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Features



Experience Taste of Blue Ridge's Root to Table Culinary Series

By Linda Barrett

Root to Table is different than the popular Farm to Table concept in that it looks at the roots of where our food comes from. Local chefs, innkeepers, farmers and artisans of Virginia's Blue Ridge Mountain Region come together to focus on Appalachian history, culture and community—the true roots of our area—while highlighting the local producers.

The Move to Assisted Living How to Know When The Time is Right

By Susan Baldani

As our parents age, it often becomes clear that instead of them taking care of us, it's our turn to take care of them. We want to do our best to ensure that in their senior years they are as happy, healthy, comfortable and safe as can be. Unfortunately, this can lead to some uncomfortable conversations and decisions, for both the parents and their adult children.



Local Hot Spots

By Omid Khanzadeh

Find out where the locals go for nightlife entertainment and shopping.



True Oasis of Tranquility The Inn at Vacluse Springs

By Allison Chase Sutherland

Escape to the oasis of tranquility that is the Inn at Vacluse Spring. Stroll along in Old Town Winchester to the Village Square Restaurant & V2 Bar. Nearby attractions abound, including wineries and orchards - and Dinosaur Land for the whole family.





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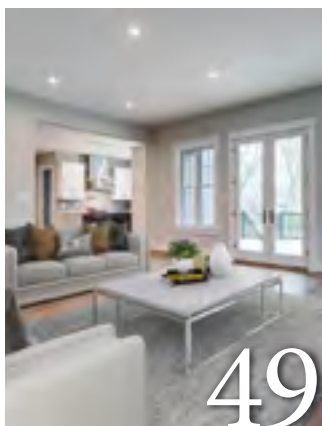
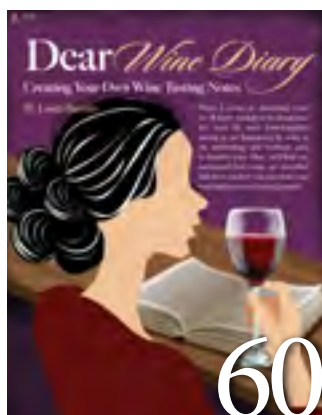
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JULY/AUGUST 2019

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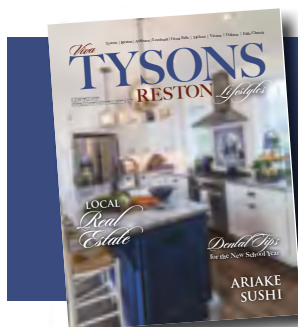
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OUT & ABOUT



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Sacred Threads 2019

Sacred Threads 2019 is a national juried exhibition of art quilts exploring themes of joy, peace & brotherhood, inspiration, grief, healing, and spirituality. From its beginning in 1999 this biennial exhibit has provided a respectful, dignified venue for the artwork of quilters of all faiths who use their work as a connection to deep life experiences or as an expression of their spiritual journey. These powerful stories-in-fabric from all over the country and Canada offer an inspiring source of encouragement, healing, strength and connection to show visitors. This year we celebrate our 20th anniversary with a special installation exhibit "Eye Contact: creating a connection."

July 11 - 28, Monday-Saturday
11am - 5pm, Sunday 1 - 4pm
Floris United Methodist Church,
13600 Frying Pan Road
Herndon, VA 20171, \$10.00,
\$5.00 Children 5-12, Children
under 5 are free. Groups

\$8.00 for 8 or more people
with preregistration. Public
Reception: July 20, 2- 4pm

SOJA

Sublime With Rome

Common Kings

Grammy-nominated reggae band SOJA returns to their "favorite hometown venue" with ska-influenced Sublime With Rome and pop-rock band Common Kings.
July 20 at 7pm, The Filene Center at Wolf Trap, \$40

Strauss

Ariadne auf Naxos

Combining slapstick comedy and beautiful music in a competition of "high" and "low" art, Ariadne auf Naxos is a cock-eyed tale about art, love, and infidelity. A wealthy patron commissions two pieces of entertainment for a party—an opera based on the Ariadne myth and a comedy by a song and dance troupe. Shortly before the performances are to begin, he orders that they be performed

simultaneously in order for a fireworks display to begin on time. What follows is a class war in Strauss' brilliant opera based on a Molière comedy.
July 21 at 3pm, July 24 and July 27 at 7:30pm, The Barns at Wolf Trap, \$36

Piff the Magic Dragon

50% Comedian. 50% Magician. 100% Dragon.

After earning national acclaim as the standout star of NBC's America's Got Talent and Penn & Teller: Fool Us, Piff The Magic Dragon continues to win over audiences across the globe with his mythical mixture of wizardry, wit and sarcasm that ignites a one-of-a-kind comedy magic show you must see to believe! Joined by his trusty sidekick Mr Piffles, The World's Only Magic Performing Chihuahua™, the dynamic duo performs nightly to sold out rooms at his residency at the world-famous Flamingo Casino in Las Vegas in the

continued on page 12

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Photo courtesy of Wolf Trap



AUGUST 1
THE FILENE CENTER AT
WOLF TRAP

Lyle Lovett

Photo courtesy of Wolf Trap



8 PM

JUL
28

Reba McEntire

A household name thanks to a successful career spanning music, television, film, and theater, Reba McEntire is a three-time Grammy winner, member of the Country Music Hall of Fame, and top-selling country musician.

July 28 at 8pm, \$45, The Filene Center at Wolf Trap

newly renamed Piff the Magic Dragon Theatre. In addition to the residency, Piff along with Jade Simone, a genuine Las Vegas Showgirl, are currently performing across the US and Canada as part of their 2019 tour The Lucky Dragon.

July 26 and 27 at 9pm, \$32-45, The State Theatre

PLEASE NOTE: This is an all seated show. Very limited standing room available.

Steve Miller Band

Marty Stuart

and His Fabulous Superlatives The multiplatinum "Space Cowboy" brings his signature blues-rock hits like "The Joker" and "Fly Like An Eagle" back to Wolf Trap with "honky-tonk in technicolor" (Billboard) band Marty Stuart and His Fabulous Superlatives. July 31 at 7:30pm, \$45, The Filene Center at Wolf Trap

Lyle Lovett & His Large Band

With Special

Guest Mavis Staples

Best known for his masterful songwriting filled with wit and charm, Lyle Lovett has built his career "on the

reputation of his live shows, which routinely sell out theaters and concert halls coast to coast" (The New York Times). Iconic soul singer and activist Mavis Staples elevates the evening by opening the show with her powerful voice and messages of unity.

August 1 at 7:30pm, \$30, The Filene Center at Wolf Trap

Caligula Blushed

Caligula Blushed is the most authentic Smiths/Morrissey experience working today! Dedicated to the notion that fans of The Smiths and Morrissey want to hear some of the greatest music ever written in a true live concert setting. Not drummers in fisherman caps and Smiths T-shirts or bassists with jean jackets and bleach blond razor cuts. Not two guitarists in stripey shirts playing '57 Telecasters and Gibson 355's because that's what Johnny played on this song or that. Caligula Blushed is the ONLY source for fans of The Smiths and Morrissey to hear an impeccable set list, played with a visceral passion by top flight musicians. The ONLY place to see Morrissey channeled before them and to be truly swept up in the moment. Remember, there ARE only TWO Morrissey's! August 2 at 9pm, \$10-13, The State Theatre

Sarah McLachlan

National Symphony Orchestra

Sarah McLachlan is one of the most celebrated singer-songwriters in entertainment with over 40 million albums sold worldwide, three Grammys, and 12 Juno Awards. In addition to crafting ballads such as "Angel" and "I Will Remember You," McLachlan founded the Lilith Fair Tour

and the Sarah McLachlan School of Music.
August 3 at 8pm, \$40, The Filene Center at Wolf Trap

Boys of Summer Tour 2019

Now in it's 6th Year... The boys are back again! Platinum ticket includes: 1st into line meet n greet and show, group photo with the biggest talent! Pose party- see the biggest artists and influencers and more in an open setting... No lines no waiting! Chill with the key talent! Photo line meet n greet with all talent - meet them one on one and get a pic and hug, boys of summer poster, show and concert.
August 8, 3pm, \$39-125, the state theatre

Saved by the '90s-A Party with the Bayside Tigers

2019 is sooo overrated, but you know what's ALL THAT? The SAVED BY THE 90's PARTY! BOO YA! Hailing from NYC and now active all over the U.S., this party has tons of live 90's music from a totally fresh band (they're da bomb). Get ready for everything from Third Eye Blind to the Spice Girls, from The Backstreet Boys to The Beastie Boys. And after that, we're not leaving you hangin'! As if! Get Jiggy with the DJ spinning dope tunes all night! It's gonna be the raddest thing since your mom!
August 9 at 9pm, \$17-20, The State Theatre

The Philippine American Chamber of Commerce of Metro Washington DC presents

Life Is A Cabaret

a charitable fundraiser to benefit disadvantaged children
Arnaldo! Drag Chanteuse started as a soloist with the Seattle Men's Chorus (SMC)



Photo courtesy of Wolf Trap

and has performed with SMC in some of the major concert halls in the US, Europe, New Zealand and Australia. In 1995, Arnaldo! started a group called Cabaret Q in Seattle where the "dragchanteuse" persona began and has since brought his cabaret shows to Portland, Las Vegas, Palm Springs, Puerto Vallarta, New York and Manila. Arnaldo! received a New York Backstage Bistro Award for Outstanding Characterization, an award for Most Innovative Concert Artist in Manila by Gawad Musika, and recognition by The Filipino Community of Seattle with a Lifetime Achievement Award for promoting culture and the arts.

