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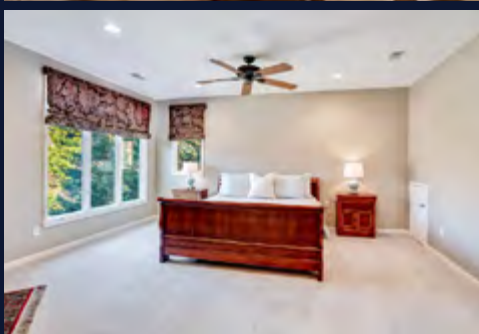
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# FEATURES



## STAGECOACH THEATRE COMPANY A Little Theatre with a Big Vision >

By Linda Barrett

At first sight, the StageCoach Theatre is an unassuming black box theatre located in an office building. However, you'd be surprised at all that this theatre company offers, and how it transforms both itself and its audiences with each performance.

## < LUXURY HIGHRISE LIVING

By Omid Khanzadeh

As the Tysons and Reston skylines change, the opportunities to inhabit new luxury living spaces are everywhere! Get the low down on high rise living in the Greater Tysons and Reston area and discover the conveniences and amenities each apartment complex has to offer.



## < SUMMER CAMPS

By Patricia Lee Hall

Camps are about more than just providing childcare during the weeks off from school and giving the kids something to do. Day camps of modern times are enriching experiences that expose students to new experiences, hone their talents, or challenge them to go beyond their limits.



## DINING AL FRESCO >

By Omid Khanzadeh

Summer is on the way and the urge to enjoy food and libations al fresco takes hold. Peruse this listing of the neighborhood's favorite spots for dining outdoors—everything tastes better outside!



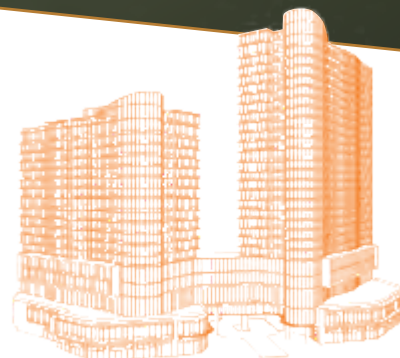


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03/19 VT VR PB

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



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## Here's What's Happening at MCC

Meet Author Christina Graham

### **Stories by Starlight**

**Friday, May 3, 7 p.m.**

\$20 per family, which  
includes book purchase

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### **Gilbert & Sullivan Players**

#### **"I've Got a Little Twist"**

**Saturday, May 4, 7 p.m.**

\$40/\$30 MCC district residents

Presented by The Alden

### **"All the Way Live"**

**Saturday, May 11, 1 p.m.**

\$15/\$10 MCC district residents

It's the Place to Be!

### **McLean Day 2019**

**Saturday, May 18, 11 a.m.-5 p.m.**

Free admission

The Old Firehouse

### **After 7 Dance**

**Friday, May 24, 7 p.m.**

\$5 admission

Presented by The Alden

### **John Eaton in Concert**

**Saturday, June 8, 2 p.m.**

\$30/\$20 MCC district residents

Presented by The Alden

### **Summer Sunday Concerts in the Park**

**Sundays, June 16-July 28**

McLean Central Park

Free admission

### **The McLean Community Center**

1234 Ingleside Ave., McLean, VA 22101

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# Viva TYSONS RESTON *Lifestyles*

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MAY/JUNE 2019

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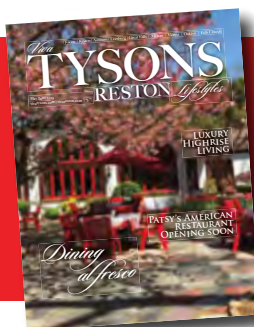
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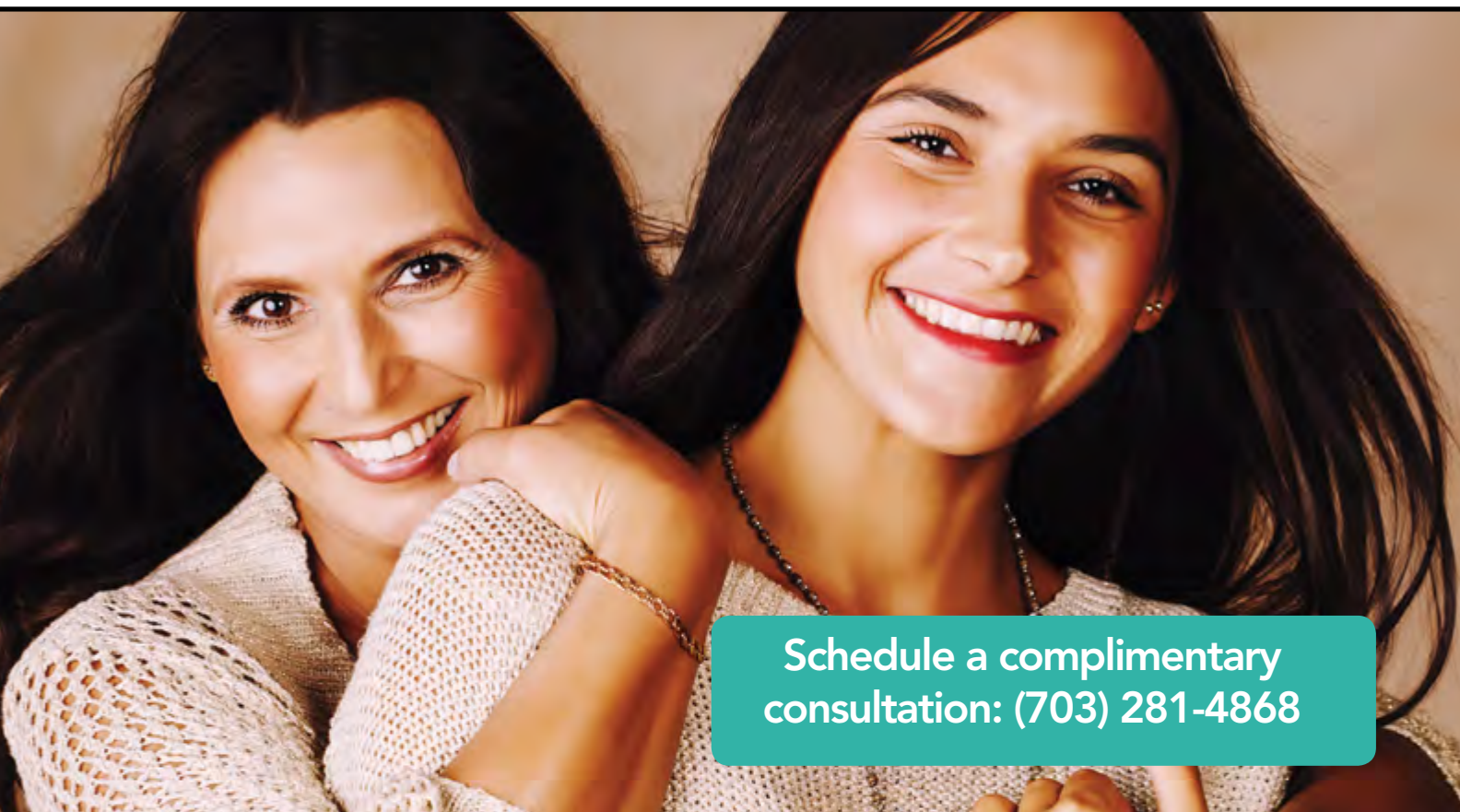
## ON THE COVER:

*Al fresco dining at L'Auberge Chez  
François in Great Falls. See the article on  
page 88 for more places to dine outside.*



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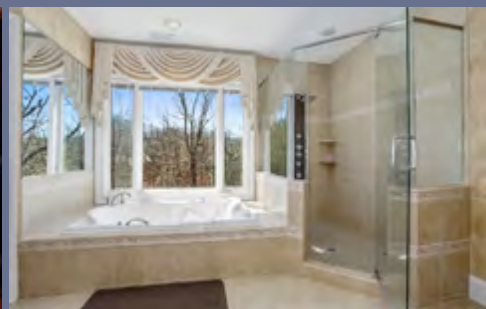
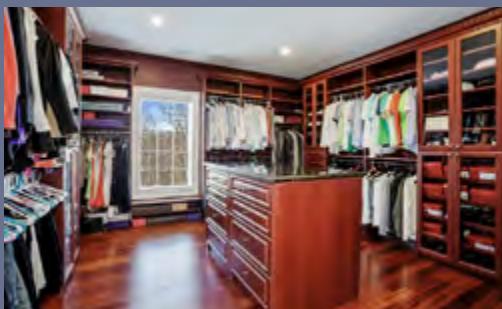
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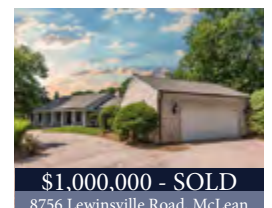
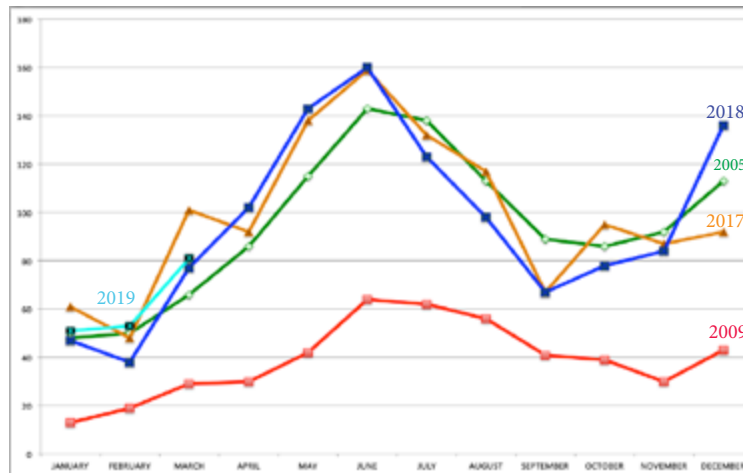
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Photo credit: Kyle Johnsen



**JUNE 18-19**  
**ROCK OF AGES**  
Filene Center at Wolf Trap



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### JAMMIN' JAVA

227 Maple Ave E, Vienna  
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www.jamminjava.com

### THE STATE THEATRE

220 N. Wash. St. Falls Church  
703.237.0300  
www.thestatetheatre.com

### THE ALDEN

1234 Ingleside Ave. McLean  
mcleancenter.org/alden-theatre

### GEORGE MASON CENTER FOR THE ARTS

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### 1ST STAGE

1524 Spring Hill Rd, McLean  
www.1ststagetysons.org

## SUNDAYS IN JUNE

### CONCERTS ON THE GREEN

Great Falls Village Centre Green,  
6-8pm, Free

Come out with your picnic baskets and chairs for an entertaining evening of free, live music! Weather-related cancellations will be announced on Facebook, and Next Door Great Falls. For details visit [celebrategreatfalls.org/concerts-on-the-green](http://celebrategreatfalls.org/concerts-on-the-green).

## MAY 30-JUNE 2

### HERNDON FESTIVAL

New Location! 200 Spring Street,  
Herndon, VA 20170,

Enjoy four days of fun-filled activities, vendors, and entertainment. Save time and money, park for free and ride our complimentary shuttle bus. Plus admission and entertainment are always free! The 5k and 10K races will still occur on Sunday morning of the festival, starting and ending at the Herndon Community Center.

## JUNE 1

### TACO, BEER, TEQUILA FESTIVAL 2019

Southpointe Lot, National Harbor, 802 National Harbor Blvd, National Harbor, MD 20745, 11am-6pm. 21+ years old to attend, \$34-69 This year's event takes place at a new location—bigger, more tacos, amazing waterfront views! Experience 20+ of the region's best taquerias and taco trucks, unlimited wine, beer, cider and non-alcoholic drinks tasting included in your ticket. Also featured are a new churros and chocolate pavilion, tequila sampling pavilion, live entertainment and 4 margarita bars. Purchase tickets online at [www.eventbrite.com/e/taco-beer-tequila-festival-2019-tickets-53586384318?aff=ebdssbdestsearch#tickets](http://www.eventbrite.com/e/taco-beer-tequila-festival-2019-tickets-53586384318?aff=ebdssbdestsearch#tickets).

## JUNE 1

### AN EVENING WITH NANCY GILES

**CBS News commentator and comedian**

RCC Hunters Woods, the CenterStage, 8pm, \$25-35

"CBS Sunday Morning" contributor, comedian, actress, and self-described "Accidental Pundette" Nancy Giles is a funny, perceptive and provocative observer of today's world. For more than 14 years, Giles' work on the Emmy Award-winning "CBS Sunday Morning" has received acclaim for its unique blend of common-sense wisdom, laugh-out-loud humor, and social and political commentary. Giles believes "humor bridges what divides and can even stop people from shouting at each other." On topics from politics and race to pop culture and body image, she says, "I want to make people laugh, and I want to entertain them, but I also want to provoke thought and discussion."

## JUNE 2

### BOBBY BROWN & BELL BIV DEVOE

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

Original members of pop and R&B group New Edition come together for a night of smash hits like Bell Biv DeVoe's "Poison" and "When Will I See

CONTINUED ON PAGE 14



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CONTINUED FROM PAGE 12

You Smile Again” plus Bobby Brown’s “My Prerogative” and “Every Little Step.” “Right Here” and “Weak” R&B group SWV kick off the night.

## JUNE 2

### MAKER FAIRE NOVA

George Mason University, 4400 University Drive, Fairfax, VA 22030, 11am-5pm The Maker Faire NoVa is the only official Maker Faire in the Washington DC Metro area. This is a must see event if you like science, technology, crafts/artisans, and a day of great entertainment and participating and learning how to make things! Over 180 Makers/Exhibitors are expected for the 2019 event. Buy your tickets early and save! The official event website is: [nova.makerfaire.com](http://nova.makerfaire.com).

## JUNE 3-JULY 1

### RESTON PHOTOGRAPHIC SOCIETY EXHIBIT

Jo Ann Rose Gallery, Reception: Sunday, June 9, 2pm-4pm Reston Photographic Society (RPS), a special interest group within the League of Reston Artists (LRA), is open to all LRA members interested in photography. Its purpose is to provide opportunities for photographers to exhibit their work in gallery settings; to gain knowledge and skills through workshops, competitions, other activities; and to support encourage, and celebrate the efforts of each member. RPS meetings on the first Monday of each month, September through May, and include guest speakers, workshops, non-competitive group critiques, competitions, and sharing of photo-related information. Occasional shooting field trips are also scheduled. For more information, visit [www.LeagueofRestonArtists.org](http://www.LeagueofRestonArtists.org).

## JUNE 7

### KRISTEN AND THE NOISE

#### Friday Night Live!

Downtown Herndon, 777 Lynn Street, Herndon, VA, Behind Herndon Municipal Center, 6:30pm - 10:30pm. Free Kristen and the Noise is one of the most popular event and party bands on the East Coast and beyond. Kristen is the total package...a mixture of beauty, elegance, and power, with an incomparable voice, and unmatched stage show. She's backed by a world-class group of musicians. The band is highly sought after and a favorite of all ages.

## JUNE 7-9

### 2019 CELEBRATE FAIRFAX! FESTIVAL

Fairfax County Government Center 12000 Government Center Pkwy, Fairfax, VA Celebrate Fairfax!, Northern Virginia's largest community-

wide celebration, will take place June 7-9, 2019 at the Fairfax County Government Center. Presented by Celebrate Fairfax, Inc, the annual festival hosts tens of thousands of visitors during the three-day run. The 25-acre site was magically filled with fascinating sights and sounds of more than 300 exhibitors, food vendors, and interactive activities. Celebrate Fairfax! showcases live concerts on seven stages, INOVA Children's Hospital Avenue, a petting zoo, the Fairfax County Karaoke Championship, carnival rides, and great festival foods. For more information on any of the festival's programs, or to become a part of the festival as a volunteer, sponsor, performing artist, or simply to attend, please visit [celebratefairfax.com](http://celebratefairfax.com)

## JUNE 8

### JOHN EATON IN CONCERT

McLean Community Center, 2pm, \$20-30

John is a local legend: spectacular jazz pianist, brilliant historian, and quite funny to boot. Join us for an afternoon of Great American Songbook tunes. “Pianist John Eaton practices a special kind of alchemy. He takes the familiar and makes it fresh, renders the old new and exciting. It's no easy trick, but Eaton is a master at it...” —*The Washington Post*

## JUNE 8

### LAKE STREET DIVE THE WOOD BROTHERS

Filene Center at Wolf Trap, 7:30pm, \$35-65

Become immersed in a sonic spectrum of soul with two groups at the forefront of the genre. Lake Street Dive “take[s] all the most fun bits of pop, soul, disco, jazz, rock and roll and stitch[es] them together into something all their own” (NPR), while The Wood Brothers intertwine blues and



folk together for an evocative roots sound underlined by their renowned highlonesome harmony blend.

## JUNE 8-9

### THE ALL STAR COMIC CON 2019

Sheraton Tysons Hotel, 8661 Leesburg Pike, Tysons, VA 10am-5pm  
Comics, vendors, artists, cosplay, gaming, and more. Visit [www.theallstarcomiccon.com](http://www.theallstarcomiccon.com) for details.

## JUNE 12

### MOVIES FOR KIDS AND FAMILIES

McLean Community Center, Community Hall, 12:30pm, Free  
McLean Community Center is kicking off this series with "new Disney Classics"—those that were loved during the '90s. Bring an indoor picnic and introduce your kids to the classic animated movies that you love.

## JUNE 14

### JUNKFOOD Friday Night Live!

Downtown Herndon, 777 Lynn Street, Herndon, VA, Behind Herndon Municipal Center, 6:30pm-10:30pm. Free  
JunkFood is a pop-rock band that is unafraid to play anything. It's all about the party. If escaping reality is what you need then this is the perfect band for your night. JunkFood has been all over the mid-Atlantic for years and plays anything from classic to current hits from all genres as well as hook-filled originals.

## JUNE 14-15

### TASTE OF RESTON

Reston Town Center, Friday 4pm-11pm, Saturday, 11am-11pm  
Greater Reston Chamber of Commerce presents Northern Virginia's largest outdoor food festival featuring samplings from the region's eateries, live music, beer and wine gardens, Family Fun Zone, and much more. Free admission; purchase



Photo courtesy of Wolf Trap

tickets for tastings on site or in advance online. For more information call 703.707.9045 or visit [restontaste.com](http://restontaste.com).

## JUNE 15

### JOHNNY MATHIS The Voice Of Romance Tour

Filene Center at Wolf Trap, 8pm, \$20-95  
Legendary singer Johnny Mathis, celebrating 63 years as a recording artist, comes to Wolf Trap to perform his greatest hits and personal favorites like "Chances Are," "It's Not For Me To Say," and "Misty." Come hear why Mathis will always be the Voice Of Romance!

## JUNE 18-19

### ROCK OF AGES

Tenth Anniversary Tour  
Filene Center at Wolf Trap, 8pm, \$35-80  
Broadway's Best Party is turning up the volume to ten! Nominated for five Tony Awards, Rock of Ages captures the iconic era of 1980s Hollywood. Featuring the music of hit bands such as Styx, Poison, Twisted Sister, Whitesnake, and more, this tenth anniversary production will have you ready to rock!

## JUNE 20

### TRAMPLED BY TURTLES

#### DEER TICK

Filene Center at Wolf Trap, 7:30pm, \$30-50  
Pushing past traditional genres, progressive bluegrass collective Trampled By Turtles and punk-influenced Americana band Deer Tick are redefining the crossover landscape. The "rich vocal harmonies, unbelievably intricate and fast fiddle solos, and ever-present strumming mandolin and banjo" (Consequences of Sound) of Trampled By Turtles along with the Jekyll and Hyde balancing act of acoustic roots and electric rock of Deer Tick are best experienced live.

## JUNE 21

### KEETON

#### Friday Night Live!

Downtown Herndon, 777 Lynn Street, Herndon, VA, Behind Herndon Municipal Center, 6:30pm-10:30pm. Free  
Keeton is a northern Virginia cover band that plays a wide variety of your favorite '90s alternative hits. Pearl Jam, Weezer, Foo Fighters, New

Radicals, Eve 6, Better Than Ezra, Green Day—Keeton covers them all and many more. Keeton's show will take you on a musical journey through the decade of the internet, Nintendo, the Macarena, and Jurassic Park. With their wide array of upbeat, energetic songs, high octave guitar riffs, and strong vocal harmonies, Keeton will get the party started and keep you dancing and singing along to those songs you love, but forgot you love. Keeton—'90s and alternative for the people.

