend of music that NPR dubbed, "Classical influenced southern folk rock." Commenting on the band's self-released debut album, *Quill*, a blogger for the popular music sharing site NoiseTrade remarked: "(The Last) Bison has already crafted a sound that is threaded with their own singular strands of creativity. Songs unfurl in textured, poetic waves that are based far more in inspiration than imitation." WXPB of Philadelphia noted The Last Bison "has subsequently swept the musical scene with its complex arrangements, refined lyrics and vocal harmonies."



with his lyrical insight expertly matched by a smooth baritone voice and virtuosic guitar that delivers a range and tenderness rare in folk music.

## APRIL 17

### KIM RICHEY (TRIO SHOW!)

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

A modern country singer-songwriter with a penchant for earthbound lyrics and soaring roots and pop melodies, Kim Richey continues to deliver her beautiful compositions to eager audiences, often taking time to explain their meanings and origins. After years of sharing her emotions, Richey's talents have only grown stronger, feeding off the connection she shares with her fans. If you're looking for heart-felt acoustic music, there's no one better than Kim.

## APRIL 19

### MINDY GLEDHILL

#### Rabbit Hole Tour

Jammin Java, 7:30pm, \$18-20

Quirky and affable, singer-songwriter Mindy Gledhill refuses to be contained by a single musical category, instead allowing her beautiful voice to deliver her own brand of folk-kissed indie pop with inspiring lyrics and catchy tunes. She consistently captivates her audiences with outstanding performances. As she likes to say about herself she will "leave you floating like a scoop of vanilla ice cream in a strawberry soda."

## APRIL 20

### HERNDON EASTER EGG HUNT

777 Lynn Street (behind the Herndon Municipal Building), 9:30-am-12pm\*, Pre-registration by 4/19: \$9, Onsite, day of: \$10

One of the most exciting annual events for children, get ready to enjoy games, arts & crafts and music along with a photo opportunity with the Easter Bunny Children are invited to bring their parents, cameras,

baskets and egg-hunting shoes for a fun-filled morning! \* Hunt times determined for different age groups. [www.herndon-va.gov](http://www.herndon-va.gov)

## APRIL 20

### MIDDLEBURG SPRING RACES

36800 Glenwood Park Lane, Middleburg, VA 20117. Gates open at 10 am races start at 1pm to 6pm Tailgate and picnic with the fashionable Middleburg crowd all while watching the thrilling sport of horse racing. The Middleburg Spring Races is an exciting and fun event in our historic Virginia horse country.

## APRIL 26-28

### JURASSIC QUEST

Dulles Expo Center, Fri: 3-8pm, Sat & Sun: 9am-8pm, Adult: \$22, Kids (2-12): \$22/VIP: \$36, Senior (65+): \$20

Jurassic Quest brings an incredible dinosaur adventure for the whole family. The main exhibit features ultra-realistic, life-size animatronic dinosaurs, over 80 in all. Visitors can interact with these huge creatures, learn about them and even ride a few. Featuring realistic scenes, enormous dinosaurs, cute baby dinosaurs and lots of activities like face painting and dino crafts, this is fun for kids of all ages. Young paleontologists can uncover long hidden dinosaurs bones at the T-Rex and Triceratops fossil digs and there's even a "Dino Bounce" area with several, towering, dinosaur theme inflatable mazes! [www.jurassicquest.com](http://www.jurassicquest.com)

## APRIL 27

### JAMES FERNANDO

Jammin Java, 1pm, \$15-20

James Fernando is a pianist and composer whose music lies at the intersection of jazz, classical, and electronic music. He relies on his genre-expanding original compositions to deliver thought provoking and exciting performances. The Berklee College of Music



Photo courtesy of Jammin Java

graduate released his debut album "Extended Layover" in May as a collaboration with Mingjia Chen and will be releasing his first album as a solo artist entitled "The Lonely Sailor" later this year.

## APRIL 28

### JANE SIBERRY

Jammin Java, 7pm, \$30

Jane's recent album Angels Bend Closer has been released to rapturous acclaim and she will be performing tracks from this alongside her classics some new songs as yet unrecorded. A Canadian native, Jane's songs have been covered by numerous artists, with particular success by k.d. lang on her stunning renditions of Love is Everything and the 23rd psalm- inspired The Valley.

## MAY 1-2

### RONNIE SPECTOR & THE RONETTES

The Barns at Wolf Trap, 8pm, \$50-55 Few groups in history are capable of defining an entire era in pop music. With hits like "Be My Baby" and "Baby, I Love You," Rock & Roll Hall of Famers Ronnie Spector & The Ronettes are one of those groups: the embodiment of the heart, soul, and passion of '60s female rock and roll.

## MAY 3-4

### 32ND ANNUAL EVENING OF COMEDY

The Barns at Wolf Trap, 8pm, Saturday shows at 7pm and 9:30pm, \$25-28 The Barns transforms into a comedy club for three performances of hilarious stand-up entertainment. ♦



BY KEITH LORIA

## ROBIN TROWER SET FOR BIRCHMERE GIG

Long known as one of the great innovators of rock guitar, Robin Trower has been electrifying audiences with his axe playing for more than 50 years.

Now 74, the guitarist first burst on the national music scene with Procol Harum, appearing on the band's first five albums from 1967-1971. He next formed his own power trio in 1973 and released more than 20 albums as the Robin Trower Band.

He's known for his trademark "soft psychedelia" and for being able to channel Jimi Hendrix's blues-psych, Fender Strat-fueled playing style.

In March, Trower will release "Coming Close to the Day," a new collection of songs that show why this master continues to shine. On April 2, the legendary guitarist will play the Birchmere and offer up some of these songs live for the first time.

As he prepared for the concert, Trower took some time to talk about the show and plans for the year ahead.

**LORIA:** What can your fans coming out to the Birchmere expect from you on the night?

**TROWER:** I'll be doing a lot of the classic favorites as always. I have a number of new songs off of my new album, which are in the set as well. I'm stuck in my groove.

**LORIA:** How important is it for you to continue writing and playing new music?

**TROWER:** I think it's crucial to have new stuff coming through all the time because that's what keeps the whole thing alive really.

**LORIA:** Has your writing inspiration changed at all through the years, as you've gotten older and matured?

**TROWER:** It's more or less the same. I love to

play guitar and I pick up the guitar every day if I can, and ideas just come. It's always been that way for me.

**LORIA:** When you're on stage, do you interact with the audience much? Is that something that has evolved over the years?

**TROWER:** No. I've always just concentrated on the music and when I'm on stage, I like to just play.

**LORIA:** What is your guitar of choice in 2019?

**TROWER:** I've been using my Fender custom shop signature Stratocaster that the Fender custom shop made for me. I have a few of those and I tend to go through my three favorites of those when playing.

**LORIA:** What's the secret of getting new music out to your fans today? What channels do you use?

**TROWER:** We have a website and we let people know it's out. That's really all we can do today. We can't get on the radio anymore. The site will play snippets of new songs to let people get a feel for them.

**LORIA:** When you first started making a name for yourself, what were your goals? Did you think you'd still be playing all these years later?

**TROWER:** When I joined Procol Harum, I had no idea I would someday go on my own, and certainly had no idea of how successful it would be. But while I was in Procol Harum, I decided to write more songs that were guitar based, and eventually I had to break away and start doing my own stuff. That's led me to where I am today.

**LORIA:** You're 74 and have been playing live for more than 50 years. What keeps you coming back to the stage?

**TROWER:** I couldn't come out and play live if it wasn't fun. That's the key to it. It may be a little selfish on my part, but that's what keeps me going—the love of doing the music I am doing. I am enjoying it more now, and that comes from years of experience.

**LORIA:** How often are you touring these days?

**TROWER:** I do 30-35 dates in the U.S., and up to 20 in Europe, and the rest of the time I am working on new material and recording. I love my fans and wouldn't be doing it if it wasn't for them.

**LORIA:** What else have you been up to?

**TROWER:** I did a project with (reggae vocalist) Maxi Priest. He has one of the greatest voices in the world. It's an interesting collaboration and we might do some live work. It's a very different thing for both of us.

Robin Trower will play the Birchmere at 7:30 p.m. April 2. Tickets are \$55. For more information, visit [www.birchmere.com](http://www.birchmere.com). ♦



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**Saturday, March 30**

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It's time for RCC's annual dress giveaway! We invite all middle and high school students to come shop for their prom or middle school formal. Browse our selections of hundreds of dresses in various sizes and styles, including many designer brands. Pick up your shoes, purse, jewelry and more. Enjoy a truly boutique experience! Each student will receive a keepsake as well as goodie bags and refreshments. Bring a friend and don't miss out – everything is absolutely **FREE**.

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# The Surprising Origins of *Five Wedding Traditions*

By Analiese Kreutzer



There's a lot to consider when planning a wedding: the service, the reception venue, the flowers, the food, the cake, the honeymoon. While you want to make the day unique to you and your spouse-to-be, weddings are steeped in traditions, and family and friends tend to have a lot of opinions about what you should do. Whether you need some ammunition to fend off all the shoulds or you just want to know why we do some of these things, here are the stories behind five wedding traditions.







## *Attendants*

The origins of bridesmaids and groomsmen may date to Ancient Rome. Law required 10 witnesses to be present at a wedding, but why they dress in similar clothing has a darker history. Bridesmaids and groomsmen dressed like the bride and groom to confuse evil spirits and rival suitors who might try to harm the couple. Bridesmaids also formed a protective shield around the bride while walking her to the groom's village or the church to protect her from being kidnapped.

Just as matching dresses were meant to create confusion about which woman was the bride, veils also were used to confuse those with evil intentions. Veils sometimes served their own evil purpose, such as when fathers tried to pass off a less-desirable daughter to a groom by hiding her under a veil until after the ceremony was over.

The best man tradition probably began in the 16th century with the Goths. When brides were often stolen from their communities and families, grooms chose as their "best" man not their close friend or brother but a man who was considered the best swordsman or fighter. His job was to fight off anyone who tried to keep him or the groom from kidnapping the bride or stopping the wedding and to make sure the bride didn't get away during the ceremony. Originally, the best man stood right next to the bride at the wedding to prevent her from escaping or being taken away by her family or another suitor.



## *Carrying the Bride Over the Threshold*

Historians offer a couple different reasons for this tradition. As with other traditions, this one may have been a way to ward off bad luck and evil spirits. Ancient Romans believed that if a bride tripped while entering her new home, she would bring bad luck to her marriage and her home. The groom carrying her over the threshold avoided this risk. Another reason goes back to the kidnapping of the bride. It was either that the bride was still unwilling to go with her groom and was carried into his home by force or, if she wasn't so opposed to her groom, it was considered inappropriate to appear too enthusiastic about consummating her marriage. The groom therefore carried her into their home as a sort of mock kidnapping to make her appear reluctant and protect her reputation.





## *The Father Walking the Bride Down the Aisle*

Although many see this as a sweet tradition today, it dates back to when “giving away the bride” was literally a transfer of ownership from the father to the husband. Young women could be used as collateral to settle debts or for the father to achieve a higher status by marrying his daughter off to a wealthy family. By escorting his daughter down the aisle and handing her over, the father was completing a business transaction.



## *White Wedding Dresses*

While not as recent a tradition as diamond engagement rings, the white wedding dress is still a relatively new trend. Before the mid-1800s, red was one of the most popular colors for brides, as it still is in some cultures. But that changed in 1840 when England's Queen Victoria married Prince Albert in a white dress. Victoria wasn't the first bride to wear white, but since white fabric was hard to get and difficult to keep clean, it was usually worn by the rich as a symbol of their wealth. As Queen of England, Victoria certainly was wealthy, but whatever her reasons for choosing a white dress with a fitted bodice, a full, floor-length skirt and lace trim, she started a trend that soon became an enduring tradition. Within a few years, Europeans had attached other meanings to the white dress, such as purity and innocence.

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



## *Diamond Engagement Rings*

The first recorded case of a man giving a woman a diamond engagement ring was in 1477 when Archduke Maximilian of Austria became engaged to Mary of Burgundy. Other members of royalty and the aristocracy followed Max's lead, but diamonds didn't become the enduring sign of love and togetherness for most married couples until 470 years later.

For the very unromantic reasons of manipulating the marketplace to sell more diamonds and to make more money, DeBeers began working with ad agency N.W. Ayer in 1938 to influence the public perception of diamonds and frame them as symbols of lasting love. As a result of their efforts, diamond engagement rings started to become more popular, but in 1939, only 10 percent of engagement rings had diamonds. Then in 1947, DeBeers began using the slogan “A Diamond Is Forever,” in its ad campaigns, and a tradition was born.

As for the finger on which the engagement and wedding ring are worn, that comes from ancient Romans who believed the vein in the third finger on the left hand connected directly to the heart. They called that vein the *vena amoris* or vein of love. Although the Romans' suspicion has been disproved, the tradition endures in many places.







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BY MICHAEL EVANS

# TOP 15 QUESTIONS *to Ask Your Wedding Caterer*

**C**ongratulations on your engagement! The holidays are often a prime time to get engaged and share the good news with all of your friends and family. Now that the holiday buzz is behind us, we know you're ready to get started planning your special day!

Food and catering typically comprise one of the largest portions of a wedding budget. When it comes to finding a caterer for your reception, as with all wedding vendors, it is important to make sure that the company is a good match for what you are looking for. Whether it is a local vendor that provides cuisine specific to your wedding theme

(think Hawaiian luau or backyard wedding barbecue), or a full-service caterer equipped to help make your day seamless, asking the following questions can help to ensure your wedding food and reception will be unforgettable for you and your guests!

## **Do you specialize in a certain type of food or serving style?**

Whether you're looking for a certain serving style, or a specific cuisine to coordinate with your wedding theme, it's important to find out how your caterer typically handles receptions. Now would also be a great time to ask if the menu proposals

they provide are set, or if there's the option for customization.



## **Can you make a family favorite recipe for our reception?**

Have your heart set on serving Grandma's famous dish at your wedding? Some companies may be willing and able to recreate the dish on a large scale for all of your wedding guests if you provide them with the recipe.

## **How are you able to accommodate for food allergies and/or religious preferences?**

If you (or your guests) have food allergies, are vegetarian/vegan, or have specific food preferences, be sure to check with the company to see how they can meet your specific menu needs.

## **Have you worked at our wedding venue before?**

Many venues will provide a list of preferred or exclusive caterers to choose from due to their familiarity with the location and its amenities. However, other locations may not have any restrictions, which can allow you to bring in whichever caterer you choose. Just make sure they have at least done a walk-through at the site to know how the kitchen is set up, where their staging area will be, and how the reception will be laid out, so there are no questions on the big day!



Alternatively, if you're still on the hunt for the perfect wedding venue, your caterer may be able to point you in the direction of a location they've previously worked at that can



accommodate your guest list and wedding theme.

### Are you licensed and insured in the state of \_\_\_?

Some venues will require proof of insurance for outside vendors and/or a liquor license if there is going to be a bar. You will want to make note of this early and discuss this requirement with your caterer prior to booking.

### Will someone be there to oversee the event?

On the day of the wedding it will be important that someone experienced is there to coordinate the event from set up to break down to ensure that everything runs as planned!