August 10 at 8:30pm, \$35, The State Theatre

29th Anniversary Block Party

Come out and celebrate the Old Firehouse's 29 years of serving the Greater McLean

continued on page 14



Photo courtesy of Wolf Trap

8 PM

ABBA The Concert

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

August 4 at 8pm, \$30, The Filene Center at Wolf Trap



Photo courtesy of Wolf Trap



Sting



AUGUST 26-28
THE FILENE CENTER AT
WOLF TRAP

Photo courtesy of Wolf Trap



8:30 PM

AUG
2

E.T. the Extra-Terrestrial in Concert

National Symphony Orchestra

Emil de Cou, conductor

Director Steven Spielberg's heartwarming masterpiece is one of the brightest stars in motion picture history. Filled with unparalleled magic and imagination, E.T. The Extra-Terrestrial follows the moving story of a lost little alien who befriends a 10-year-old boy named Elliott. Experience all the mystery and fun of their unforgettable adventure in the beloved movie that captivated audiences around the world, complete with John Williams' Academy Award-winning score performed live by a full symphony orchestra in sync to the film projected on huge HD screens! @A.M.P.A.S.®

August 2 at 8:30pm, \$40, The Filene Center at Wolf Trap

continued from page 13

community! Activities include: Old Firehouse Open House, Live Music, Outdoor Games, Hot Dogs, Rock Climbing Wall, Old Firehouse History Exhibit, Popcorn, Ice Cream, Airbrush Tattoos and Balloon Twister.

August 10 at 1-4pm, Free admission, 1440 Chain Bridge Rd., McLean, VA 22101

Ringo Starr & His All-Starr Band

featuring Colin Hay, Steve Lukather, Gregg Rolie, Hamish Stuart, Gregg Bissonette, and Warren Ham Join legendary musician Sir Ringo Starr for an evening of iconic hits from the Beatles, his famous bandmates, and more! The All-Starr Band features vocalist/multi-instrumentalist Colin Hay (Men at Work), guitarist Steve Lukather (Toto), keyboardist/vocalist Gregg Rolie (Santana, Journey), guitarist/vocalist Hamish Stuart (Average White Band), drummer Gregg Bissonette (Toto, Don Henley), and saxophonist/vocalist Warren

Ham (Toto).

August 10 and 11 at 8pm, \$45, The Filene Center at Wolf Trap

Tony Bennett

Garnering 19 Grammy Awards over a seven-decade-long career interpreting the Great American Songbook, "Bennett vocalizes American popular songs like nobody else can" (NPR).

August 17 at 8pm, The Filene Center at Wolf Trap

Lenny Kravitz

For over two decades, electrifying rocker Lenny Kravitz has transcended genre, style, and more with his Grammy-winning music including "Fly Away," "American Woman," and "Again." Experience all the hits along with new favorites from Kravitz's latest album Raise Vibration (2018) when he takes the Wolf Trap stage. August 21 at 8pm, The Filene Center at Wolf Trap

Italian Bred

Italian Bred is the hilarious and heartwarming one woman theatrical comedy. Written by and starring Candice Guardino, it's based on true life events and told through the eyes of a little girl growing up Italian on Staten Island. Having written down everything her loving and outspoken grandmother ever uttered, Candice slips in and out of multiple family characters while sharing the stage with virtual cameos of Emmy winner Leslie Jordan (Will and Grace), Mario Cantone (Sex & the City), Steve Schirripa (The Sopranos), and Vic DiBitetto (Mall Cop 2.)

August 24 at 8pm, \$30, The State Theatre

continued on page 16

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.



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continued from page 14

The Beach Boys

America's favorite surf rockers bring the "Good Vibrations" with their iconic summer soundtrack featuring songs like "Surfin' USA," "Fun, Fun, Fun" "Wouldn't It Be Nice," and more that reach across generations of music lovers.

August 25 at 3pm, \$35, The Filene Center at Wolf Trap

Sigma LXXXV Tour

The Alarm

Modern English

Jay Aston's Gene Loves Jezebel

"The Sigma Tour will bring out the best that The Alarm has to offer the 21st Century," says Alarm lead singer Mike Peters, "We look forward to taking part in an event that, along with our friends Modern English and Jay Aston's Gene Loves Jezebel, will hopefully, live long in the memory for all our fans. Our music, which still gets played on the radio every single day, gives us all a platform for creativity that will shine through every second of the Sigma Tour. Fans can expect collaboration, moments of reflection, camaraderie and also the unexpected. The tour will be alive on all the social media platforms allowing fans from around the world to see what it's like for British bands to be on the road in the USA."

August 25 at 8pm, \$33-38, The State Theatre

Sting

The Grammy-winning former front man of The Police returns to Wolf Trap for another string of unforgettable evenings packed with nonstop hits like "Englishman in New York," "Fields of Gold," and "Every Breath You Take."

August 26, 27, and 28 at 8pm, \$49, The Filene Center at Wolf Trap

Falls Church Festival

Features live entertainment, pony rides, amusement rides, crafters, businesses, civic organizations, and cuisine from local kitchens. (Formerly named the Taste of Falls Church at the Fall Festival.)

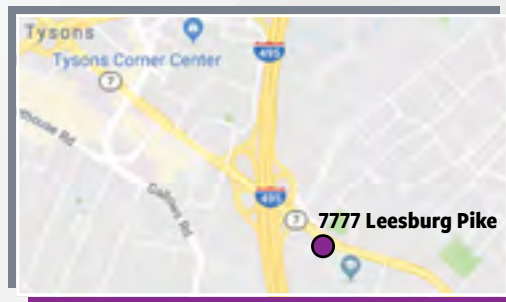
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Experience Taste of Blue Ridge's Root to Table Culinary Series

By Linda Barrett

Looking for a new dining experience? Try the Taste of Blue Ridge's Root to Table Culinary Series!

In true European fashion, guests are seated at long tables, where new dishes are tried and new friends are made. The meal takes place over the course of several hours, with course after delightful course served. Many meals are held al fresco on long farm tables, harkening back to old-world harvest gatherings.

You've never been to an event where the chefs have so much fun together. Each course throughout the dinner is prepared by a different chef. As it is served, the chef comes out of the kitchen to explain how they prepared the dish and what ingredients they used. They are given free license to cook whatever they want, under the host chef's vision. They might try a different cooking method or experiment with foods they haven't cooked with before.

A full, descriptive menu placed at each setting lists the preparing chef, the course description, and accompanying wines. May's Italian Farm Dinner featured nine courses and six wines! At the end of the meal, guests are quite full, but manage to rise from their chairs to interact with the chefs or linger to chat longer with newfound friends.

The Root to Table Concept

Root to Table is different than the popular Farm to Table concept in that it looks at the roots of where our food comes from. Local chefs, innkeepers, farmers and artisans of Virginia's Blue Ridge Mountain Region come together to focus on Appalachian history, culture and



Upcoming Events

August 23, 2019

3rd Annual Root to Table Open Air Feast, Hillbrook Inn and Spa, Charles Town, WV

September 13, 2019

1st Progressive Root to Table Event, The George Washington Hotel, Winchester, VA

October 4, 2019

Glamping Dinner Georgian and Mediterranean Cuisine, Lansdowne Resort and Spa, Leesburg, VA

October 27, 2019

Down on the Farm Harvest Festival and Pig Roast, Spring House Farm, Waterford, VA

November 30, 2019

Fire & Ice Festival and Gala, West Oaks Farm Market, Winchester, VA

Previous 2019 Events included a Season Kick Off Party (March), Our European Root to our Appalachian Table dinner at the Bavarian Inn and Brewery (May), An Italian Farm Dinner in Loudoun (May), and Summer Solstice and Virginia Seafood (June).

How to Attend

Due to the nature of the events, guests must be 18 years of age to attend. Purchase your tickets early—they are limited and the events sell out in advance. www.tasteofblueridge.com. \$100-\$125 (includes tax and gratuity; Eventbrite fee extra). 15% discount for groups of 4 or more.



community—the true roots of our area—while highlighting the local producers.

Each dinner is completely different: different chefs, different menus, different venues, different styles. Similarly, each dinner features a menu designed by the region's top chefs with ingredients found throughout the Shenandoah Valley. All ingredients are locally-sourced and sustainable, grown, raised or created by the area's food artisans.

How Root to Table Began

Nancy Craun, owner and founder of Taste of Blue Ridge and the Root to Table series got the idea when she was marketing for the wedding industry and brides would complain there was nothing to do in the Shenandoah Valley. The problem was, as she explained it, that tourism was promoted by each county, with no cohesive Valley marketing. So she started a comprehensive website.

She also saw that tourism was changing. She began to notice that every magazine featured foods, chefs and culinary topics on the covers. Food and food destinations were becoming the new travel trend.

Craun created a focus group to discuss how food and the Valley could be tied together. "I pulled in chefs, vineyards, food distributors, and a variety of people who were interested in branding this region as a culinary destination. The #1 industry in Virginia is agriculture, and that's what the Valley is all about." The Root to Table Culinary Series was created.