## JUNE 22

### Classic Albums Live performs

### PINK FLOYD'S THE WALL—40TH ANNIVERSARY

Filene Center, 6pm, \$25-55  
Celebrate the 40th anniversary of Pink Floyd's legendary and controversial concept album The Wall (1979)! From "Another Brick in the Wall" and "Comfortably Numb" to "Hey You," experience the acclaimed album played in full, note for note, cut for cut, by some of the world's best musicians.

CONTINUED ON PAGE 16



CONTINUED FROM PAGE 15

## JUNE 22

### THE CONCHE: THE ART OF COCKTAIL MAKING WITH MASTER MIXOLOGIST

1605 Village Market Blvd SE,  
#108, Leesburg, VA 20175, 12pm-  
2pm

Join The Conche for this educational, popular and fun event! The Conche presents a 2 hour class where you will learn the history of cocktails and to prepare and create what will certainly be some of your absolute favorite drinks! Your

ticket includes a welcome drink, snacks, fun and an amazing cocktail education! Enjoy a welcome cocktail prepared by master mixologist, Samet Yuksekgonul. Learn how to stir, shake, and muddle properly and develop an understanding of the perfect garnishes. Create three classic cocktails: daiquiris, martinis and old fashioned and three modern twists on those classics. Reserve your ticket at [www.eventbrite.com/o/the-conche-18418817474](http://www.eventbrite.com/o/the-conche-18418817474).

## JUNE 23

### BUDDY GUY

### KENNY WAYNE SHEPHERD BAND

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

Witness blues guitar at its best with multiple masters! Still creating new music and performing at age 82, Rock and Roll Hall of Fame inductee Buddy Guy is joined by Grammy nominee Kenny Wayne Shepherd Band and rising star Samantha Fish for an evening of nothing but the blues.

## JUNE 24

### DMV2GO AT THE PAVILION

Reston Town Center Pavilion,  
9am-4pm

The wireless office on wheels offers all DMV services: driver's license and ID card applications and renewals, driving records, vehicles titles, license plates, decals, order disabled plates, and more. Information on all services available at [dmv.virginia.gov/general/#dmv\\_2go](http://dmv.virginia.gov/general/#dmv_2go).

## JUNE 25

### PAT BENATAR & NEIL GIRALDO

### MELISSA ETHERIDGE

Filene Center at Wolf Trap,  
7:30pm, \$35-85

Relive the radical '80s with staples like "Hit Me With Your Best Shot" and "Love is A Battlefield" by Pat Benatar and Neil Giraldo and sing along to '90s rocker Melissa Etheridge's rousing songs like "I'm The Only One" and "Like The Way I Do." Alternative singer-songwriter Liz Phair of "Why Can't I" fame makes her Wolf Trap debut opening the show.

## JUNE 25

### INOVA BLOOD DRIVE

Reston Town Center, 1-6pm

A convenient way to donate blood, stop by the Bloodmobile truck next to the Pavilion. Schedule Bloodmobile

appointments at [1.866.256.6372](http://1.866.256.6372) or [inova.org/donate\\_blood](http://inova.org/donate_blood). On site registration is also available.

## JUNE 27

### DIANA ROSS

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

A legendary performer of the Motown era both as a solo artist and with The Supremes, Diana Ross' music catalog will have audiences dancing to classics like "I'm Coming Out," "Upside Down," and "Stop! In the Name of Love."

## JUNE 28

### LOVE SEED MAMA JUMP

#### Friday Night Live!

Downtown Herndon, 777 Lynn  
Street, Herndon, VA, Behind  
Herndon Municipal Center,  
6:30pm - 10:30pm. Free

Love Seed Mama Jump is a six-piece rock band from Dewey Beach, Delaware. Their music is described as guitar-driven pop rock—a blend of modern beats and melodic hooks delivered with powerful, impassioned vocals.

## JUNE 28

### RAIN

#### A Tribute To The Beatles

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

In celebration of the 50th anniversary of Abbey Road (1969), RAIN will bring the greatest hits of this epic recording to life, in addition to everyone's early Beatles favorites. This mind-blowing performance takes audiences back in time with the legendary foursome delivering a note-for-note theatrical event that is "the next best thing to seeing the Beatles" (Associated Press). Experience the world's most iconic band, and come celebrate the best of Abbey Road with RAIN—A Tribute to The Beatles. ♦

Photo credit: Ebru Yildiz

8 PM

## RODRIGO Y GABRIELA METTAVOLUTION TOUR

Filene Center at Wolf Trap, 8pm, \$35-65

Internationally acclaimed Mexican acoustic rock duo Rodrigo y Gabriela thrill audiences with rhythmically supercharged guitar instrumentals that exemplify their unique six-string magic. This event includes an album bundle. Every pair of tickets will get one copy of Rodrigo y Gabriela's new CD 'Mettavolution' shipped to their home.

**JUN  
7**



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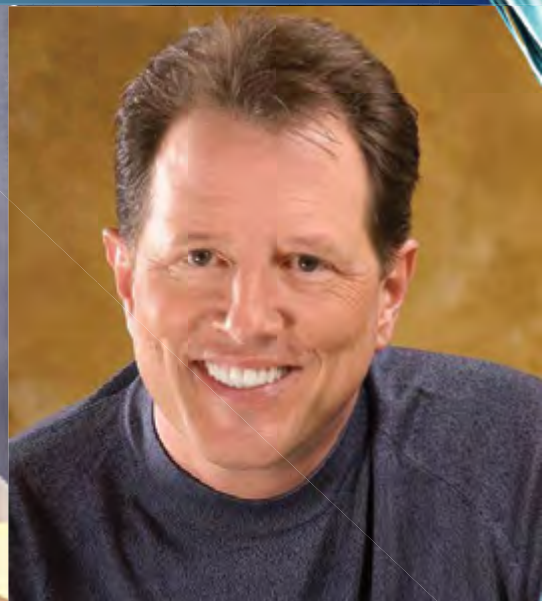
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# RCC Fun Around Town

**FREE • DROP-IN**

Reston Community Center is bringing outdoor recreation to your neighborhood! Join us as we provide recreation activities for children ages 6 to 12 and their families. All activities are free and open to the public. Children ages 10 and under must be accompanied by a parent. Please note: In the event of inclement weather, events will be canceled and will not be rescheduled.



## Family Fitness

**Thursday, June 13: 5:00 p.m. – 7:00 p.m.**

Stonegate Community Center (2244B Stonewheel Drive)

Join us for fun exercise activities and fun for the whole family!

## Free Play

**Friday, June 21: 6:00 p.m. – 8:00 p.m.**

Cedar Ridge Community Center (1601 Becontree Lane #1C)

Come out to our Free Play event with inflatables, recreation equipment and kid-friendly activities.



## Ice Cream Social

**Friday, July 19: 6:00 p.m. – 8:00 p.m.**

Island Walk Community Center (1701 Torrey Pines Court)

Come meet your neighbors and enjoy ice cream while you make new friends!



## National Night Out at Hunters Woods Plaza

**Tuesday, August 6: 12:00 p.m. – 1:00 p.m.**

RCC Hunters Woods

Join Reston-based Fairfax County police and fire personnel, the Hunters Woods Neighborhood Coalition, and your friends and neighbors for this festive event. Play games, see public safety vehicles and enjoy lunch outside with food from surrounding merchants.

## National Night Out

**Tuesday, August 6: 6:00 p.m. – 8:00 p.m.**

Westglade Neighborhood Center (2110 Westglade Court)

Join us as we celebrate the annual community-building campaign, National Night Out, with inflatables, kid-friendly activities and more.



*This program is in support of the Reston Opportunity Neighborhood program.*

*It is sponsored by Reston Community Center. For more information please contact*

*LaTanya Jones, Collaboration and Outreach Director, at 703-390-6158.*



**[www.restoncommunitycenter.com](http://www.restoncommunitycenter.com)**

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



# LUXURY *Highrise Living*

By Omid Khanzadeh



## MONARCH

Located within walking distance to the world-class shops and restaurants of Tysons Corner, Monarch is slowly becoming an integral part of the new-look Tysons. This recently erected building offers 1-3 bedroom luxury condominiums with diverse floor plans, fantastic views of the city, as well as high-end finishes. Every unit is most notable for offering an outdoor patio area, while some condos also feature an elevator for direct entry, thus granting homeowners a sense of privacy not found in most complexes. Dens are also available here, and each condo is most likely to include hardwood floors and towering windows that will provide ample amount of natural light. Some of the amenities are the state-of-the-art fitness center, being adjacent to the tennis and basketball courts, a swimming pool, pet spa, 24/7 concierge, and the spectacular rooftop dining section perfect for parties, barbecues, and family reunions.

7887 Jones Branch Drive, Tysons, Virginia  
703-734-2020 | [www.monarchtysons.com](http://www.monarchtysons.com)



## The Ascent at Spring Hill Station

As they mention on their website, the Ascent brings a whole new meaning to the phrase “living the high life.” The aptly named condominium building sits directly across the street from the Spring Hill Metro Station and is one of the most upscale, yet modern apartment complexes in the neighborhood. Every detail has the homeowner in mind, with large, floor-to-ceiling windows, best-in-class appliances, as well as its private balconies. For greater outdoor experiences, check out the exquisite rooftop deck and the breathtaking skyline views.

8421 Broad Street, McLean, Virginia  
855-466-5910 | [www.theascentspringhill.com](http://www.theascentspringhill.com)



## Lumen

A landmark project in Tysons, the Lumen is one of the highest points in the Washington Metropolitan area and one of the tallest buildings in Virginia. The 32-story, mixed-use building houses nearly 400 condominium apartments with retail stores sitting on the ground floor. Studio, one bedroom, two bedroom, and penthouse units are all available

and with each layout offering diverse and unique floor plans. It has all the amenities one looks for while shopping for a new home in the area: high-end finishes, garage parking, a social bar, a fitness center, and even a dog park. However, the most noteworthy feature here is the roof. The rooftop amenities include a patio terrace with a swimming pool, fireplace area, dining and conference room, and a lounge area. Not to mention the fantastic overlooking view of the mountains and Washington, DC.

1747 Tysons Central Street, Tysons, Virginia  
[www.lumentysons.com](http://www.lumentysons.com)



## Westpark Plaza

Westpark Plaza is a new, mixed-use community project that features four new buildings surrounding a central park and it is unlike anything else seen in the city. Two of the buildings are comprised of high-end apartments; the third tower is a hotel, and the smaller, amenity-only building provides ample amount of retail space, office space, and a parking garage in the lower deck. The central park is surrounded by all four buildings and is a delightful hub interconnecting all facets of the community. The Metro is also easily accessible here as the Greensboro station is just a short walk away, allowing residents, hotel guests, and visitors easy commute time to Washington, DC and the rest of the Metropolitan area.

703-524-6616 | [www.mtfa.net](http://www.mtfa.net)  
 The Lofts at Park Crest



## NOUVELLE

If you're looking for luxury living and want to be in the heart of Tysons, then Nouvelle should be near the top of your list. This pet-friendly apartment building is already considered a classic because it delivers on all points at every moment. The floor plans offer sleek, modern designs, open and diverse bedrooms, and high-end finishes. Bustling Tysons Corner is within eyesight from your balcony while the nearby Metro station offers an advantage in the commute to DC.

7911 Westpark Drive, McLean, Virginia  
 571-222-3220 | [www.livenouvelle.com](http://www.livenouvelle.com)

## KINGSTON AT MCLEAN CROSSING

The uniquely designed Kingston is situated into two towers, connected at the first two floors and again with a bridge on the 10th floor. The building consists of a wonderful mix of 1-3 bedroom units featuring hardwood floors, large bedrooms, and freshly designed kitchens with stainless steel appliances. Luxurious amenities are everlasting at the Kingston with a fitness center, rooftop lounge, nearby basketball and volleyball courts, as well as a swimming pool the most notable offerings. Tysons Corner is a short drive away while the McLean Metro Station is within walking distance from the building.

7480 Birdwood Avenue, McLean, Virginia  
833-265-6653 | [www.kingstonmclean.com](http://www.kingstonmclean.com)



## Tysons West

Tysons West is a mix-use development hub of activity in the heart of Tysons. This unique building offers retail stores on the ground floor while also housing apartment units and office spaces on the other floors. There's a Walmart on the main floor for residents to shop at which brings conventionality to a whole new level. The Toll Road, Route 7, Tysons Corner, and the Metro's Silver Line are also easily accessible, making this location one of the busiest but most sought after communities in the city.

1500 Cornerside Boulevard, Tysons, Virginia  
571-327-5127 | [www.tysonswest.com](http://www.tysonswest.com)



## Ovation at Park Crest

Considered one of Tyson's first high-rise apartment buildings, Ovation at Park Crest deserves an ovation not only for that feat but for maintaining luxurious credibility and for its carefully crafted and timeless communal spaces and beautiful floor plans. Some of these spacious living areas include hardwood floors, a private balcony, large closets and stainless steel appliances. Ovation is also very convenient because as you walk outside your front door you will find Harris Teeter, plenty of restaurants, and the Silver Line.

8231 Crestwood Heights Drive  
McLean, Virginia  
703-942-9047 | [www.ovationapts.com](http://www.ovationapts.com)





## The Commons of McLean

This pet-friendly condo building is located in the heart of McLean and sits on 40 acres of land, providing tree-filled scenery unlike any other apartment community in the area. The address allows residents to be within short distance to the highway, the McLean Metro station, and a ton of restaurants and shops, while Tysons Corner is also a quick drive away. As far as amenities, the Commons of McLean offer plenty of active sport courts for basketball and volleyball as well as a swimming pool and a fire pit for the warmer seasons. The units come in a variety of floor plans ranging from one- to four-bedroom layouts, some on two levels. This unique aspect gives homeowners the satisfaction that their home is dissimilar from their neighbors.

1653 Anderson Road, McLean, Virginia  
703-337-0208 | [www.commonsofmclean.com](http://www.commonsofmclean.com)

## The Lofts at Park Crest

An on-site Harris Teeter and Starbucks, a rooftop terrace, a gym, a swimming pool, and a private dog park are just a few of the many amenities found at the Lofts at Park Crest. This luxurious apartment complex is something for the entire family, and if that wasn't enough, the Capital Beltway and Tysons Corner are just a short drive away. As far as the units are concerned, you can expect to find towering ceilings, stainless steel appliances, and private, oversized terraces, as well as spacious bedrooms and closets.

8210 Crestwood Heights Drive, McLean, Virginia  
703-356-5380 | [www.liveparkcrest.com](http://www.liveparkcrest.com)



## Dolley Madison Apartments at Tysons

Named after the former First Lady of the United States, the Dolley Madison Apartments at Tysons is a luxurious apartment building tucked away in large, green space in the fashionable McLean. Unlike other apartment buildings in Tysons, Dolley Madison's main attraction is the abundance of greenery surrounding the community as everyone will have access to four playgrounds, a volleyball court, a swimming pool, a dog park, and a spacious entertainment section perfect for hosting parties and barbecues. The diverse floor plans can range from 1-3 bedrooms, with some offering a private entrance, a balcony, plenty of windows, and spacious living areas. There's also a quaint little convenience store onsite.

1805 Wilson Lane, McLean, Virginia  
703-893-6440  
[www.dolleymadisonapartments.com](http://www.dolleymadisonapartments.com)



## NOUVELLE

If you're looking for luxury living and want to be in the heart of Tysons, then Nouvelle should be near the top of your list. This pet-friendly apartment building is already considered a classic because it delivers on all points at every moment. The floor plans offer sleek, modern designs, open and diverse bedrooms, and high-end finishes. Bustling Tysons Corner is within eyesight from your balcony while the nearby Metro station offers an advantage in the commute to DC.

7911 Westpark Drive, McLean, Virginia  
571-222-3220 | [www.livenouvelle.com](http://www.livenouvelle.com)

## Haden

Just minutes away from Tysons Corner and the McLean Metro Station, the Haden is a unique and luxury apartment building that is anything but ordinary. 1-2 bedroom floor plans are available and feature hardwood floors, cozy private patios, expansive windows, and top-of-the-line appliances to name a few. Its premiere location to the mall, the highway and the high-end eateries and shops of Tysons is one of its main highlights, but some of the other features found at Haden include its wellness center, multi level parking garage, and its courtyard and grilling areas.

1575 Anderson Road, McLean, Virginia  
888-619-3832 | [www.liveathaden.com](http://www.liveathaden.com)



## Adaire

The standard of living doesn't get higher than Adaire. The conveniently located condominium building is situated only a block away from the Spring Hill Metro Station and is within walking distance to many notable eateries and shops of Tysons. Both modern and sophisticated studio, one-, and two-bedroom floor plans are available here while the exceptional service and care from the building's staff will make this place feel more than home. Towering at 35 floors, Adaire features open layouts, huge windows, and chef-worthy kitchens. There's retail stores on the ground floor while other notable features are the rooftop swimming pool and sundeck, the fitness center, 24/7 concierge, and a coffee bar.

1521 Boyd Pointe Way, Tysons, Virginia  
703-462-8044 | [www.adairetysons.com](http://www.adairetysons.com)



## VITA

Although a primarily condominium community, VITA also consists of a few townhome condominiums, located in front of the main building but with a separate entrance. Its location is one of the highlights as it is within walking distance from two Metro stations as well as Tysons Corner. Units found here range in size and layouts in terms of floor plans with each most likely featuring high ceilings, balconies, and spacious bedrooms. The community amenities include a state-of-the-art workout room, a swimming pool, sauna, and a clubhouse.

7902 Tysons One Place, Tysons, Virginia  
703-884-2047 | [www.vitatysons.com](http://www.vitatysons.com)



## HIGHGATE AT THE MILE

If you're looking for a chic, high-style apartment with reduced rent and extraordinary amenities than the Highgate at the Mile should be at the top of your list. The building consists of nearly 400 apartment units with timeless designs, modern kitchens, hardwood floors, and towering windows perfect for natural light. There are multiple courtyards on the property, as well as a stunning swimming pool, fitness center, and a private/public party room. Its park-like setting makes it an unsuspecting getaway while its convenient location gives residents direct access to the Metro station, Tysons Corner, and some of the best schools in the city.

7915 Jones Branch Drive, Tysons, Virginia  
703-734-1380 | [www.livehighgate.com](http://www.livehighgate.com)



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BY LINDA BARRETT

## A Metamorphosis in Luxury Lifestyle Living

*Tysons welcomes world-class luxury living with the new Monarch condominiums*

Imagine a high-end walkable neighborhood right in the heart of burgeoning Tysons. That's what's coming with the new Monarch luxury condominium project, what they're calling the most livable neighborhood within Tysons. Designed to bring an unprecedented level of living and personalized service, the 20-story Monarch condominium tower is now under construction at 7887 Jones Branch Drive, with delivery scheduled for late 2020.

It is the latest and most ambitious project of longtime Washington, DC-area developed Renaissance, which has built thousands of single-family and multi-family homes throughout northern Virginia for more than 35 years.

Monarch will feature 94 residences with more than a dozen different floorplans ranging from 880 to 3,400 square feet, priced from the \$600,000s to just over \$3 million. Styles range from one bedroom to three-bedroom

Penthouse units, all on single levels. The tower will be a freestanding structure limiting residences to between two (Penthouse level) and six units per floor. All residences will have windows on two or three sides with expansive outdoor balconies or terraces offering stunning views, and some will have private or semi-private elevator access.

The location is considered "soft urban" and will be situated on a tree-lined street in the Arbor Row community with sidewalks, walkability to the Tysons Metro, shopping at the Galleria, grocery stores, boutique coffee shops and high-end neighborhood restaurants. Unlike most of the new high-density residential development in Tysons, Monarch will offer a lushly-landscaped private elevated garden terrace overlooking the only stand of mature trees in the neighborhood.

Winding walkways, trellises, lounge seating areas and landscaping will encapsulate what makes this a special place to call home. By

day, residents can lounge by the sparkling blue waters of the pool or stroll through the trellises in the landscaped gardens. By night, friends can gather in the impressive clubroom or relax by the glowing fire pits under the stars. There will even be outdoor TVs to entertain. It's a place where residents can unwind and enjoy nature to its fullest. An outdoor staircase leads from Arbor Row to Tysons Boulevard to make the rest of Tysons accessible to those who live and work on Arbor Row.

"What makes Monarch unique is this combination of serenity and excitement," commented developed Albert H. Small, Jr., founder of Renaissance. "This will be a true vertical community where you can make friends for a lifetime while enjoying single-level contemporary living."