### Can you breakdown the anticipated costs of our reception?

Though this question may be obvious, it's a big one. It is crucial to determine what is included in the cost per person, any staffing and/or set up expenses, and whether or not equipment rentals, etc. are included. When discussing rentals, be sure to inquire about color options for linens and place settings, etc. in order to customize your order to match with your color scheme.



### What are your payment policies for deposits, cancellations, overtime, and gratuity?

Figuring out the company's payment methods and policies will help to make sure you're both on the same page when it comes to securing your wedding date, and financial expectations on or before the day of the event.

### Do you provide any additional services to help coordinate on the day of the wedding?

Catering companies vary greatly in terms of their additional services. Some are associated with restaurants and/or specific cuisines,

and thus, provide food service only. On the other hand, other companies may act as full-service caterers who provide optional services such as event coordination, event design, and can assist with finding and booking other vendors, such as florists, DJ's or bands, and novelty vendors such as photobooths or chocolate fountains.



### Is the wedding cake included in our pricing package? Can we provide our own?

Some catering companies provide beautiful and delicious wedding cakes, which may be perfect for the bride who appreciates a good "one-stop shop." Other brides may have a specific baker in mind, so be sure to clear this up with the caterer early on. If you are providing your own cake, make sure to ask whether or not there is a cake cutting fee, so there are no last minute surprises!

### What is the usual ratio of staff to guests?

The answer to this question will likely vary among vendors depending on the size of the event, serving style being used, menu demands, equipment needs, etc. However, it is good to ask up front so you have an idea of what to expect on the day of and so you understand how the caterer works to ensure a smooth dining experience for all of your guests.

### Is it possible to set up a food tasting?

Most companies provide some sort of tasting experience for their clients either prior to booking or prior to the event to finalize your menu choices. When arranging your tasting session, inquire as to how many food options will be available, if there are any

associated costs, and how many guests can participate.



### Can we provide our own alcohol? Is there a corking fee?

While everyone wants to have the perfect wedding reception with great food and drinks, it is also normal to be budget conscious. If venues and/or catering companies allow you to provide your own alcohol, stocking your own bar can be a great cost-saving solution. Just make sure to ask about any corking fees, etc. that may drive up the cost.

### When do you need a final head count?

This will help you to determine when you need your RSVP's so you have time to contact any stragglers, and submit your final numbers to the caterer in time for preparation for your event.

### What happens to the leftovers?

Unfortunately many brides and grooms do not get the opportunity to enjoy as much of the delicious food they've planned with their caterer as they would like because they're so busy mingling with their guests. Having the catering team package any leftovers for you and your new spouse is a great way to make sure you get to have your cake and eat it too! ♦



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



BY LINDA BARRETT

*Flowers by The Posey Detail*

# 8 Great Ways to Pull Off A Rustic Wedding

No matter whether you call it a farmhouse wedding or a barn wedding, a rustic wedding is natural, down to earth and often outdoorsy. It speaks to those couples who love the outdoors or feel a connection to a simpler country style. Yet a rustic wedding can be sophisticated too.

Although barn weddings are still popular, “We’re seeing a change over from truly rustic to rustic chic/glam weddings,” said Jessica Ashley, owner and lead event planner at Jessica Ashley Events. “People are taking it up a notch with a touch of elegance by holding their weddings in an elegantly-refurbished barn.” The newer venues offer climate-controlled indoor and outdoor facilities, catering prep areas, brides’ chambers and grooms’ preparation rooms, as well as wedding and reception areas.

Thinking of holding a rustic wedding yourself? Here are eight great ways to pull it off.

## 1. Rustic Setting

Within easy reach of Northern Virginia there are numerous rustic venues, from authentic barns to the most elegant barn-inspired wedding and reception halls. Hold a simple farmyard ceremony and pig roast or go all out with a formal event in one of the newer barn buildings.

“Brides want something a little different than normal and many desire the best of both worlds without the formal feel of a church wedding,” said Lori Carlyle, co-owner of Shadow Creek Weddings & Events. “We give them the rustic feel with all the modern elegance.” Its barn was newly-built from the



*Cakes by Marium*

ground up to resemble a thoroughbred horse barn, complete with horses grazing in the fields beyond.

## 2. Fun and Romantic Attire

“Rustic weddings tend to have a lot of masculine elements to them, so brides can bring in feminine touches through their color palette, décor and very romantic, lacy dresses,” Ashley added. Go traditional or forego the formal train with a simple ankle-length gown.

Cowboy boots and hats, and even bolo ties are not out of the question for men, “Have fun, but nothing too casual. Men should still wear closed-toe shoes.” Tip: guests should research the location to determine their appropriate footwear—some barn venues are very rustic!

## 3. Simple Flowers

“Flowers don’t have to be arranged; they can be plopped into a mason jar tied up with burlap and lace,” said Helen Taylor, owner of Windy Knoll Farm. Flowers can be selected by the season, like daffodils or sunflowers for the bride’s bouquet, and winter greens for colder months. Choose wildflowers for beautiful yet simple bouquets or boutonnieres. The less structured they are the better—like you just gathered them from the field.

## 4. Nature-Inspired Decorations

“If you pick the right place, the structure speaks for itself and you don’t have to do much decorating,” explained Jenn McBride, vice president of operations at Mount Ida Farms & Vineyard. “Both our Lodge and Barn venues were formerly working structures and although renovated now, still retain those authentic elements.”





Photo taken at Walden Hall

## Rustic Wedding Venues

**48 Fields Farm, Leesburg**  
www.48fields.com

**The Barn at Edgewood, Stanardsville**  
www.barnva.com

**Bowood Barn, Louisa**  
www.bowoodbarn.com

**Brandy Hill Farm, Culpeper**  
www.brandyhillfarm.com

**Cloverdale Barn, Winchester** www.cloverdalebarn.com

**Clyde's Willow Creek Farm, Ashburn**  
clydes.com/willow-creek-farm

**Cross Keys Barn, Harrisonburg** www.crosskeysbarn.com

**East Lynn Farm, Round Hill**  
eastlynnfarm.com

**Faithbrooke Barn & Vineyards, Luray**  
www.faithbrooke.com

**The Glasgow Farm, Fredericksburg**  
www.theglasgowfarm.com

**Guildford Farm, Ruckersville** www.guildfordfarm.com

**Hermitage Hill Farm & Stables, Waynesboro**  
www.hermitagehillweddings.com

**Khimaira Farm, Luray**  
eventsatthefarm.com

**Melrose Caverns, Harrisonburg** www.melrosecaverns.com

**The Middleburg Barn, Middleburg**  
www.themiddleburgbarn.com

**Mount Ida Farm & Vineyard, Charlottesville**  
www.mountidafarm.com

**Pippin Hill Farm, North Garden**  
www.pippinhillfarm.com

**Shadow Creek Weddings & Events, Purcellville**  
www.weddingsatshadowcreek.com

**Silverbrook Farm, Purcellville**  
www.silverbrookfarmbandb.com

**Walden Hall, Culpeper**  
www.waldenhall.com

**Windy Knoll Farm, Nokesville**  
www.windyknollfarm.com

Lots of natural elements offer style and grace to a rustic wedding. Place field flowers in containers, and use hay bales, lanterns and wooden directional signs to add whimsy. Your touch of elegance can come from a fancy chandelier or two, draping or dramatic lighting. Don't forget the other natural elements found on a farm; cornstalks and vegetables can also create a down-home ambiance when decorating.

### 5. Down-To-Earth Menu

The sky's the limit when it comes to choosing the menu. However, home-styled foods and simple service best capture the theme of a rustic wedding. Popular options include barbecues, buffets, pig roasts, outdoor whiskey and cigar stations, and s'mores melted over a firepit. Serve seasonally fresh, farm-to-table foods and choose your menu to match your wedding theme.

### 6. Signature Cocktails

Personalize your wedding with a signature cocktail named for a special memory or location. Stick with the theme, and just for fun, serve it up in mason jars!

### 7. Country-Style Love Songs

Think outside the box for unique musical styles that will highlight your personalities, and feel free to mix it up. Have a classical string quartet for the ceremony and kick off the dancing with country or bluegrass. Country music offers many great love songs; consider Taylor Swift's "Love Story," Trisha Yearwood's "She's in Love With the Boy," and Rhett Atkins' "She Said Yes."

### 8. Extra Entertainment

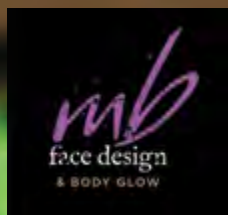
Lots of venues offer fun entertainment options for your guests. Silverbrook Farm has an outdoor chess garden, and Windy Knoll offers hayrides. Shadow Creek Weddings & Events makes outdoor games like croquet, horseshoes, ladder toss and cornhole available, and can bring in a Palomino Quarter Horse to be part of the cocktail hour photos. Mount Ida Farm & Vineyard can coordinate a tethered hot air balloon and a fireworks display.

### Final Advice

"We have such diversity here in Northern Virginia with rustic vineyards and refurbished barns. Whether you are going glam/rustic or pure rustic/cowboy, you can have it," Ashley said. "Think about what is most authentic about you as a couple and create a bulleted list of the things that are important to you and where you would like to allocate your budget. Make a short list of venues, read reviews, do your research, and then go visit them. You'll know the right one when you see it."

"Most importantly, don't try to do it all yourself (DIY)," Ashley concluded. "There is so much to coordinate to ensure a cohesive wedding. Make sure you have an event planner or coordinator who can help you with your vision and bring all the elements together." ♦





By Marta Bota  
[www.mbfacedesign.com](http://www.mbfacedesign.com)

# The Perfect Bridal Makeup

**B**ridal season is in full swing from May through October! June is still the most popular month to get married but, in the 32 years (YIKES) that I've been a makeup artist, other months of the year are becoming popular as well!

In order for a makeup artist to design the perfect bridal makeup look it's important for the artist to get to know the bride's lifestyle, unique personality, as well as her everyday makeup style. Setting up a bridal makeup consultation, with plenty of time ahead of the wedding date, gives the bride and her makeup artist the opportunity to work through these details. Getting to know my bridal clients through this process allows me to serve them better!

"A picture is worth a thousand words" is an old expression, but it rings true when it comes to getting to know my bridal clients. I ask to see photos of everything! This includes the gown, headpiece, bridal party gowns, jewelry, and how she wears her makeup to special events, and in her daily life. This gives me plenty of visual feedback and I can create a bridal look that suits her unique personality, facial features, her comfort level, and theme of her wedding!





There are certain guidelines that I follow when creating the perfect bridal makeup. First, and most importantly, I apply makeup that has staying power! My makeup application needs to withstand all weather conditions, as well as looking fresh all day and evening throughout a very busy and active day! The makeup also needs to look just as good in person as it does in photos! I layer products, such as primers, setting sprays, according to her skin type, and utilize my many signature techniques, and trade secrets to keep her makeup looking fresh and flawless all day!

Bridal makeup should be balanced and well blended, with hints of color for a soft glowing effect. I do recommend keeping it classic and not too trendy, as the bride shouldn't "date" her wedding photos! Wedding photos are the keepsakes of this monumental day, so the makeup should enhance her natural beauty, but not be the focal point! The BRIDE needs to stand out, NOT the makeup! To achieve this look I first apply corrective makeup and foundation to match her skin tone. This creates a flawless complexion. I use a combination of neutral matte and shimmer shadows on her eyes, creating depth as I accentuate the eyes! Applying lashes and intense eyeliner makes the eyes pop, especially in photos! Soft hues for added color to the cheeks and a hint of bronzer for contour gives a beautiful bridal glow! Lip color is so important, to pull it all together! For a dramatic effect reds or burgundy shades on the lips certainly do the trick! Keep them matte for a softer bridal look. If you want your eyes to be the focal point of your bridal makeup a soft rose, pink, or neutral nude lip will achieve that! Adding a light touch of gloss to these lighter lip shades gives the illusion of a more luminous complexion!

On such a special day it's always best to leave it to the professionals to make you look your best. Coordinate your makeup and hair artist for your trial on the same day so that you can see how it all works together. Be sure that you LOVE your bridal look before your wedding day, it's one less thing to stress over!

I love working with women on this milestone and monumental day. To me it is more than just a makeup application, it is about making my bride feel as special as the day itself. Congrats to all the beautiful brides out there!

Cheers!

MARTA BOTA

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BY KATHLEEN MCDONOUGH

## CLYDE'S WILLOW CREEK FARM: *Something Old, Something New*

When it comes to finding a venue for a charming rustic wedding, few places can rival Virginia. It's a state blessed with both history and natural beauty and offers a profusion of wonderful wedding day sites. From vineyard wineries, to historic inns and manor houses, to stables and farms, our region overflows with unforgettable spots for a dream wedding. But of the area's many choices, an "insider" favorite for a polished farmhouse bash is located less than 25 minutes from downtown Tysons and 15 minutes from Reston. Situated

in the Broadlands neighborhood of Ashburn in Loudoun County, Clyde's Willow Creek Farm is a special place where the old has been made new again and which stands as a testament to the timeless power of new beginnings.

Part of Washington, D.C.'s storied Clyde's Restaurant Group, and celebrated in its own right for its local, fresh and seasonal American fare, Clyde's Willow Creek Farm is both a restaurant and year-round indoor/outdoor event site



that overflows with rustic but chic charm. Comprised of four historic buildings from Vermont and Virginia (c.18th and 19th century) that were bought, dismantled and warehoused for nearly 30 years, they have been reassembled, connected, and restored to create a classic American inn and barn, extravagantly decorated with an impressive array of American folk art, Audubon prints, and antique carriages and sleighs, all located on a beautiful garden site.

What makes the Willow Creek Farm property such a magical experience (besides the brilliant reconstruction and exquisite landscaping) is that this "once-upon-a-time" farm not only provides the picturesque setting many couples desire for their big day, but it comes complete with a team of accomplished planners, caterers and staff who are committed to providing the exceptional cuisine and full service that allows every wedding guest to experience the best of Virginia's renowned hospitality.

Rustic in all the right ways, the buildings at Willow Creek Farm have been fabulously adapted for use as venues with distinct personality, perfect in size for many weddings. There's the Audubon Bar complete with original Audubon prints on the walls, as well as the outdoor Richmond Terrace—ablaze with color in the spring and fall and equipped with fire pits when the temperatures drop—which features a large fountain, wisteria arbor and a tiny Virginia farmhouse (c.1780) that has been relocated and restored as the Richmond House bar. The Chandler Barn is available





for larger events and The Sanctuary is sized for the most intimate affairs. All spaces are perfect for tying the knot, then dining and dancing the day or night away with friends and family. Weddings at Clyde's Willow Creek Farm exude a relaxed air of gracious hospitality that is inviting to all.

This variety of unique rooms and spaces—eight in all—offer many options for wedding planning and are ideal for everything from engagement parties, bridesmaid luncheons, rehearsal dinners and post-wedding brunches to ceremonies and receptions. Wedding parties that range in size from 20 to 175 guests can be comfortably accommodated.

But it's the feedback from happy couples that tell the real story. Time and again the reports are same: ambiance, food, service, and all the wedding details have been flawlessly delivered, with a wedding day at Willow Creek Farm acknowledged to have far exceeded the expectations of even the most particular bride.

With its commitment to full service and full experience, Clyde's Willow Creek Farm fosters a family feeling, not just among its employees, but also with its guests. The staff is honored to be working with multiple generations of individual families, often starting with the "big day" and then continuing through the years with baby showers, birthdays, anniversaries and even celebrations of life at the end of life.