In addition to Craun, the action board includes Carissa Zanella, owner of the Hillbrook Inn & Spa in Charles Town, WV; Chef Erik Foxx-Nettlin, head chef of Magnolia's on the Mill restaurant in Purcellville, VA; Chef Abby McAllister, local resource specialist at Schenck

Foods; and Andrew Crush, farmer and owner of Springhouse Farm in Hamilton, VA.

A Food Dinner with Wine

"The Root to Table series is not a wine dinner with food, it is a food dinner with wine or another beverage," Craun explained. "Our emphasis is around these chefs and their passions, and what they are doing with food." It is the only chef-driven platform in the Commonwealth of Virginia.

"At Root to Table, we look heavily at the culture. How they did it in Italy, but how we do it here in the USA. We avoid the word 'organic', which is overused, and instead focus on how the product was raised, whether it is sustainable, and how is it affecting the environment," Craun said.

The first year, the series featured two events. In 2018, five events. Throughout 2019, ten events will be held. In 2020, Craun hopes to expand the series farther down the Route 81 corridor to Harrisonburg and Lexington.

Each event features a host executive chef who sets the vision for the event and selects the other executive chefs who will be involved. The other chefs work under that vision. In 2019, the host chef was given the privilege to invite a guest chef as well. This year's main chefs include Chef Erik Foxx-Nettlin (Magnolia's on the Mill), Chef Steve Ferrell (Hillbrook Inn and Spa), Chef Michael Ritenour (Massanutten Resort), Chef Abby McAllister (Schenck Foods), Chef Marcus Repp (Lansdowne Resort and Spa), Chef Jeff Ault (Bavarian Inn), Chef Marvin Swaner (George's Food and Spirits), and Chef Sandy Gallagher (Audley Farm).

If you're a foodie, you'll want to attend the Root to Table Culinary Series! ♦





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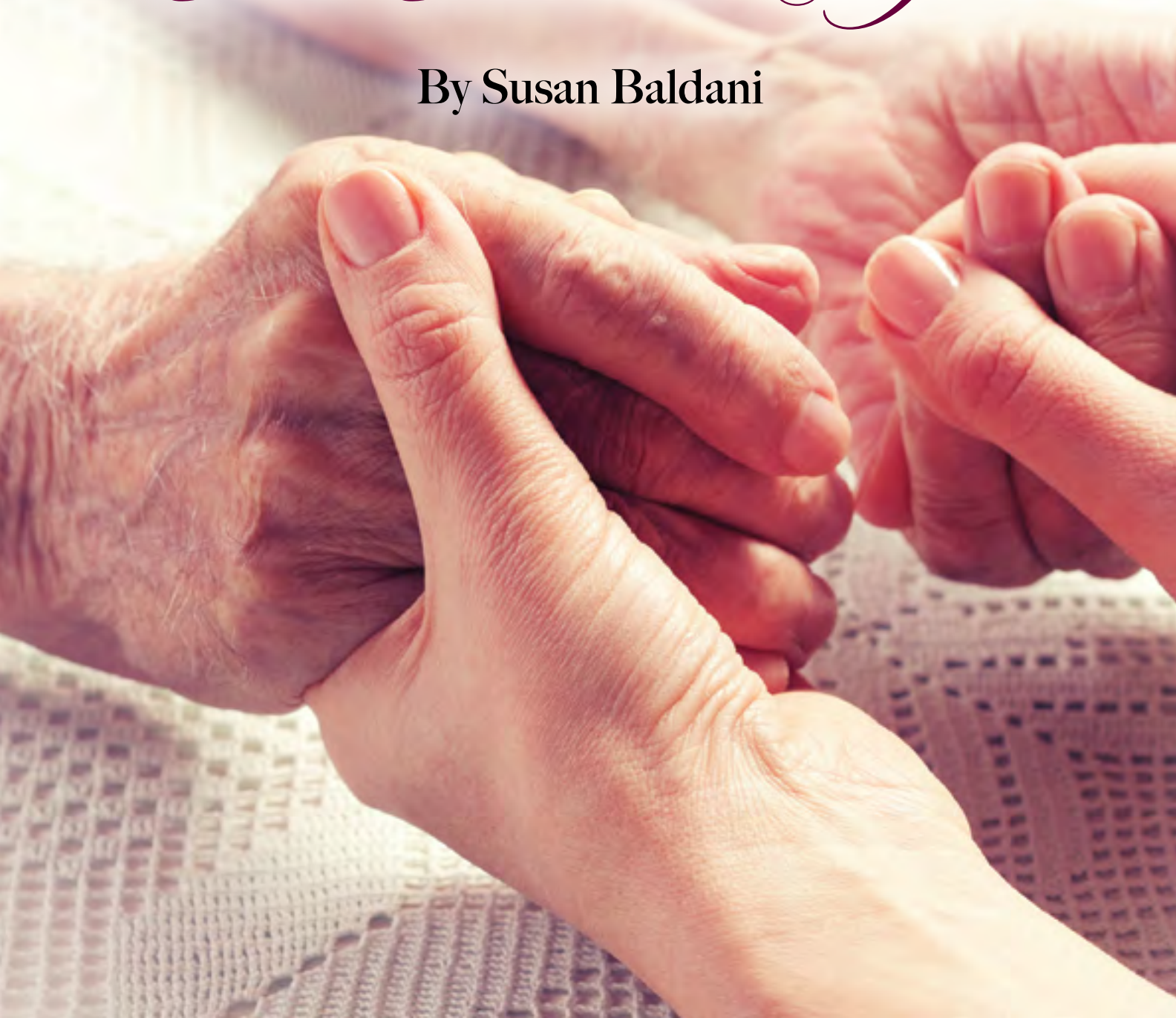


The Move to Assisted Living

HOW TO KNOW WHEN

The Time is Right

By Susan Baldani





As our parents age, it often becomes clear that instead of them taking care of us, it's our turn to take care of them.

We want to do our best to ensure that in their senior years they are as happy, healthy, comfortable and safe as can be. Unfortunately, this can lead to some uncomfortable conversations and decisions, for both the parents and their adult children.

How do we help them decide that it may be time to leave their homes and move into a senior living facility, a place where their needs can be better monitored and taken care of? Here are some questions to ask and some signs to look for to assist in making that decision.

Home safety

Is the parent able to remember to lock doors, turn off appliances, such as irons, stoves and ovens? Is the home easily traversed? For example, are there a lot of stairs leading to bedrooms, bathrooms and laundry areas? Also, are they paying their bills on time to make sure their utilities stay on? Answering no to any of these questions can lead to major safety issues.

Increasing physical and medical needs

Does the parent need help getting out of bed, using the restroom, or bathing? This can lead to both mental and physical stress for the caregiver. Lifting and supporting someone else's weight can lead to multiple injuries for the caregiver.

Is the parent eating nutritious meals and drinking enough fluids? Are they able to hear smoke alarms or see well enough to make sure they're taking the right medicine? Are their clothes clean and are they keeping up with grooming? If not, then extra assistance is needed.

Are there worsening medical issues where advanced knowledge is required? For example, does the parent have a lot of medicines to take with complicated time schedules?

Sundowning

According to the Mayo Clinic, "Sundowning refers to a state of confusion occurring in the late afternoon and spanning into the night." This can be difficult to handle in the home environment as it's often accompanied by wandering, which can lead to falls, injuries and even death, and can prevent caregivers from getting the rest that they need. Aggression is another symptom of sundowning which can pose a danger not only for the senior, but for the caretaker as well.

Seniors often notice as well when they're having a hard time living on their own, but may not want to discuss it for fear of losing their sense of independence. They may also keep quiet because they don't want to burden their children with their own issues. It's important to let mom and dad know that you want to be told of any problems they may be experiencing, whether emotionally or physically.

These discussions should be ongoing, since issues can develop quickly. Just because mom or dad is fine one day doesn't mean that he or she will be okay six months later. If you don't have an open or positive

relationship with your parent, you can have someone else step in as an adviser.

It's imperative that all the adult children in the family be on the same page, so keep the lines of communication open throughout the family. A sibling who doesn't see the parent on a day-to-day basis may not realize the extent of any problems.

Depending on the level of care needed, seniors can still enjoy a fair amount of autonomy in an assisted care facility. According to the AARP (American Association of Retired Persons), "Some residences provide only meals, basic housekeeping, and help with the activities of daily living such as bathing, dressing, and grooming. Others go beyond these services and furnish transportation and certain health services."

Instead of treating the transition to a senior living facility as a disadvantage, help your parent see it as an opportunity to meet others and have access to new things. With the right planning, moving into an assisted living center can be a smooth and positive experience. And you and your parent will have the peace of mind knowing that they are being cared for in the right environment. ♦



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Have Back Pain? Think Robotics!

Robotic spinal surgery offers accuracy, efficiency and faster healing times.

By Linda Barrett

Does your back ache? If so, you're not alone. The American Chiropractic Association reports that up to 80% of the population will experience back pain at some time in their lives.



Most of the reported back pain is caused by mechanical problems like sprained ligaments, ruptured disks, and irritated joints rather than serious conditions such as inflammatory arthritis, infection, fracture or cancer. The causes are varied and can include sports injuries, poor posture, obesity, stress and arthritis. Even simple movements can set off spasms of pain at times.

"The most common reason people come to see me is due to degeneration of the spinal discs," said Brian R. Subach, M.D., of Arlington-based Subach Spinal Solutions, a leading practice in the care and treatment of back pain, degenerative disc disease, neck pain, osteoporosis and scoliosis. "When the discs degenerate in the lower back, they cause pain. And as the spine starts to collapse, it pinches the nerve going down the legs. Patients tell me they can't stand, sit or find any comfortable position other than lying down. They are miserable."