Sales of Monarch condominiums have begun from the sales office located at 1650 Tysons

CONTINUED ON PAGE 28

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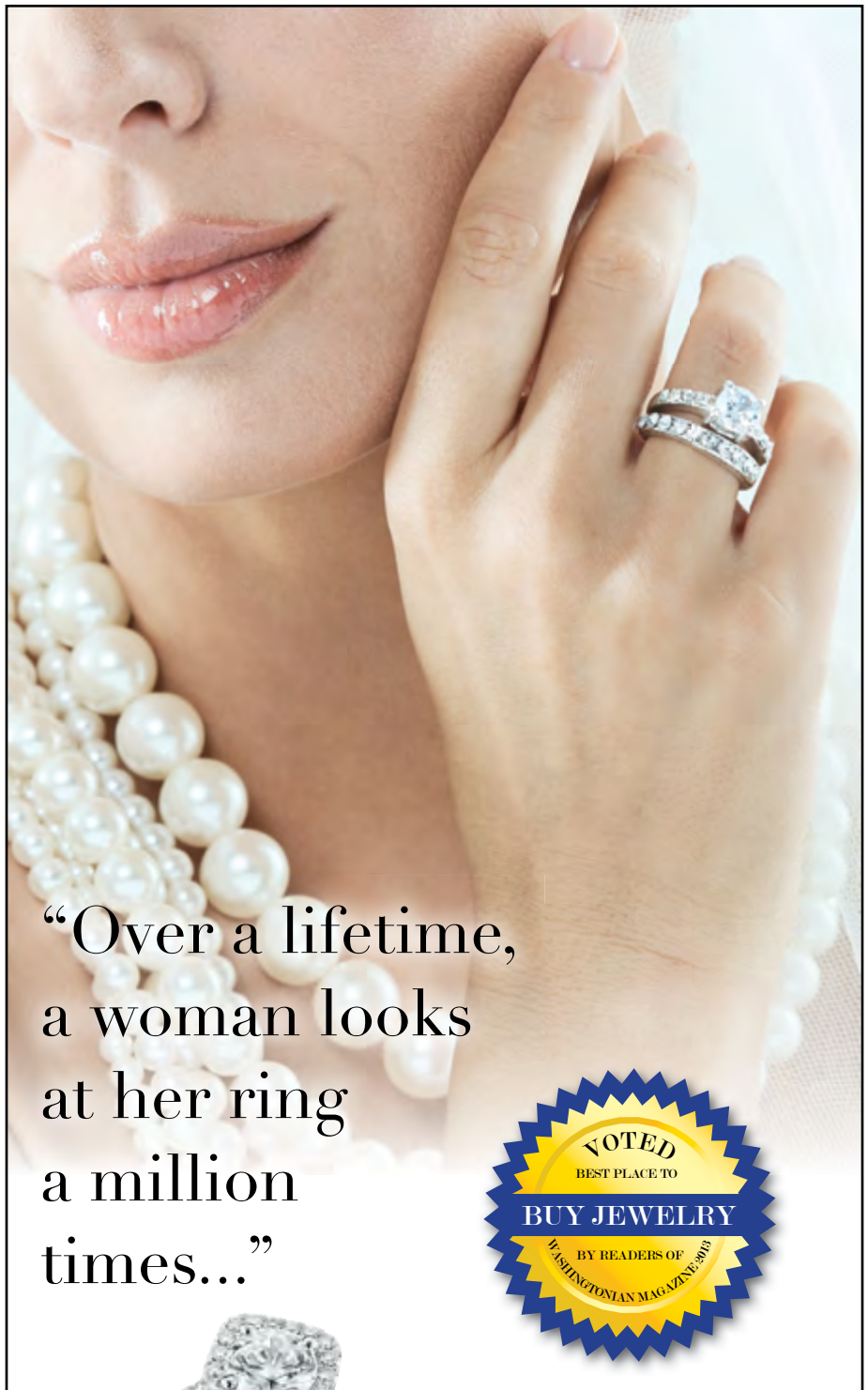
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CONTINUED FROM PAGE 26

Boulevard, 9th Floor, adjacent to the Ritz-Carlton Hotel and Tysons Galleria. There, interested parties can tour a 1,950 square foot furnished two bedroom/den, 2.5 bath model home featuring all the appliances and finishes of a fully-furnished and equipped home. Exclusive sales are offered by The Mayhood Company.

## Residences

Monarch's spacious residences are distinguished by floor-to-ceiling windows, large living rooms, huge walk-in wardrobes, and luxurious baths with Kohler® fixtures. The open chef-inspired kitchens have oversized waterfall and dual overhang kitchen islands, natural quartz countertops and backsplashes, concealed-panel European Miele appliances, and modern ITALKRAFT cabinetry. Optional upgrades include natural stone selections, custom-built closets, heated floors, wine refrigeration and more. Every detail of a Monarch home is chosen with care and meticulously designed by Carlyn and Company.

## Fabulous Amenities

"With a Monarch home, you're not just getting gorgeous space and amenities, you receive a level of personal attention and pampering you won't find anywhere else in northern Virginia," Small said. "As you step into the lobby with its soaring 20-foot ceiling, the lobby attendant will greet you, park your car if you like, and help you with groceries or packages. Monarch's

24-hour white glove concierge can schedule your yoga class, obtain a dinner reservation, help to hire a dog walker, or make sure your plants are watered while you're away, for example." The development's concept is to create a stress-free lifestyle for the people who live there, in the true sense of luxury living.

Dedicated underground parking and 6,000 square feet of ground-level retail space will enhance the convenience of living at Monarch.

Amenities include:

- The Crown, an exclusive 20th-floor private penthouse-level venue with 180-degree views, a catering kitchen and private dining room that can be reserved for family gatherings, business meetings or an intimate dinner party.
- A spa-like fitness center with state-of-the-art equipment, a yoga room and personalized fitness options
- 24-hour concierge
- Garden terrace with pools, gardens, fire pits, outdoor TVs
- A guest hospitality suite
- Pet spa

Monarch is centrally located in Tysons within Arbor Row, an emerging 19-acre community close to world-class shopping, dining and entertainment. With the Silver Line Metro station nearby, residents can be connected to everything Washington D.C. has to offer. In addition, the extension of the Silver Line to Washington Dulles International Airport is scheduled for completion in late 2020. The new Jones Branch Connector links the eastern and central portions of Tysons and provides direct access to I-495, while the Beltway's new HOT



lanes reduce travel time to I-66, I-395 and the entire region.

“Arbor Row will be the ‘new Tyson’s’ most livable neighborhood,” Small added. “There are already pedestrian pathways that lead to enticing restaurants, shops and the Metro. And there is more parkland and green space here than you can find anywhere else in Tysons. With both Wegman’s and Whole Foods opening soon nearby, Arbor Row will offer extensive options to support a healthy lifestyle.”

## Development Team

The development team responsible for creating the Monarch project include developer Renaissance Cénro, Plaza Construction, architectural firm WDG, The Mayhood Company sales and marketing firm, and Carlyn and Company Interiors & Design. The team’s many accomplishments, talents and skills make Monarch what it is today. ♦

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# Ask Dr. Dima

How To Permanently Destroy  
Your Stubborn Fat

WELLMEDICA  
Aesthetic & Anti-Aging Medicine

## By Dr. Dima Ali

One in every three women say they have considered lengths more than changing their diet and increasing their exercise in order to rid themselves of excess fat. Many women deprive themselves of their favorite foods and spend countless hours in the gym just to look and feel better. However, unfortunately that isn't always enough.

UltraShape is a completely pain-free, non-invasive procedure proven to target and destroy stubborn body fat. This technology uses focused, pulsed ultrasound to provide real results without heat or cold.

Over 300,000 UltraShape treatments have been performed worldwide. Patients trust UltraShape to help eliminate the fat that even diet and exercise can't touch. Many patients experience visible results within just two weeks of the first treatment and see full results after a three-treatment series.

### What are the desirable benefits of the procedure?

UltraShape painlessly destroys stubborn body fat with visible results in just two weeks. After a series of three quick, completely comfortable treatments patients can achieve a noticeably slimmer figure. When combined with exercise and a healthy diet, patients can lose up to two sizes. Best of all, the treatments are quick, pain-free and completely non-invasive. You can have the treatment and get back to daily life without skipping a beat.



UltraShape, after 3 treatments

### What are the common misconceptions about the procedure?

UltraShape's unique pulsed ultrasound provides a comfortable treatment that doesn't generate inflammation (like heat-based treatments) or frozen lumps or bumps (like cold-based treatments). Being the shape that you want to be shouldn't have to hurt.

- ❑ The UltraShape procedure has an excellent safety record
- ❑ Over 300,000 patient treatments have been safely performed world-wide
- ❑ Over 600 patients have been the subject of clinical studies on the UltraShape procedure
- ❑ As with any medical procedure, there is always some risk
- ❑ Ask your doctor if you would like additional information on the safety of the UltraShape procedure

### Who is a good candidate for the procedure?

A good UltraShape candidate:

- ❑ Has a BMI under 30
- ❑ Can pinch an inch of soft subcutaneous fat
- ❑ Maintains a healthy lifestyle/diet
- ❑ Has realistic expectations

### What the procedure entails...

- ❑ An UltraShape treatment lasts between 45 minutes and one hour
- ❑ For best results, we recommend a series of three treatments two weeks apart
- ❑ The UltraShape procedure is performed during a convenient, "walk-in, walk-out" session at an authorized UltraShape treatment center
- ❑ The UltraShape procedure uses pulsed ultrasound, so there is no discomfort caused by cold or heat. Some patients report a slight-to-moderate tingling sensation
- ❑ The vast majority of patients report a comfortable treatment experience
- ❑ Before the treatment, markers will be placed around the treatment area for the system to outline the treatment area
- ❑ A special ultrasound gel will be applied on the treatment area
- ❑ Treatment will begin and your entire marked "problem area" will be treated
- ❑ Once treatment is completed, the gel will be wiped away
- ❑ Your next appointment will be scheduled in two weeks

### What the recovery is like..

Treated fat cells are permanently destroyed. But remember that the key to maintaining your good results is to eat a good diet and have an active, healthy lifestyle. After an UltraShape treatment you should:

- ❑ Resume daily routine
- ❑ Avoid weight gain
- ❑ Eat a healthy diet
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UltraShape, after 2 treatments

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# Summer Romp

Ah, the romptastic days of summer, where heavy layers and thick fabrics are traded for breezy rompers that make you feel like a kid again. With plenty of variations on the romper, virtually any age can get away with wearing one: Long sleeved; strappy; strapless; t-shirt topped rompers, varied with shorts; skorts; maxi; high-low; wrap; ruffled or skirt styles. There are way too many adorable options to choose from! I've included my favorite sites for perusing daytime or night-out romper looks, below.

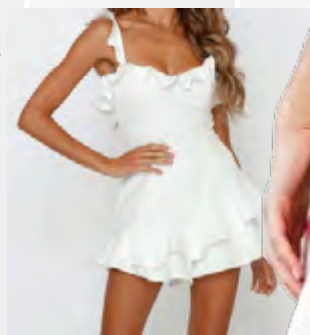
**MDScollections.com**

Grey skort/dress romper, \$42



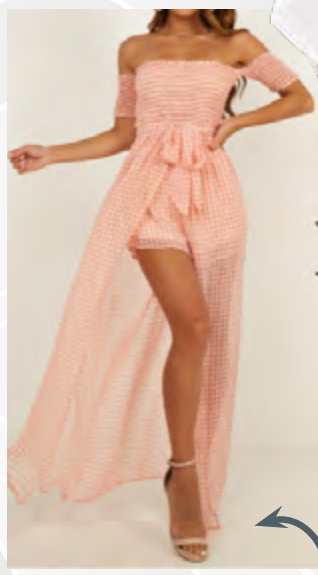
**HelloMolly.com**

White ruffled skort romper, \$72



**PrettyLittleThing.com**

Red drape romper, \$28



**Showpo.com**

Blush check maxi romper, \$54

**SelfieLeslie.com**

White floral high-low romper, \$65



**Tobi.com**

Choker maxi romper, \$78





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# The Host(ess) with the Most(ess)

By Michael Evans



With summer just around the corner, it's time to invite your friends and family over and fire up the grill! There's not much better than spending quality time with the ones you love, unless it includes warm weather, cold drinks and great food, too! We've put together some of our top tips and considerations for hosting a successful outdoor get together for all to enjoy!



## Pay attention to the details

One of the key ways to ensure everyone has a great time is to pay attention to the details. Making sure that there's enough seating for everyone and providing a comfortable and inviting outdoor environment allows everyone to relax and enjoy the time together. Finishing it off with a coordinating menu, from starters, entrees and beverages, to desserts, always adds a nice touch!

Want to really step it up a notch? Consider using décor to help reinforce the overall aesthetic or ambiance you're going for. For example, for a tropical themed event, break out the tiki torches and string lights to set the mood. Serve up some Mai Tais, Piña Coladas and coconut water, and fill those food cravings with starters of tropical bruschetta and coconut shrimp bites, followed by Mahi Mahi kebabs with grilled pineapple and bell peppers. Don't forget the tropical fruit salad and Pacific Coast cole slaw on the side, and coconut crème pie for dessert! Everyone will appreciate the reprieve of having a taste of the islands!



## Menu planning

It's important to have a well thought out menu for your event, specifically keeping in mind your overall vision for the evening, as well as the needs of your guests. The size of your party

can also impact your menu, as you may be able to accommodate a more intricate menu for smaller groups, and want a simpler but more expansive menu for a larger crowd to please the masses. Either way, you'll want to make sure to offer a variety of foods, from simple stationary appetizers, to possibly some hors d'oeuvres, as well as your entrée(s), dessert(s), and any specialty drinks you want to include! Be sure to offer safe options for your loved ones with any dietary preferences or restrictions, so they can enjoy the evening without worrying, too!



## Something for everyone

Another sure way to keep everyone satisfied and your stress levels down while entertaining is to have some refreshments for guests to enjoy from the get go. Whether you're planning a multicourse meal with several hors d'oeuvres, or a simple barbecue, offering some stationary munchies is an easy way to help tide everyone over until all guests arrive and it's time to eat. Some ideas range from an elaborate charcuterie board or fruit and cheese plate, to chips and dips, or crudité with dressings and hummus. Similarly, providing a variety of beverages and making sure everyone has something to drink as they settle in can help them to get comfortable and enjoy the party!



## Kid friendly entertainment

If children are included in your event, you'll want to have a game plan to keep them

entertained! Depending on the ages of the kids, incorporating yard games, bubbles, table games and/or a craft station are great ways to keep them busy and having fun, which is a win for their parents, too! Additionally, offering kid friendly foods either as part of the overall menu, or a special menu just for them depending on your preference, can help to make the evening go seamlessly for everyone!



## Set yourself up for success

Finally, when it comes to hosting an event, possibly the most important thing you can do to set yourself up for success is to plan. Whether that means having a written plan for menu timeline, décor, seating chart, or simply making mental notes of any last minute equipment or serving ware you need, staying organized will help to make sure the day goes smoothly. Try to set up as much as you can beforehand, even if that means your decorations are out for an extra day or two, and your dinner table is set first thing in the morning... You'll be glad you did it later! For outdoor events, make sure you have a comfortable back up plan in case the weather isn't in your favor. Finally, prep as many of the menu items as you can beforehand, so that you aren't in the kitchen while your guests are outside, and you can enjoy your time with them! ♦



**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.**



# Ask an Advisor

## What does a Financial Advisor do?



## By Dan Lash. CFP® AIF®

When I meet someone at a party (or more likely, at one of my kid's soccer games) and I tell them what I do, usually the first question they ask is "What do you think of the stock market?" While I do spend time helping clients with their investments, the vast majority of my time is spent helping clients in other ways. Below is a list of four things a good financial advisor does beyond just giving investment advice.



### Educate you

I help my clients really understand their finances. Most advisors have extensive experience and education on a wide variety of financial topics that clients can benefit from. A good advisor takes the time to help with everything from understanding options for your children's college financial aid to analyzing your Social Security statement and helping you identify payout possibilities.

Understanding the strategy behind any investment advice is important as well. It's your money, you should understand how it's being invested, and why it is appropriate for you.

Even if you are someone who does not view yourself as financially savvy, you should have a basic understanding of why your money is invested the way it is, and how that might change in the future.



### Give you confidence

One of the most rewarding parts of my job is improving my client's financial confidence. Many people come to me worried about a financial matter. I help them identify what they are worried about and then suggest changes they can make in their finances to alleviate that worry. This is especially true for people at (or nearing) retirement who want to identify the best way apply the money they spent their entire lives saving.

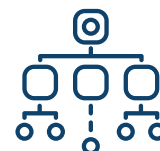
I also act as a sounding board for my clients. They bring their big life-changing ideas to me and we work together to help them understand how that may affect their financial future. My clients have all kinds of ideas, from starting a business to buying a vacation home. These ideas cost money and it's important to know how it might affect their overall financial picture. Once you have some confidence, those big decisions might not keep you up at night.



### Help you plan

Everyone has goals for their future. A good advisor will help you formalize those goals and create a financial plan. That plan acts as roadmap to take you from where you are today to where you want to be in the future. Using known variables such as current account balances, cash flows, and savings rates an advisor can estimate future asset values, create a withdrawal plan and recommend an investment allocation based on your individual needs. That information can be incredibly insightful and valuable when making some of life's major decisions, including buying a home or deciding when to retire.

Financial planning also plays an important role in helping you get the most out of your money. Careful planning can help you set priorities and work steadily towards long-term goals. It may also provide protection against the unanticipated, by helping you prepare for things such as an unexpected illness or loss of income.



### Keep you organized

When it comes to important financial documents, trying to identify what records to keep and how long to keep them can be confusing.

Our office retains digital copies of a variety of client financial documents. Everything from medical directives and insurance coverage details to wills, trusts, and other estate documents.

We also help our clients identify and understand the tax ramifications of major financial decisions and understand the records they need to keep (and the ones they don't) so that they don't end up with an unexpected tax bill at the end of the year.

As you can see, a good financial advisor does a lot more than just give investment advice. We provide a holistic approach to your entire financial life, helping you and your family navigate and make informed financial decisions while pursuing your goals.



**Author: Daniel P. Lash, CFP®, AIF® is a Financial Advisor and Partner at VLP Financial Advisors. Dan works with his clients to help them plan for their family's financial future. He believes that strategic planning is the key to creating, protecting, and growing wealth. Visit VLP Financial Advisors online at: [www.vlpfa.com](http://www.vlpfa.com).**

## Have a question for an Advisor?

Email [info@vlpfa.com](mailto:info@vlpfa.com)

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# StageCoach Theatre Company

## A Little Theatre with a Big Vision

by Linda Barrett

**A**t first sight, the StageCoach Theatre is an unassuming black box theatre located in an office building. However, you'd be surprised at all that this theatre company offers, and how it transforms both itself and its audiences with each performance.

### There's Murder Afoot

A staple of StageCoach Theatre Company (STC) is its Murder Mysteries. All original works, with many written by co-owner/artistic director Terry Smith, the mysteries take patrons on a hilarious tongue-in-cheek journey through a series of clues to solve a

murder. There are three styles of murder mysteries, with each involving audience participation: a two-person show driven by the audience suggestions; a performance-based show with actors; and a private party show where every attendee gets a role.

### Performances to Catch

"We do about five Main Stage Shows, three murder mysteries and two Cabarets a year," Smith said. In-house shows offer both fully-catered dinner shows and non-dinner shows, and murder mysteries are available for private parties or off-site events like corporate team building.



All photos credit: Benjamin Smith

Group with Director

The third Friday of each month, catch the StageCoach Bandits for a rip-roaring improv show, similar to the TV show “Whose Line is it Anyway.” The Bandits perform short-form improv skits using audience suggestions and no show is ever the same twice. Or check to see when the next musical Cabaret will be held. I hear they may even be adding Magic Shows to the roster of events.

### Kids & Teens

“Our after-school classes coach children in how to act, sing, and mount a production, either in private or group lessons,” Smith explained. “In interactive classes, the kids get to evaluate and critique each other’s performances with guidelines from the instructor.”

Summer camps are also popular, held 9 am-3 pm Monday through Friday. Throughout the week, children create a fully-staged performance and on Friday afternoon and Saturday, perform it for parents and friends. “There is a different class each week,” Smith added. “They might do Broadway, Disney or Sondheim music, along with some non-musical and improv or acting classes.”