So when it's time to create your own bit of history, it's as easy as contacting Event Managers Adrien Wagner or Tara Morris and sharing your vision of the perfect day. They'll know exactly how to make that happen because Clyde's Willow Creek Farm wants to make sure you experience that just-right feeling of finding "the one!" ♦

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[www.clydes.com/willow](http://www.clydes.com/willow)





# ASK AN EXPERT



## Two Of The Best Combo Treatments To Kill Fat Cells

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

The two options described below are the latest and are considered to be both safe and effective with a high patient satisfaction rate as reported by patients themselves. CoolSculpting Cryolipolysis “fat freezing” with Vanquish Radio Frequency Adipose Tissue Melting is a perfect combo treatment to kill fat cells. These body contouring technologies are non-invasive procedures that require no surgery, no scarring and no downtime. These days many people do not have the luxury of being away from their work for many days.

CoolSculpting Cryolipolysis, also called “fat freezing”, is an FDA approved procedure that involves the non-invasive cooling of body fat to break down fat cells, resulting in a reduction of body fat without damage to other tissue. It has been one of the most researched and efficient procedures when it comes to stubborn areas of fat like flanks, abdomen, back bulges and thighs.

During the procedure a vacuum applicator is placed on the area, the tissue is drawn into the hand piece and two cooling panels cool down to freeze fat cells in about 35 minutes, followed by a 2-minute massage upon completion to improve the outcome. The patient then can go home and resume normal activities. Over a few months, fat cells will die and be naturally removed from the body.

Vanquish Radiofrequency adipose tissue melting is a treatment that harnesses the power of radio frequency energy to target fat cells. The applicator automatically produces radiofrequency energy, which is transmitted to fat cells without affecting skin or muscle tissue. As the energy is absorbed by the fat cells, they heat up and die.

Through a natural process called apoptosis the body flushes dead fat cells out of the body. This is a fascinating technology where there is no contact with the body, and the radiofrequency energy targets the fat cells. The unique contactless panel allows patients to treat a broad area at once, producing more results with no lines of demarcation.

Vanquish Radiofrequency adipose tissue melting is effective to help slim the abs, belly, love handles, and thighs. It is designed to treat and adjust to each of these areas where fat is unwanted. On your thighs, the system simultaneously slims both the inner and outer thighs, and saddlebags. This allows for enhanced patient outcomes and shorter treatment times. ♦



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## Dr. Pamela Marzban, DDS

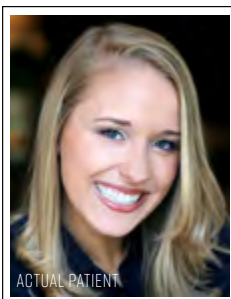
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Dr. Marzban is an exceptionally qualified practitioner of general dentistry with elite training from the Las Vegas Institute for Advanced Dental Studies (LVI) in the fields of cosmetic dentistry and neuromuscular dentistry. Along with her advanced training, Dr. Marzban brings to her practice a passion for helping patients improve their quality of life with a stunning smile and lasting oral health. Dr. Marzban is committed to using the most advanced dental technology and treatments in order to provide you with the exceptional levels of care you deserve. She is a firm believer in the adage, "Every smile has a story," and she strives to change the lives of her patients by delivering a beautiful smile that restores confidence and maintains optimal levels of oral health for years to come.

Cosmetic dentist, Dr. Pamela Marzban provides a wide range of family and cosmetic dentistry services to patients throughout Burke, Fairfax, Fairfax Station and the surrounding Northern Virginia communities. As a native Virginian, she is both proud and honored to be able to serve the community in which she has spent almost her entire life.



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## NORTHERN VIRGINIA B2G MATCHMAKING CONFERENCE AND SMALL BUSINESS EXPO MAY 7TH

The Greater Reston Chamber of Commerce's 7th Annual Northern Virginia B2G Matchmaking Conference and Small Business Expo will be held May 7th at the Inova Conference Center in Fairfax.

This regional half-day event is designed for emerging to established government contractors who want to take their business to the next level. The program is comprised of a keynote presentation from Roger Krone, Chairman and CEO of Leidos, a Small Business Expo, matchmaking conference, and educational sessions - there is something for everyone.

The Small Business Expo enables your company to showcase your services to the 300+ attendees and build brand awareness in the govcon community.

The Matchmaking Conference provides registrants the opportunity for one-on-one pre-scheduled matchmaking meetings. Jennifer Rhodes, Executive Vice President of Tagence advises, "Meet procurement and small business liaison officers from 35 government agencies and prime contractors. Come prepared to speak about your business and learn about how best to win contracts with them."

The educational sessions will be taught by government experts who will share ideas and strategies on a number of relevant govcon topics. "Education Sessions will offer opportunities for participants to hear about new programs and initiatives being implemented by the Government to help private sector businesses connect to the

federal marketplace," explains Iris Britt, president of Iris Britt Consulting, a local government contracting company.

The morning will kick off with keynote speaker Roger Krone providing great insight on emerging trends in the govcon industry. Additionally, Antonio Doss, the Washington Area District Director of the Small Business Administration, will return to share the importance of small businesses in the govcon vertical.

This event has outgrown its venue each year and has quickly become known as the premier business-to-government event taking place outside of the beltway. ♦



BY ROBERT GLAZER

# Clear Habits

## The power of the domino effect in goal-setting.

The truth is that, for most, it's not willpower or desire that helps us reach our goals; it's changing our habits and making little, seemingly minor decisions each day that contribute to the big, noticeable changes later on.

That said, willpower does play an essential role in establishing new habits and reaching important goals. Research has shown that a new habit takes at least 60 days to stick. So, pushing through, delaying gratification and resisting short-term temptations during this time frame requires willpower.

A few weeks back, I had the privilege of sitting down with James Clear, bestselling author of *Atomic Habits* and a recognized authority on the topic of habits. Clear's writing process actually started as a weekly habit. Today, several hundred thousand people subscribe to his newsletter and read his insights.

Here are a few key takeaways on habit-building that I learned from reading *Atomic Habits* and from my recent discussion with James:

### The 1% Rule

Most of us want change to happen overnight. As such, we tend to lose patience waiting for our efforts to produce results. The reality is that lasting change manifests from compounding effort; doing or not doing small, seemingly insignificant things each and every day. And this takes time.

Clear did the math on all this and found that, if you can get 1 percent better each day for one year, you'll end up thirty-seven times better by the time you're done. Conversely, if you get 1 percent worse each day for one year, you'll decline nearly down to zero.

Take soda as an example. Over the course of a year, you would surely see the result of adding or subtracting the 51,000 calories (of mostly sugar) contained within a can of soda.

Same thing goes for something like running a marathon. If you started by running just a half-mile and then ran 1 percent more each day, in just a few months, you'd be running the distance.

Now, you'd need to tap into that willpower thing again to actually put one foot in front of the other and start running, but running 1 percent more each day is psychologically more doable than the idea of running a full marathon.

### Habit Stacking

One of the best ways to successfully add a new habit into your routine is to stack a new habit on top of an existing one.

Let's say part of your morning routine is to make coffee first thing and you want to start writing in your journal in the morning. Using the habit stacking method, you'd set your coffee to brew and write in the journal during those five minutes your coffee is being made. Since your morning coffee is already a built-in trigger, it makes it easier to stack a new, positive habit on top of it.

You can do this professionally as well. Want to celebrate more wins within your organization? Add that segment to an existing daily meeting.

### Moment of Decision

Each day, personally and professionally, we face key decision-making moments that can alter our outcomes for not only the rest of the day but for long after. Whether you decide to log onto Facebook and get distracted or make headway on that writing project is drastically affected by what happens in the first few seconds.

If your phone is right next to you when you wake in the morning, you might go down the Facebook route and miss your writing window. However, if you leave your cell phone downstairs and replace it with a pen and journal on your night stand, you are more likely to write in those first few moments after waking.

These small changes drive you towards more desirable choices that, eventually, you'll find easier to do and continue doing.

Next week I'll talk about the role environment plays in both encouraging the right choices and discouraging the wrong ones. In the meantime, I hope you enjoy my conversation with James Clear on the *Outperform* podcast. It's packed with habit wisdom from the master.

*Robert Glazer is the founder and CEO of Acceleration Partners, an award winning performance marketing agency. 100,000+ leaders in over fifty countries receive his "Friday Forward" each week and share it with their company, family and friends. Join today at [www.fridayfwd.com](http://www.fridayfwd.com)*





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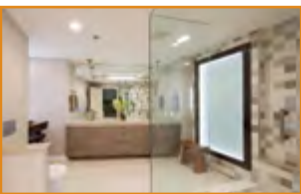
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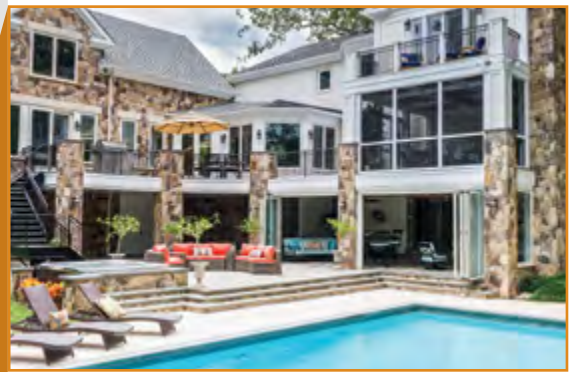


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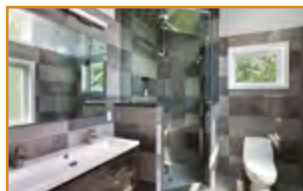
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BY SUSAN BALDANI

## PUTTING A STOP TO THE INCREASE IN TEEN SUICIDES

### *Be the solution for teens in crises*

Teens are under enormous pressure to succeed both academically and socially. Social media also heightens feelings of inadequacy by making everything and everyone seem perfect, and trying to live up to these high standards can lead to depression and other mental health issues. Once a person feels overwhelmed or without hope, it's crucial for them to get the help they need, and fast. Thinking that they'll just get over it eventually and waiting for the crises to pass is not the solution.

According to the American Academy of Child and Adolescent Psychiatry (AACAP), suicide is the second leading cause of death for children, adolescents, and young adults ages 5 to 24. They found that "suicide attempts may be associated with feelings of stress, self-doubt, pressure to succeed, financial uncertainty, disappointment, and loss." To put a stop to these feelings, some teens feel that suicide may be the only option.

As reported in the 2018 USA Today article "Teen suicide is soaring. Do spotty mental health and addiction treatment share blame?" by Jayne O'Donnell and Anne Saker, "The suicide rate for white children and teens between 10 and 17 was up 70% between 2006 and 2016, the latest data analysis available from the Centers for Disease Control and Prevention. Although black children and teens kill themselves less often than white youth do, the rate of increase was higher — 77%."

There are things that can be done to prevent these tragedies, but quick intervention is key. Knowing about the causes, signs and risk factors can save lives.

Suicide rates are actually on the rise in the US, despite the myriad of resources available for help. "Suicide is a leading cause of death for Americans — and it's a tragedy for families and communities across the country," said Centers for Disease Control and Prevention (CDC) Principal Deputy Director Anne Schuchat, M.D. "From individuals and communities to employers and healthcare professionals, everyone can play a role in efforts to help save lives and reverse this troubling rise in suicide."

While speaking about suicide, it's important to note the differences surrounding this topic. The National Institute of Mental Health breaks them down into three types:

- **SUICIDE**—death caused by self-directed injurious behavior with intent to die as a result of the behavior.
- **A SUICIDE ATTEMPT**—a non-fatal, self-directed, potentially injurious behavior with intent to die as a result of the behavior. A suicide attempt might not result in injury.
- **SUICIDAL IDEATION**—thinking about, considering, or planning suicide.

Parents, caregivers, teachers and others who deal with teenagers should be on the lookout for signs that a teen is at risk for suicide. Some of these may include withdrawing from friends and family as well as activities that they used to enjoy. A decline in school grades, giving away beloved possessions, changes in eating or sleeping patterns, and a more than passing interest in death and dying are other possible indicators. Some teens may even directly express their wishes such as saying "I wish I was dead," or "I won't be a problem for you much longer."

Other risk factors to take into account are if the teenager is a victim of bullying, has a family history of mental illness or suicide, has access to firearms, and/or is exposed to violence.

As stressed by the AACAP, speaking to teens about depression and suicide is critical. People shouldn't fear that bringing it up will put the possibility into the person's head and therefore lead to its occurrence. Some of the questions they recommend asking are:

- Are you feeling sad or depressed?
- Are you thinking about hurting or killing yourself?
- Have you ever thought about hurting or killing yourself?

If the answer is "yes" to any of these questions, the teen needs immediate help and encouragement to speak with someone they feel comfortable with, be it a parent, teacher, guidance counselor, coach, or clergy person. In addition, they should call the toll-free National Suicide Prevention Lifeline at 1-800-273-TALK (8255), available 24 hours a day, 7 days a week. The service is available to anyone and all calls are confidential. In Virginia, they can also go to the Suicide Prevention Resource Center at [www.sprc.org/states/virginia](http://www.sprc.org/states/virginia) for a list of people and agencies that can assist.

Help is available. With the right knowledge, awareness, and interventions, teen suicides can be prevented. ❖



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Reston Historic Trust's newly elected officers (left to right): Bonnie Haukness, (Secretary), Carolyn Flitcroft (Chair) and Kristina Alcorn (Vice Chair)



Reston Historic Trust new members (left to right): Kim Casson, Suzanne Zurn and Charlotte Geary

## RESTON HISTORIC TRUST & MUSEUM WELCOMES NEW BOARD OFFICERS AND MEMBERS

At its January 16th annual meeting, members of the Reston Historic Trust welcomed its newest Board Officers and members and saluted out-going Chair, Shelley Mastran. Convening at the Museum at Lake Anne, the Board and friends of the Trust gathered to hear Ms. Mastran deliver her last "State of the Trust" overview for 2018 before relinquishing the Chair's gavel. All attending were unanimous in their grateful recognition of her 8-year service to the Board. A new Chair (Carolyn Flitcroft), Vice-Chair (Kristina Alcorn) and Secretary

(Bonnie Haukness) were nominated and named, having all previously served on the Board, and three new members, Kim Casson, Suzanne Zurn and Charlotte Geary were warmly welcomed. Business completed, members and guests wrapped up their evening with the chance to "meet and greet" at the after-reception.

The Trust is a community-based non-profit organization formed to sustain the unique history of the award-winning, planned community of Reston and sponsors Founder's Day

every April and operates the Reston Museum & Shop on Washington Plaza in the historic Lake Anne Village Center.

With a full-time director, small staff, and team of resident docents, the Trust offers year-round community exhibits and archives, walking tours, children's art workshops, lecture series, an annual Home Tour, and public events that strive to make history both fun and relevant. The museum also offers original art, crafts, and Reston signature items for sale. ♦





The Scout and Molly Team, from left to right: Rhonda Fleming-Landrum, Manager; Erin Clegg, Sales Associate; Riley Cosgrove, Assistant Manager; Yesica Morales, Sales Associate; Victoria Scothorn, Sales Associate; Jane Abraham, Owner; Betsy Abraham, Co-owner

## SCOUT & MOLLY'S CELEBRATES 2ND ANNIVERSARY AT RESTON TOWN CENTER

*Another year older never looked so good!*

Scout & Molly's, the fashionable women's clothing boutique, recently marked two years at Reston Town Center and Jane Abraham – who co-owns the store along with twin daughters, Betsy and Julie – knew exactly where she wanted to be when she opened the doors in 2017. "From its start," she explains, "Town Center has been an important home to Reston's retail and community activities. This is where all the lines come together."