Robotic Spinal Surgery Innovation

One of the newest and most effective technologies in the recent history of spinal surgery is through the use of Mazor Robotics," Dr. Subach said. He employs the Mazor Robotic Screw Fixation robotic guidance system for spinal surgery, most commonly used for spinal deformities or trauma to the spine, or for severe and chronic lower back pain. It offers surgeons a minimally-invasive, more accurate and effective method to help fuse two vertebrae together to stabilize the spine, allowing patients to recover more quickly and smoothly.

"The spinal disc itself is a cartilage structure that sits between two bones," Dr. Subach explained. "When the disc wears out, the bones become closer together and the disc starts to collapse. That becomes the pain generator." In such cases, Dr. Subach often recommends a spinal fusion. Using the Mazor system and a smaller incision than traditional back surgery, the surgeon can remove existing disc material and screw in a spinal fixation device fitted to keep the vertebrae together while they fuse naturally. Made of titanium, the device has a roughened surface and bone will eventually grow into the spacer, fusing the two vertebrae together. An FDA-approved bone growth substance called BMP (bone morphogenetic proteins) is applied to encourage the bone growth. Interestingly, the BMP is created in a lab through genetic engineering. "We can open a box and put it in the patient with no risk of disease transmission or infection."

The recovery time from robotic spinal surgery is much shorter than traditional spinal surgery. "There can be just three days recovery time as opposed to three days in the hospital and weeks of recovery at home." Formerly, spinal surgery required a much more complicated approach. A lumbar fusion may have required a 4" incision, with muscles stripped away and blood vessels damaged during a three-hour back operation. With the Mazor robotics it takes about one hour to put the screws in from the back side of the body, with just a 1" incision. "It is more time efficient for the operating room staff and significantly better for the patient," he said. The downside: "Every time you fuse two spinal bones, you sacrifice some ability to move."

"We recently performed an anterior/posterior fusion. On Monday, the patient came in and we did surgery from the belly side. On Thursday, we put in the Mazor screws on the back side with this minimally invasive approach. Using the robotics, I didn't have to see anything inside the spine to place the screws accurately," Dr. Subach described.

The robotics and proprietary 3D software perfectly guided the surgeon's placement without having to completely expose the spine.

Causes and Cures for Back Pain

Some of the common causes of back pain and back problems include body weight, occupation, and heredity factors. It does run in families. Age can also be a factor, but degeneration can happen at any age. "Most commonly, the people I see are still active and moving," Dr. Subach said. For example, a client may have been playing tennis and herniated a disc when bending forward. Older people aren't moving as much, and arthritis stiffens them." To help avoid back problems, people need to strengthen their core muscles through exercise or physical therapy. "Your core strength and flexibility are hugely important."

"Back problems are so prevalent it would boggle your mind," he added. However, he claims that surgery is not always the answer. "About 50% of the people I see don't need surgery. They are frustrated by not knowing what is causing their back pain. And once we identify the problem, they want to know how to fix it."

The choices people think they have are often physical therapy, chiropractic, or drugs, which only offer a temporary benefit, but doesn't fix the problem. Subach Spinal Solutions offers a number of treatments in addition to robotic spinal surgery to assist with back and neck pain issues.

Follow-up after surgery is also important for good back health. After a year, Dr. Subach performs a CT (CAT) Scan on patients to ensure proper healing has taken place. Once the bone has successfully fused, he offers to remove the screws if the patient desires.

Dr. Subach is both a neurosurgeon and a complex spine surgeon, Board-Certified in both disciplines. In addition, he holds a functional medicine certification in age management medicine, giving him a unique perspective on the progressive degenerative changes that affect the spine, advanced treatments for refractory osteoporosis and the unique benefits of intravenous nutritional therapy. He is a nationally-recognized expert in the treatment of spinal disorders.

Brian Subach, M.D. opened his own practice, Subach Spinal Solutions, in April 2019. His office is located at 1635 N. George Mason Drive, Suite 150, Arlington VA 22205, and he performs surgery out of Virginia Hospital Center, part of the Mayo Clinical Care Network. ♦



Brian R. Subach M.D., F.A.C.S. has been is both a neurosurgeon and a complex spine surgeon, and is Board-Certified in both disciplines. In addition Dr. Subach holds a functional medicine certification in age management medicine from the AMMG.

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This is especially true for fat reduction when doing CoolSculpting and/or Vanquish Radio Frequency treatments. There's no doubt that the demand for these type of treatments are high—in fact, fat reduction was the most in-demand non-surgical aesthetic treatment in 2018 after injectables. However, getting rid of the fat is just half of the battle. To fully satisfy patient's body aesthetics goals, as a provider, you also need to tighten loose skin and further contour the body.

This is where Venus skin Radio Frequency skin tightening comes in. It is an add on treatment and patient's come in each week for four to six times. It works to non-invasively tighten the skin, further slim body circumference, and smooth out demarcations

where focal fat was not evenly reduced. Because the technology is safe for all skin types and skin tones, it can be used on any patients with no added downtime.

Radio Frequency is designed to help with Cellulite on the outer thighs too. Cellulite is characterized as lumpy, bumpy and irregular appearing skin. The nodular swellings of cellulite result from swollen clumps of fat that push up against the undersurface of the skin and these swollen clumps of fat must be addressed by this type of technology to help smooth the skin.

The precise cause of cellulite is unknown, but it is believed to be an abnormality of the microcirculation of the skin. The cause can also be from poor blood flow and oxygenation to the cellulite areas of the body which are the results over many years. The chronically poor oxygenation in the fat and swelling within the thigh fat compartment leads to inflammation. The swollen fat, trapped in the tight compartments begin to bulge, forming the characteristic nodules seen in cellulite. To correct Cellulite, several weekly Venus skin Radio Frequency treatments are recommended.



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Dr. Dima

About Feminine Rejuvenation With Viveve

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What is Viveve?

Excessive stretching of the vaginal muscles is a common occurrence after vaginal birth or due to aging. Therefore, many have sought out different treatment options to help get their bodies back. Viveve does all this and more. This treatment uses clinical-proven cryogen-cooled monopole radiofrequency (CMRF) to uniformly deliver gentle volumetric heating while cooling delicate surface tissue. This unique technology stimulates the body's natural collagen formation process.

What to expect?

Viveve treatment is a comfortable, single-session, 30-minute treatment performed by a trained healthcare professional in an outpatient setting.

During the visit, Dr. Dima uses a small treatment tip (about the size of your thumb) which is then inserted into the vaginal opening. The tip is then rotated while it alternately cools the surface and heats the soft tissue beneath. Women typically begin to feel the results at about 30 days and the full effect at about 90 days. Depending on how you respond, we may recommend a touch up treatment every year or as you see fit.

Is there any downtime?

During this treatment the vaginal tissue swells slightly. It is recommended that patients abstain from intercourse for 48 hours, although resuming other normal activities right after receiving treatment is acceptable. This includes exercise and bathing.

What does Viveve treat?

Vaginal tissue ages over time. With age and childbirth, certain symptoms can occur such as vaginal dryness, urinary incontinence, sexual dysfunction vaginal pain, air passing from the vagina, less satisfaction with intercourse, and increased self-consciousness. All of these symptoms are easily treatable with Viveve and we have seen amazing results with our patients and around the world. In

fact 90% of the women who had the procedure in clinical studies, reported significant, sustained tightening, sensation, satisfaction and noticeably reduced bladder incontinence 12 months after treatment!

What makes Viveve different?

Traditional invasive surgical procedures are expensive, can have a long and extremely painful recovery time and carry significant risk. Viveve is non-invasive, painless, discreet, safe and very effective. ♦



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Spray Tanning *Made Simple*

By Marta Bota
mbfacedesign.com

It's no secret that spray tanning is synonymous with beauty queens and fitness competitors! Having a bronze glow onstage makes you look more fit, healthy, and gorgeous! Whether you want to look bronzed all summer long, or for a special occasion, spray tanning is really for everyone!

Today's technology in spray tanning has really improved! Tanning solution has come a long way in looking more natural and, with a skilled technician, application can be flawless! It is also FDA approved and a safer option than tanning booths. It will reduce your UV rays exposure that comes with sun tanning, slowing down the aging process. My organic tanning solution, in particular, is custom blended and I add a serum that makes the skin glow! You not only look gorgeous but your skin feels DIVINE!

There is still some confusion for many, and especially for women of color, as to why you should even consider getting a spray tan. The secret to achieving the perfect glow is to have a thorough consultation with your spray tan expert, and having the product custom blended. This will give you the desired effect of a beautiful, natural glow!

Here are some reasons why a spray tan can make all the difference for any and all skin tones on competition day, and/or for any of your special occasions:

Warms up skin tone for a beautiful glowing effect. Think "bronze goddess"!

Evens out skin tone creating the effect of smooth, flawless skin!

Camouflages imperfections such as stretch marks, scars, cellulite, and veins!

Contouring techniques enhance the muscles, accentuating your fitness level!

For the very best results, be sure to go to a trained professional who has experience with tanning for stage competition AND custom blends your solution to enhance YOUR skin tone!

I ALWAYS recommend trying out your first tan, as a trial, at least two weeks before the big day, to be sure that you love it! This is especially important if you are tanning for your wedding day or pageant!