New this year are Princess Tea Parties where actors dress up as characters to entertain as guests enjoy tea and a light fare. The theatre space is available for rent and often hosts birthday parties, corporate events, bridal showers and even wedding receptions.

### Classes and Workshops

StageCoach Theatre Company offers a wide variety of workshops and classes to help you prepare for an audition, learn improv or voice-over techniques, or understand lighting and sound engineering, for example. It even offers singing and acting lessons, as well as classes on how to become an actor as a business.

### Corporate Events

“We do a lot of improv and theatre games for corporate team building,” Smith said. “Either a group comes into the theatre or we go onsite

to work with them on building trust and communications skills by setting up scenarios they have to work through. We often use murder mysteries designed so that no one person can solve it on their own. Participants have to talk and communicate with each other to solve the problem.”

“Our business model is composed of three service pillars: entertainment, education and production. But the real impetus behind our theatre company is to support the arts,” Smith said. “We want to offer a place for young people and those working on their craft to go and a resource to help them find their way.”

“One thing that frustrates me is that the local papers cover sports for high school kids but have nothing supporting their arts. Part of our mission is to get the arts recognized. As a service, we like to help support our local high schools by offering the kids rehearsal space and opportunities to showcase their talents and obtain scholarships.”

### The StageCoach Foundation

The owners formed the StageCoach Foundation (a 501c3) to provide scholarships for summer arts programs offered anywhere Loudoun County so that more children might benefit. For more details, or if you’d like to donate, contact STC.

### How STC Was Formed

StageCoach Theatre Company was formed with a partnership between Terry Smith and Jerri Wiseman, the company’s co-owner and executive producer. A third partner, April Bridgeman, joined the team recently and serves as theatre manager.

“When I first moved to this area in 1989, my wife was a costume seamstress. I accompanied her to the theatre one day and they told me they were short on men for an upcoming performance and cast me in a small part in Dracula. Well, I got the acting bug and worked in community theatre for about 20 years. Then I started writing one-act and full-



The Hamilton Murders cast



length plays that the local theatre would mount. Jerri was cast in one of my plays.”

When Wiseman heard that Smith was selling his scripts online, she approached him about starting a business for the local community. That was in 2011. They decided they wanted to fill two niches they thought were missing in Loudoun County: murder mysteries and dinner theatre.

“At first, we were a traveling troupe, hence the name StageCoach that represented that we were mobile. We did only a couple of shows a year—mostly murder mysteries and children’s shows—then added Cabarets and Music Revues.” The company still takes the show “on the road” occasionally, performing at area wineries, restaurants and private events. The first murder mystery performed on its own stage was in October 2017.

In its first year in operation, STC was named a finalist for the Loudoun County Small Business of the Year, and won the award for Tourism and Entertainment the second year. It continues to receive accolades from the community.

STC is considered a semi-professional theatre company, hiring professional and non-professional actors. Although the theatre is a for-profit venture, it operates on a slim budget and can always use donations. “And we’re always looking for volunteers!” Smith added.

### Want to See a StageCoach Show?

Now that you’re “dying” to see a show at the StageCoach Theatre Company (a murder mystery perhaps?), you’d better make reservations. The theatre is small and the configuration and number of seats changes with each show. It seats only 70 at full capacity. It is especially important to reserve your spot for dinner theatre presentations, as they sell out early. Free popcorn is provided for non-dinner shows and wine and beer are always available for purchase.

When asked “Why is this your passion?” Smith replied, “There is nothing more rewarding than seeing people smile, laugh and have a unique experience they can’t get anywhere else.” So jump aboard the StageCoach for an entertaining ride! ♦

#### StageCoach Theatre Company

20937 Ashburn Rd., Suite 115+120

Ashburn, VA 20147

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



Cast of Ugly Sweaters, Beautiful Music



Modern Broadway Camp

All photos credit: Benjamin Smith

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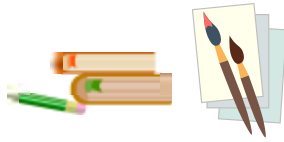
By Patricia Lee Hall

Camps are about more than just providing childcare during the weeks off from school and giving the kids something to do. Day camps of modern times are enriching experiences that expose students to new experiences, hone their talents, or challenge them to go beyond their limits.

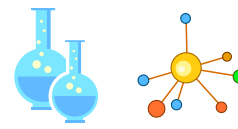
In Northern Virginia, there are hundreds of options for summer camp. The variety alone is dizzying: locally, kids can choose from multi-purpose or general camps where they can do a little bit of everything (often with fun themes changing each week) and strengthen their academic skills, or specialty camps focused on activities they love. Among the specialties, children can spend a week, several weeks, or even a couple

of months enjoying camps specific to music, dance, drama, visual arts, sports, language arts, gymnastics, horseback riding, outdoor and adventure, martial arts, cooking, or science, technology, engineering, and mathematics (STEM).

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



## General/Multi-Purpose Camps



### Fairfax County Park Authority

*Camps for ages 3-15*

Multiple locations in Fairfax County

(703) 324-7329

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

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

### Loudoun County Parks

*Camps for kindergarteners through eighth-graders*

Multiple locations in Loudoun County

(703) 777-0343

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

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

### Beantree Learning

*Camps for ages 5-13*

Chantilly and Ashburn, VA

(571) 223-3110

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

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

### Loudoun Country Day School

*Camps for preschoolers through eighth graders*

Leesburg, VA

(703) 777-3841

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

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

### Reston Montessori

*Camps for kids age 3 months to 5 years*

Reston, VA

(703) 481-2922

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

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

### The Goddard School

*Camps for preschoolers through sixth graders*

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

(800) GODDARD

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

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

### Congressional School

*Camps for children ages 4-14*

Falls Church, VA

(703) 822-452

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

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

### BASIS Independent McLean

*Camps for preschoolers through middle schoolers*

McLean, VA

(703) 854-1253

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

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

### Green Hedges School

*Camps for kids ages 3-7*

Vienna, VA

(703) 938-8323

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

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

### Brooksfield School

*Camps for kids ages 3-10*

McLean, VA

(703) 356-KIDS (5437)

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

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

### Eastern Ridge School

*Camps for toddlers through first-graders*

Great Falls, VA

(703) 757-7900

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

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



## Westminster School

*Camps for kids age 3-14*

Annandale, VA

(703) 256-3620

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

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

## Fairfax Christian School

*Camps for kids in grades K-12*

Dulles, VA

(703) 759-5100

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

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

## Randolph-Macon Academy

*Camps for kids age 10-18*

Front Royal, VA

(540) 636-5215

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

Randolph-Macon Academy (RMA), a renowned boarding and day school in the beautiful Shenandoah Valley, has summer programs for tweens and teens. The Middle School day camp (grades 5-8) includes sports, swimming, community service, conservation projects, games, and other activities. Evenings activities include bonfires, movie trips, bowling, mini golf, and more. The overnight camp (grades 6-8) includes activities and trips on the weekends, or returning home on the weekends. The theme for Summer Camps 2019 is Space Exploration & Investigation, with history, science, and reading and writing focused on the topic. A Summer School option (for high school credit) offers more than 20 enrichment courses such as SAT Prep, Creative Writing, and Study Skills. And teens ages 13-18 can enroll in Randolph-Macon’s Flight Camp, with first-class instruction both in the air and on the ground with a Cessna 172.

## Reston Community Center

*Camps for preschoolers through high-schoolers*

Reston, VA

(703) 476-4500

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

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

## PERFORMING ARTS



## Mount Vernon Community Children’s Theatre (MVCCT)

*Camps for children in (rising) first through third grades*

Alexandria, VA

(703) 360-0686

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

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

## Acting for Young People (AYP)

*Camps for kids ages 5-18*

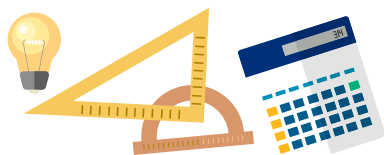
Fairfax, VA

(703) 554-4931

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

AYP provides actors of all ages with professional-level training in a supportive and fun environment. The school is affiliated with George Mason University and its faculty is made up of working professionals in the industry, including actors, directors, and teaching artists. At AYP camps, students develop acting skills and build self-confidence while learning about the theater and film industries, all leading up to a final production of their own.

## STEM



### Children's Science Center

*Camps for kids in first through fourth grades*

Fairfax, VA

(703) 648-3130

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

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

### NOVA SySTEMic

*Camps for children in grades 3-12*

Multiple locations in Fairfax, Loudoun, and Prince William counties

(703) 323-3000

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

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

### STEM and Flower

*Camps for kids ages 3-14*

Chantilly, VA

(703) 203-1979

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

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

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



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**OAKTON, VA**

**\$798,500**

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**OAKTON, VA**

**\$1,698,500**

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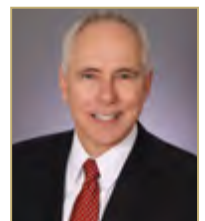
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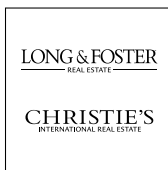
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#### Specialties:

Property Analysis, Expert Negotiator



Valerie.Kappler@lnf.com

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## Casey Margenau

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#### Specialties:

Expert Negotiator



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## Ginger P. King

### BEST REAL ESTATE AGENT AND TOP PRODUCER

Designated Best Real Estate Agent by Washingtonian Magazine 2015 and #4 in the Company Top Ten in 2014, Ginger is a Life Member Northern Virginia Association Top Producer. She is a native and resident of Vienna, VA, and as the daughter of a builder, she loves residential real estate marketing and sales. Ginger is a licensed realtor in Virginia and Florida and specializes in residential real estate sales in Northern Virginia—especially, Vienna, Fairfax, Oakton and nearby. She has a number of real estate designations and enjoys tennis and golf.

#### Specialties:

Accredited Buyer Representative (ABR),  
Accredited Staging Professional (ASP),  
Graduate Realtor Institute (GRI),  
Senior Real Estate Specialist (SRES)



ginger.king@cbmove.com  
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## Brandy Schantz

### LICENSED IN DISTRICT OF COLUMBIA, AND VIRGINIA

Brandy is a former U.S. Army Intelligence Officer who brings the same level of commitment and integrity to real estate as she did to her military duties. She is dedicated to bringing personalized service and expertise to each and every client. Brandy has a consultative approach to real estate, offering the best advice on each particular situation—some which may lead to a home purchase, selling your home, or a change in trajectory all together. It's not about "the sale", it's about the client. Brandy has a B.A. in International Relations from the University of Central Florida and an M.B.A. from Virginia Tech. She lives in Vienna, VA and serves on the board of Women in Housing and Finance Foundation and enjoys volunteering at various local organizations. She speaks Persian-Farsi and is an avid runner and triathlete.



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## Allie Chamberlain

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Allie Chamberlain, a licensed realtor in Virginia, has been a Northern Virginia resident since 1993. She brings savvy contract negotiation experience and a meticulous sense of organization to Long and Foster. She holds the Accredited Buyer's Representative Designation (ABR®), the benchmark of excellence in buyer representation and is a member of the Northern Virginia Association of Realtors® and the Real Estate Buyers Agent Council. Allie specializes in listing and selling residential homes as well as investment property for sale in Northern Virginia. She and her family are active in the community of Vienna and have resided there since 2003. She recently served as PTA President in a Vienna elementary school and continues to be an active volunteer for the local area.

### Specialties:

Investment Property, New Construction,  
Resale Residential, Condominiums  
ABR



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o: 703-938-4200



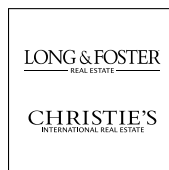
## Jim Nelson

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Jim Nelson will be celebrating 30 years as a Realtor and has been representing buyers and sellers selling millions every year. His motto is to provide you with as much information as possible in making a decision regarding your real estate transaction. Jim worked as a sales and marketing consultant for a number of years before he took over a bankrupt Texaco gas station in the middle of McLean 1982 and flipped it as his first real estate deal. Jim is diversified as both a listing agent and buyers agent in the Northern Virginia area. Specializing in finding properties for specific needs of buyers and pricing properties for sellers obtaining the most money within a reasonable period of time.

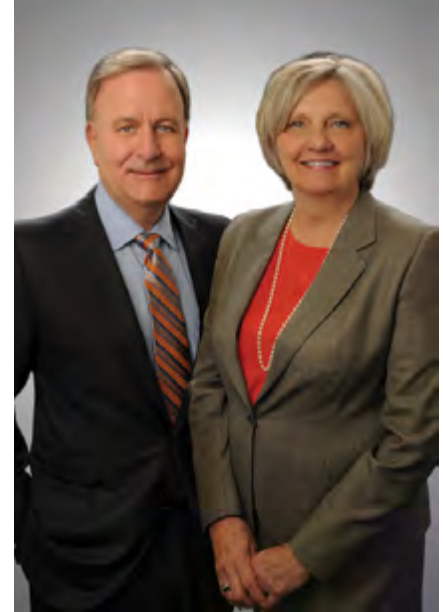
### Specialties:

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After 19 years as a retail business executive with extensive marketing and negotiation skills, JoAnne transitioned into Real Estate. Dave served 21 years with the United States Secret Service before transitioning into Real Estate. His unique knowledge of Northern Virginia and the Washington D.C. area has proven beneficial to their clients. Dave and JoAnne have been Northern Virginia residents since 1991 and work together as a team. They understand the stresses of relocating, having moved several times when Dave worked for the Federal government. Dave's relationships here and abroad, their knowledge of sophisticated database technology, analytical approach to tasks and commitment to service, honesty and integrity are the cornerstones of the Dave and JoAnne Adams Group.

### Specialties:

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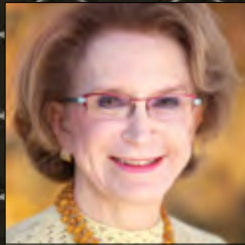
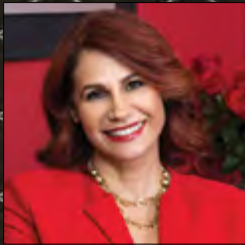
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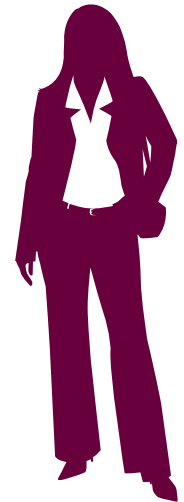
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### Best Real Estate Agent and Top Producer

Designated Best Real Estate Agent by Washingtonian Magazine 2015 and #4 in the Company Top Ten in 2014, Ginger is a Life Member Northern Virginia Association Top Producer. She is a native and resident of Vienna, VA, and as the daughter of a builder, she loves residential real estate marketing and sales. Ginger is a licensed realtor in Virginia and Florida and specializes in residential real estate sales in Northern Virginia—especially, Vienna, Fairfax, Oakton and nearby. She has a number of real estate designations and enjoys tennis and golf.



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465 Maple Ave West, Vienna, VA 22180  
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Gloria moved to McLean, Virginia 25 years ago from the Texas/Oklahoma area. Prior to starting her career in real estate, she worked for the Congressional Budget Office on Capitol Hill, the Brookings Institution, and two Presidential Commissions, solidifying her grasp for the markets she serves so well.

She developed a love for the real estate business and her reputation among her peers and customers alike is a testament to her desire to go that "extra step" to ensure a satisfied client.



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BY JOHN BYRD

# Stylish Outdoor Living, With Well-Defined Activity Zones

Innovative Solution Wins “Contractor of the Year” (COTY)  
Grand Award for Sun Design Remodeling

An outdoor living solution to Chateau-style residence in Oakton has won a “Contractor of the Year” (COTY) Grand award for Sun Design Remodeling Specialists.

The comprehensive design-- which combines a screened porch, an outdoor kitchen and dining area, a hot tub and a stone fireplace in a cleverly integrated, multi-level layout-- completes the rear elevation of the 9,500 square foot custom home the owners had built in 2001.

The remodel to the home of Larry and Lisa Rice was named best “Residential Design/ Outdoor Living Solution for \$60,000 and over” by the National Association of the

Remodeling Industry (NARI) metro DC chapter.

Combining a skillful architectural elaboration with a substantially articulated outdoor entertainment function, the structure strengthens the relationship between the home's stone-and-stucco facade and the formerly nondescript rear elevation.

“We wanted an indoor/outdoor gathering place that would bring the whole family together,” says Lisa, 56, a retired mother of teenage twins. “The rear of the house was originally conceived as a walk-out, but I realized later that I didn’t want high decks. Once I saw the design problem more clearly, I



BEFORE





(At left) **BEST OUTDOOR LIVING SOLUTION.** A multi-component, multi-level rear elevation addition to a home in Oakton recently garnered a “Contractor of the Year” (COTY) Grand Award for Sun Design Remodeling. The architecturally-sensitive elaboration to the home of Larry and Lisa Rice was named the metro area’s top Landscape Design/Outdoor Living improvement in the “\$60,000 and over” range by the National Association of the Remodeling Industry’ metro DC chapter. The plan includes a 437 square foot screened porch, open air dining deck with retractable awnings, a stone fireplace, a hot tub and many other amenities.

was simply looking for a better set of options—albeit, ones I couldn’t fully envision.”

An earlier rear elevation proposal by a local design/builder had not been built. Ditto plans for a pool. But Rice credits Craig Duroske, chairman and founder of Sun Design, with re-awakening her enthusiasm for the project by identifying and prioritizing its primary components.

“Craig got our vision” Lisa recalls. “It was his attention to our goals that revived my interest in moving forward.”

(Below) **HOT TUB** Even in cooler months, guests can find a warm spot—whether it’s soaking in the sunken hot tub or cozying up to the wood burning fireplace flanked by gas torches.



In the end, the plan appreciably responds to Rice family’s passion for indoor-outdoor living, to wit:

- A 437 square foot screened porch linked to the kitchen via a folding glass window provides a cozy, insect-free gathering spot. An eight foot counter abutting the “pass-thru” inside the porch facilitates service and dining. Equipped with a gas fireplace clad in stone and a flat screen TV, the porch can be fully utilized as an entertainment mecca nine months of the year;
- A formal dining area situated under a cedar pergola incorporates retractable awnings that provide shade as needed;
- The 21’ x 21’ outdoor kitchen includes a built-in Wolf gas grill, a beverage center with refrigerator, an ice maker, a sink, and a stainless oval grill ideal for baking, roasting and smoking;
- Three steps down, the open air deck (22’ x 28’) features a wood-burning hearth and a hot tub set-off by planters and gas torches—an inviting spot to deeply relax, even in cooler weather.
- A ground-level patio (16’ x 19’) just outside the fully-appointed lower level family room offers a fire pit, and a quiet perch for star gazing.

“I always thought of the lower patio as a place where the kids could get away from the adults if they wanted,” Lisa says. “On the other hand, Larry and I like it too.”

(Below) A cedar pergola lends needed definition to an outdoor dining table...The design conceals retractable awnings which provide shade as needed.



All photos credit: Greg Hadley



Architecturally, one of the biggest challenges was developing an appropriate roof line reconciliation.

“A chateau-style residence has a very distinctive conical roof,” Durosco explains. “Any addition that doesn’t take this into account runs the risk of muddling the style-- diluting the very elements that make the home unique.”

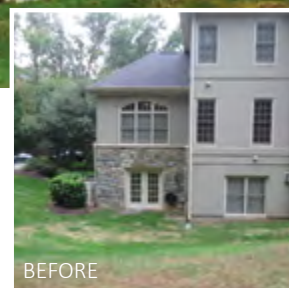
Taking this design principal a step further, Durosco and team decided to set-off the porch interior by introducing a pyramidal-shaped vaulted ceiling finished in bead board. LED accent lighting at the pyramid’s base adds depth and color intensity to the ceiling which also houses a rotating fan. Meanwhile, screened barn-style doors on rollers combined with wood-grained porcelain tiling add warmth, and a nostalgic reference to northern Virginia’s agrarian past.

Rice, who plans to host a high school graduation party for the twins this May, says the plan can comfortably accommodate an outdoor dinner for twenty or more. Then the summer begins in earnest.

“Seasonally, the timing is just right,” Lisa acknowledges, “and we’re really pleased with what our home now has to offer.”

(Above) A ground-level patio just outside the lower level family room offers a firepit and a quiet place for star gazing.

(Below) A 10’ x 10’ vaulted ceiling, screened barn-style doors, and wood-grained porcelain flooring are among the stand-out interior design elements.