After a successful career in the private, nonprofit and political sectors, and with a wide range of experience serving on educational, cultural and social service boards, Abraham was looking for the opportunity to start a business with her daughters that would allow them to stay true to their commitment to service. At Scout & Molly's Reston, the Abrahams are endeavoring to change looks and lives, a philosophy that's not often found in the clothing business.

On the retail side, the Scout & Molly's Reston team is inspiring women to feel good (no matter their age) and helping them express their personality and individuality with confidence through the unique styles that the Abrahams personally curate. "It's not just about

the clothes," says Jane. "For many of us, there can be a bigger impact; as any woman with a love of fashion will tell you, looking good can make you feel inspired, helping you boost the spirit and skills within."

Walking into the store on Market Street, customers are presented with a cozy and comfortable setting that's a little like shopping in your best friend's closet. Beautiful clothes and accessories, many styled to be "problem-solving", are complemented by the team's personal attention and outfitting expertise, an overall experience that frequently leads to lasting connections with customers.

And their commitment to the community is equally empowering, offering local brands as often as possible and giving back to multiple charities throughout the year. Through partnerships such as the one with *Women Giving Back*, the Abrahams are assuring that local women in crisis can access the quality clothes, free of charge, that will help build their confidence and self-esteem (offered with personal attention and uplifting interaction at the WGB's own boutique-like store in Sterling) and enable them to improve their lives and achieve independence.

This sense of community and lending a helping hand inspired the Abrahams to create a signature event at RTC: *Reston Runway to the Cure* brings Scout & Molly's Reston together with other retail neighbors for a yearly fashion show of clothing and accessories at the Pavilion to raise funds for breast cancer research and support services. Because of the strong community backing, a non-profit board has now been established to oversee this annual event. The third annual "Runway" is scheduled for October 19th and the giving spirit is clearly catching on, with even greater retail and audience participation expected.

For Jane Abraham and the team at Scout & Molly's Reston, giving back is always in style! ♦

(Insider Tip: Be sure to follow Scout & Molly's Reston on social media to be the first to learn about new arrivals, in-store specials and community support!)

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BY SUSAN BALDANI

## Keeping Classroom Sizes Small For Higher Student Achievement

When choosing a school for your child, many factors have to be considered. For example, the teaching style, the location, and the curriculum are important criteria to take into account.

Another crucial factor is class size. Many studies have shown that the lower the student-teacher ratio, the higher the student achievement. The article, "How important is class size?" published on [www.GreatSchools.org](http://www.GreatSchools.org), showed that there are many advantages to lowering class size to fewer than 20 students. This is especially true in the early grades and with children who come from disadvantaged or non-native English-speaking households. "Students are less likely to be retained, more likely to stay in school and more likely to earn better grades."

What are the Advantages of Small Class Sizes?, on [www.methodschoools.org](http://www.methodschoools.org), explains why small classrooms may have huge advantages over larger ones. For one thing, they are quieter. There are not as many students moving around, getting up to sharpen their pencils, going out to use the restrooms, or shuffling papers. For another, it's easier for teachers to give more one-on-one attention to students, especially those who need more help as well as those who learn faster and need additional work to keep them from getting bored and restless.

Students in smaller classes also get to know one another better and are more likely to develop closer friendships with their peers. They may, therefore, be more inclined to reach out to them when they have questions or need help on a project or skill.

Discipline is also easier and disruptions more manageable with fewer kids, so instead of time being spent on behavioral issues, the focus can be on the actual teaching. In addition, smaller classes cut down on administrative duties. For example, taking attendance, passing out papers and grading assignments take less time, which allows the teacher to spend more energy on his or her students.

Don Ernst, director of government relations with the Association for Supervision and Curriculum Development (ASCD), said in the article *Are Smaller Classes the Answer?* on [www.educationworld.com](http://www.educationworld.com), that "smaller class size enhances learning for a basic common-sense reason -- it helps teachers in getting to know the kids. You can get to know 19 kids better than you can get to know 30 kids." Teachers can then figure out what their strengths and weaknesses are and tailor their instruction to meet those needs.

Most states, such as Virginia, have standards of quality in place regarding class size in public schools. To give an example, for grades one, two, and three there should be a ratio of 24 students to one teacher with no class being larger than 30 students.

However, many private schools tend to keep class sizes even smaller. A study by The National Council of Teachers of English (NCTE) showed that "two of the top five reasons parents gave for choosing a private school are 'smaller class sizes' (48.9 %) and 'more individual attention for my child' (39.3%). The other three reasons were better student discipline, better learning environment, and improved student safety, all of which are influenced by class size."

Academic gains are not the only benefit of lowering class size. A recent study published in the *American Journal of Public Health* revealed that reducing class sizes in elementary schools may be more cost-effective than most public health and medical interventions. This is because "students in smaller classes are more likely to graduate from high school, and high school graduates earn more and also enjoy significantly better health than high school dropouts."

The NCTE also stated in the article *Why Class Size Matters Today*, that "researchers have found that reducing class size can influence socioeconomic factors including earning potential, improved citizenship, and decreased crime and welfare dependence. The beneficial effects of being assigned to a small class also include an increased probability of attending college."

Of course, there are many factors that determine a child's educational success, such as the leadership of a school, the quality of the teachers and curriculum, the home environment, and academic aptitude. But research has shown time and again that keeping the class size on the smaller side is one way to make sure children get the attention and focus of the teacher that they need to succeed, in school and in life. ♦



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# Special Needs and Adaptive Camps, Playgrounds, & Programs in Northern Virginia

By Patricia Lee Hall



Summer camps, recreational activities, special events... For most parents seeking fun programs for their children, opportunities abound in Northern Virginia. Hundreds of camps, enrichment programs, indoor playgrounds, sports teams, leadership organizations, and more are available to them. Some other parents are not so lucky, especially when it comes to summer camps. For these families, finding a program that properly serves their children is a rarity.

Such was the case for Jen Reese of Sterling when she sought a summer camp for her young daughter – until she discovered Loudoun County's adaptive camps. "There are no other camps around that will accept my daughter due to a complex medical diagnosis," Reese says. But thanks to the county's Adaptive Recreation camps, her daughter Cailyn, now age 10, has enjoyed fun summer days as much as other children do, participating in drama, water play, games, and more. "Adaptive Rec Camp has always been accessible to her and other kids in the area," Reese says. Her daughter, who has attended these camps for six years, "gets to participate in 'regular' camp activities: field trips, pool days, and even a talent show. Her summers would be very boring if we didn't send her to camp. Her dad and I both work full time and she'd be sitting at home with a nurse all day."

Providing everyday fun experiences for kids—without overwhelming them—can

be an issue for other parents such as Anjali Gulati. "When my son (now 14) was younger, we never had a place to take him that wasn't overstimulating or athletic-based. So, it soon became my mission to open a place for ALL kids of ALL abilities," she said.

Anjali is the owner of We Rock the Spectrum, a sensory-friendly gym in Loudoun County that provides a place for all children of all abilities to play and grow together. "As the only sensory kid's gym that offers an all-inclusive philosophy, we have found that children can benefit greatly from this inviting multi-sensory environment offering a zip line, a variety of swings, wall and rope climbing, a pretend-play area, and opportunities for fine motor play, crafts, and much more," Gulati says.

"We opened We Rock the Spectrum because we knew the need for a safe and inclusive place for all kids to have fun," she says. And indeed, the facility serves all: children with physical limitations, those who are emotionally or developmentally challenged, and fully abled kids.

The indoor playground is open year-round and offers summer camps as well. It's one of several facilities and programs in the area—some private, some run by local governments—whose goal is to give children and young adults the fun and joy of youth. Below we present local summer camps, playgrounds, recreational facilities, and special events that serve children of all abilities. Because sometimes parents need a break, too, we also

include respite programs that provide kids with a fun night and caregivers some much-needed down time.



## CAMPS

Camps that cater to or purposefully include children with special needs give them a chance to have as much summer fun as other kids get. Whether their special needs stem from a physical limitation or are based on social and developmental skills, kids at these camps will be not just accommodated but enthusiastically welcomed and included.

### We Rock the Spectrum

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

We Rock the Spectrum is the local franchise of a national company serving kids of all abilities, with a focus on those on the autism spectrum. This summer, the children's gym in Sterling will offer camps on certain weeks with different themes. Camps are open to all kids, and parents or aides are welcome to attend the camp for free along with their child. Children must be at least five years old and potty-trained (or have an aide attend with them). Camps are usually half days from 9 am-noon and consist of games, arts and crafts, sensory play, snack time, and open play in the gym with zip lines, trampolines, tunnels, and more. Sterling, VA 571-313-0335



## Fairfax County Therapeutic Recreation Services

[www.fairfaxcounty.gov/neighborhood-community-services/therapeutic-recreation](http://www.fairfaxcounty.gov/neighborhood-community-services/therapeutic-recreation)

Fairfax County's Therapeutic Recreation Services (TRS) provides opportunities for children and adults with disabilities to develop the skills that enable them to participate in recreation and leisure programs. TRS offers summer camps for kids ages 5-12 and for young adults ages 13-22. For kids ages 5-12 (five-year-olds must have completed kindergarten), camps are full of special events, art activities, sensory play, games, sports, field trips, and music activities geared to their abilities. All camp sites are open to participants who are on the autism spectrum, who have attention deficit disorders, or who have developmental, intellectual, emotional, physical, or learning disabilities. Multiple locations in Fairfax County 703-324-5532 NCS-TRACERS@fairfaxcounty.gov

## Loudoun County Adaptive Recreation

[www.loudoun.gov/adaptiverec](http://www.loudoun.gov/adaptiverec)

Each summer Loudoun County offers a six-week adaptive camp. Camps are full-time and offered on a first-come, first-served basis, and the price is the same for county and non-county residents. Camps provide all individuals the opportunity to participate in recreational programs to enhance their quality of life while fostering a community of respect, acceptance, and inclusion. Summer day camps have weekly themes and activities including games, sports, crafts, swimming, field trips, and special events. Campers enjoy activities that foster independence, self-awareness, community leisure education, and positive interpersonal relationships. The camps are open to children and young adults ages 5-21 of various disabilities or diagnoses, including attention deficit disorders, autism disorders, and intellectual disabilities across all levels, from mild to severe or medically fragile. Multiple locations in Loudoun County [adaptiverecreationcamp@loudoun.gov](mailto:adaptiverecreationcamp@loudoun.gov)

## Camp Aristotle at The Auburn School

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

The Auburn School's Camp Aristotle serves children with autism spectrum disorders, attention deficit disorders, and receptive, expressive, or pragmatic language challenges. Not all campers have a formal diagnosis, however, and the camp welcomes students who simply may have trouble with peer relationships and/or impulse control. Camp staff understand that regular camps often won't work for these children, since those

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programs often lack sensory breaks or the right tools. Camp Aristotle instead tries to provide a stress-free, fun environment where participants still can be highly engaged, rotating through activities designed to improve social skills and foster discovery. The fun includes creative arts, drama, cooking, music, movement and dance, team-building games, science experiments, construction and design, water play, and computer activities. Camp Aristotle accepts rising kindergarten through rising ninth-grade campers for both half-day and full-day options. Chantilly, VA 703-793-9353

### Camp Splish-SPLOSH

[buildingblockstherapy.com/splishsplos-summer-camp](http://buildingblockstherapy.com/splishsplos-summer-camp)

Camp Splish-SPLOSH is a speech, language, and occupational therapy camp for kids ages 4-10. The therapeutic summer camp run by speech language pathologists and occupational therapists is a joint project of Building Blocks Therapy and Fairfax FUNDamentals. While serving mostly as a therapeutic camp, fun plays a big role, with participants spending half the day outdoors enjoying varied activities. There are daily themes, with scheduled activities and ample time for free play and socialization. Children participate in sensory play, crafts, or games targeting fine motor, language, or gross motor skills. Falls Church, VA 703-533-8819

### A Place to Be

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

A Place to Be helps people face, navigate, and overcome life's challenges using the clinically-based practices of music therapy

and expressive arts therapy. The organization serves people of all ages with any challenges related to physical, medical, behavioral, learning, intellectual, developmental, social, and life issues. Through summer camps, participants may create music, produce a full-scale musical or dance routine, work on improvisational skills, or explore nature to nurture creativity. Middleburg, VA 540-687-6740



## PLAYGROUNDS

The quintessential gathering spot for children, the playground is one place that should be available to all kids. Even in our gadget-obsessed age, playgrounds remain popular places where children can explore, have fun, and enjoy life's simple pleasures. Unfortunately, many parks are not equipped to serve children with disabilities. But luckily for Northern Virginia families, there are some parks whose playgrounds cater to children of all abilities.

### Clemjontri Park

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

This beautiful, brightly colored, and cheerfully designed Fairfax County Park Authority (FCPA) property may be the best-known of the local fully accessible parks. A unique playground where children of all abilities can play side by side, the park was founded as a place "where children who use wheelchairs, walkers or braces, or who have sensory or developmental disabilities, can have a parallel playground experience of fun

and exploration." The park also has Virginia's first Liberty Swing, which lets wheelchair users the experience of swinging without having to transfer from their wheelchairs. Other features include a carousel, trackless train, and picnic pavilion. McLean, VA 703-388-2807

### Chessie's Big Backyard, Lee District Park

[www.fairfaxcounty.gov/parks/recenter/lee-district/family-recreation-area](http://www.fairfaxcounty.gov/parks/recenter/lee-district/family-recreation-area)

Chessie's Big Backyard at Lee District Park (another FCPA property) also serves children of all abilities. This playground with a Chesapeake Bay theme for kids 5-12 incorporates slides, swings, and other equipment designed for use by all children, including those with special needs. It has padded rubber floors and many features to crawl through or climb over, and ramps wide enough for wheelchair access. Children can enjoy slides, swings, and other specially designed equipment. The park also has the "Our Special Harbor," a fully accessible sprayground. Franconia, VA 703-922-9841 TTY 711

### Claude Moore Fun for All Playground

[www.warrentonva.gov/government/departments/parks\\_and\\_recreation/warf/about.php](http://www.warrentonva.gov/government/departments/parks_and_recreation/warf/about.php)

Adjacent to the Warrenton Aquatic and Recreation Facility, the Claude Moore Fun for All Playground was designed for all children, with a focus on accessibility for kids with disabilities. The park serves to help children with their physical, social, and psychological development and provides a place where kids of differing abilities and their families can have fun together. The park has a soft rubber surface, ramps and low platforms, and special equipment including a harness swing. Sensory components include Braille panels and interesting textures. Warrenton, VA 540-347-1101

### Hadley's Main Street USA Playground

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

Located right across from the Dulles Town Center, this playground has a shopping theme of "Main Street USA," with structures such as a local bank, car wash, fire station, and post office. The modern, brightly colored park provides accessibility so everyone, with or without disabilities, can play together. The park has rubberized, wheelchair-friendly surfaces, Braille signs, and accessible play equipment. Dulles, Virginia





## INDOOR RECREATION

No matter the season or the weather, kids of all abilities still can get exercise and play time at an indoor recreation facility. Whether it's for a weekly class or just a drop-in session, visiting one of these children's gyms gives kids a chance to work on their motor skills, learn and play games, socialize with others, and challenge themselves to try new skills.