Tanning 1-2 days prior to your actual wedding, pageant day, or special event is also highly recommended. This will allow you to shower at least once or twice before that day, reducing the risk of any tanning product rubbing onto your garments.

****If you have allergies, be sure to get "patch tested"****

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Name and occupation.

Nawara Omary Elliott, Owner and Director of Dara Global Arts Gallery. We sell fine art online (www.DaraGlobalArts.com) where it is curated to represent emerging, established, local and global artists in bringing harmony and peace as a mission through their pieces.

What is your biggest beauty splurge that you deem necessary?

My hair appearance..I try to keep it maintained with a trim and a highlight every six to eight weeks by my favorite hair dresser Nora.

What is the beauty product will you would not leave the house without? Tinted SPF 50 face cream, waterproof black brown mascara and the one and only non peroxide whitening AP24 Toothpaste by NuSkin.

What is your workout pick?

Pilates, Yoga, weight lifting and all kinds of dancing...

What is your view on diet?

As much organic as possible, especially when it comes to meat, eggs and berries. Mediterranean food in my opinion is one of the most beneficial. A piece of grilled Fish or a lamb chop with dark green leaf salad including tabbouleh and a glass of red wine is HEAVENLY healthy and MOST enjoyable...



Hair Stylist:
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Summer Soirees

By Michael Evans

Summer is officially here, and you know what that means... It's barbecue season! Whether you're hosting a few friends for an evening of surf and turf on the grill, or throwing a casual 4th of July cook out for the neighborhood or family, the variety of menu options combined with getting together with family and friends makes this American past time one of our favorite summertime traditions.



Backyard BBQ

When we think about barbecues, the first thing that comes to mind is the backyard BBQ. Ideal for small to medium groups, this setting is great for those who enjoy hosting in the comforts of their own home. This also allows for the widest variety of menus, from burgers served with pasta salad and freshly sliced watermelon, to baby back ribs with baked beans and corn on the cob, or even a nice New York strip and shrimp skewers, served with grilled veggie kebabs... The possibilities are endless!

Pool Party

Whether hosting a private 4th of July party at your own pool, or a neighborhood cookout at the community pool, pool parties are a great way to enjoy everything summer has to offer: sunshine, water fun, delicious food and great company! Many community pools have designated picnic areas equipped with grills, making the party that much more convenient for a larger bunch! Throw some burgers and hot dogs on the grill and have everyone bring a side or dessert to share, and you'll have a great neighborhood potluck everyone will enjoy! Alternatively, hosting a pool party at a private residence provides the same fun as a larger community gathering, while still offering the flexibility of a backyard barbecue!

Party in the Park

Looking to host a larger gathering such as a birthday party or company picnic? Consider a party in the park! With a variety of event sites located throughout Northern Virginia and Washington D.C. (4th of July Fireworks anyone!?), there's sure to be something for every budget.

Many of the Fairfax County Recreational Parks offer picnic shelters, some with their own grills and others that allow you to bring your own, making these a great budget friendly and kid-friendly option as there are usually playgrounds adjacent to the grounds, and/or plenty of space for a bounce house, etc. If the county parks don't provide what you're looking for, perhaps a picnic at Hains Point on the Potomac River for the 4th of July fits the bill... yummy food, beautiful views, and a spectacular fireworks show will make this holiday one to remember!

Picnic on the Lawn

Last, but definitely not least, is one of our favorite types of summer excursions... a picnic on the lawn! While not a traditional BBQ, packing up a picnic and heading out for a day trip to the wineries in Loudoun County, an evening concert at Wolf Trap, or a trek into D.C. for a picnic on The Mall, provides a great excuse to get outdoors, enjoy summertime in our area, and spend quality time with loved ones (while eating delicious foods and drinking great wines, of course!). After all, not much sounds better than sharing a variety of cheeses, charcuterie, and antipasto amidst the gorgeous backdrop of Hogback Mountain at Stone Tower Winery's beautiful Harvest Barn... unless, of course, you top it off with a glass of the Wild Boar Blanc de Noirs or their Estate Rosé!

Cheers! ❖



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.

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Preparing for the SAT

Helping your teen achieve academic success

by Susan Baldani

Getting a good education is often the precursor to a successful career. Parents want to ensure that their children have the best preparation for life after high school graduation. For many, this often means an advanced degree. However, getting into their top choice college can be difficult.

One important factor is the SAT score. Most universities use it as a guideline for how academically successful a potential student may be in their institution.

There are no quick and easy shortcuts that will lead to getting a high score on the SAT. But, there are things that parents and teens can do to make sure they are ready when test time arrives.

Since the SAT measures years of knowledge, it's important to prepare for the test in not only the months leading up to it, but in the years beforehand as well.

Make sure your teen is living up to his or her potential by taking course that are at the right level and challenging. It's better for your child to get a B in a course where he or she is really learning the material rather than getting an A and not getting much out of it. If your child has had a solid foundation of education, he or she will have a much easier time answering the questions correctly on the test.

"Encourage your child to take academically rigorous classes in high school. The SAT is designed to test students on the topics they're expected to learn through regular instruction in school. The more your child masters her fundamental coursework, the better prepared she will be for college admissions tests," says Sarah-Jane Lorenzo, an education policy researcher with expertise in college and career pathways.

Encourage your child to read. Whether it's the latest best seller or a classic literary novel, reading can increase knowledge of a subject as well



as vocabulary and speed. Since the SAT is timed, the faster students can grasp the meaning of what they are reading, the faster they can move through the test.

Have your child take the PSAT so they will know what to expect and how the questions are structured. Also, give them access to a good test prep book. Test taking is a skill on its own and while the child may know the subject, he or she may not know how to interpret the questions or directions.

If you feel your child needs more help, look into a test prep group course, or if finances permit, a one-on-one tutor, especially if help is needed in certain areas. For instance, your daughter may be a whiz at math, but struggles with reading comprehension.

"You can also check to see if there are any free test prep classes or proctored practice tests in your community. Many libraries, universities, community colleges, and high schools offer free or inexpensive test prep programs. You can learn about local opportunities from your student's high school guidance counselor or at the local library," says Lorenzo.

Schedule the test for a day when you know the child will be well rested and relaxed. For example, if you have a big family event the day before or if your teen is going to the prom, make sure the test date isn't the next day. Being tired makes it hard to concentrate and organize thoughts.

On the day of the test, take some steps to ensure the best possible outcome.

- **Make sure they are up early.** You don't want them rushing around to make it on time. This can lead to frustration and anxiety before the test even starts.
- **Encourage them to eat a healthy breakfast to fortify their bodies and minds.**
- **Make sure they dress comfortably and in layers.** Being too hot or too cold can be distracting and lead to less focused thinking.
- **Give them confidence by reminding them of everything they have done to prepare for the test.**

Give teens the right guidance to achieve success on the SAT. Being well prepared will start them off in the right direction towards their academic futures. ❖

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What is Financial Wellness?

Financial wellness is a holistic approach to personal finance that is focused on you gaining the knowledge and skills necessary to manage your money and make smart financial decisions in your everyday life. True financial wellness encompasses everything from saving enough for retirement and your children's education to knowing you have a plan in place to protect your family financially if something happens to you.

What Is your Financial *Wellness Score*?

Do you know where you stand? This exercise can help you identify areas in your financial wellness that may need to be improved. Our approach targets 5 key areas that need to be addresses before you can achieve financial wellness. Answer the questions below then add up your points to produce your *Wellness Scores* in each category. For every “yes” answer you get points.

Emergency Funds

I know I have enough saved in case of an emergency.	No (0 points) Yes (2 points)	<input type="checkbox"/>
I have at least 3 months' worth of income saved.	No (0 points) Yes (4 points)	<input type="checkbox"/>
I have enough savings to cover the deductibles on my health, auto and home insurance policies.	No (0 points) Yes (4 points)	<input type="checkbox"/>

Emergency Funds Total: ____

Lifestyle Spending

I consistently spend less than I earn.	No (0 points) Yes (6 points)	<input type="checkbox"/>
I rarely use credit cards and if I do, I pay the balance off quickly.	No (0 points) Yes (2 points)	<input type="checkbox"/>
I increase my savings when my income increases.	No (0 points) Yes (2 points)	<input type="checkbox"/>

Lifestyle Spending Total: ____

Family Funding

I have a plan in place for funding my children's college.	No (0 points) Yes (3 points)	<input type="checkbox"/>
I know about how much my children's education will cost.	No (0 points) Yes (2 points)	<input type="checkbox"/>
I am confident that my parents (and my in-laws) will not need any support.	No (0 points) Yes (2 points)	<input type="checkbox"/>
I am familiar with the costs of elder-care and know what expenses Medicare and Medicaid cover and the qualifications for coverage.	No (0 points) Yes (3 points)	<input type="checkbox"/>

Family Funding Total: ____

continued on page 42



Estate Planning

If something happens to me, I know my family would be okay financially.	No (0 points) Yes (3 points)	<input type="checkbox"/>
If I were to get sick unexpectedly, my family knows how I would like to be taken care of.	No (0 points) Yes (2 points)	<input type="checkbox"/>
I know what would happen to my assets if I were to pass away.	No (0 points) Yes (2 points)	<input type="checkbox"/>
I am confident that if I (and my spouse) were to die today, my (our) dependents would be taken care of.	No (0 points) Yes (3 points)	<input type="checkbox"/>

Estate Planning Total: ____

Retirement Savings

I know I am on track with my retirement savings.	No (0 points) Yes (2 points)	<input type="checkbox"/>
I am saving at least 15% of my income for retirement.	No (0 points) Yes (4 points)	<input type="checkbox"/>
I know about how much I will have saved by retirement.	No (0 points) Yes (2 points)	<input type="checkbox"/>
I feel confident about replacing my income after retirement.	No (0 points) Yes (2 points)	<input type="checkbox"/>

Retirement Savings Total: ____

What Does Your Score Mean?