(Below) The porch features a pyramidal-shaped vaulted ceiling with beadboard detail, a gas fireplace, and a folding glass kitchen pass-thru within easy reach of a serving station and dining counter.



(At Left) **GRILLING STATION** The outdoor kitchen boasts a built-in Wolf gas grill, a beverage center with refrigerator, ice maker, a farm sink, and stainless oval grill designed for baking, roasting and smoking.

(Below) **LOWER FIREPIT** A ground-level patio just outside the lower level family room offers a firepit and a quiet place for star gazing.

Perhaps not coincidentally, Sun Design was recently received a 2019 "Guildmaster" Award from GuildQuality, a prize conferred on remodelers whose independently-surveyed customer satisfaction scores are among the highest in the nation.

Sun Design Remodeling frequently sponsors design and remodeling seminars as well as tours of recently remodeled homes. Headquartered in Burke, VA, Sun Design also maintains an office in McLean, VA. For More Information Visit: [www.SunDesign.com](http://www.SunDesign.com) or call 703-425-5588. ♦

John Byrd has been writing about home improvement for 30 years. He can be reached @ 703/715-8006, [www.HomeFrontsNews.com](http://www.HomeFrontsNews.com) or [HYPERLINK "mailto:byrdmatx@gmail.com"](mailto:byrdmatx@gmail.com) byrdmatx@gmail.com. Send photos of interesting remodeling projects to: [b2b@homefrontsnews.com](mailto:b2b@homefrontsnews.com)





BY JOHN BYRD

To meet the Aging-In-Place (AIP) requirements of two seniors who wanted to continue occupying the circa 1940's center hall Colonial they have owned over 26 years, Glickman Design Build integrated a porch conversion with a skillful floorplan configuration. Among far-reaching improvements the plan called for combining the existing kitchen and dining room, introducing a side entrance through an enlarged laundry room and significantly upgrading a period style interior design scheme.

## CONTINGENCY PLAN:

# Glickman Strategic Remodeling Solution

## Converts 1940s Bungalow into Home for Life

There is nothing self-evident about an Aging-in-Place (AIP) solution. Transforming an existing house into a dwelling that will serve its owners for life is both art and science-- a process which often demands not only top design and building expertise but technical skills best acquired through professional certification. How the retrofit plan is phased-into the owner's lifestyle is, likewise, a function the remodeler's experience, tact, knowledge and, above all, vision.

"My husband and I have lived in our circa 1940's Colonial for over two decades," explains Jane Alperson. "But once we decided that we would remain in our home past retirement-- in fact, indefinitely—we knew we'd have to make big changes."

For starters, the existing two level home concentrated all the bedrooms and full baths on the second floor. Owing to an earlier

remodel (a front-facing garage converted into a den) the first level floors were not even flush. There was a seldom-used screened porch on the rear elevation that blocked incoming light. Storage for plates, pots and kitchen utilities was a long-running problem.

"We wanted to be able to adapt to one-level living quickly," Alperson adds. "Initially we were seeking a kitchen upgrade, but-- as we talked about it—we realized we also needed a transitional plan, and the motivation to investigate options."

As luck would have it, a burst pipe in the kitchen ceiling set the process in motion. The need to "re-do" the kitchen suddenly offered the Alpersons the perfect occasion to re-examine emerging expectations of the home they had occupied for over 25 years.

"Most of the original rooms were dated, small and compartmentalized," Alperson recalls. "As

we explored ideas for improvements, the larger concern was implementing changes that would serve us long into the future. We were not clear what that would entail, what was feasible or who to turn to."

Once inquiries got underway, however, the name that surfaced most frequently was Glickman Design Build. For those familiar with the metro area's highly-specialized Aging-in-Place (AIP) arena, the association is not surprising. Principal Russ Glickman, a Master Certified Remodeler (MCR) and a Certified Aging-in-Place Specialist (CAPS), is among the nation's best known AIP experts—the recipient of numerous awards and professional acknowledgments dating back for decades.

But more importantly, the Glickman team is also second to none in such specialty areas as interior design, project management and value engineering.



(At left) **MASTER BATH** The partial first floor bathroom was converted into a full-sized masterbath and includes a curbless shower. The shower glass door is removable; the vanity converts into a wall-mounted sink should the owners eventually require a fully accessible “wet room”.

“Glickman’s team understood our budget issues—especially how to maximize the results” Alpersen says, “We knew we were in good hands from the start.”

### But where to begin?

Despite the home’s small rooms and cramped footprint, the 1,920 square foot colonial’s interior featured classic period detailing throughout.

The 83 square foot galley kitchen abutted a 135 foot formal dining room which segued to a front-facing living room adorned with fireplace and an ornate mantle piece.

The rear kitchen door linked to the screened porch which, nevertheless, offered a lovely view of abundant trees and garden spaces.

Meanwhile, a small first-level half bath (28 sf) had earlier been made to accommodate a washer and dryer.

The front-facing den formed from a former garage was fully 21 inches lower than adjoining first floor rooms.

Still more problematic given longterm goals, access to the front door entailed negotiating a series of steep steps—and there wasn’t even a sidewalk reaching the only ground-level door.

These challenges looming large, the Alpersen “wish list” seemed daunting, to wit:

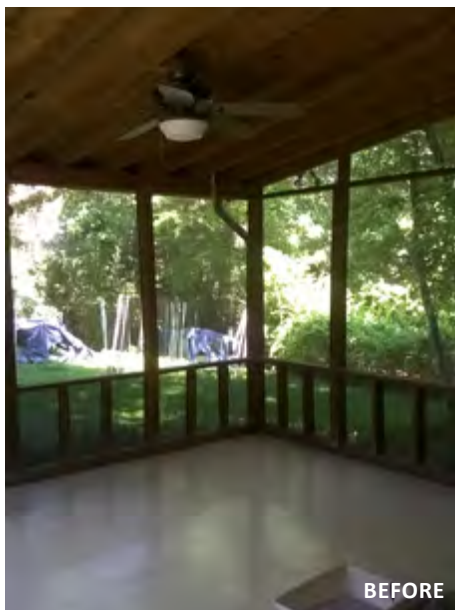
- Double the size to the working kitchen; add a three-stool dining counter and floor-to ceiling cabinetry;
- Introduce a first-level bath with a roll-in shower; allocate space for a larger laundry;
- Create a comfortable first-level family gathering place with view.



(At left) **NEW ENTRANCE** Recognizing the potential need for a wheelchair, the owners asked the Glickman to design a side walk that accesses a side entrance. Since retrofitting the steep stairway to the existing facade would have required a mechanical lift, the plan is a cost-effective complement the existing landscaping.

(Below) **COOKTOP CLOSEUP** The distinctive counter surfaces are normandy granite. Cabinets facings are hampstead style in a frosty white matte, a suitably “retro” look for a close-in older home.





■ Above all, present the whole within a warmly comfortable interior design scheme that complements existing architecture.

“We knew our program would require a lot of innovative thinking,” Alpersen adds. “But we were ready for an inspired collaboration.”

From the outset, the Glickman plan called for enlarging the existing footprint while strategically re-configuring key rooms.

To form a spacious 235 square foot gourmet kitchen, designers eliminated a wall between the kitchen and dining room. By incorporating the screen porch footprint into a seamlessly-designed rear addition the revision gained the critical floorspace needed for a rear sunroom, a fullbath and a mudroom and laundry.

A sidewalk on the home’s south elevation now connects the driveway to a new mudroom which (as needed) can adapt to wheel-chair access.

After introducing new joists and a subfloor to the former garage, the den is now surfaced in matching hardwood and flush with other first level rooms.

Beyond the space plan, Alpersen had specific ideas regarding interior design. Photos of a Victorian-era lakeside cottage was one of several “inspiration pictures” shaping the finish work process. On this score, Glickman interior designer Pari was assigned to drive the process—narrowing a world of aesthetic considerations down to optimal choices.

As Alpersen recalls:

“Pari was invaluable throughout. She designed the really distinctive bathroom wall surfaces and selected the tile while I was away.



The cabinet hardware, Normandy-style granite kitchen counter tops and cabinet-facings all developed out of our collaboration.”

Moreover, the kitchen plan is a net step- and space- saving solution.

“There’s pull-out spice rack; the drawers are tall enough to store my largest pots. The kitchen is zoned beautifully for family meals, food prep and clean-up. The project manager was on-site everyday,” Alpersen reveals, “which helped keep our vision in-tact.”

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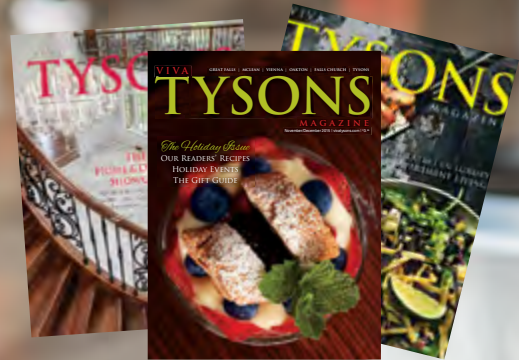
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**(Above) NEW REAR ELEVATION** The remodeler converted a dated screened porch into a 330 square foot sunroom complete with large Palladian window. If needed, the addition can readily transition into a first-level bedroom linked to a newly-introduced master bath with a roll-in shower.

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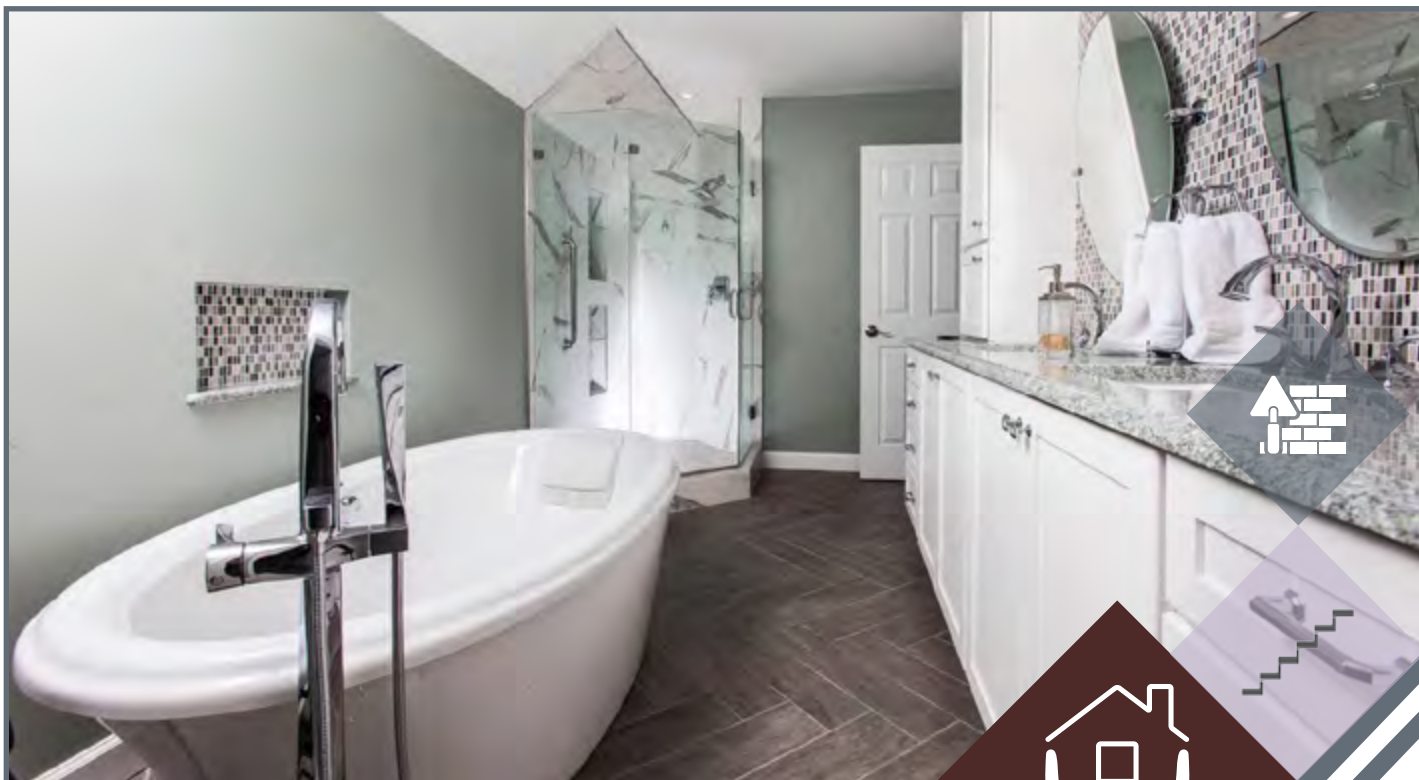


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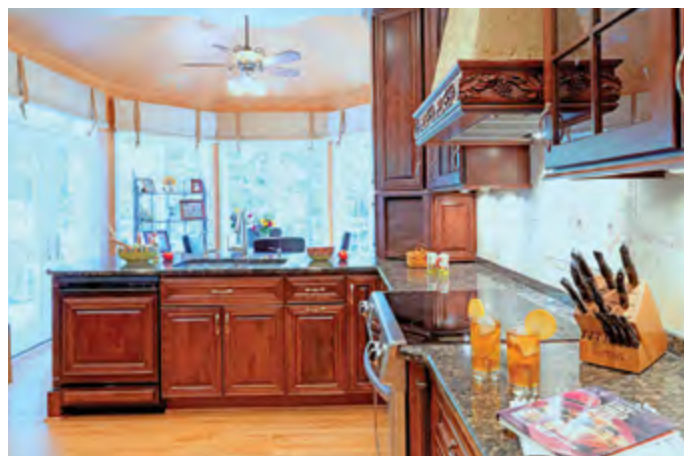
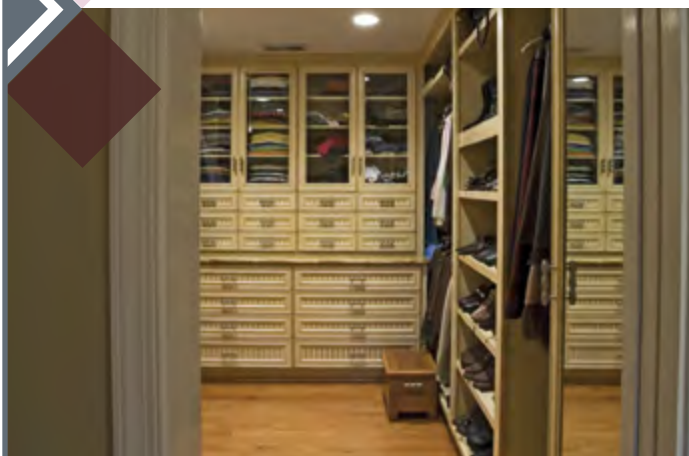
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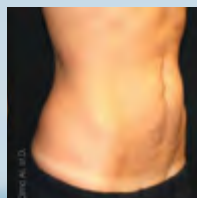
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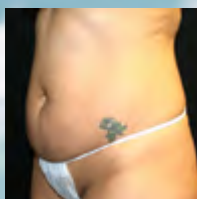
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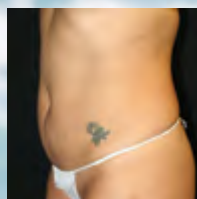
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## 3 Ways to Prevent Tooth Trauma this Summer

Summer is just around the corner! The time for family vacations, swimming, camping, and firefly catching! When there is so much fun to be had, it is common for kids to earn a few bumps or bruises along the way. Sometimes these traumas can happen to the mouth and teeth. Here are a few techniques to help protect your little ones from tooth trauma this Summer.



### 1. Mouth Guards

Mouth guards are a simple and effective tool that can help protect your child's teeth and jaw when doing any physical activities. They are relatively cheap and easy to customize at home so they can be comfortable for your active kiddos. Mouth guards act as a barrier between teeth and hard surfaces, such as asphalt, concrete, or even other people! Mouth guards can also soften the blow to the jaw if a child falls and clamps down on their teeth.



### 2. Helmets

Somehow, when kids fall they almost always find a way to land on their face! The helmet is a tried and true tool to protect your child's skull when rollerblading, skateboarding, or riding a bike. Many people may not realize that helmets are also a great way to protect your child's teeth if they fall. Helmets add an extra barrier to lift the head away from the ground, reducing the risk of the teeth or jaw from scraping against the ground or wall during an accident.



### 3. Pool Safety

The warmer the weather gets, the more families want to spend time together at the pool. To make sure you and your little ones have a fun and memorable time, be sure to check on how they play at the pool! Encourage kiddos to jump towards the middle or center of the pool to avoid accidentally hitting or jumping into the wall. Always check that the area is clear of other people before jumping in to prevent trauma to others as well!

**Even when we try to take precautions kids will still be kids and accidents can happen.**

### **What can we do when there is a tooth trauma?**

✓ Always be sure to manage any bleeding from the site first with clean gauze, cloths, or paper towels.

✓ Call your Pediatric Dentist right away so they can check the tooth and surrounding soft tissues! The sooner you are able to be seen, the better prognosis your child may have for saving an injured tooth. They can also provide specific advice on how to manage the trauma based on the type of accident and injury that occurred.

✓ Avoid crunchy or hard foods until the child is cleared by a Pediatric Dentist.

The best way to handle any accident is to stay calm, it will help you think clearly and comfort your little one better! Kids will have a blast exploring the world, but they just need a little guidance sometimes on how to do it safely. Have fun and soak up the Summer Sun with your family while the warm weather lasts!



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# All About *Wine Corks*

By Linda Barrett

**H**ave you ever wondered about the corks used to seal wine bottles? And why the cork is presented to you in a restaurant? There's more to this little piece of bark than you knew.

According to the Cork Quality Council, More than 12 billion bottles of wine are closed every year with cork. It is used for more than 70% of wine producers and has been keeping all the qualities of this drink intact for centuries."

The cork's natural properties of cork provide lightness (since it consists of approximately 90% air), flexibility, elasticity and compressibility. This enables the cork stopper to regain its initial form and adapt to the neck size and shape of the bottle after insertion, even if the glass undergoes variations in temperature. Because the cork creates a seal, it is impermeable to liquids and gases, and highly resistant to moisture that could lead to oxidation of the wine.

The proper seal depends more upon the diameter of the cork than its length. Ideally, the cork should be at least 6mm wider than the smallest diameter of the bottle's neck, and compressed no more than 33% of its diameter when inserted.

## Where Does Cork Come From?

Cork is derived from the Cork Oak, found mainly in a narrow swath across Western Europe and Northern Africa along the Mediterranean coastline. The main countries producing cork include Portugal, Spain, Morocco, Algeria, Tunisia, Sardinia, Corsica, and France. The cork forest is the dominant ecosystem in its arid coastal regions where it thrives on the poor, sandy soil.

The world's largest cork tree is the Whistler Tree, found in Portugal's Alentejo region. At 230 years old, it has been producing the finest wine corks since 1820, yielding recently 825 kg of raw cork. That's enough to seal 100,000 wine bottles! An average Cork Oak produces enough for approximately 4,000 bottles.

The Cork Oak is also found in the United States as a hearty, evergreen shade tree in USDA Hardiness Zones 8-11. They are most commonly

found in southern California, Western Arizona and Florida. Some of the more prominent examples are found on the grounds of UC Davis and Disneyland.

## Cork Harvesting

Cork is harvested on a nine-year schedule by removal of the thick outer bark during spring or summer while the tree is in full growth. It breaks away easily, without causing damage to the tree, which quickly regenerates new bark. Since it is a delicate operation, the cork is stripped by hand using traditional tools and methods. The process has never been mechanized.

The first cork harvest is not performed until a cork oak is 25 years old, and every 9-12 years thereafter. The first harvest is called "Virgin Cork," and is not suitable (neither is the second harvest, called Reproduction Cork") for stoppers. It is generally used for cork flooring and other products. The third and subsequent harvests produce the "Amadia Cork" used for wine stoppers. A healthy cork oak can be expected to live more than 200 years.

## Why Does the Wine Steward Present Me With the Cork?

When your sommelier, steward or server offers you the cork upon opening your bottle of wine, it is for a reason. First, it is to make sure that the cork matches the brand and that no substitutions were made. Second, the quality of the cork tells you how much the winemaker has invested in the wine. You now know the variations in corks and can tell if it is a solid cork or composite.

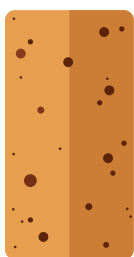
Look for signs of sediment on the cork. This ensures that the bottle of an aged wine has been stored properly. Check for saturation on the cork. This could mean that the cork dried out, was saturated later, and is thus compromised. But don't sniff the cork; that will give you no information about the wine.