### We Rock the Spectrum

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

Open year-round for indoor fun, We Rock the Spectrum is an indoor gym open to kids of all abilities, with special attention on those on the autism spectrum. The facility is designed as a place for children of all ability levels to play and grow together for a truly inclusive experience. Its specially designed sensory equipment helps children with sensory processing disorders but enables children of all ability levels to play together. Kids get exercise, have fun, and play games on equipment that includes climbing structures, a crash pit, a bolster swing, tunnels, slides, a trampoline, and a zip line. Classes include programs on social skills, yoga, and creative dance. We Rock the Spectrum also hosts birthday parties and special events. Sterling, VA 571-313-0335

### Wings to Fly Therapy and Play Center

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

Wings to Fly is an integrated therapy and recreational center that "empowers families to become their own experts of their children's potential." Along with therapy programs (occupational, speech and language, music, and art) and other services, it offers clients, their siblings, and the public a chance to enjoy the occupational therapy equipment and other spaces for a fun and sensory exploration during open play times. Chantilly, VA 703-466-5533

### Monkey Joe's Dulles Exceptional Kids Night

[www.monkeyjoes.com/locations/dulles](http://www.monkeyjoes.com/locations/dulles)

This huge inflatable play and party center features wall-to-wall slides, jumps, and obstacle courses, plus a separate toddler play area, arcade, café, and lounge with free Wi-Fi. It's open daily for walk-in play, and on the fourth Wednesday of each month it hosts Exceptional Kids Night for families. On these nights, 5-7 pm, all kids with special needs are invited to enjoy the bounce structures for free, and admission for siblings is just \$5 each. Sterling, VA 703-966-8300

### My Gym Chantilly

[www.mygym.com/chantilly](http://www.mygym.com/chantilly)

My Gym, a renowned chain of children's fitness centers with more than 600 locations worldwide, teaches children in a fun and physically engaging environment. At these cheerful and safe gyms, young children learn about fitness, group play, and self-confidence. To give this opportunity to all children, My Gym Chantilly hosts a once-weekly class for kids ages 2-8 with special needs. The program concentrates on gross motor skills and socialization with students progressing at their own pace. Parents or an aide are required to be present at these sessions. Chantilly, VA 703-378-3100



## SPECIAL PROGRAMS AND EVENTS

Children and young adults who need or want just an occasional day out have options in Fairfax and Loudoun. Both counties offer therapeutic programs to people with special needs throughout the year for socializing and learning new skills.

### Fairfax County Therapeutic Recreation Services

[www.fairfaxcounty.gov/neighborhood-community-services/therapeutic-recreation](http://www.fairfaxcounty.gov/neighborhood-community-services/therapeutic-recreation)

Fairfax County's Therapeutic Recreation Services gives children and adults with disabilities the chance to enjoy recreation and leisure programs of their choice. Its multiple yearlong programs (in addition to summer camps; see section above) cater to various interests. There are water safety sessions, wheelchair sports, and multi-purpose programs for exploring art, sport, sensory, dance, and music opportunities, all adapted to meet their individual needs in a structured environment. For preschoolers there is also the Saturday Morning Integrated Leisure Experience, offering arts and crafts, sports, games, and more for children with and without disabilities. Multiple locations in Fairfax County 703-324-5532 NCS-TRACERS@fairfaxcounty.gov

### F.A.N.tastic Times

[www.fairfaxcounty.gov/neighborhood-community-services/therapeutic-recreation/fantastic-times](http://www.fairfaxcounty.gov/neighborhood-community-services/therapeutic-recreation/fantastic-times)

Fairfax County TRS also offers Family Autism Night (F.A.N.), a free drop-in program for individuals on the autism spectrum ages 2 to 22 years old and their families to have

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fun playing, socializing, and interacting with other families. F.A.N. events throughout the year enable participants to play, socialize, and interact with other families. Each evening includes a spotlight activity such as arts and crafts or swimming. Multiple locations in Fairfax County 703-324-5532

### Loudoun County Adaptive Recreation

[www.loudoun.gov/adaptiverec](http://www.loudoun.gov/adaptiverec)

In addition to summer camps (see section above) Loudoun County offers special one-time events throughout the year for teens and adults with physical, developmental, and other disabilities. The Adaptive Recreation Program of Loudoun County Parks, Recreation and Community Services serves individuals of all abilities and skill levels. These programs provide opportunities for fun and learning in a safe and nurturing environment, and can include movie nights, crafts, cooking classes, and workout sessions with a personal trainer. There are also sessions for kids such as bowling and laser tag during student holidays. Multiple locations in Loudoun County [adaptiverecreationcamp@loudoun.gov](mailto:adaptiverecreationcamp@loudoun.gov)



### RESPIRE PROGRAMS

Caring for a special-needs child can take its toll, often resulting in physical and mental fatigue for caregivers. Respite programs give parents and other caregivers much-needed recuperative rest or extra time, while their kids have fun and are cared for by compassionate professionals.

### Jill's House

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

Jill's House provides care and support to children with special needs and their families through overnight respite care and therapy programs all throughout the year. The Christ-centered non-profit organization, established in 2003 in Vienna, serves children ages 7-18 with special challenges, be they physical/medical or emotional/intellectual. Lon and Brenda Solomon created the 42,000 square-foot respite lodge in Vienna in honor of their daughter Jill and in gratitude for their own experiences with respite for her care. Jill's House now gives children an unforgettable overnight experience under the loving and skilled supervision of highly trained staff and nurses. Parents can sign up for school-night or weekend programs. For the overnight program, Jill's House picks up kids from a participating school, provides them with dinner and fun activities, and returns them

to school the next morning to give caregivers a full night off. With the weekend program, caregivers drop off kids at Jill's House on Friday and pick them up on Sunday. While at Jill's House, children can enjoy crafts, music, activity rooms, a swimming pool, pet therapy, a library, and outdoor fun including rowing, a zipline, and campfires. Vienna, VA [info@jillshouse.org](mailto:info@jillshouse.org)

### Fairfax County Therapeutic Recreation Services

[www.fairfaxcounty.gov/ncs/tracers/UP/ProgramListing.aspx](http://www.fairfaxcounty.gov/ncs/tracers/UP/ProgramListing.aspx)

**ProgramListing.aspx**

On select dates throughout the year, the Fairfax County TRS offers a Caregiver Night Out. The program enables participants ages 6-22 to enjoy leisure activities so parents or caregivers can have an evening out. Activities include art, cooking, or fitness in a fun and structured environment, or may involve a fun outing such as a visit to a nature center. Fairfax, VA 703-324-5532

### Other respite programs

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

The Arc of Northern Virginia is a local chapter of the largest non-profit organization supporting people with intellectual and developmental disabilities and their families. As part of its work to connect families with useful resources, The Arc maintains a list of other nearby facilities where parents can experience respite retreats. Falls Church, VA 703-208-1119



### SUPPORT ORGANIZATIONS

Many non-profit organizations exist to support families with children with disabilities, most of which are well-known. One local one that is new, however, is Fairfax County Special Education PTA, or SEPTA (see <https://fairfaxcountysept.org>). Officially launched in April 2017 by parents of special needs students, SEPTA provides education, advocacy, and support groups for both students and parents. No diagnosis is required to participate in the groups, which include peer support sessions and opportunities for educational sessions and social outings.

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



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# ASK AN ADVISOR

## ABOUT RETIREMENT PLANNING

### FOR WOMEN BREADWINNERS

When I started my career, I was part of a dual-income household. Three children and one debilitating back injury later, I have become the sole provider for my family. I know I am not alone, 40% of American households have a woman as the primary breadwinner.<sup>1</sup> This shift from the traditional homemaker role has left many women to perform the non-stop juggling act of working, running the household, and managing the family's finances. With so much to deal with, many women put saving for retirement on the back burner.

Prioritizing self-care is always tricky for women, but planning for the day you can finally stop working should be at the top of every woman's to-do list. I know how hard it can be to put yourself first, but the list below provides three things every woman should think about when it comes to retirement:

### Competing priorities do complicate retirement planning – but does not make it impossible

If you're responsible for your household's income, children's education, and/or the care of your aging parents, it can be difficult to prioritize saving for your own retirement above the needs of your loved ones. It may even seem selfish to put money away for your own future, but your ability to take care of

others is also dependent on your ability to take care of yourself.

Studies show that working women continue to perform the majority of housework and child-care duties. So it's not surprising that female breadwinners prioritize immediate financial matters (i.e. paying tuition and utility bills), but struggle to find time for longer-range financial planning. That's where working with a professional can have a big benefit.

A good advisor will help you identify where you stand financially right now and create goals that clearly identify where you want to be in the future. Once you know your financial goals, you can create a financial plan that identifies the steps you need to take to pursue those goals. Building a plan will help you pinpoint key opportunities and weaknesses in your finances and then take action.

### Trying to “have it all” might leave you with less

We all want the best of everything for our loved ones and we all want to have a financially secure retirement, but “having it all” might not be possible. It's important to put spending and savings decisions you make today in context, and understand how those decisions may have long-term effects on your future.

One common tradeoff I see women struggle with is prioritizing funding their children's college over their own retirement saving. I think it is important to remember that your children can get scholarships or loans to help fund their college, but neither of those options is available for your retirement.

### You need to plan for the *long* long-term

With advances in overall health and healthcare technology it's extremely likely that if you retire at age 65, you will live another 20 years or more. Your assets will need to generate enough growth to accumulate a nest egg, outpace inflation, and provide income for the long term. Part of the ability to grow your wealth is assessing the tradeoff between risk and reward.

Many women have a tendency to be risk-averse when it comes to investing, but you need to understand the hazards of being too conservative. With the recommendations and support of a good Advisor, who can help you assess the risk/reward trade off, you should have the confidence to step a little out of your comfort zone.

As investors, women face unique obstacles in terms of both earning money and making that money grow for the future. Despite this challenge,



women also have equal access to financial planning and investment advice. Accumulating adequate resources for longer lives requires substantial savings coupled with reasonably aggressive investing - both of which women are more than able to do. ♦

*1 Pew Research Center analysis of Breadwinner Moms*

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

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BY LINDA BARRETT

## Meet Up for Wine

Clubby ways to enjoy wine and build friendships through Meetup events.

Believe it or not, there are lots of people who enjoy tasting and drinking wine. And that is evident in the many wine-based Meetups in our area.

For those not familiar with Meetup, you can search online by topic for groups sharing any common interest, like “wine.” Once you’ve identified a group you’d like to join, most require you to fill out a brief online survey and submit a photograph. Your membership is subject to approval by the group organizer.

Once a member, you have access to the membership list and calendar of events. RSVP to events you’d like to attend and then simply show up. You don’t need to know anyone in the group because you’ll quickly make friends because of your common interests. Some groups require attendance and small membership fees to help offset the cost of managing a Meetup group; others host events where tickets are required. But most just ask you to RSVP so they can get a good head count.

The number of members indicates how many people have joined the group, but not how many will show up for each event. You can see how many people are signed up by event on each group’s calendar. Be aware of attendance limits and waiting lists for some events.

Ready to join? Let’s look at some of the ways you can gather with other wine enthusiasts through area Meetup groups and clubs.

### DRINK WINE AND MAKE FRIENDS IN NORTHERN VIRGINIA

#### The Virginia Wine Club

Open to anyone interested in enjoying wine, whether they are new or an expert. The goal of this group is to provide a fun, casual, snob-free environment where people can learn about, enjoy and share good wine. 2,712 members. [www.meetup.com/wine-16](http://www.meetup.com/wine-16)

#### Herndon/Reston Wine Meetup

Touted as a meetup for “Wine Lovers and Wine Snobs,” this group organizes trips to local wineries and other fun things to do in Northern Virginia. A once-a-year chartered bus tour visits local wineries. 246 members. [www.meetup.com/Herndon-Wine-Lovers-Snob-Meetup](http://www.meetup.com/Herndon-Wine-Lovers-Snob-Meetup)

#### Northern Virginia Deductive Wine Tasting

Members enjoy blind tastings and build up the skills to understand how to identify and enjoy wines without knowing what they are until the end. Playful humor and coaching help ensure future success and camaraderie for wine drinkers from novices to pros. 148 members, but limited to 15 per event. [www.meetup.com/Northern-Virginia-Blind-Wine-Tasting](http://www.meetup.com/Northern-Virginia-Blind-Wine-Tasting)



## Centreville Area Happy Hour Group

You don't have to live in Centreville to join this active group that holds weekly Friday night Happy Hours. Visits to wineries, breweries and distilleries are also on the calendar for various Saturdays and Sundays. 147 members. [www.meetup.com/CentrevilleAreaHappyHourGroup](http://www.meetup.com/CentrevilleAreaHappyHourGroup)

## Wine Lovers in the DMV

Enjoy the fun of exploring new wines at beautiful wineries throughout the DMV area. This group explores a new (to the group) winery the 2nd Saturday of each month and occasional other wine events. 394 members. [www.meetup.com/Wine-Lovers-In-The-DMV](http://www.meetup.com/Wine-Lovers-In-The-DMV)

## Northern Virginia Wine Lovers

A group to experience wines and wineries in Northern Virginia and the surrounding area at monthly meetups. 50 members. [www.meetup.com/Northern-Virginia-Wine-Lovers](http://www.meetup.com/Northern-Virginia-Wine-Lovers)

## Play Games

Strategy Board Games & Wine at Whole Foods Fair Lakes, Fairfax, VA

This group meets in a quiet wine bar located at the very rear of the Whole Foods store and up the back stairs. You'll find wine vending machines, bottles, and can even bring your own wine to enjoy while playing board games with others. 91 members. [www.meetup.com/Board-Games-and-Wine-At-Whole-Foods](http://www.meetup.com/Board-Games-and-Wine-At-Whole-Foods)

## ENJOY ACTIVITIES

### South Riding Wine with Wonderful Women

This neighborhood group invites women to relax, unwind and meet new friends while sharing good wine, good food and good times. 213 members. [www.meetup.com/South-Riding-Wine-with-Wonderful-Women](http://www.meetup.com/South-Riding-Wine-with-Wonderful-Women)

### Loudoun County Women's Wine and Books Meetup

If you have an interest in wine, especially Loudoun County wineries, and enjoy talking about a good book and hanging out with other women, this group might be for you! A relaxed and fun Meetup. 345 members. [www.meetup.com/Loudoun-County-Womens-Wine-and-Books-Meetup](http://www.meetup.com/Loudoun-County-Womens-Wine-and-Books-Meetup)

### Hindi Karaoke & Wine Meetup

A mix of professionals from all walks of life who enjoy Hindi music mainly from India, Pakistan, Nepal and other nearby countries. Members can participate as singers, instrument players or both, and members host events at locations where music can be played loudly! They are asked to bring a bottle of good wine and a dish to share. 25 members. [www.meetup.com/Hindi-Karoke-Wine-Meetup](http://www.meetup.com/Hindi-Karoke-Wine-Meetup)

## WASHINGTON, DC WINE MEETUPS

### DC Wine Tasting Group

Fellow wine enthusiasts gather to learn about wine through wine events for every kind of taster, from beginners to experienced palates. Wine events include Super Tastings, and meetings with winemakers,

wine importers and wine journalists. 8,672 members. [www.meetup.com/The-DC-Wine-Tasting-Group](http://www.meetup.com/The-DC-Wine-Tasting-Group)

### Blind Wine Tasting DC

This group focuses on improving your skills at guessing what a wine is without seeing the bottle. The more you do it, the better you get at identifying the distinctive qualities of various wines. 322 members. [www.meetup.com/Blind-Wine-Tasting-DC](http://www.meetup.com/Blind-Wine-Tasting-DC)

### Food & Wine

A Meetup looking for foodies who love to go out to enjoy good food and wine at organic, farm-to-table restaurants in the DC area. 323 members. [www.meetup.com/meetup-group-KysuTUGc](http://www.meetup.com/meetup-group-KysuTUGc)

### Classical Music Listening and Wine Appreciation

Meets at members' homes to listen to a classical work while sampling wines; the work and the wine styles are preselected. Past meetups have featured CPE Bach's Orchestral and Keyboard Works along with Dry Germ Whites, and Schumann's Orchestral Works along with South African Reds. 202 members. [www.meetup.com/Classical-Music-Listening-and-Wine-Appreciation](http://www.meetup.com/Classical-Music-Listening-and-Wine-Appreciation)

### DC Wine & Words Book Club

Women ages 21-34 are encouraged to join this group that opens members up to new genres and authors, creates challenging and engaging discussions, and provides opportunities to meet new people. Group guidelines and an attendance policy enforced. 66 members. [www.meetup.com/Wine-Words-Book-Club](http://www.meetup.com/Wine-Words-Book-Club). ♦



## 2019 Virginia Wine Expo<sup>®</sup>

FEBRUARY 26-MARCH 3, 2019

A six-day destination wine and food event held at Main Street Station in Richmond, Virginia. Presented by Publix, this year's event features the International Guest Region of Chile and the National Guest Region of Central Coast, Santa Cruz & Southern California, along with wine, spirits, cider and local artisan cuisine.