Each of the categories points add up to 10. A top score is 50, but not all items will apply to everyone. The best way to assess your score is to look at each category independently—if your score is low, what can you do to increase that score?

Improving Your Score

To access resources to help you address some of your areas of weakness, download the **Financial Wellness Workbook** available on-line at: www.vlpfa.com/financial-wellness. The Workbook is free and contains invaluable information that can help you learn the skills necessary to become truly financially well.

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VIENNA, VA

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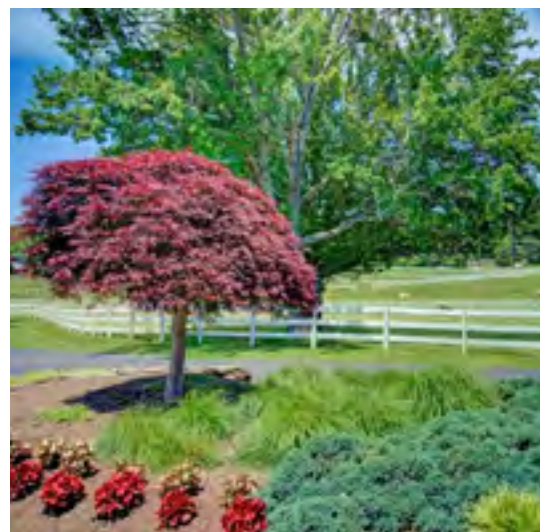
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Allie Chamberlain, a licensed realtor in Virginia, has been a Northern Virginia resident since 1993. She brings savvy contract negotiation experience and a meticulous sense of organization to Long and Foster. She holds the Accredited Buyer's Representative 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,
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Specialties:

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Brandy Schantz

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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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Dental Tips for the New School Year

Back to school prep is in full swing for the whole family. Your little ones have the latest wardrobe and a new backpack full of school supplies. You've done everything to help them succeed in class, but what about their oral health?

According to the American Dental Association, a dental check-up should be a regular part of back-to-school preparations. IT IS just as important as immunizations and booster shots.

In fact, the Centers for Disease Control and Prevention reported that tooth decay affects U.S. children more than any other chronic infectious disease. More importantly, dental pain or disease can lead to difficulty in eating, speaking, playing and learning. This could mean millions of hours of missed school.

To help your child establish positive dental habits, here are 4 back-to-school dental tips from Dr. Jaju, Dr. Dang and the team at Smile Wonders:

✓ Book regular check ups.

Get regular dental exams to diagnose, prevent or treat dental problems. Because parents and teachers may not realize that there's a dental problem, it's important to schedule regular oral exams. This will also get your child more comfortable with going to the dentist for teeth cleanings.

✓ Stick to a dental routine.

Make brushing twice a day and flossing each night a consistent, mandatory part of every day. You can make it fun for the kids by allowing them to pick a toothbrush and floss of their favorite color or character. Also, remember to change to a new toothbrush every three months or so, or after an illness.

✓ Make brushing and flossing fun.

To keep their mouths healthy, kids need to brush twice a day for two minutes at a time. They should also floss every day, preferably after dinner. Try these tricks

to make oral hygiene more exciting:

✓ Use a sticker calendar

Let your kids place stickers on each day to represent brushing and flossing.

✓ Play music

Collect your kids' favorite two-minute songs and make sure they brush the whole time.

✓ Personalize

Help your child pick a themed toothbrush in his or her favorite color and the flavor of their toothpaste.

✓ Provide a kid-friendly floss holder

These Y-shaped devices make flossing more comfortable.

✓ Get help from big bro or sis

Many young ones look up to their older siblings, so why not have them help and show how to properly brush and floss?

Before school and before bed, siblings can brush their teeth together to make sure the dental routine is accomplished.

✓ Pack healthy lunches and snacks

Swap out lunchbox no-nos with healthy alternatives like grains, milk, cheese, raw vegetables, yogurt or fruit. If your child eats in the school cafeteria, review healthy, balanced food choices with him before the first day of school. Avoid sugary foods, crackers, cookies and soft drinks—they are the biggest culprits for causing cavities. Also encourage your kids to drink water regularly. It's not only good for the body, it is also great for your teeth.

If you haven't scheduled a dental exam for your kids, contact Smile Wonders for an appointment today!

SMILE WONDERS

(571) 350-3663
11790 Sunrise Valley Drive
Suite 105, Reston, VA 20191
www.smilewonders.com

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Dear *Wine Diary*

Creating Your Own Wine Tasting Notes

By Linda Barrett

When it comes to describing wine, we all know enough to be dangerous. Yet, even the most knowledgeable among us are flummoxed by some of the terminology and methods used to describe wine. Here, we'll help you understand how wines are described and show you how you can create your own tasting notes or tasting journal.



Wine Terminology

Visit any winery and you will be handed the wine list, with its corresponding descriptions. Here are a few common terms that may help you understand how a wine receives its description.

Acidity: Wines with high acidity are described as “tart” as opposed to “round.” Reds generally have a lighter color, and whites can have characteristics similar to citrus juice.

Austere: Considered an “unfriendly” wine, austere generally means the wine has very high acidity and very little fruit flavors.

Big: A big wine brings a large flavor involving all sections of your mouth and tongue. It can also mean that it has big tannins.

Bright: Bright wines make your mouth water due to their higher acidity.

Buttery: Buttery wine is aged in oak and is rich and flat, or less acidic, with a creamy texture that resonates on the middle of the tongue like oil or butter, with a smooth finish.

Cigar: These wines hint at sweetness and cedar, and offer a smoky taste. This is a wine to sit and sip.

Complex: In a complex wine, the flavor changes from the time you sip it to the time you swallow.

Crisp: Crisp wine is simple and generally is a white. It’s great for a hot summer day.

Earthy: This term describes a sometimes-unpleasant green finish on a wine.

Elegant: An elegant vintage has higher acidity and more green characteristics, and is better once it has aged a bit. It is often described as elegant when it is not bold, fruity or big.

Oaked: Fermenting in oak gives white wine a butter, vanilla or coconut overtone,

while in red wines it adds flavors similar to vanilla, baking spices or dill.

Opulent: Opulent describes a wine that is smooth, bold and rich.

Structured: A structured wine can be difficult to drink due to its high tannin levels. Age this wine and it should mellow out.

Toasty: These wines refer to those aged in Medium Plus Toasted Oak barrels, offering a burnt caramel finish.

Tasting Notes:

Chrysalis Vineyards Viognier

“The wine has a heady perfume; a mélange consisting of cantaloupe, peaches, nectarines, orange blossoms and honeysuckle. On the palate, the wine is bold with sweet citrus and apple notes follow by hints of pineapple and Limoncello, with an underlying minerality. Fermentation in neutral oak barrels round out the wine and add a creamy texture.”

Unoaked: An unoaked white wine is zesty, with lemony flavors, while a red is likely to be tart. Unoaked refers to the lack of vanilla, butter, cream or baking spices flavors.

Velvety: Like chocolate, velvety wines are smooth, silky and lush.

Writing your own tasting notes

With any wine tasting, it’s fun to taste and make comments. Take it to the next level by creating your own tasting journal with these helpful steps.

APPEARANCE

Describe the color you see in the wine, and note its shade intensity using descriptive words for the red, purple or yellow tones, such as deep, medium, golden, greenish, opaque or pale.

AROMAS

Aromas are sometimes referred to as the “nose” or “bouquet.” Take a first sniff and jot down the aromas that come to mind first. First impressions can include “fruity” or “floral.” Then swirl your glass and take a second sniff to look for more descriptors such as “fruit,” “buttery” or “vanilla,” or even “barnyard,” “musty” or “earthy.” List the primary aroma first.

FLAVORS

Take a healthy taste and swirl the wine around in your mouth several seconds before swallowing. Describe the wine’s taste as it hits your tongue and note whether you perceive it as sweet, bitter, sour or salty, and note similarities to foods.

Primary: Primary tastes come from the type of grape and its terroir, and might be described as tobacco, black pepper or plum, for example. When describing a wine for your own tasting notes, list the primary taste first, with others to follow.

Secondary: Developed in the winemaking process, secondary flavors can include slightly more subtle notes such as fresh butter, baked bread, fruity, chocolate, nutty or caramel.

Tertiary: Tertiary flavors develop through aging and often the oak, and include more identifiable flavors such as vanilla, clove, coconut, smoke, or almond.



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Tasting Notes:

Blenheim Vineyards

Cabernet Franc

"This Virginia red wine is aged 9 months in American and Hungarian oak barrels. Notes of smoke, dried herbs, eucalyptus, cedar and cracked pepper make this an intriguing example of Virginia Cabernet Franc. This wine is not masked by oak, creating a juicy expression of this varietal."

ACIDITY, TANNINS AND BODY

Acidity: Acidity refers to the tartness or how puckering a wine is. With a high acidity, the wine may offer characteristics similar to a lemon or lime. With low acidity, it may be similar to watermelon.