Now that you know all about wine corks, go enjoy a bottle of your favorite wine. ♦

When Dom Pérignon developed his méthode champenoise in the 1600s, the wooden corks previously used for wines didn't work for champagne. He successfully adopted cork stoppers.

# The Seven Types of Cork Stoppers

There are seven basic types of cork stoppers: natural corks, colmated corks, champagne and sparkling wine stoppers, technical 1+1 corks, agglomerated stoppers, bar top corks, and synthetic.



**ONE-PIECE  
NATURAL**

Natural corks seal wine in a glass container, which aids in the maturation process by sealing in the physical and chemical processes in a very low oxygen-content environment. A perfect seal can be expected for decades.



**COLMATED**

Colmated stoppers are natural cork with pores that are filled in with the cork powder resulting from the finishing of natural stoppers. Glue from a natural resin and natural rubber is used to affix the dust within the pores to improve its visual appearance and performance. This gives the cork a smooth, unblemished finish.



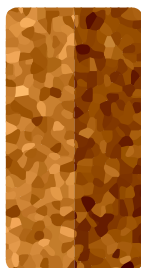
**CHAMPAGNE**

Champagne stoppers are used to seal high-pressure liquids like champagne, sparkling wines and ciders. They are created from agglomerated cork granules to which up to three discs of natural cork are attached to one end. Their diameter is larger than wine corks to enable them to retain the high internal pressure.



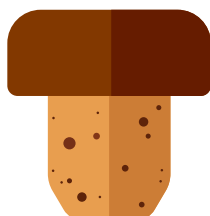
**TWIN-TOP  
AGGLOMERATED**

Technical 1+1 corks were designed to use in bottles of wine meant to be consumed within one to three years. They consist of a dense agglomerated cork body with discs of natural cork glued to the top or both ends. Those with a cork disk at one end are called 1+1 technical stoppers, while those with two discs at one end are called 2+0 technical stoppers. This type of cork is chemically stable and mechanically resistant; submitting well to the bottling and uncorking processes.



**AGGLOMERATED**

Agglomerated Stoppers are those made entirely from cork granules derived from the by-products of the natural stopper production. The granules are bound together with a food-grade substance. These stoppers are for bottles intended for use within a 24-month period, and are economical to use for lower-priced wines and high-turnover products. To be considered a "cork" stopper, it must contain a minimum of 75% natural cork.



**BAR-TOP**

Bar Top cork stoppers have one end of the cork attached to a cap made of wood, porcelain, metal, PVC, glass or other material. It is generally used with liqueurs, and fortified wines and spirits that are ready to drink. Examples include: port, Calvados, whisky, vodka, cognac, brandy, and clear spirits. They are easily reused, which is important for re-capping bottles not consumed in one sitting.



**SYNTHETIC**

Synthetic Corks are closures made from non-biodegradable, but recyclable, plastic compounds designed to look like natural cork and make the familiar "popping" sound when opened. Use of synthetic corks can help protect the wine against "cork taint," but drawbacks include lack of oxygen to the wine, extraction difficulty, and the inability to use the cork to reseal the wine bottle.

To assess a cork's quality, experts look at its density, humidity, surface treatment, extraction force, visual pattern and sampling. Visual grades range between Grade A (no visual flaws) to Grade C.



### ▲ BAZIN'S ON CHURCH

**Vienna | American | \$\$\$**

Set on historic Church Street in the heart of Vienna, Bazin's on Church continues to exceed the expectations of the town's discriminating diners. Chef Patrick Bazin's modern American cuisine is simply extraordinary. Stop in for a drink at the bar or a delicious meal in their comfortable and casual dining area. Reservations are strongly recommended.

111 Church St. | 703.255.7212  
www.bazinsonchurch.com



### ▲ RISTORANTE BONAROTI

**Vienna | Italian | \$\$**

Warm and romantic, Bonaroti's is a favorite of Italian fine dining patrons. Enjoy an extensive wine list and culinary creations made of the freshest and finest ingredients from Italy. There is everything from calamari to antipasti dishes and entrées of seafood, veal, and lamb.

428 Maple Ave E. | 703.281.7550  
www.bonarotirestaurant.com



### ▲ NOSTOS

**Vienna | Greek | \$\$**

Presenting a fresh take on Greek cuisine, Nostos offers fresh food in sharing-sized portions. Try one of their 50 different wines from different regions of Greece to complement your lunch or dinner. The menu showcases new and traditional Greek dishes, as well as fresh fish from the Mediterranean Sea.

8100 Boone Blvd. | 703.760.0690  
www.nostosrestaurant.com



### ▲ MAGGIO'S

**Vienna | Greek-Italian | \$**

Specializing in Greek and Italian cuisine with American favorites, Maggio's offers award winning Mediterranean selections such as Greek festive rotisserie chicken, classic gyros, souvlaki, moussaka, pita wraps, and falafel, as well as their popular marinated flame broiled lamb chops, and Italian specialties. Committed to healthy eating, they use only the freshest, high quality ingredients and cooking methods.

21 Maple Ave E | 703.938.7777  
www.maggiosvienna.com



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6671 Old Dominion Dr | 703.442.7360  
www.cafeoggi.com



### ▲ NOT YOUR AVERAGE JOE'S

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

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

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

[www.notyouraveragejoes.com/reston/](http://www.notyouraveragejoes.com/reston/)



### ▲ DOLCE VELOCE

**Fairfax | Italian | \$**

Stop at a bar along the piazza in sunny Sardinia, or linger at a trattoria in Venice's San Marco Square and you will be invited to experience cicchetti (chi-KET-tee), small plates or side dishes from the legendary cuisine of Italy. Now you can also enjoy cicchetti closer to home, at Dolce Veloce. These small plates offer a variety of flavors, from seafoods, salumes, and salads to skewered meats, risotto, and Mediterranean plates of olives and cheese.

10824 Fairfax Boulevard | 703.385.1530

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



### ▲ CAFE RENAISSANCE

**Vienna | French | \$\$**

Touted as the most romantic dinner in Northern Virginia, Cafe Renaissance is an elegant restaurant in the true sense of Parisian tradition and is Vienna's most sophisticated dining experience. An old-world destination with an enormous wine list and ornate, gilded rooms, its cuisine is classic French with a modern twist and an Italian accent.

163 Glyndon St SE | 703.938.3311

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



### ▲ L'AUBERGE CHEZ FRANCOIS

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

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

332 Springvale Rd, Great Falls, VA | 703.759.3800

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



BY RENÉE SKLAREW

Randy and Patsy Norton of GAR

## New Tysons Restaurants Are All in the Family

### GREAT AMERICAN RESTAURANTS DEBUTS A NEW COMPLEX OF STYLISH RESTAURANTS

The Empire began in 1974, when Randy Norton, the chairman and patriarch of Great American Restaurants (GAR) opened a pizzeria called Picco's in Fairfax City. His high school sweetheart turned-wife, Patsy Norton worked by his side as a waitress. The couple fell in love with the hospitality business and decided to expand. They opened Fantastic Fritzbe's Flying Food Factory in 1976.

Long time Northern Virginia residents will undoubtedly remember Fritzbe's as a beloved local bar, where alongside cocktails, you could treat yourself to popcorn or Patsy's homemade desserts. However, after

the Norton's three children were born, they dreamed of having them join the family business. So, they invested in restaurants next.

#### The Empire Expands

Randy Norton and business partners Jim Farley and Mike Ranney opened Ozzie's Good Eats, an Italian restaurant, and two others. In 1993, the city learned what this talented team could do when they debuted the Carlyle Grand Café in Shirlington. Constructed inside a vacant department store, the sophisticated Carlyle was drawing crowds every night. The fine dining restaurant gained

further acclaim for GAR when Carlyle's chef Bill Jackson was voted "1995 Chef of the Year" by the Restaurant Association of Metropolitan Washington.

Looking back, I discovered that in July of that same year, Candy Sagon, food critic for *The Washington Post*, published a review of the Carlyle Grand Café. She writes: "A lot of other places could take lessons. This is a restaurant where short of the art deco pillars falling down, nothing could halt this seamless service." Sagon added, "The Carlyle's strength is its tightly choreographed system of service and food, plus it's comfortable décor." In this description, this reviewer nailed the special sauce that is GAR. These three components—service, engaging design and consistency—are all fundamentals of the GAR philosophy and its success.

Flash forward to 2019, and today GAR's empire comprises twelve dining venues and a bakery, including Sweetwater Tavern, award-winning breweries, and Coastal Flats, a local favorite of mine. Their triumph and subsequent growth provided Randy and Patsy Norton an opportunity to achieve their vision. Today, their three children are essential to running GAR, a company recognized in 2017 by *The Washington Post* as the "Top Workplace" for large companies in the city (they received second place in 2018).

#### Dining Family Style

"My dad wanted his daughter to be proud of where she worked, a place that was family-oriented," recalls Jon Norton, as he shares company lore with me one afternoon. Jon is Randy's son and the CEO of Great American Restaurants. The former basketball player oversees the business-side of the company, while brother Tim Norton serves as a chef on the Research & Development Team. Tim, who inherited his mother's love for cooking, builds upon favorite family recipes, like his aunt's deviled eggs, along with creating new dishes for the contemporary palate.

Sister Jill Norton is GAR's vice president of design and construction. Jill's role in designing these restaurants is particularly impressive, as each has its own distinctive artwork, fine furnishings and appealing ambiance.

#### Top Workplace in the DMV

As a top Washington DC Area workplace, GAR is recognized for taking a unique approach toward guiding its more than 2,000 employees. "The company offers an extensive training program and provides mentorship for all the positions," Jon adds.



Jon Norton

"We teach standards and accountability to set everyone up for success. We also hire for attitude." That's pretty clear when you visit any GAR restaurant. Recently, three enthusiastic people greeted me when I walked into Sweetwater Tavern in Centreville, and then one of them introduced me personally to the bartender. Jon explains the GAR system: "My father implemented team service. It's a different style than most restaurants use. Any server can help you. They contribute to each other. If a refill is needed, they see it and take care of it."

GAR hasn't expanded beyond the DMV so no employee will have to uproot their family to move for the company. "We treat team members like family, and I know I want to sleep in my own bed," Jon laughs.

While the Norton children are running much of the show, you'll still see Randy working alongside his children. "Randy created a culture that is fun," says Shardae Simpson, public relations manager for GAR. "We all work hard, and everyone is passionate about what we do."

### Tyson's New Great American Restaurants

This leads me to the big splashy news, as GAR undertakes another giant and symbolic leap—together of course—naming their latest project for the Norton's special brand of family and commitment. In May 2019, GAR opens a modern complex of restaurants across from Tysons Corner Mall on Leesburg Pike. Inside are three new eateries: Patsy's American is named for the matriarch of the Norton clan, and will feature a classic American menu. Randy's Prime Seafood & Steaks is a 28-table restaurant with a raw

bar, Prime and Wagyu cuts of beef and a curated wine list. The trio rounds out with a second location of GAR's Best Buns Bakery & Café—the first is in Shirlington. Best Buns supplies all the bread served at their restaurants.

This unique and inspiring story all began back at Fort Hunt High School in Annandale. Patsy and Randy Norton have come full circle from the days when they worked together at that pizzeria, dreaming their entrepreneurial dreams for their future. Just as they hoped, their empire remains all in the family. ♦



# Dining *al Fresco*

By Omid Khanzadeh



## Härth

The main focal point of the Hilton McLean Tysons Corner, Härth is a warm and wholesome restaurant serving wood-fired artisan fare accompanied by delectable honey-themed cocktails. The outdoor patio is also the perfect spot for dining and relaxing, whether it's in the morning, noon, or at night.

7920 Jones Branch Drive, McLean, Virginia  
703-847-5000 | <https://www3.hilton.com/en/hotels/virginia/hilton-mclean-tysons-corner-MCLMHHH/dining/harth.html>



## Greenhouse Bistro

Elevate your indoor and outdoor dining experience with Greenhouse Bistro. This chic restaurant is more than a farm-to-table concept but more like a garden-to-table concept. The ingredients used at this place are harvested and grown onsite with the stone-oven, chicken kabob pizza and the barramundi among the favorites here. If you're looking to host an event, the fully private dining room is perfect for any gathering, while the restaurant also provides an international nightlife scene of its own during the weekends.

2070 Chain Bridge Road, Vienna, Virginia  
703-537-5700 | [www.greenhousetyson.com](http://www.greenhousetyson.com)



## Barrel and Bushel

Barrel and Bushel has an extensive list of craft beers and around 60 handpicked bourbons perfect to balance and complement any dish on house. The indoor-outdoor concept offers a wonderful dining experience while the complex flavors and seasonal ingredients makes this restaurant one of the top places to dine in the Tysons Corner area.

7901 Tysons One Place, Tysons Corner, Virginia  
703-848-6340 | [www.barrelandbushel.com](http://www.barrelandbushel.com)

Photo credit: Rassi Romeo



### L'Auberge Chez Francois

This elegant French-Alsatian restaurant has been family-owned for decades and is considered one of the finest outdoor dining experiences in the city. Tucked away in the countryside, L'Auberge is a treasure in Great Falls with a fantastic wine selection, great service, and wonderful food.

332 Springvale Road, Great Falls, Virginia  
703-759-3800 | [www.laubergechezfrancois.com](http://www.laubergechezfrancois.com)



### Cafe Deluxe

Whether you're sitting inside or outside you can enjoy a warm and sophisticated atmosphere at Cafe Deluxe. This European-style eatery serves a popular brunch and some great American comfort food. Gluten free options and a wonderful happy hour are available as well.

1800 International Drive, McLean, Virginia  
703-761-0600 | [www.cafedeluxe.com](http://www.cafedeluxe.com)



### Earls Kitchen + Bar

With a menu inspired by international cuisine settled around a sophisticated setting, Earls in Tysons Corner is an upscale yet causal choice when it comes to al fresco dining. This location is the first Earls in Virginia and is known for its made-from-scratch dishes and excellent service. Happy hour takes place almost everyday while the Chorizo Mussel Pot and the Prawn and Scallop Linguine are notable items on the menu.

7902 Tysons One Place, Tysons Corner, Virginia  
703-847-1870 | [www.earls.ca](http://www.earls.ca)



### Clarity

A new American bistro in Vienna, Clarity is already a one-of-a-kind dining experience in the area. Inventive seasonal dishes are the mainstay here as the menu literally changes every single day. The fabulous patio area brings in plenty of on-goers but the regulars stay for the consistently good food and the wonderful staff. It's also one of a few restaurants that offer a cooking class, tasting menus, a bourbon program, and extra space for private dining or parties.

442 Maple Ave E, Vienna, Virginia  
703-539-8400 | [www.clarityvienna.com](http://www.clarityvienna.com)



## Cooper's Hawk Winery & Restaurant

Cooper's Hawk is an upscale, Napa-style restaurant chain most notable for their excellent service, good food, and reasonable prices. Their award-winning crafted wine is one of its highlights as is the patio seating and the overall decor. If you're dining inside or outside make sure to check out some of the fan-favorites like the Soy Ginger Atlantic Salmon or the Country Rigatoni. There's also a fabulous tasting room and a market onsite.

12130 Sunset Hills Road, Reston, Virginia  
703-880-2444 | [www.chwinery.com](http://www.chwinery.com)



## Chima Steakhouse

Whether you're dining with the family or going out on the night with a couple of friends, Chima Steakhouse is a viable option in the Tysons Corner area. The gourmet salad bar is all-you-can-eat but Chima Steakhouse is most famous for their endless amount of meat on hand. Halal options are available and happy hour runs seven days a week.

8010 Towers Crescent Drive, Vienna, Virginia  
703-639-3081 | [www.chimasteakhouse.com](http://www.chimasteakhouse.com)



Photo credit: Fater DC

## Alta Strada

At Alta Strada you can expect Italian facades, an all-Italian wine list, classic Italian drinks including their signature draft Campari-based cocktails, as well as a traditional Italian menu. Thin crust pizzas and the seafood are some specialties but the bowl of crunchy meatballs with spicy tomato sauce is a must-try.

2911 District Ave, Fairfax, Virginia  
703-280-0000 | [www.altastradarestaurant.com](http://www.altastradarestaurant.com)



## Barcelona Wine Bar

Boasting a large menu inspired by the culture of Spain, Barcelona Wine Bar is a rustic, yet elegant restaurant nestled in Reston, Virginia. Much like the other locations, the Reston establishment features small plates presented by chefs with tremendous talents. The award-winning selection of wines is a staple here while clean flavors and seasonal ingredients are always available at Barcelona Wine Bar.

12023 Town Square Street, Reston, Virginia  
703-689-0700 | [www.barcelonawinebar.com](http://www.barcelonawinebar.com)

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### Coastal Flats

With consistently good food and service, Coastal Flats is one of the most popular seafood choices in the city of Fairfax. Their 1950's coastal-Florida inspired establishment gives a fun and energetic vibe perfect for all sorts of guests. This is only evident through their lunch rush. With dishes like the Jambalaya Egg Rolls and the Lobster Bisque, you can bet that reserving a table is your safest bet at this restaurant.

571-522-6300 | 11901 Grand Commons Avenue, Fairfax, Virginia  
[www.greatamericanrestaurants.com/coastalfats/fairfax](http://www.greatamericanrestaurants.com/coastalfats/fairfax)



### Dolce Vita Cicchetti Wine Bar

This authentic and unsuspecting wine bar and restaurant is located in Fairfax and offers homemade Italian pasta and oven brick pizza. The outdoor patio seating is a wonderful place to dine during any season while fabulous menu is coupled with an extraordinary list of wines. They are also known for their Cicchetti (small plates) which is perfect for sharing.

10824 Fairfax Boulevard, Fairfax, Virginia  
 703-385-1530 | [www.dolcevitaitaliankitchenandwinebar.com](http://www.dolcevitaitaliankitchenandwinebar.com)



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### Tysons Biergarten

If you're looking for some good old comfort food in a relaxed and comfortable setting then Tysons Biergarten is a great destination. This establishment follows a heritage of over 400 years of Bavarian beer with its wide selection of brews, sausages, and oversized pretzels. The enormous outdoor patio is a wonderful hangout spot and there's always live events and games found here.

8346 Leesburg Pike, Tysons, Virginia  
703-854-1123 | [www.tysonsbiergarten.com](http://www.tysonsbiergarten.com)



### Kazan Restaurant

This unsuspecting and quaint family-owned Turkish restaurant has been an institution of McLean since 1980. Although offering limited outdoor seating, the patio section is a wonderful spot for the summertime while its interior designs is truly a Turkish delight. Some signature dishes include the Imam Bayildi (an eggplant appetizer) and the Roast Duck Special.

6813 Redmond Drive, McLean, Virginia  
703-734-1960 | [www.kazanrestaurant.com](http://www.kazanrestaurant.com)



### Ristorante Bonaroti

The Bonaroti Restaurant is a well-kept secret in the heart of Vienna. This old-school Italian restaurant offers classic dishes as well as handmade pastas and an extensive wine list. The first class service is a standout quality as their staff provides a wealth of knowledge of the menu. Some of the standout dishes include the Scaloppine Milanese and the Agnello Al Barolo (lamb chop grilled and tossed in a red wine sauce).

428 Maple Avenue East, Vienna, Virginia  
703-281-7550 | [www.bonarotirestaurant.com](http://www.bonarotirestaurant.com)



### Ireland's Four Provinces

This large Irish pub is a staple in the Falls Church community as it provides outdoor seating, a fantastic bar with a large spirit selection, and a cool weekend brunch scene. The Irish-themed menu offers classics like the beef and Guinness stew and Shepherd's pie. If you come on certain evenings you can catch a quiz night, live music, and other events.

105 West Broad Street, Falls Church, Virginia  
703-534-8999 | [www.4psva.com](http://www.4psva.com)



# Back in the Saddle Again

## Equine-assisted activities help treat dementia

By Linda Barrett

Equine-assisted activities aren't new, but there are new ways they are being used to help individuals and families with memory and psychological issues like dementia. This story tells the journey of one family as they discover the simple joys of horseback riding again.

### Susan Noble's Story

Susan Noble was in her late 60s when her daughter, Cathy Witteveen, first began to notice symptoms of dementia in her mother. It was something the family had always watched for, since Susan's father and grandmother also had dementia. Now, at 73, Susan lives with her daughter's family in Leesburg, and is enjoying her best life as a result of a new type of stimulation: equine-assisted activities.