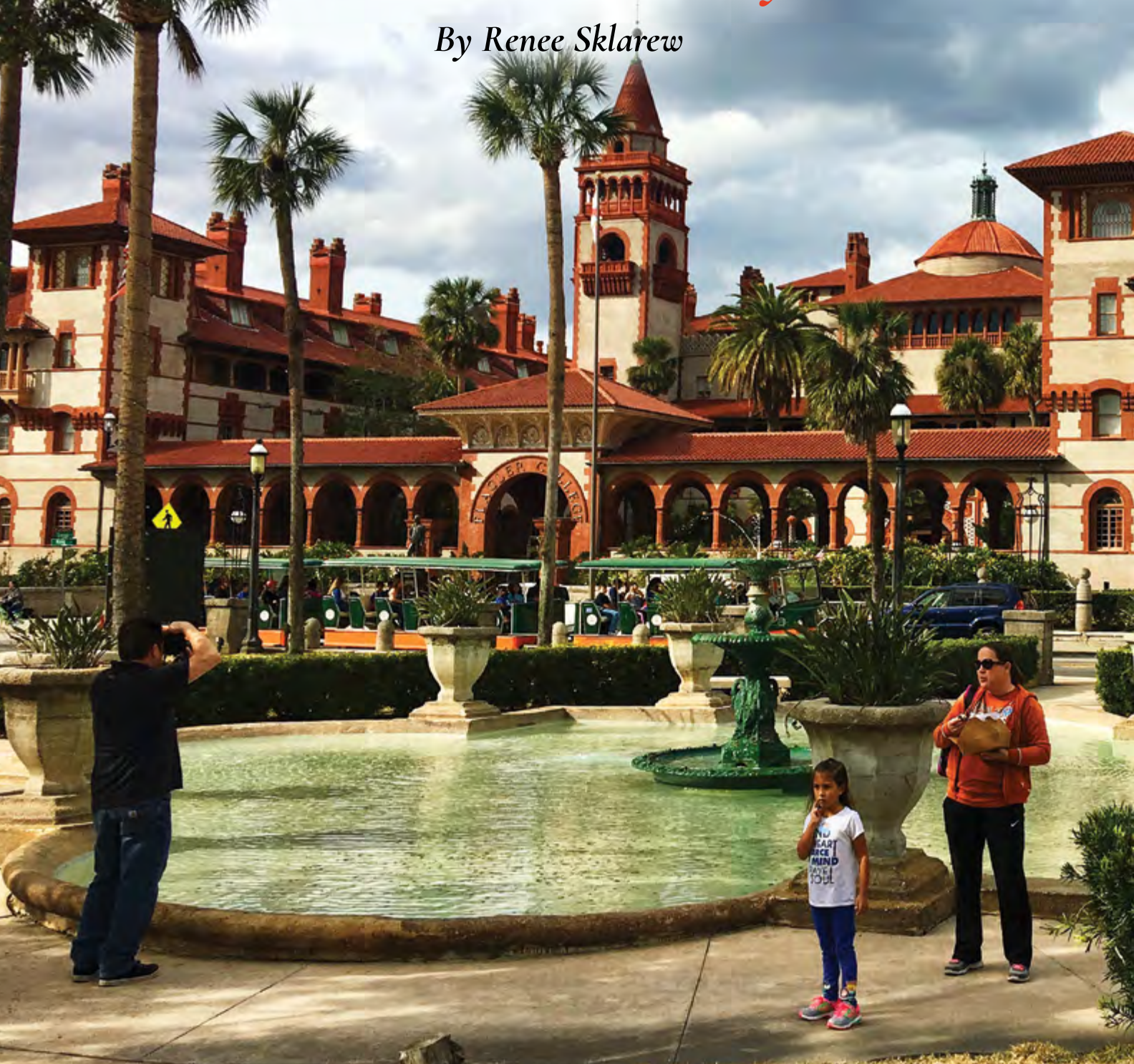
[www.virginiawineexpo.com](http://www.virginiawineexpo.com)





# *St. Augustine:* *A Getaway in* *America's Oldest City*

*By Renee Sklarew*







## WHERE TO STAY

Casa Monica  
Resort & Spa

Luxurious hotel with Spanish décor ideally located in the heart of the city. A Marriott Autograph Hotel

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



During winter's cold, dark nights, my thoughts turn to beaches and palm trees. But when I travel, I like visiting places with culture, history and memorable food too. That's why I selected St. Augustine, Florida for my winter getaway.

St. Augustine is located on Florida's northeast coast, under an hour south of Jacksonville. The spirited coastal community is best known as "America's Oldest Continuously Inhabited City" and this historic town contains an abundance of notable landmarks, like Castillo de San Marcos Fort, a 340-year-old citadel, and Flagler College, formerly the Hotel Ponce de Leon, a breathtaking Spanish Renaissance building constructed in 1888.

Like many Florida towns, St. Augustine is blessed with mild winters, allowing visitors to spend time year-round relishing the town's sparkly outdoor gardens, strolling St. George Street's pedestrian promenade, and sipping spirits from the rooftop of the St. Augustine Distillery. In the months of December and January, the city adorns the downtown buildings and streets with more than three million lights for the annual Night of Lights Festival.

St. Augustine also has an extraordinary collection of restaurants known for sourcing ingredients from the Atlantic Ocean, intercostal waterways, local orchards and farms. Chefs like to add their city's signature Datil pepper to many of their dishes—it spices everything from dark chocolate, to popsicles, to seafood chowder. One way to sample from multiple restaurants while learning the history and culture of St. Augustine is to take City Walks' Savory Faire Food Tour.

### *Step Back in Time*

St. Augustine's story begins with the Timucua Indians who first occupied the region; that's until 1513 when explorer Juan Ponce de Leon landed his Spanish galleon in search of the legendary Fountain of Youth. Ponce de Leon was the first European to document his discovery, which he named "Florida," the Spanish word for "being flowery." It was 42 years before the Jamestown Settlement.

Ponce de Leon heard rumors there was a spring possessing magical powers and went in search of "the fountain of youth," hoping to restore his youthful vigor. Smithsonian's historians recently debunked Ponce de Leon's mythical pilgrimage, but when you visit St. Augustine's Fountain of Youth Archeological Park, you too can drink from the mineral-rich stream said to be Ponce's wellspring. At this a 45-acre waterfront park, you'll meet actors recreating St. Augustine's intriguing history, like Pedro Menendez de Aviles,

a Spanish warrior known for massacring French Huguenots who settled here to escape French persecution.

Another significant milestone in St. Augustine occurred when, in 1672, the Spanish began building Castillo de San Marcos. They used native coquina shells, which allowed the structure to withstand hurricanes and pirate attacks. Make sure to tour this fortification operated by the National Park Service.

Following the French and Spanish, English settlers came to St. Augustine after the Treaty of Paris was signed in 1763. In the exchange, British leaders traded Cuba to Spain. The remains of British colonial occupation in the 1700's is seen in pubs like the Bull & Crown Publick House. America gained control over this region by winning the War of 1812. But it wasn't until Henry Flagler constructed his famous hotel that it became a popular resort town for aristocrats escaping cold North American climes.





## *St. Augustine is a Youthful Party Town*

If Ponce de Leon visited St. Augustine today, he would be impressed with the city's youthful vibe. St. Augustine is a college town, and many students from Flagler College stay here after graduation. Walk down any street in downtown St. Augustine, and you'll see millennials enjoying outdoor restaurants, shops and bars. Stop for refreshments at Colonial Oak Music Park, with free live music every weekend under its lantern-lit oak tree.

Currently, Flagler students live, dine and study in the Ponce de Leon Hall, an architectural masterpiece with exquisite Tiffany windows. Railroad magnate Henry Flagler erected what is now Flagler College's main building as a resort for wealthy snowbirds like himself. The design was inspired by Flagler's visits to Spain's Moorish palaces. Don't miss a tour of this remarkable building to learn about the Flagler family and their vision for their picturesque city.

Back when Flagler first arrived, St. Augustine was mostly marshland. When asked why he built a luxury hotel in the middle of a swamp, Flagler said, "The hardest problem a man has is to help people. This desire comes when a man has more than enough for his own needs. I have come to the conclusion the best way to help others is to help them help themselves." His dream was to produce a wellness destination for the wealthy, while providing occupations for others. "In years to come, I hope my works will provide happy employment for millions," Flagler said, and it has.

Along with the Ponce hotel, Flagler built a second hotel called The Alcazar which now serves as the Lightner Museum. Be sure to tour the curious exhibits, and don't miss the Café Alcazar with its strangely sloping floor—it was the largest indoor swimming pool in the world. After investigating the city's museums and historic sites, consider exploring the barrier islands with their numerous parks and beaches, including the St. Augustine Lighthouse & Maritime Museum.

St. Augustine is a winter getaway that checks all the boxes: temperate weather, outdoor adventure, holiday magic, music, food and culture. Best of all, remnants of its vibrant history await you on every street corner. ♦



## WHERE TO DINE

**Catch 27** – Eatery with outdoor garden serving seasonal fare. Try the Minorcan Clam Chowder and Shrimp and Grits.

**The Floridian Restaurant** – This modern restaurant is housed in a historic Floridian home. They feature a selection of locally-sourced, Southern-influenced dishes tweaked for the health-conscious. Try the Citrus Mango Salmon Salad or Cornbread Panzanella with blackened shrimp and pickled onions.

**O'Steens Restaurant** – Cash-only historic diner serving up local specialties. Try the fried shrimp, hush puppies, fried catfish and Datil pepper sauce.

**Maple Street Biscuit Company** – Old City – Where you'll find almost anything on a biscuit. Sandwiches, soups and southern sides. Try the Fried Chicken and Bacon Biscuit.

**Café Alcazar** – Inside the Lightner Museum, the Café is an upscale tea house and dining room. Try the escargots with toast points.

**Hamblen House Bayfront Dining** – Casual restaurant with snacks, dinners and live music. Try Jack's Shrimp and Grits with Sherry Cream.

**Aunt Kate's** – An iconic restaurant on the river with local seafood specialties and Menorcan cuisine. Try the Menorcan Sampler and the Fish Tacos.

**Claude's Chocolate** – Find custom coffee drinks, hot chocolate and handmade bonbons. Great place for gifts.



### WHERE TO STAY

#### **Old City House Inn & Restaurant**

Historic and romantic inn  
with outdoor patio, bar and  
restaurant.

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



# AREA FAVORITES

## RESTON

### ARIAKE

**Reston | Japanese | \$\$**

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

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

### BARCELONA RESTON

**Reston | Mediterranean | \$\$**

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

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

### BARTACO RESTON

**Reston | Mexican | \$**

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

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

### CAFESANO

**Reston | Mediterranean | \$**

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

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

### CLYDE'S RESTON

**Reston | American | \$\$**

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

11905 Market St. Reston, VA | 703-787-6601  
www.clydes.com/reston

### JACKSON'S MIGHTY FINE FOOD

**Reston | American | \$\$**

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

11927 Democracy Dr., Reston, VA | 703-437-0800  
www.greatamericanrestaurants.com/jacksons

### KALYPSO'S SPORTS TAVERN

**Reston | Mediterranean | \$\$**

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

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

### NOT YOUR AVERAGE JOE'S

**Reston | American | \$\$**

Enjoy fun and eclectic cuisine from every corner of the globe. Not Your Average

Joe's began with the goal to create a unique neighborhood place where people know your name, where the food and prices are great, and where you feel special without dressing up. The large restaurant features a full bar, two seasonal outdoor patios, an open kitchen, and a wood-burning oven, all in a bright and polished atmosphere.

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

### PASSIONFISH

**Reston | American | \$\$**

Offering fresh sustainable fish and seafood (with raw bar!) in an upscale casual fine dining atmosphere, Passionfish is a great spot for a date or the whole family. Fine dining with kids has never been so easy.

Their kid-tested, mother-approved "Beach Bucket" menu arrives in a jaunty nautical blue & white tin bucket, bargain entrees are just \$6 [including a drink].

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



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**Book your Party Space Today!**

## 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)

### RUSSIA HOUSE

Herndon | Russian | \$\$\$

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

724 Pine St. Herndon, VA | 703-787-8880  
[www.russiahouserestaurant.com](http://www.russiahouserestaurant.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

### DANTE RISTORANTE

**Great Falls | Italian | \$\$\$**

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

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

### L'AUBERGE CHEZ FRANCOIS

**Great Falls | French | \$\$\$**

Internationally acclaimed, L'Auberge Chez François transports diners to the Alsatian

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

### THE OLD BROGUE

**Great Falls | Irish | \$\$**

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

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

## STERLING

### MOKOMANDY

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

A casual yet modern fine-dining restaurant, Mokomandy offers an eclectic menu of American, Korean, and Cajun dishes that complement one another, resulting in an

unprecedented dining experience. Born from a Korean-American father and a Cajun mother, president Thaddeus Kim offers fare that isn't available anywhere else.

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

### THE BUNGALOW LAKEHOUSE

**Sterling | American | \$\$**

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

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

### THAI BY THAI

**Sterling | Thai | \$**

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

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



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BY RENÉE SKLAREW



## Smile and Say Cheese at Cheesetique In Mosaic District

“Every cheese tells a story,” says Andrew Corbley, Head Cheese Monger at Cheesetique in the Mosaic District.