Tannins: Texture is the key. Note whether the wine has a "grip," or a feeling that it sticks to your teeth.

Body: Notice how the wine feels in your mouth—its silky, rough, heavy or thick feel. The fuller it feels, the more body it has.

FINISHES

The finish occurs the moment after the wine's flavor dissipates, and leaves a specific aftertaste such as earthy, woody or sweet. While you can make a pleasant wine from inferior grapes, you cannot fake a long finish. Only the best grapes and the best winemaking processes result in a beautiful finish. (Note: On a wine grading scale, the finish is what often gives wine its highest ratings.)

Sweet Finish: The most popular finish, the sweet finish offers a note of sweetness, even

if the wine itself is dry. In reds, the note could be reminiscent of sweet blackberry or sweet tobacco.

Tart but Tingly Finish: With a more bitter or tart finish, with some possible green notes, a quality wine's acid will tingle and persist, giving it a long finish.

Fresh Finish: This finish indicates a number of secondary flavors on the finish, and may refer to freshly-made wine.

Keeping a wine tasting journal will help you record wines you loved, and perhaps some you didn't. In either case, the most enjoyment comes when you can recognize the complexities and flavors each individual wine can offer. ♦

Author: Linda Barrett is Wine Editor for Viva Tysons and owner of the corporate writing firm All the Buzz, www.allthebuzz.net.





▲ 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

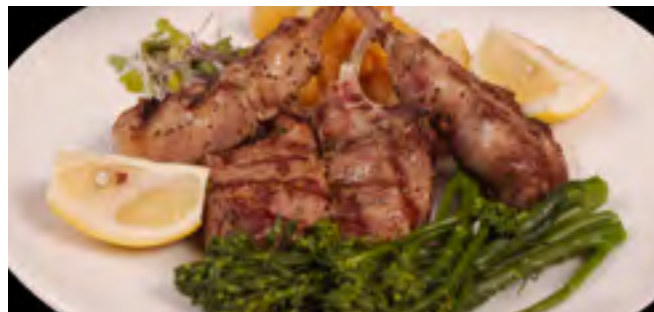


▲ MAGGIO'S

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



▲ 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



▲ CAFE OGGI

McLean | Italian | \$\$

For over 27 years, Café Oggi has reflected a pure and newfound combination of Italy's old world sophistication with McLean's contemporary novelty. With authentic preparations in an inviting and warm atmosphere, Café Oggi aims to please. Pasta, fresh fish, succulent veal, a notable wine list, and more.

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/



▲ 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



▲ 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



▲ 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



▲ LAUBERGE 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

Reston Likes The Way Ariake Rolls

By **Reneé Sklarew**

After my 10-day sojourn in Japan, I longed to continue dining on satisfying authentic Japanese food. The challenge was to find some in my own community. After careful research, my family and friends ended up at Ariake Restaurant in Reston. Ariake has two locations—Reston, the original location, and Annandale—but what's special about Ariake is that both locations serve as a neighborhood gathering places. Beyond the genuine menu of both street-food favorites and high quality sushi, Ariake delivers a warm and inviting atmosphere that keeps their nearby residents coming back again and again.

While I was visiting Tokyo and Kyoto, we toured several street markets, most notably Tokyo's famous Tsukiji Seafood Market. Today the market is outdoors rather than inside the circa-1935 indoor wholesale market that was a mainstay for restaurateurs bidding on the fresh catch of the day. In the shade of the multi-tiered historic Tsukiji Shrine, you can still walk through the narrow streets, and buy grilled octopus, scallop and sea urchin perched on a stick. That playful cacophony of fish mongers, calling to visitors to try their custardy cheese and fish paste tempura endures, drawing crowds of locals and visitors every day.



Ariake Restaurant is a Community Favorite

At Ariake in Reston, I was thrilled to find some of the same dishes I tasted and loved in Japan. The Shumai, steamed shrimp dumplings, were melt-in-your mouth delicious. The Takoyaki special had a shell of crisp batter, with chewy chunks of octopus inside, softened from a bath of dashi, scallions and pickled ginger. There is a generous showering of Bonito flakes that were so delicate, they danced on the top. It almost seemed alive on the pretty blue plate.

The steamed beef Gyoza were deep-fried (you can also have them steamed) and faintly browned on their underside. You can order an appetizer-sized stack of Tempura—veggie, chicken or shrimp. The fried softshell crabs on the menu are seasonal, typically available in early summer.

Sushi and Sashimi at Ariake

Ariake can be most proud of their sushi options. Each day, they offer rolls, Nigiri and Temaki made from the seafood that's new that day. They post specials on a chalk board, and they welcome you to converse with the sushi chefs when it's not too busy. It's fun to watch them create a rainbow of rolls and sashimi, served on silver trays and presented with a bit of flourish as everyone around "oohs and aahs." They even have a "Rainbow Roll" which I ordered on recommendation—flawless slices of Hamaki (Yellowtail) reclined on a pressed roll of sticky rice with avocado, roe and crab on the inside. The Makizushi selections include their signature Ariake Roll with tuna, salmon, avocado and roe.



Landlubbers Can Find Something to Love at Ariake

Ariake caters to those who don't embrace sushi and sashimi with bowls of hot udon and soba noodle soups. We tried the Nabeyaki Udon with plump noodles in a rich, umami broth, with chicken, bits of egg, kani (cooked crab), spinach, and mushroom served with shrimp & veg tempura on side. The Tori Katsu, arrives with two slices of breaded, fried organic chicken breast accompanied by the U.K.'s favorite Katsu—a sauce made with ketchup, mustard powder, garlic powder, pepper and Worcestershire sauce. All the entrees come with a side salad and miso soup.

Just Like in Japan, the Atmosphere is Welcoming at Ariake

This stand-alone restaurant is filled with eager and efficient servers who often get the food out to you fast; it was especially impressive on a busy Saturday night. The restaurant is bright with tall windows, and the immaculate display case is packed with pristine ingredients for sushi-making. You can also sit at the bar, order some saki, and watch these professionals in action.

The variety of clientele includes families with children of all ages, groups of friends, young people on dates, and my fellow sushi-fanatics. It looks like there are a fair number of regulars that come here and are recognized upon arrival. They do provide take-out orders too. If you arrive early on the weekend, the restaurant starts out pretty quiet, but the impending crescendo requires raised voices when Ariake fills up, which it will. In good weather, avoid the noisy on their attractive outdoor patio with a trickling waterfall and shady trees.

Ariake Restaurant is run with precision and care. It's a family-owned business that takes fresh seriously. I observed pride and expertise from the sushi makers, and the raw fish was reminiscent of my time in Tokyo. If you want an authentic, family-friendly atmosphere in a local place where you can explore Japan's culinary gems, check out Ariake. ♦

Ariake Fine Japanese Cuisine

703-391-9006
12184 Glade Dr. Reston, VA 20191
ariakerestaurant.com

JV's Restaurant

This longtime running establishment has been open since 1947 and is not slowing down anytime soon. Offering a wide range of musical acts, home-cooked meals, and an extensive wine and beerlist, JV's is a fantastic Falls Church staple hidden unsuspectingly in a strip mall. As you walk in you'll notice the ambiance is filled with American memorabilia and homages to US Veterans. They have live music almost every night of the week and also during the afternoon on the weekends. Musical acts can be local but you can also find some very popular cover bands. Also, since combining its establishment with the old pharmacy next door, JV's capacity jumped from 50 to 120, so you can expect a large bar and a large dance floor.

6666 Arlington Blvd, Falls Church, Virginia
703-241-9504 | www.jvsrestaurant.com



Local HOT SPOTS



Breakers Sky Lounge

Nightlife entertainment doesn't come any better than Breakers Sky Lounge. Located in North Washington Street in Falls Church, this two-level lounge and pool hall establishment is a wonderful destination for weekends or late night weekday gatherings. Although primarily a popular spot for pool and music lovers, Breakers keeps the crowd flowing in with its amicable staff, affordable drinks, and it's awesome wings. It's also a wonderful venue to host your private party or birthday party as there's a VIP room, spacious dance floors, and plenty of pool tables.

2445 Centreville Rd, Herndon, Virginia
703-793-6233 | www.breakersskylounge.com



The Mosaic District

Conveniently located near the Dunn Loring-Merrifield Metro station, the Mosaic District is an upscale shopping mall comprising of an assortment of restaurants and shopping establishments. The massive Target is perfect for your general needs while other retail outfits like Northern Outfitters, Williams Sonoma and Barnes & Noble are also popular destinations for local shoppers and visitors. You can get your groceries at MOM's and if you have the time definitely catch a movie at the Angelika Film Center. This arthouse movie theater is well-known for showcasing independent films and during certain dates in the summer you can catch a free family-friendly screening at the adjacent park. Notable eateries around here include Jinya, Iron Chef House, Alta Strada, Four Sisters, and B Side.

2910 District Ave, Fairfax, Virginia
703-992-7832 | www.mosaicdistrict.com

The State Theatre

Within close distance to the East Falls Church Metro station, the State Theatre has been operating in the Washington, DC metro area since 1936 where it was originally a movie theater. It stayed that way until 1988 and it took until 1999 for the theater to reopen its doors as a events hall and music theatre. Today, the State Theatre not only offers fantastic, live musical acts, a long list of beers, as well as stellar bar fare menu, but the establishment's space is also available for rent. There have been everything from corporate events and parties to weddings and mitzvahs.