Susan had always been active in the community and especially enjoyed going to the senior center to take yoga, tai chi and art classes. When her disease progressed to the point where she needed constant supervision, Cathy asked the senior center staff for elder services recommendations. After interviewing several resources, she chose to work with Chris Kondracki of Always Best Care of Loudoun.

"When I met with Chris for the first time, we talked about what I needed for Mom and all the things the company offered. I told Chris how active Mom was and all the things she did, like

dancing, tai chi and yoga, and the one thing she used to love—horseback riding. Susan's family owned horses and she had ridden until her mid-to-late 20s," Cathy explained.



"I wanted to fill Mom's life with things she loved, and knew there were equine programs for veterans and children with disabilities, but when I looked around for something for my Mom, I didn't find anything for Alzheimer's or dementia care. Chris listened to what I said and told me that his own daughter had done therapeutic horse work through Bridle Paths. He jumped in and immediately got us connected with each other to see if they could help."

"What Chris did in connecting us to Bridle Paths made a huge difference in my Mom's life," Cathy said. "It has brought so much joy, excitement and fun back to her."

A difference in Susan was apparent with just the first program at Bridle Paths. After meeting her horse Elmo and riding on the first day, there suddenly was enthusiasm and excitement that had been missing from Susan's life. She immediately asked, "What time are we going tomorrow?" her daughter said with a laugh.

Susan herself jumped in on the conversation, saying "I've always loved horses and they like you back! It's a connection!" and then added, "When are we going again?"

### Bridle Paths Equine-Assisted Activities

"When Susan finished her first lesson, she started to tear up and said, 'That was incredible—like what I used to do.' Riding gave her a window into what she was formerly able to do and accessed the strength and ability that were still there," explained Katie Fallon, president of Bridle Paths. Susan remembered how to ride, and started to remember things from her past and talk about them.

"Riding programs have been around for a long time, but the mental health component is comparatively young," Katie continued. "But it's such a rich and profound experience to work in this area. It's not so much that we're teaching our clients about horses and how to ride, it's about identifying and rediscovering people's strengths and abilities. For family members and caregivers, it is easy to get sucked into what you can do to people by giving them labels. Seeing what people can do is really important. There are documented benefits of just being who you are. If you can settle in, take a breath, and just be, you can access the learning aspects of equine-assisted mental health work."

Leesburg-based Bridle Paths is a nonprofit organization offering strength, support and healing to individuals and families with physical, cognitive, psychological and emotional needs through equine-assisted activities and therapies.

### Always Best Care Senior Services

"Mom's safety is always the number one priority, and when she got to the point where she needed help, we knew we had to make some changes," Cathy said. That's when they

connected with Always Best Care to bring on a professional caregiver to help. Caregiver Loretta comes several times a week and has become an invaluable and beloved asset to both Susan and her family. This enables Cathy and her husband Bart to have some time to care for themselves and their children, and go out for a date night now and again.

Loretta accompanies Susan to her Bridle Path sessions as part of her responsibilities. "I noticed the difference in Susan's attitude as a result of the connection with Bridle Paths," she noted. "Being able to go back to what she used to love makes her happier. She's always excited to go horseback riding and it has brought back memories of her youth."

"Unfortunately, there aren't a lot of services available for people in the mid-stages of dementia. There are a lot at the beginning, and respite care in the later stages, but not much to bridge that gap with people with cognitive issues. And it can be particularly frustrating for people who are still physically active, like Susan," explained Chris Kondracki, owner of Always Best Care of Loudoun.

"We are always looking for new ways to help people with dementia and their families, so it was such a pleasure to see that Susan was

doing so well with Bridle Paths," he continued. "Watching someone find renewed excitement in their lives never gets old. It's one of the wonderful benefits about our services."

As senior care specialists, Always Best Care provides non-medical in-home care and assisted living referral services for families and elders in Loudoun County. Some of their additional services include a free telephone call service to talk to someone who's alone or lonely, Veteran's assistance programs, discount prescription cards, a medication dispensing service, and Philip's Lifeline®, the "I've fallen and can't get up" wireless medical alert system.

Although equine-assisted activities for mental health issues is still new, it is already making an impact—at least on the lives of this local family. "We're lucky in a way," Cathy added. "Most people live their lives doing things routinely. With dementia, you only have so many years before you lose your memory, so we're trying to make sure Mom enjoys life and has fun." ♦



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# First Aid for Dental Emergencies



## Toothache

Clean the area of the affected tooth. Rinse the mouth with warm water or use dental floss to dislodge any food. If the pain still exist, contact your child's dentist.

## A Tooth is Chipped or Broken

- ✓ Contact your pediatric dentist immediately.
- ✓ Rinse the mouth with WATER AND APPLY COLD COMPRESSES to reduce swelling.
- ✓ If you find the broken tooth fragment, take it to the dentist.

## Cut/Bitten Tongue, Lip or Cheek

Apply ice to injured areas to help control swelling. If there is bleeding, apply firm but gentle pressure with a gauze or cloth. If bleeding does not stop, call your doctor.

## A Permanent Tooth is Knocked Out

- ✓ Find the tooth. Rinse it gently in cool water. DO NOT scrub it or use soap.
- ✓ REPLACE THE TOOTH in the socket and hold it with clean gauze or a wash cloth. If you're unable to, place the tooth in a clean container with cold milk or the child's saliva, but not in water.
- ✓ Take the child and the tooth to your pediatric dentist.

## A Baby Tooth is Knocked Out

- ✓ Contact your pediatric dentist as soon as possible.
- ✓ Rinse the mouth with water and apply cold compresses to reduce swelling.
- ✓ Spend time comforting the child. Remember, baby teeth should not be replanted because of potential damage to developing permanent teeth.

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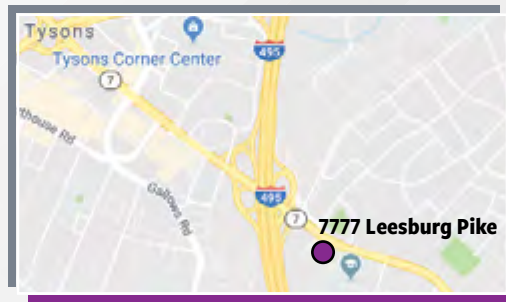
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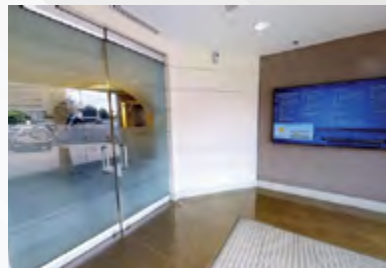
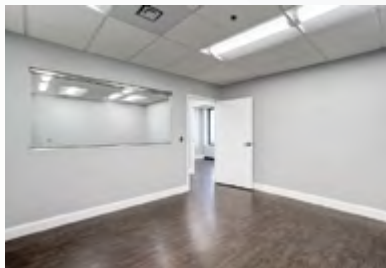


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*Le Fay*  
*Cottage*  
at Little Washington

*Where Dreams Really Do Come True*



Chuck Fazio Photography

## By Allison Chase Sutherland

As you meander down a little gravel road just off 211 near Washington, Virginia, you will chance upon an enchanting little grey cottage hidden among the trees, nestled at the foot of the Blue Ridge Mountains. Enter to tones of early spring green and muted pinks—a fresh, floral fantasy. Every delicate petal is in place.

“This is my passion and my love,” says Sally-Anne Andrew of LeFay Cottage, her exquisitely charming creation. This devotion is expressed in every thoughtful touch throughout, from English (Sally-Ann hails from London) and French antiques—even a chandelier with hints of pink.

English garden scents of lavender and lilac fragrance the hand soap. Luxurious towels, Egyptian cotton sheets, and Molton Brown orange and bergamot bath and shower gel pamper every guest. And the beds are so heavenly they may have been approved by the protagonist of the Princess & the Pea herself.

Idyllic and alluring, LeFay Cottage even drew the nation's top romance authors for “Romancing Rappahannock” earlier this spring.

Indeed LeFay Cottage is ideal for an unforgettable getaway to the spectacular Shenandoah National Park, countless wineries, the very finest in dining, and the quaint village of Little Washington—which you may be reminded got its name before ‘big’ Washington. Community synergy abounds in this region.

This darling 3-bedroom cottage set on five acres has a fully equipped kitchen—complete with fancy china—and an outdoor grill on the deck. A true life-size doll house, it couldn't be more perfect for a romantic escape, memorable girls' weekend, mother-daughter

getaway, or dream wedding.

Sip Earl Grey imported from England celebrating the recent royal wedding, or a blend commemorating the Diamond Jubilee, as you recline on the elegant divan in the sunroom with its floor-to-ceiling window views of the countryside and mountains beyond. Horses graze just down the lane. The rose-hibiscus diffuser keeps you company. A whimsical sign points to the fairy garden and reminds us to please step carefully.

Impressions of Monet and Renoir adorn the walls, blurring the distinctions of reality of this much-welcome escape. And best of all, it's all yours. Move over Bed & Breakfast—Country Cottage & Kitchen is the way to go. How often do you get to say you have your own cottage in the countryside? Actually, anytime you wish.

### Intimate Weddings & Elopements (Honeymoon Included)

Packages starting at \$2,700 cover cottage rental, a one-hour ceremony with wedding officiant, professional photographer with images delivered via online gallery, bridal bouquet, and boutonniere. Romance & Adventure Packages are also available.

Just minutes away, Skyline Drive, accessible via the 211 Thornton Gap entrance, winds its way through the majestic Blue Ridge. Now that's quite the backdrop. Really no need to fly anywhere for the big day when you already live in Virginia.

A rugged adventure with hiking, rock climbing or rafting provides an unforgettable bonding experience for men and women alike. Perhaps you prefer fly



fishing, horseback riding or cycling. And upon your return to the cottage, draw yourself a nice bath. There's nothing wrong with that!

### Blue Door Kitchen & Inn

[thebluedoorkitchen.com/  
kitchen](http://thebluedoorkitchen.com/kitchen)

The menu at the newly opened Blue Door Kitchen & Inn in nearby Flint Hill features wild-caught fish and seafood and locally sourced beef, according to congenial owner Reem Arbid. Chef-owner Andrea Pace reflects his roots with a charcuterie board from Smoking Goose with speck Tyrolese, bresaola, finocchiona (fennel salami,) uncommon choices such as elk

and boar salami, and 'nduja. The Lentil Soup with Crispy Local Bio Egg & Speck was velvety and sumptuous. Yukon Gold Potato Gnocchi with Wild Boar Sausage, fennel, and Castelmagno proved to be rich and hearty fare. Arancini, or Fried Rice Balls, were satisfyingly crunchy, juxtaposed with a tangy San Marzano reduction. And to finish it all off, the Olive Oil Chocolate Mousse with Banana Ice Cream was a lesson in decadence served up in this former schoolhouse. Consider yourself schooled in the art of flavor. You can even stay the night in the comfort of this stylishly appointed inn.



John and Diane MacPherson

## Three Blacksmiths

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

A magnificent culinary experience awaits just two miles from LeFay Cottage at the deservedly much-acclaimed Three Blacksmiths in the Sperryville Historic District, a quiet village in Rappahannock County listed on the National Register of Historic Places.

Upon your initial approach, you will find yourself irrevocably drawn to this enticing locale, lit up in inviting contrast to the surrounding darkness of the night. Even at first glance, Three Blacksmiths exudes elegance, sophistication, and taste. Once inside, theatrical lighting sets the stage for the well-rehearsed and riveting production to follow. The intricacy of the introductory amuse-bouche trio reached instant technical and gustatory perfection. It was truly almost too beautiful to eat, as they say—almost being the operative word—yet impossible not to. No

one has that kind of willpower.

Ensuing courses revealed a continual cascade of sensory delight, a veritable visual spectacle unraveling before your very eyes at an efficient—yet relaxed—pace. Optional wine pairings were synchronized with the utmost attention to detail.

Most ingredients are sourced from local purveyors, such as Whippoorwill Farm to Table and Thornton River Orchard, as in the case of the namesake Thornton River Apple & Sweet Potato Soup with Sweet Potato Chips and Jalapeño Froth, which was intriguingly savory.

The sublime red beet butter schmear on thinly sliced house-baked rye served up on spa-like hot rocks personally culled from Thornton River by the chef himself is sublime—borderline addictive. And the Lamb Loin Persillade in a Rosemary Port Wine Sauce was just succulent.

Unmatched artistry, flawless execution, unrivalled flavor

profiles—the not-so-secret recipe to convert first-time clientele into oft-returning diners.

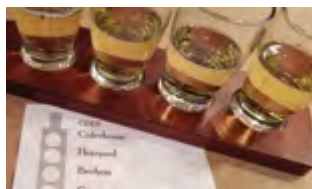
This quick ascent into the stratosphere of the highest culinary circles on the planet could be head-spinning for many, yet the cool-headed experience and long-honed expertise of the skilled husband-wife team of former innkeepers John and Diane MacPherson prevail. This meteoric rise is fueled by a well-oiled rocketship.

But plan ahead. The word is getting out on this shooting star. With just one 7 pm seating per night Thursdays through Saturdays, this diminutive 16-seat space is booked a full six months out as we speak, firmly fixing this Sperryville supernova (a star that suddenly increases greatly in brightness) in the culinary constellation of our solar system—or perhaps even the galaxy.

## Quièvreumont Winery

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

Quièvreumont Winery tends its ten acres of estate-grown grapes just two miles away from LeFay Cottage at the foothills of the Blue Ridge, alongside Reality Farm's pastures of cattle and goat herds. The knowledgeable Karl Selzer will expertly guide your tasting of these primarily Bordeaux-style wines. Sip out on the spacious patio overlooking the pond. Best discovery? Their eminently drinkable Chardonnay was particularly remarkable.



## Hinson Ford Cider & Mead

[mead@hinsonford.com](mailto:mead@hinsonford.com)

Hinson Ford Cider & Mead is new on the scene. Enjoy hand-crafted cider and mead, both

dry and sparkling, backing to sweeping views of the mountains from the cozy Public Room. Hard ciders include the oaked Brehon and the crisp Ciderhouse and Hopyard. Meads include Elderberry, Goldenrod, and Strawberry. The rich and integrated Dark Skies Bochet is semi-sweet pleasure. The first place these fine meadmakers tasted mead was Bunratty Castle in Ireland -- also coincidentally the only place I had ever tasted mead—until now. Ireland is an incomparable place, of course, but Amissville is a little closer. So, sláinte!

## Magnolia Vineyards

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

Magnolia Vineyards distinguishes itself with nuanced cheese and chocolate pairings, the likes of Raspberry Parmesan and Sea Salt Caramel Milk Chocolate. Affable owner and winemaker Glenn Marchione considers the 2016 Vidal Blanc a “backyard buddy.” Magnolia's flagship Bordeaux, Hawkins Run Red, features the two original winery dogs on the label, which they rescued from RAWL, Rappahannock Animal Welfare League, a local no-kill shelter to whom they generously donate \$1 per bottle, now totaling over \$5,000.

## Narmada Winery

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

Narmada Winery, celebrating 10 years, is a truly unique discovery, offering unexpected wine pairings with Indian cuisine—think Papri Chaat with its tamarind, yogurt and mint—in a stunning setting adorned with peacock feathers and fanciful, colorful artisan designs. Winemaker Sudha Patil's focus is to create “graceful wines that are a true reflection of the fruit.” Her Indian heritage clearly heightens her keen appreciation of the subtlety of spices. ♦

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## WHAT EXACTLY DOES NAM DO?

[Excerpt from "Presurgical cleft lip and palate orthopedics: an overview" <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5459959/>]

'NAM is a technique utilizing a nasal stent attached to the intra-oral mouth plate, and is designed to improve nasolabial anatomy. It is reported that columella (the portion of septum that extends beyond the edge of the nostril) lengthening, reduction in alar asymmetry (the nostril roundness), and recovery of nasal tip projection can be achieved. The use of nasal stents in bilateral CLP in combination with lip tapes and elastics can lengthen the deficient columella. It has been proven that NAM improved surgical outcome for cleft patient, as it is effective in reducing hard and soft tissue deformity.'



Diagnosis and Treatment" <https://www.intechopen.com/books/designing-strategies-for-cleft-lip-and-palate-care/cleft-lip-and-palate-patients-diagnosis-and-treatment>]

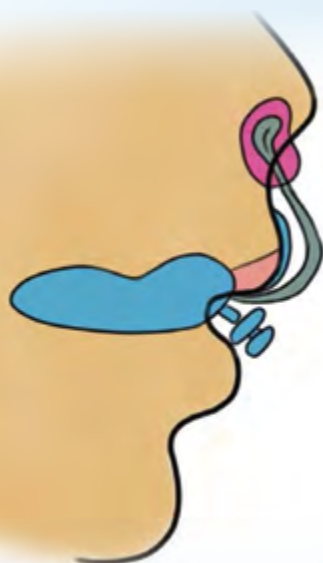
### During primary dentition

Midfacial deficiency (gaps) is a common feature of cleft lip and palate patients due to scar tissue of the lip and palate closure. During deciduous ('baby teeth') dentition; orthopedic, orofacial myofunctional therapy and speech therapy are recommended at this developmental stage.

### During mixed dentition

Early orthopedic treatment in cleft palate children is essential because the maxillary bones and their component parts may be moved and altered in young children with relative ease and thereby creating a more functional dental arch.

It is during this stage of a CLP patient's life that the most effective and long-lasting results will be achieved using advanced orthodontic techniques and periodontally assisted osteogenic orthodontics.



Naso-alveolar molding appliance.

# CLEFT LIP AND PALATE TREATMENT WITH NASOALVEOLAR MOLDING

## Orthodontics and Periodontally Assisted Osteogenic Orthodontics

### WHAT IS CLEFT LIP AND CLEFT PALATE?

Cleft lip and cleft palate is a facial malformations in which with sides of the face and skull that form the upper lip and mouth remain separated, instead of 'stitching' together in very early gestational development. These splits can also occur in the roof of the mouth, which is called the bony or hard palate.

Though the defect occurs in early fetal development, in the majority of cases, the cause is associated to genetic and environmental influence that exposures during pregnancy.

Aside from aesthetics, this defect can affect people in even more serious ways, such as difficulty eating, speech, ear infections, dental problems in the primary and permanent dentition.

### HOW IS CLP TREATED?

Infancy: Presurgical orthopedics

Presurgical infant orthopedics is sometimes used to relocate the segments of the cleft in maxilla prior to lip repair. A custom-fitted orthodontic appliance is applied to bring the parts of the lips, upper jaw, to bring them closer, while at the same time improving the nose shape, size and projection. This is called Nasoalveolar Molding (NAM). These appliances can make lip closure easier at time of surgical repair.

### NASOALVEOLAR MOLDING (NAM)

Nasoalveolar Molding is a pre-surgical method of reshaping the gums, lips, and nose before cleft lip and palate surgery, to lessen the severity of the cleft. NAM is used mainly for children with large clefts and the technique has revolutionized cleft repair. It is part of a field of sub-specialty referred to as Craniofacial Orthodontics, which is part of a larger specialty of Craniofacial Orthopedics, which is in turn part of the overall treatment for CLP.

The goals of repair of cleft lip and palate are to:

- help patients to develop normal speech;
- restore dentition and oral functions;
- improve hearing;
- minimize facial difference;
- attain social acceptability of cleft individuals
- increase assimilation into society (psychological support); and
- restore/reconstruct facial and oral anatomy.

Since the CLP patient will be under interdisciplinary care, it is the opinion of this practice that any advantage gained for the patient is worthwhile. But, parents of the CLP infant should be well-informed and allowed to make the best decision for them and their child.

### Permanent dentition

Comprehensive fixed appliance therapy (brackets) usually occurs in the permanent dentition stage with the aim of preparing for alveolar bone graft that can be done by an oral surgeon. This phase usually involves the alignment of malposed maxillary incisors. Reverse pull headgear or face mask therapy, expansion of maxillary arch may be continued during this time period. Final alignment of teeth is carried over with or without extraction. Orthodontic management is limited after eruption of permanent dentition. The established malocclusion and discrepancy between the upper and lower arch often require orthognathic surgery. This is also an excellent stage for periodontally assisted osteogenic orthodontics, to reshape and allow teeth to have bone structure to support their movement.

Cleft is the most common craniofacial malformation that an orthodontist may encounter, and involves a complex treatment plan spanning the patient's life from infancy into adulthood.