I’m asking about a cheese I see in the bright Cheesetique refrigerator case. Corbley describes Morbier, a creamy cow’s milk cheese from France with a mysterious black line in the middle, “Morbier is separated with a line of ash made from leftover grape solids. They put this ash over a layer of morning milk and add a layer of ash. Then, they layer the evening milk on top.”

As head cheese buyer for the Mosaic District’s Cheesetique restaurant and shop, Corbley relishes helping his customers learn about and purchase cheeses to take home or sample on Cheesetique’s cheeseboards. Just 25 years old, Corbley passionately studies every aspect of cheese making—from its terroir, to its heritage, flavor, consistency and aroma. “Wine grapes can exist in a few environments,

whereas cheese can exist in any environment. So, the number of compounding factors in how you can make a cheese taste is kind of ludicrous. Every cheese is a tool for me to travel the world.”

Cheesetique is the brainchild of entrepreneur owner Jill Erber. In 2004, she opened her first location in Alexandria’s Del Ray neighborhood. “At first, Jill sold cheese alone in her shop,” explains Corbley. “She felt cheese and wine were European traditions, but she wanted to make them easily accessible and available to people in a way they can learn.”

That cheese shop expanded into a small empire with four busy locations—Del Ray, Shirlington, Ballston and the Mosaic District in Fairfax—and each has three distinct sections. There’s a gourmet grocery section with wines and condiments, showcasing products like Savannah Bee Honeycomb and Divina Fig & Cocoa Spread. The cheese shop

features curated cheeses, including goat, sheep and cow’s milk cheeses. The restaurant section is an ideal place to sample those cheeses on a colorful cheeseboard that includes flatbread crackers and baguette slices, strawberry jam, peppadew peppers, apricots, grapes and cornichons.

Currently, Erber produces a weekly blog where she muses on a variety of subjects—like how to make the perfect grilled cheese sandwich; how to put together a cheeseboard at home; and techniques for pairing cheese with wine and meat. “Jill’s blog is called Cheeseboard Weekly. She also posts a weekly story on Instagram called Friday Night Cheese,” mentions Cheesetique assistant manager Cannath Thomas.

Diners can also enjoy wine tasting with Cheesetique’s flights of wine—reds, whites, and during the holidays, bubbly. The experience is festive, yet Cheesetique retains a neighborhood feel where people gather





together to relax and chat. On Tuesdays, diners come to play the restaurant's Pour House Trivia game while indulging in Cheesetique's cheese-oriented menu.

I stopped in for the lunch special which includes any grilled cheese sandwich, a bowl of tomato soup and mixed greens for \$10. I ordered The Grown-Up featuring artisan Prairie Breeze Cheddar on grilled sourdough bread. It was exactly how I imagine the perfect grilled cheese sandwich should be. My server told me the Pimiento Grilled Cheese Sandwich, concocted with Dragon's Breath, Dubliner, Adam's Reserve Cheddar and pimiento peppers is another top seller and I should try that one next time.

Cheesetique may be best known for Mac N'Cheesetique, a combination of Goat Gouda, Asiago and Cacio de Roma cheeses topped with truffle-infused bread crumbs. This recipe was named Travel & Leisure's Best Mac n' Cheese in America in 2013 and is featured in Food Network's Thanksgiving Side Dish slideshow. For those seeking a lighter meal, consider the Arugula & Warm Goat Cheese Salad or Farro Medley, but save room for Cheesetique's extraordinary Chocolate Mousse; it's smooth and creamy with the flavor of dark chocolate.

When you're looking for a friendly restaurant, with superb service and the opportunity to learn while you eat, check out Cheesetique. ♦

#### CHEESETIQUE IN MOSAIC DISTRICT

2985 District Ave #115

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(703) 280-1111

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



## How Do Sheep, Goat and Cow's Milk Cheeses Differ?

After my lunch, I hopped up onto a bar stool to chat with Corbley. I've always wondered how goat, sheep and cow milk cheeses differ, besides the animals from which they come. Corbley was thrilled to discuss the subject. Here is his explanation:

### Cow's Milk Cheeses Like Cheddar and Brie

**CORBLEY:** Cow, Sheep and Goat Milk Cheeses are different in flavor and chemical makeup. All cheese has lactose. It's not a complex carbohydrate. Cow's milk is used in a lot of cheese, especially ones with additives. I have two cheeses from Britain that are filled with cranberry and another filled with dried mango and ginger. Any cheese you're going to add stuff into is generally cow's milk. Soft ripened cheese, like brie, is made with cow's milk. It's structurally sound and consistent. You know what it's going to do, and it generally has a milder flavor.

### Sheep's Milk Cheeses Like Manchego and Pecorino Toscano

**CORBLEY:** The structure of fats and proteins are not as consistent which makes a sheep cheese less predictable, and in this case a little saltier. Sheep's milk cheese is semi-firm, nutty and oily—for example, sheep's milk feta is generally saltier than cow's milk feta.

### Goat's Milk Cheeses Like Chèvre and Kefir

**CORBLEY:** Goat cheese is often described as tangy or sour. If you've ever had Kefir or Chèvre, you'll notice a tangy bitterness. Goat milk is even more unstable and varied in formula than sheep. This instability affects the length of aging in cheese-making. We have 6-month goat cheese, called Midnight Moon, and it crumbles apart. It doesn't want to stay together, because it doesn't have much moisture.



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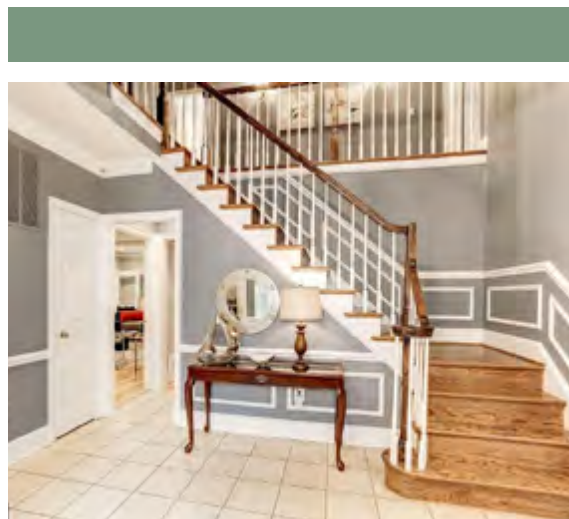
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11911 Freedom Dr, Suite 520  
Reston, Va 20190  
Office: 703-471-7220  
Cell: 703-963-4491  
dave@joanneadams.com





BY LINDA BARRETT



## What's the Big Deal About Tiny Houses?

You can hardly turn on the television without finding a show about tiny houses. *Tiny House*, *Big Living*, *Tiny House Hunters*, and *Tiny House World* are just three of them. Sometimes called Accessory Dwellings, tiny houses are starting to catch on in our area too.

According to the Alliance for Housing Solutions, accessory dwellings are “Additional, often small, housing units located within or adjacent to single-family homes. They are more frequently known by more descriptive names such as basement apartments, granny flats, backyard cottages, in-law suites, and carriage houses.” These tiny houses offer ways to offer additional housing opportunities in single-family neighborhoods without altering the character of the area, and can be offered at rents affordable to those with low-to-moderate income levels.

“A lot of people are looking at tiny houses as a way to get affordable housing for seniors, kids or for those who just want to live that way,” said Robin Hayes, owner/builder at Build Tiny. But although tiny houses are available, they may or may not be legal in all jurisdictions. “Local zoning administrations have a big impact on whether they are legal or not. I suggest that before you do anything, find someone who can help you with your terminology.”

Being legal can mean the difference between calling it a tiny house or an accessory dwelling, for example. Certain requirements must be met in each jurisdiction as well.

### Arlington County

As of November 27, 2017, accessory dwellings (ADs) serve as an important component of Arlington County’s Affordable Housing Master Plan. “Considered an accessory (or subordinate use), ADs promote a greater diversity of housing and household types in single-family neighborhoods, while maintaining neighborhood character and underlying zoning. Whether ADs are located within an existing one-family detached dwelling or a detached accessory building, ADs function as an independent dwelling unit, with their own entrance, kitchen, and bathroom facilities, and are intended for occupancy by no more than three (3) persons.”



Those desiring an accessory dwelling must undergo a submission and review process with the Arlington County Zoning Division to meet minimum eligibility requirements. For an application to be approved, it must also comply with the requirements for their creation, approval and



use. Consideration also needs to be given for zoning ordinances, historic preservation rules for historical districts, and environmental services.

## Fairfax County

Per Section 2-501 of the Zoning Ordinance of Fairfax County, "An Accessory Dwelling Unit can be applied for but shall only be permitted in association with a single family detached dwelling unit if a special permit is approved by the Board of Zoning Appeals. A dwelling unit being defined as, 'A self-sufficient living space, which provides for living, sleeping, cooking, and restroom facilities.' Conditions must be met, including but not limited to, one of the dwelling units must be occupied by a person who is elderly and/or disabled and there shall be no more than one accessory dwelling unit per single family detached dwelling unit."

The Department of Planning and Zoning's Older Adult Housing in Fairfax County Zoning Ordinance Provisions goes on to state that an accessory dwelling unit 1) must be subordinate to the single family detached dwelling unit; 2) either dwelling must be occupied by a person 55 years or older or by a person permanently or totally disabled; 3) is allowable only with the approval of a Special Permit; 4) on lots two acres or larger it may be located in a freestanding accessory structure; 5) are limited to a maximum of 35% of the gross floor area of the principal dwelling; 6) at least one of the dwellings must be owner occupied; and 7) accessory dwelling units are approved for a period not to exceed 5 years, with succeeding 5 year extensions requested.

## Fauquier County

Tiny houses in Fauquier County are allowable and considered principal dwelling structures as long as they are connected to water and sewer, and are tied down or on a permanent foundation. Electricity is optional, but documented building standards must be met in order to comply with regulations for things like emergency escape and rescue. Homes as tiny as 88 square feet are legal but must include a living and kitchen area of at least 70 square feet and a bathroom area of 18 square feet.

## Building a Custom Tiny House

"In my opinion, a tiny house is more of a state of mind than a physical description. It's taking your life down to its most simplistic form to where you can enjoy it most by maximizing your peacefulness and financial obligations," Hayes observed.

Every tiny house is custom designed and hand-built by Build Tiny to meet each client's specific needs. "We start by asking them a series of questions, just as with building any custom home."

- Do you want it on a conventional foundation or a trailer?
- How do you want to live?
- Is this for a special purpose like health reasons or handicap access?
- Do you want any special features?
- What kind of aesthetics do you want? Should it match the house or be a cabin style?
- Do you want to be on the grid or off with solar power, rainwater collection and a composting toilet?

"The difference between a tiny house and a trailer or camper is that regular RVs and campers are meant for you to stay in them a couple of weeks each year. They are made with lighter-weight, less expensive materials and not meant to be used for extended periods of time. But they travel better," Hayes explained. A tiny house is built just like a house by a Class A contractor, with regular framing to codes and thick insulation to make it warm and quiet. It is very stable and can include real hardwood floors and drywall, tall ceilings, and full-sized appliances. It can also include indulgent features like a rooftop hot tub, glass roof, accordion glass doors that can open the entire side of the house, radiant floor heat, wrap-around shower sprays, a workout facility, beautiful lighting, and anything else you can imagine.

"It takes us about three months to build a tiny house, with bare bones price starting at around \$35,000," Hayes said. "What costs the most is the foundation (concrete or trailer) followed by the insulation and custom built-ins." Build Tiny is a Green Advantage Certified Builder.

## You Can Build a Tiny House!

Twice a year in April and October, Build Tiny offers three-day, hands-on "Build Your Tiny House Workshops" ([www.build-tiny.com/workshops](http://www.build-tiny.com/workshops)) where you can learn more about what goes into building a tiny house from construction experts. "Thursday, we offer a beginner's tool workshop, and Friday through Sunday, we do a hands-on build on an actual tiny house," Hayes said. Meals are included and participants can camp on site or stay at the local B&B. ♦

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The Reston Town Center Station looking westerly along the Westbound Dulles Toll Road. The pedestrian bridge connects to the north pavilion.

Photos by Phil DeLeon/Dulles Corridor Metrorail System

BY DUSTY SMITH

## SPOTLIGHT ON FAIRFAX'S FUTURE SILVER LINE STATIONS

**D**river's passing the six Silver Phase 2 stations under construction can see that much of the exterior work appears complete – in fact, construction has reached the 92 percent completion point – however, much interior work remains before the contractor, Capital Rail Constructors, and the Metropolitan Washington Airports Authority turn the system over to Metro for testing, training and programming prior to opening for public service.

Now it's easy to see how the stations and their connecting pedestrian overpasses will connect to the pavilions on the north and south sides of the toll road corridor.

Work crews in yellow vests and hard hats continue to dot the stations, track, pavilions, pedestrian bridges and tracks along the Phase 2 alignment, but over the next few months, more and more of those workers will be heading to interior work stations to run utility lines, install equipment and test all of the facilities.

Capital Rail Constructors, a joint venture of Clark Construction and Kiewit Corp., is building the station, tracks and supporting facilities. The following are updates on the three new stations that will serve Fairfax County:

### Reston Town Center Station

While Reston Town Center itself is not immediately adjacent to an entrance pavilion, it seems a lot closer through a camera lens.

The pedestrian bridges to the station and across Sunset Hills road bring focus to the connectivity of existing town center structures and adjacent buildings that are home to a variety of companies, including Bechtel Corp. New construction coming to the area adds to the pedestrian-friendly conclave developing near the station, including the 4.8 million-square-foot Reston Gateway development to the north of

the station and the 4.1 million-square-foot Reston Crescent complex to the south. Upcoming work includes:

- Concrete work around the north pavilion is complete. Work continues along the north side of Sunset Hills Road.
- The shaft for the pier that will support a pedestrian bridge to connect with new development is complete.
- Widening of Sunset Hills Road continues.
- Signal work surrounding the Boston Properties site has begun and will continue for three weeks in January.
- Utility relocations are ongoing on the south side of the station.
- Work continues to progress on a roundabout near the south pavilion.

CONTINUED ON PAGE 78



The Reston north pavilion. The concrete pavement is part of the bus bays adjacent to the pavilion. The pedestrian bridge is on the left side of the photo.





◀ Looking up from ground level along the stairs and escalators in the north pavilion to the pedestrian bridge level. Elevators are also provided.

▼ Reston Town Center Station platform (train level) and looking easterly at the outbound tracks (out of DC). The concrete pavers are installed, the ADA strip, flashing lights along the platform edge, sign posts and wind screens.



▲ From the westerly end of the Reston Town Center station, looking westerly along the inbound tracks. The eastbound DIAAH is on the left. The area on the right is the "safe dispersal area" where riders would be directed to in case of emergency in the station.

▶ Reston Town Center Station westerly end: a pedestrian walkway to allow track personnel to safely walk between the end of the station and the "safety walk" along the track wall. The westbound safety walk begins just past the orange and white barrel long the fence on the right. The location is where the 3rd rail moves from the "outside" of the tracks through the station to the inside of the tracks.



All photos were taken by Phil DeLeon.



▲ **Reston Town Center Station** From the westerly end of Reston Town Center Station looking northerly at the pedestrian bridge to the north pavilion with a portion of Reston in the background.