The orthodontist's role in the cleft lip and palate team requires close relationship with the other team members all working to achieve the best outcome for the patient. The most common specialties involved in the care of a child with a cleft are: Maxillofacial surgeon, plastic surgeon, craniofacial orthodontist, orofacial myofunctional therapist, general dentist, otolaryngologist, speech therapist, pediatrician, and prosthodontist.

Thanks to NAM and other advances in surgical and orthodontic treatments, a child born with a cleft now has excellent chance of living a normal life, and enjoying more their childhood than before.

For further reading on the topic, please see the links below.

### SOURCES

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A photograph of a park in Hong Kong. In the foreground, there are green bushes with pink flowers. A large, ornate fountain with multiple water jets is on the left. In the center, there is a white, curved pavilion with several columns. The pavilion is surrounded by a white picket fence and more pink flowers. In the background, there are tall trees and a modern skyscraper with a glass facade.

# Gateway to Asia: The Journey Begins in Hong Kong

By Renee Sklarew



It was after midnight when my Asia Adventure began. Arriving at Washington Dulles Airport at 10 pm for my international flight, I watched as the normally frenetic airport quieted. Shops and food stalls began to close. My dream of one day visiting Southeast Asia was about to come true.

### How to Get There

When Cathay Pacific debuted their nonstop flights from Dulles to Hong Kong, I began watching the fares. As many travelers know, the least expensive time to travel is during the shoulder season, for example between Thanksgiving and Christmas, or between Christmas and Spring break. During this lull in the action, you're likely to find destinations less crowded and discounted pricing at hotels. For my trip to Hong Kong and Shanghai, I departed one week after Thanksgiving.

When Cathay Pacific first announced their longest flight would be from Washington DC

to Hong Kong—a nonstop 15-hours in the air—it opened a new and convenient gateway to Asia for our region. Hong Kong is centrally located, so flights to mainland China, Malaysia, Indonesia and the Philippines are infinitely more accessible now.

After boarding the plane, I settled into my seat, then kicked off my shoes. Cathay Pacific offered free WiFi, live television, an array of international films and a late dinner. I was so excited, it was hard to sleep. But with ample leg room, I was able to nap for six hours. During the night, the flight attendants offered dinner, snacks and a full breakfast until it we touched down in Hong Kong International Airport in Kowloon.

### What's Hong Kong Like?

As much as I relish traveling, it sometimes feels intimidating to explore a new culture. What was striking was how Hong Kong felt so familiar. Modern Hong Kong is easy to navigate, and because the country was under British rule between 1842 to 1997,



many residents speak English. Street and subway signs include English and Cantonese. Many restaurants serve Western style meals alongside traditional Chinese dishes. If you want a hamburger, they have Shake Shack.

Since most residents of Hong Kong live in high-rise buildings, they love stretching their legs on the pedestrian-friendly walkways built above the city's boulevards. The natural topography is hilly with nearly constant views of Victoria Harbor. A concentration of businesses, shops and people make Hong Kong a high energy city, yet more than 40% of Hong Kong's territory consists of parks and nature preserves. This makes for a quick



escape to seaside villages and mountains for hiking.

### Where to Stay

I chose to stay at the flagship Mandarin Oriental, located in Old Town Central, the beating heart of Hong Kong. This luxury hotel and spa exemplifies Hong Kong's international history and flavor. From my room, I had a stunning view of the waterfront and Kowloon, Hong Kong's district on the other side of Victoria Harbor. The hotel is steps from the near constant activity around Hong Kong Pier. A soaring Ferris Wheel perched beside the busy waterfront park, infuses charm to the scene. It always looked like there was a festival going on, as both residents and visitors spend substantial time outdoors enjoying the balmy weather.

### What to Eat and Drink

Hong Kong residents speak a Cantonese dialect, and their most notable cuisine is dim sum, puffy pillows of meats, vegetables and custards, as well as Congee, an oatmeal-

like broth with your choice of vegetables and meats added to it. "China is enormous," Jenny Johnson, marketing manager for the Mandarin Oriental in Hong Kong tells me. "It's bigger than the United States. And as each state has their own flair, that applies to China as well. In Hong Kong, the food culture is predominantly Cantonese, and Cantonese is all about dim sum."

Yet because Hong Kong has always been a multicultural city, you will also find restaurants serving a variety of cuisines including Vietnamese, Thai, Indonesian and Indian; as well as Middle Eastern, Italian, British and French.

The Mandarin Oriental M Bar is a sophisticated perch to observe the skyline stretching for miles in either direction. Order their award-winning cocktail called the Black Forest, while snacking on the hotel's signature crispy okra. M Bar's bartender, Slamet Haryadi, won first place in the 2018 finals of Herno Gin Cocktail Awards for his unusual but divine concoction of charcoal,

blueberries, juniper and spruce, plus Herno Gin of course.

If you want to explore beyond the city lights, consider a day trip to the pristine Sai Kung GeoPark Volcano Discovery Centre. One of UNESCO's Global Parks, the unique topography and collection of uninhabited islands is the perfect place to commune with nature. People come here to snorkel, fish and hike. It's easy to catch a boat ride from the town of Sai Kung, a seaside village with a lively dining scene. You will be amazed by the unusual seafood on display here. In fact, they call Sai Kung's main drag "Seafood Street." Do not leave without trying a Pineapple Pastry from the Sai Kung Cafe & Bakery. These flakey, airy, buttery pastries are unforgettable.

### Shopping, Shopping and More Shopping

Many tourists come for one reason—to shop. Hong Kong is famous for its legendary markets, where visitors haggle with the local vendors selling electronics, handbags, silk and cashmere scarves, watches and souvenirs. If you know brand names, you're likely to find



them here. I visited the Ladies Market on Tung Choi Street with its more than 100 stalls of bargains. Open at 6 pm, it's best to get there early, as crowds pick up around 8 pm. Miniature drones fly through the crowded aisles, and the more you buy from one vendor, the more likely you can demand rock-bottom prices.

In the Old Town Central neighborhood, you'll find a wide array of chic boutiques like Prada, Chanel and Gucci—you'll have your pick of every major fashion line. Also sprinkled around Central are stylish malls filled with shimmering window displays. The Landmark on Queens Road is a fashionista's dream, featuring high-end retailers like Dolce&Gabbana, Jimmy Choo, Hermes, Miu Miu and Dior among the luxury boutiques clustered under this enormous atrium.

Nearby Wellington Street has a quirky mix of posh shops like Christian Louboutin and OMM Beauty, fruit markets, gift shops filled with paper lanterns and several casual noodle shops. Known as the Michelin-Starred-Mile—because Michelin has awarded some noodle shops and street stalls on Wellington with this coveted designation. Check out award winners Tsim Chai Kee for their beloved fish balls and Wang Fu for Beijing-style dumplings, but do expect to wait in line.

## What to Do

No visit to Hong Kong would be complete without rooftop dining or a sunset boat ride, when the sky turns pink and the lights switch on. Every building begins to sparkle as dusk descends on the city.

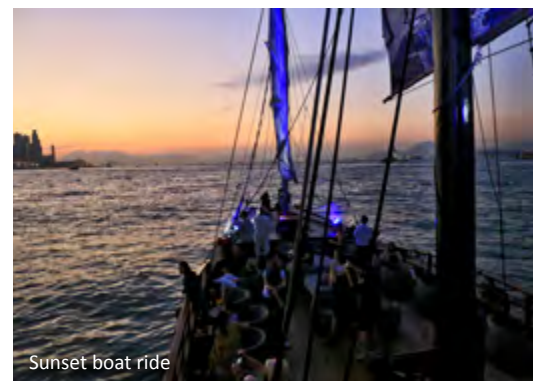
Hong Kong offers year-round boat cruises where you can enjoy sultry breezes off Victoria Harbor and take in the city's eclectic architecture. Most of the sightseeing boats depart from Central Pier 8 beside the



Hong Kong Maritime Museum. I boarded a Dukling there—its red lanterns swinging, its purple-dragon sail fluttering—while this historic vessel sails by the glittering lights of downtown Hong Kong.

Also located in Central, next to Cotton Tree Drive, is the metropolitan retreat, Hong Kong Park. In colonial days, the area was a British military zone. After both British and Japanese occupation, the park was constructed in 1991 to blend into the surrounding natural landscape. Some historic buildings remain, but new features like a greenhouse, aviary, interactive fountains and tropical bushes were installed. Don't miss Flagstaff House Museum of Tea Ware, a branch of the Hong Kong Museum of Art. This 19th century building displays tea-making ceramics and Chinese seals used throughout the ages. Along with a two-story waterfall and playground, entrance and all activities in the park are free.

So now it's time to start checking those fares on Cathay Pacific. Bon Voyage! ❖



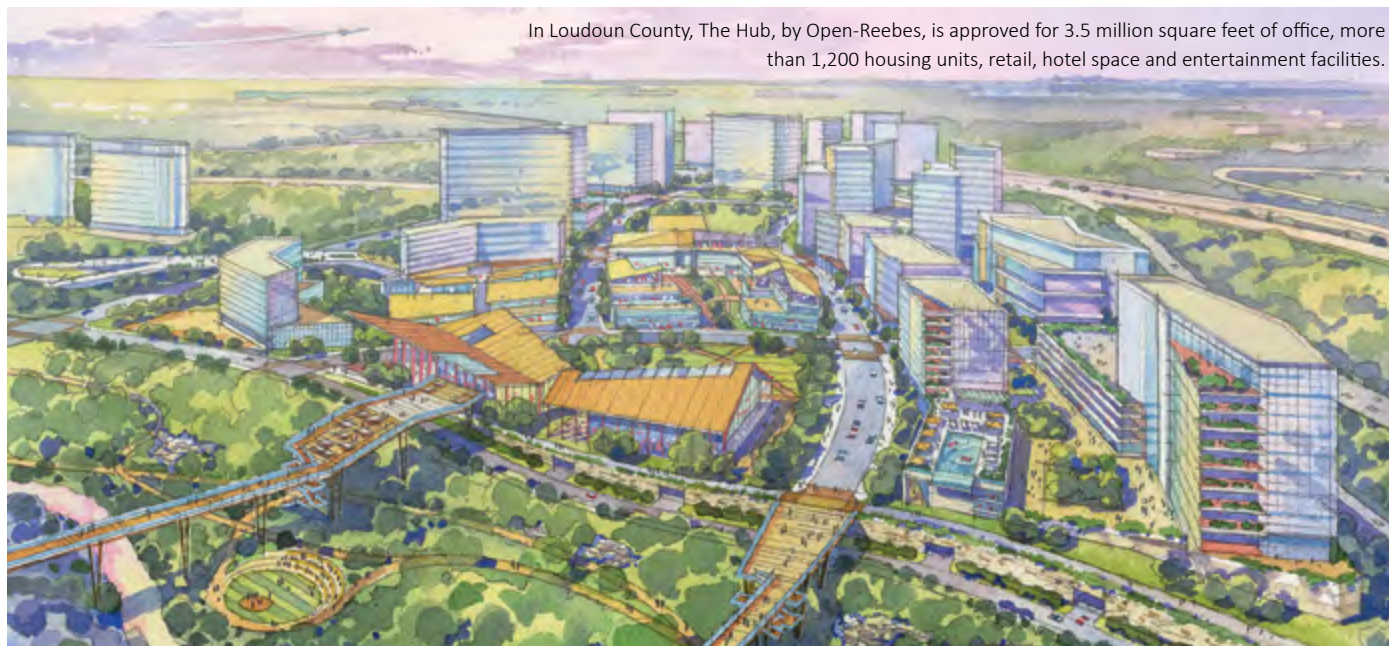


Photo credit: Open-Reebes

In Loudoun County, The Hub, by Open-Reebes, is approved for 3.5 million square feet of office, more than 1,200 housing units, retail, hotel space and entertainment facilities.

## Mixed Use, Transit Oriented Following Silver Line Stations

The positive economic impact of the opening of the first phase of the Silver Line in 2014 continues in Tysons and is rapidly rolling west along the Phase 2 alignment in Reston and Herndon, according to recent reports.

The three new metro stations in this area—Reston Town Center, Herndon and Innovation Center—along with the existing Wiehle-Reston East Station are attracting new commercial and residential development, all part of the goal to attract high-density projects where people can work, live and play.

The latest news for the Wiehle-Reston East area is the announcement that Google has signed a lease to occupy 90,000 square feet in Comstock Holding Cos. Inc.'s 1900 Reston Metro Plaza building. That's more than one-quarter of the space available in that building. The Washington Business Journal reports that a sought-after Cleveland Clinic spinoff Centerline Biomedical is looking at the Tysons area to house a new technology facility for its research and development staff, which is on the forefront of using breakthroughs in vascular surgery.

Bisnow recently listed 8 new projects planned near the Phase 2 stations:

### Near Reston Town Center Station

**Reston Gateway:** Boston Properties announced plans for almost five million square feet of mixed use development between Reston Town Center and the rail station. The site is directly across Sunset Hills Road from the north pavilion. The development includes 1.8 million

square feet office, 2,010 residential units, a hotel and retail.

**RTC West:** JBG Smith is planning a 22-story apartment building with 283 units, a 20-story condominium building with 293 units, an eight-story office building, a seven story loft-like office building around the existing development, including the popular Cooper's Hawk at Sunset Hills Road and Town Center Parkway.

**Brookfield Properties** has plans for its 36-acre site north of the Reston Town Center Station that include 1,500 residential units, 1.5 million square feet of office space and 250,000 square feet of retail space, including a Wegman's. Brookfield anticipates completion of the project in 2026.

### Near Herndon Station

**Metro Square:** Stanley Martin Homes' Metro Square at the corner of Herndon Parkway and Van Buren Street is nearly sold out of the 64 condos finished or under construction.

**Woodland Park East:** Tishman Speyer, Pinkard Group and NVR are planning 1.6 million square feet of mixed use, including office, retail and housing units, including apartments and townhouses. Construction has begun on the development located south of the Dulles Toll Road and west of Monroe Street.

**555 Herndon Parkway:** Penzance has plans for a mixed used development at 555 Herndon Parkway, adjacent to the north pavilion that calls for a mix of uses in 10-, 23- and 24-story towers.

**Lerner Cos.** has submitted a proposal to the Town of Herndon for a large mixed-used development at the north pavilion. Details have not yet been publicized.

### Near Innovation Center Station:

**Innovation South:** Being built directly south of the rail station by Rocks Engineering and Penzance, plans call for more than 1,000 residential units, hotel and retail and office space at The Landing.

**The Hub:** In Loudoun County, The Hub, by Open-Reebes, is approved for 3.5 million square feet of office, more than 1,200 housing units, retail, hotel space and entertainment facilities.

**Waterside:** Also in Loudoun County and north of the Hub, the 335 acres upon which Chantilly Crushed Stone sits has been approved for nearly 2,600 homes, two hotels, and 500,000 square feet of retail space.

**CIT:** On the Loudoun/Fairfax line is the Center for Innovation Technology building and campus, a 24-acre facility recently put up for sale by the Commonwealth of Virginia.

**Pomeroy Cos.** has two projects planned on 40 acres at Sunrise Valley Drive and Frying Pan Road. Aurora Station at Dulles will include 1,000-plus housing units and commercial space, while Pomeroy and CRC Cos. will have another 1,114 units and space for an elementary school. ♦

Work crews apply Silane, a sealant intended to prevent water intrusion, to concrete panels at Herndon Station.

## Protective Sealant Application Underway on Silver Line

BY MARCIA MCALLISTER

Dulles Corridor Metrorail Project crews have resumed spraying a protective sealant called Silane on precast concrete wall panels to help prevent future damage from road spray and salt at some of the Phase 2 Metrorail stations.

Sealant application is 98 percent complete at Herndon Station and will begin soon at Reston Town Center Station. Spraying is also planned at the Ashburn and Loudoun Gateway stations.

Working when weather permits, crews appear to passers-by as if they might be exterminators. Indeed, they are not. The chemical they are applying is a protectant that has been approved as a solution to a problem with the concrete panels first reported in spring 2017 related to air entrainment and improper ratios of the water to cement mix in the concrete. This issue did not create safety concerns, but did raise concerns about the panels' long-term durability.

In fall of 2018, crews for Capital Rail Constructors (CRC), the project's lead contractor for the Silver Line rail extension, had replaced precast concrete panels that had been deemed inadequate. Inspections determined that the concrete problems originated in a sub-contractor's manufacturing process.

The Airports Authority and the Washington Metropolitan Area Transit Authority, which will take over the project when it's completed, and the contractor agreed to additional mitigation -- which is the application of the protective coating periodically over the coming years. These coatings will be funded by the contractor and the frequency of future coatings will be determined by WMATA, which is expected to monitor the durability over the 100-year life of the project.

CRC suspended spraying at the Innovation Center Station in February because of weather after completing about 75 percent of that work at Innovation Center Station. Innovation work has not progressed because of dynamic testing in that area and will resume as dynamic testing permits.

Warmer, drier weather should allow the process to move forward at a faster pace, according to John Kearney, the rail project's construction manager

According to Airports Authority rail team, crews have completed power washing panels at all stations in preparation for spraying. None of the flawed panels were installed at the Dulles Airport Station.

Rail project officials said they are happy to see the sealant application moving ahead, noting that unusually heavy rains and snows of the winter months slowed the work, which requires up to 48 hours of dry weather for the process to be completed. ♦

This is the Reston Station development at Wiehle-Reston East. The building in the foreground is where Google just leased 90,000 square feet of space.

## Wheels Turn at Wiehle-Reston East

The adage "If you build it they will come" has been proven once again. This time it applies to the Wiehle-Reston Metrorail Station and the developer who about five years created a mixed use development adjacent to the station.

Take a look at what's happening near that station which has been the temporary end of the Silver Line since Phase 1 opened in 2014.

Google has signed a lease to take about 90,000 square feet of space in the 1900 Reston Metro Plaza development along the north side of the Dulles International Airport Access Highway and toll lanes, thereby providing a big name tenant to much of the space in the dramatic glass-filled building built by Comstock Partners LC at what is currently the end of the Silver Line.

Comstock confirmed the much-speculated deal in April.

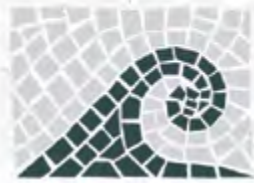
News of the Google decision, coupled with the anticipated completion of Phase 2 to the airport and beyond, is apparently sparking interest in other space in the same building and in two additional office buildings being built at the within the Comstock development.

This is not the only good news coming for this station area.

Comstock will soon bring a Marriott Renaissance Hotel between Reston Station Boulevard and Sunset Hills Road.

On the south side of the toll road, opposite the rail station, Comstock also has purchased the three buildings in Commerce Metro Center, which was built in the 1980s by Centennial Development Corp.

This will give the developer control of properties on both sides of the toll/airport access highway as well as a major development called Loudoun Station near the Ashburn Station at the end of the Silver line. ♦



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# Building a Millennial Community

By Delegate Kenneth R. "Ken" Plum

An exciting and vibrant community of newcomers is occupying ever-increasing in height apartments, condos and lofts as Reston literally grows up to accommodate the appeal it has for new arrivals of businesses, organizations and individuals. Reston's boundaries as a planned unit development community are clear even without a designation as a county, city or town. Once the largest farm in Virginia with corn fields and cow pastures, Reston is now a unique place for human habitation that continues to grow and receive acclaim throughout the decades influenced by and prompting changes of the world around it.

The goal of Reston from the beginning was much more than streets and buildings and homes and businesses. Its founder Robert E. Simon had much more in mind: he envisioned a place where there would be a wide choice of opportunities for all in housing, cultural, recreational, and lifelong experiences; the ability to live and work in the same community; respect for the importance and dignity of all individuals; and that the place be a financial success. The ideas and plans of the visionary developer have been abundantly realized; many of his ideas can be seen in town centers and community developments throughout the region.

The established lines on a map that encompass Reston continue to be recognized, but the influences it has have become fuzzy around the edges as more seek to live in a Reston-like place. Success breeds success as others emulate the first even as the world around changes. Most noteworthy is the strategic planning effort that Fairfax County has underway for its future. After dozens of meetings, surveys, and community discussions, nine priority areas for the County's future have been developed.

The nine areas identified as a basis for future planning are: education and lifelong learning, mobility and transportation, safety and security, housing and neighborhood livability, economic opportunity, health and environment, cultural and recreational opportunities, self-sufficiency for all, and efficient and effective government. All meritorious goals that look a lot like Bob Simon's. Add to them affordability, equity, sustainability, innovation, collaboration and engagement, and the history and experience of Reston, and it will be an ideal place for millennials to live, work and play!



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