▲ **Reston Town Center Station** From the Reston Town Center station looking northerly towards Town Center. The north pedestrian bridge is on the right. Sunset Hill Drive is in the bottom foreground.

Photos by Phil DeLeon/Dulles Corridor Metrorail System

## Herndon Station

Work continues at Herndon Station to the north and south. On the south side, pavilion work continues within the existing Herndon-Monroe Park and Ride facility. Fairfax County continues to work on a new parking garage that will expand the capacity from 1,950 spaces to 3,500. Sidewalks around the pavilion have been finished and the last bridge span was set in December. Along the north side, work crews have focused on the pavilion work, which took over a portion of an existing parking lot. In addition, workers are constructing a connection from that pavilion to Herndon Parkway.

Ongoing work includes:

- Finishing sewer and stormwater facilities to the north
- Finish tying in utilities on the north side, anticipated to be complete at the end of January
- Construction of a retaining wall on the north side
- JBG started construction on a parking garage for the south side in January.
- Fairfax County will repave the park and ride facility

## Innovation Center Station

Innovation Center Station sits near the Center for Innovative Technology and near the front door of Washington-Dulles International Airport. Innovation was the first station under construction and is the furthest along. Rocks Engineering is building a 2,000-space parking garage for Fairfax County on the south side of Innovation, along with a 1.5 million-square-foot mixed use development. On the north side, a mixed-use community known as the Hub has been approved. Much of the sidewalk work on the north side has been finished. On going work at Innovation Center includes:

- Continued work on sound wall on the north side
- Landscape installation will begin on the south side

The purpose of Dulles Metrorail is to provide high-quality, high-capacity transit service in the Dulles Corridor and to provide a transit connection between the corridor and downtown Washington. ♦



## Coat Drive

Dusty Smith of the Dulles Corridor Metrorail Project and Suzanne Miller of Capital Rail Constructors organized the delivery of dozens of coats to supervisor Cathy Hudgins office that were distributed to people who would otherwise have not had a coat this winter. Numerous project employees donated brand new or gently used items, including hand-knitted hats and scarves.

Photo by Pam Bolls/MWAA



# BRIDGE CLUB

## OVERMATCHED

♠ 8 7 6 2

♥ A J 8 3

♦ 8 7 3

♣ 7 4

♠ A K J 9 3

♥ 6

♦ J 10 5

♣ A K 10 6

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

			1 ♠
--	--	--	-----

pass	2 ♠	pass	4 ♠
------	-----	------	-----

all pass

West leads the four of hearts. Plan the play.

See page 113 for the answer.

Excerpt taken from: *Frank Stewart's Bridge Club*.  
Page 53.

## BIDDING QUIZ

### YOU HOLD:

♠ A K J 9 3 ♥ 6 ♦ J 10 5 ♣ A K 10 6

Your partner opens one club, and the next player passes. What do you say?

**ANSWER:** Bid two spades to put your partner in the picture. Slam chances are too bright not to let him know immediately with a jump. If partner has a suitable minimum hand such as ♠ Q4 ♥ A 5 4 ♦ A 9 3 ♣ Q J 8 5 2 he'll easily take thirteen tricks in a club contract, but if you respond only one spade, he'll be reluctant to cooperate in a slam hunt.

Excerpt taken from: *Frank Stewart's Bridge Club*. Page 57.

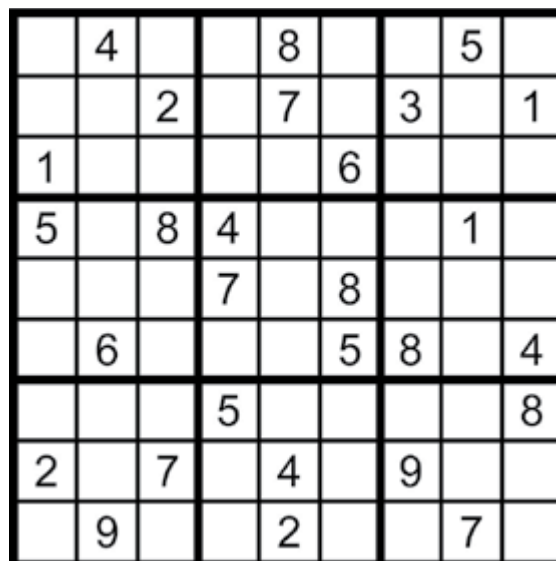
TRUST YOUR  
HUNCHES. THEY'RE  
USUALLY BASED ON  
FACTS FILED AWAY  
JUST BELOW THE  
CONSCIOUS LEVEL.

- Dr. Joyce Brothers

## 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.



THE HEART OF MAN IS VERY MUCH LIKE THE  
SEA, IT HAS ITS STORMS, IT HAS ITS TIDES AND  
IN ITS DEPTHS IT HAS ITS PEARLS TOO.

- Vincent Van Gogh

## TREK INTO THE UNKNOWN

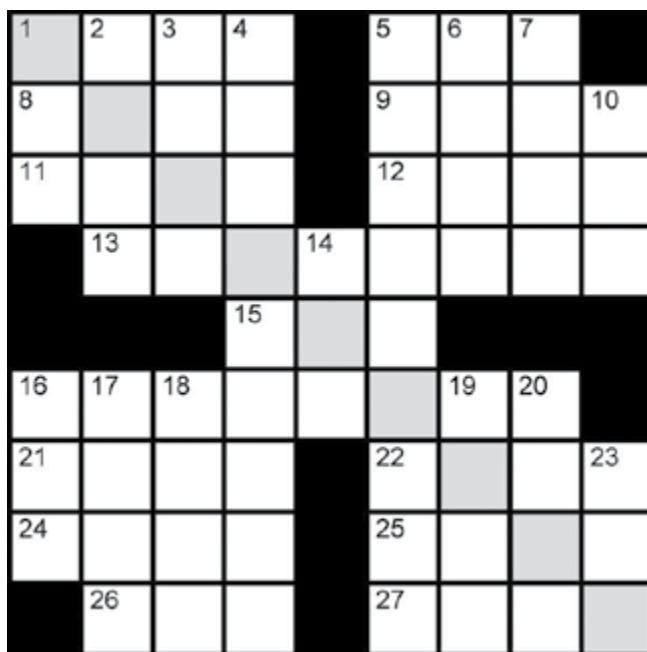
### CROSSWORD CLUES

#### ACROSS

1. "\_\_\_ Misbehavin"
5. Keep out
8. Jewish month
9. Distinctive flair
11. Raise, as an anchor
12. "The \_\_\_ Ranger"
13. Most wary
15. Cable channel
16. Supplied with fluid
21. Diamond Head locale
22. Hilo feast
24. Agenda
25. Blunders
26. Antlered animal
27. Overdo the TLC

#### DOWN

1. "I see!"
2. False god
3. Church part
4. Spot for carved initials
5. Disparaged
6. Hand cream ingredient
7. Namesakes of Bert Bobbsey's twin
10. After expenses
14. Genetic material
16. Short flight



17. Bush's alma mater
18. Indian lentil dish
19. Continental currency
20. Feathered missile
23. "It's no \_\_\_!"



# BRIDGE CLUB SOLUTION

## OVERMATCHED

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

♠ Q 10 4		
♥ Q 10 7 4 2		
♦ K 9 4		
♣ Q 3		

	N	
W		E
	S	

♠ A K J 9 3
♥ 6
♦ J 10 5
♣ A K 10 6

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

Opening Lead: ♥ 4

Ed, my club's best player, is so hard to beat that our members have begun to feel overmatched.

'He could follow me into a revolving door and come out ahead of me,' is how Cy the Cynic puts it.

Not even Ed would have made four spades if West had led a diamond; but when West led a heart, Ed took dummy's ace, thought for twenty seconds...and ruffed a heart! He next took the A-K of trumps. When East discarded, Ed led the A-K and a low club. If West ruffed in with the queen, dummy would discard a losing diamond, so West threw a heart, and dummy ruffed.

Ed then ruffed a heart and led his last club. West had to pitch a diamond, keeping the queen of hearts to beat dummy's jack, so Ed ruffed in dummy and ruffed the jack of hearts with his last trump for the tenth trick.

Most players would lead a trump at the second trick to take the A-K; they'd lose a trump and three diamonds. Unless South displays precise timing by ruffing a heart at Trick-2, down he goes.

Excerpts taken from: Frank Stewart's Bridge Club. Pages 57

## SODOKU Answers

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

## CROSSWORD Answers

A	I	N	T		B	A	N
A	D	A	R		E	L	A
H	O	V	E		L	O	N
	L	E	E	R	I	E	S
			T	N	T		
H	Y	D	R	A	T	E	D
O	A	H	U		L	U	A
P	L	A	N		E	R	R
	E	L	K		D	O	T



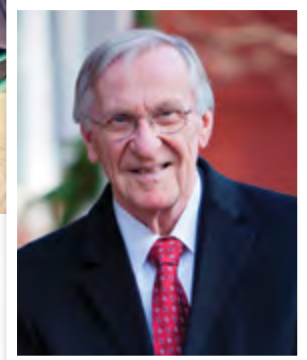
IN THE END, WE WILL REMEMBER NOT THE WORDS OF OUR ENEMIES, BUT THE SILENCE OF OUR FRIENDS.

- Martin Luther King Jr.

MAY YOUR POCKETS BE HEAVY AND YOUR HEART BE LIGHT, MAY GOOD LUCK PURSUE YOU EACH MORNING AND NIGHT.

-Irish Blessing





## Do It Yourself

Growing up in rural Virginia in a family of modest means I learned early that if I or my family needed something our alternatives were doing without, finding a way to make it on our own, and in rare instances coming up with the money to buy it. While some may have viewed our circumstances as being poor, I look back on them as some of the best education one could have. Lessons that came from experiences and not from formal instruction included frugality, creative thinking and problem solving, manual dexterity and self-confidence.

Too many homeowners have not had the benefits of my early education. Something breaks, and the household comes to a stop while figuring out how to get it replaced or repaired. Give it a try fixing it yourself. You'll gain the confidence that if others can resolve the situation so can you.

There are many ways that you can figure out how to do home improvements and repairs. Go to YouTube and type in what you are trying to do: install drywall, adjust a door, change a faucet washer, etc. For most any topic you will find many short

videos by amateurs and professionals. Download to your phone the one that is easiest to follow as you undertake your project. The more experienced clerks at some hardware and building supply stores can offer good advice.

There are several websites and internet-based services that can put you in touch with local handy-persons who contract to do small and major projects around your home. Investigate what it is that you want done and engage in the details of the project to be an informed consumer less likely to be ripped off in prices or quality of work.

Check in your neighborhood especially if your homes are built by the same builder. A repair or change you want to make has probably been addressed by your neighbors. Learn from their experiences and solicit their advice on repairpersons.

Make your home improvement a family affair. You will gain respect from other family members. You can show off all you learned in your childhood or in shop class if it was offered while you were in school.

Everyone can take ownership of the new addition or the increased efficiencies or the attractiveness that you put together as a team.

If you are going to undertake a project that involves plumbing or electricity, make sure you know code requirements. Some work by law must be done by certified professionals. Also check to see if your insurance addresses personal home improvements.

You can do more than you realize, and you get the satisfaction from the finished product. If you feel that those you contracted with did not do a good job, contact the Fairfax County Consumer Affairs Office at 703-222-8435 or the Virginia Consumer Affairs Division in the Attorney General's Office at 800-552-9963.

I am available for free advice, Kenplum@aol.com. I always enjoy sharing stories of growing up and doing our own work or my latest adventures in DIM—doing it myself. ❖

# HOROSCOPES

## MARCH

## APRIL



**PISCES 2/19 - 3/20:** Aren't you lucky? Home life is more enjoyable and interesting than ever. At work, go ahead and suggest your idea. Chances are that it is a good one.



**ARIES 3/21 - 4/19:** Love eases a jealous moment as the moon waxes on the 10th. A decision looms.



**TAURUS 4/20 - 5/20:** A little chocolate soothes your inner child -- but it does nothing for the outer grown-up! Stars say add some variety to your routine.



**GEMINI 5/21 - 6/20:** St. Pat's Day isn't the only thing happening at mid-month. The first quarter moon on the 14th is especially bright and full of promise. A surprise is coming.



**CANCER 6/21 - 7/22:** Skepticism may not be part of your nature, but an easy request this month may lead to more conversation.



**LEO 7/23 - 8/22:** Slash those small expenses that are raiding your checking account and save the money. Stars hint at unexpected news—and expenses this spring.



**VIRGO 8/23 - 9/22:** You long for something different, perhaps a new experience. Work is all you see for now, but start your plan. Last-minute efforts make it happen.



**LIBRA 9/23 - 10/21:** A great bargain tempts Libras to break their budgets, but the full moon on the 21st casts light (and maybe regret) on purchases.



**SCORPIO 10/22 - 11/21:** Look back on your hopes for the New Year. Are you following through? If not now, when? Stars say now is the time to put your plan in action.



**SAGITTARIUS 11/22 - 12/21:** Collaborate now, and you could run the show later on. Circumstances dictate that you reorganize priorities. In the hectic last week of March, find time for fun.



**CAPRICORN 12/22 - 1/19:** An ethical question arises, but examine it closely. Is the issue really as it seems or are you reading the motives, or beliefs of another person incorrectly or even unfairly?



**AQUARIUS 1/20 - 2/18:** Happy Aquarians rarely stay angry, yet a longterm issue has anger at its heart. Sort out whether this is really warranted. The answer won't be obvious at first.



**ARIES 3/21 - 4/19:** Security is on your mind and with your sign governed by Mars, you are just the person to build the castle.



**TAURUS 4/20 - 5/20:** A rocky relationship brings concern. If you can make a healing step, stars say the time is right.



**GEMINI 5/21 - 6/20:** It isn't what you wanted, but a change might bring peace of mind. Watch for now.



**CANCER 6/21 - 7/22:** Apply your sense of humor to break tension. Keep comments light and focused on issues.



**LEO 7/23 - 8/22:** Drama isn't bad, if you are in a theater. Beware the jugglers who want to draw you into riddles.



**VIRGO 8/23 - 9/22:** Life isn't as tidy as you might think. Find pleasure in a messy Easter by joining excited children.



**LIBRA 9/23 - 10/21:** Problem solving is your calling as the Full Moon enters Libra on the 19th. Put first things first.



**SCORPIO 10/22 - 11/21:** In matters of love and health, the stars on your side this month. Kiss your love twice!



**SAGITTARIUS 11/22 - 12/21:** A long weekend works wonders. By mid-month you have a new chance to seize (or reject.)



**CAPRICORN 12/22 - 1/19:** You see life full of promise and meaning this month. Try to keep that feeling and build on those ideas.



**AQUARIUS 1/20 - 2/18:** The road blocks may be illusions—or real. You'll know when you focus on your journey.



**PISCES 2/19 - 3/20:** Gather your tribe of friends, family, and children. Come to the rescue. Accept help. Untangle the tangles. You can be the hero this month.



**DAVE ADAMS**

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

Dave@JoAnneAdams.com  
*Certified Luxury Property Specialist*

**JOANNE ADAMS**

REALTOR®, CDPE, SRES, SRS  
703-606-2166

JustSold@JoAnneAdams.com



## THE DAVE & JOANNE ADAMS GROUP —NEIGHBORHOOD EXPERTS!

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