220 N Washington St., Falls Church, Virginia
703-237-0300 | www.thestatetheatre.com



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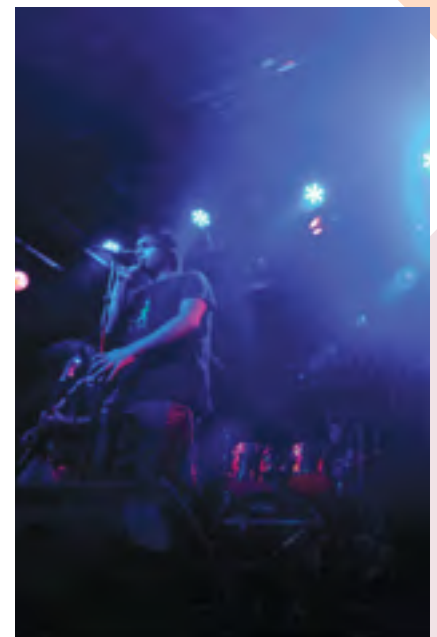


Westover Market

Situated perfectly in the middle of Westover and just a few minutes away from the East Falls Church Metro station, Westover Market has

slowly become a favorite among organic food lovers as well as draft enthusiasts. As an organic market, Westover offers the best, local organic produce, meats cut from their own butcher shop, as well as gluten-free and natural products. As a biergarten haus, this place features a plethora of unique draft beers, pub fare cooked directly from their butcher shop, as well as the occasional live music. Whether you're in the market for some fresh organic produce or you're looking to grab a drink and some grub, Westover Market will not disappoint your dietary needs.

5863 Washington Blvd, Arlington, Virginia
703-536-5040
www.westovermarketbeergarden.com



Jammin' Java

Operated by three musical brothers and genuine music-lovers, Jammin' Java is most importantly recognized as a live music venue for people of all ages. For the nightly, intimate concert shows this music club seats about 200 guests. During the morning shifts you can catch a more kid-friendly show--but regardless of when you show up you can expect a respectable and friendly staff, affordable drinks, and killer pizzas. One of my personal favorites is the Hot and Sweet Pizza--a meat-filled, thin crust pie drizzled with honey. The musical acts on hand here are also sweet. Varying in genre and popularity you can expect anything from local DMV artists to regional and nationally touring acts.

227 Maple Ave E, Vienna, Virginia
703-255-1566 | www.jamminjava.com

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True Oasis of The Inn at Vacluse Springs

www.vaclusespring.com

By
Allison Chase
Sutherland

As soon as you turn down Vacluse Road from Route 11 near Stephens City, you know you are close. Cross over the train tracks. Feel the gravel beneath the tires. Vacluse Spring Lane will lead you over Meadow Brook, which is fed by a huge limestone spring—the Vacluse of Virginia Spring. Meander along 44 bucolic acres of fields mowed by cows beside the undulating brook which carves its way through the boulder-strewn meadow, reminiscent of the Highlands of Scotland. You may well encounter deer, rabbits, foxes, and wild turkey along your way.

The original Vacluse Manor House was built in the late 1780s by Gabriel Jones—a colorful character known as The Valley Lawyer—and is aptly named after the village and spring in Provence, where the 13th century poet Petrarch penned his immortal amorous verses to Laura. Vau-Cluso means closed valley in the Provençal Occitan dialect of the medieval troubadours, such as Frédéric Mistral. One painting portrays a woman plucking petals from a flower that divulges that he indeed does love her. Romance pervades.

In 1963, Vacluse was purchased by Valley artist John Chumley, and the Mill House Studio served as his artistic haven for the remainder of his days. This picturesque two-story



Tranquility

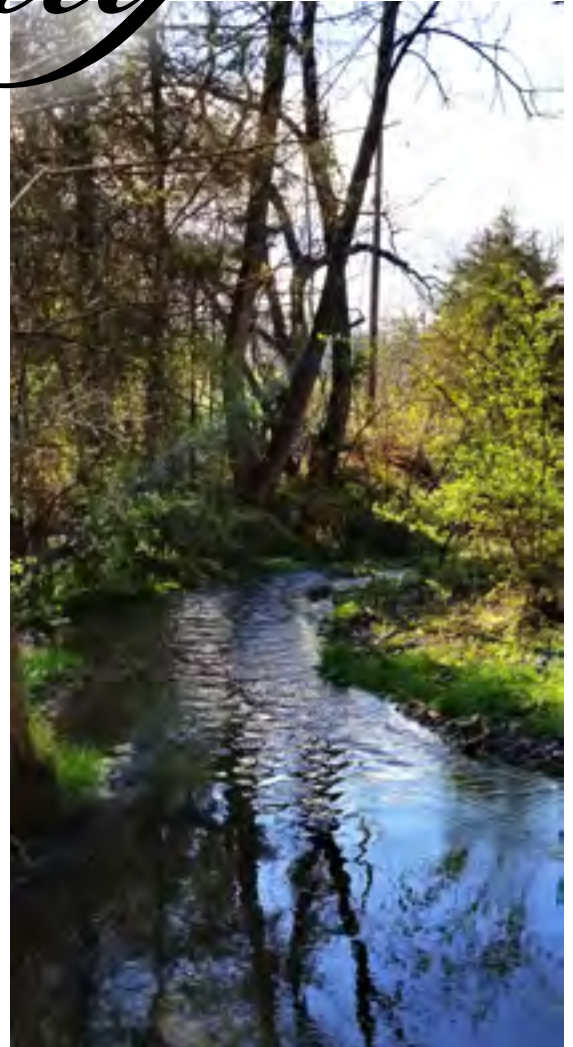
structure welcomes you with a white picket fence-enclosed garden. The springtime will serenade you with its pond of peepers; we spotted one hopping across the road. A whimsical frog even holds your Gilchrist & Soames soap in the spacious bathroom, equipped with a two-person Jacuzzi tub overlooking the green fields. Snuggle up downstairs by the gas fireplace. Wake up in the king-size brass bed to a wall of windows with dramatic water views, mesmerized by the sound of the stream rushing through the old millrace from your open windows. It is sure to slow your pulse and soothe your senses.

Encounter the perfect artist retreat here. While away the afternoon with sketchbooks, chalk pastels, drawing pencils—even an instructional art book—from Adirondack chairs on

the patio or beneath the trees at the edge of Vaucluse Spring. Framed pastels by talented guests adorn the walls. Sketching with great care on a recent afternoon, visitor Ashley Mangan of Merrifield was heard to say, “I’m hoping I make the wall.”

In 2015, the inn was purchased by Derrick and Tiffany Niide. Tiffany, a physician with a focus on integrated care and mindfulness-based approaches to stress reduction and wellness, offers occasional morning meditation classes. “You experience a drop of blood pressure as soon as you step on the property.” Indeed, this is a place to rejuvenate.

Derrick’s lifelong passion for cooking finds expression in the elegant country breakfast served in the Manor House, which houses six guest rooms. Start with decadently





crunchy gingerbread scones dolloped with ginger-spice butter or a zucchini muffin, both of which pair nicely with red raspberry or orange and spice herbal tea. Afternoon tea is served from 3 to 5 on Fridays and Saturdays.

Enjoy an artfully layered house-made biscuit with parsnip purée, smoked Gouda, and local sausage or the Vaucluse rolled omelette with organic baby spinach, feta, and sweet corn, drizzled with basil-balsamic and topped with crispy prosciutto. Then step outside to relax in the sunshine on the front porch, looking out to the great lawn and beyond as the birds serenade you to greet the day.

Just across the way is the Cottage with two guest rooms; four rooms reside in the Chumley Homeplace. Or opt for the rustic elegance of the Cabin by the Pond or The Gallery, with a pool overlooking the quiet countryside.

This was the peaceful place Tiffany and Derrick had long been seeking. In this oasis you're certain to experience true tranquility. You may be compelled to extend your visit. Either way, upon your return home, you will very likely still imagine the rush of the spring.

Village Square Restaurant & V2 Bar – The Very Heart of Winchester

www.villagesquarerestaurant.com

Old Town Winchester, long known for its apples (and now peaches and apricots) hosts an ongoing series of festivals and parades all spring and summer. Even Bold Rock Cider uses Winchester apples. Stroll at your own pace down the inviting walking mall to the Village Square Restaurant and V2 Bar. Step inside to a cozy brick-walled interior with original wooden floors. Start out with a local arugula salad with crispy pancetta, grilled asparagus, roasted red peppers, and black truffle vinaigrette, followed up by the intermingling flavors of a



Village Square Restaurant & V2 Bar

The Very Heart of





fresh ahi tuna poké—rare tuna, grilled pineapple, avocado, cucumber, and a sesame soy emulsion.

But get set for the main course. Culinary Maestro Chef Dan works pyrotechnic magic behind the scenes, conjuring forth a perfectly seared medium-rare, warm red-centered 9-ounce filet mignon so intrinsically flavorful it defies any need for enhancement—yet a whisper of delicately balanced horseradish cream sauce lends an undeniably irresistible flair.

But it doesn't stop in the kitchen. Chef Dan Kalber, along with owners Mayor John David Smith and Joerg Eichmann, host their annual **Celebration of Hope** Gala dinner, raising over \$150,000 to benefit the Valley Health Wellspring Cancer Center. Seven talented chefs create a 7-course wine-paired dinner with surprise ingredients—a sort of culinary roulette.

Not only geographically in the heart of town, this entity represents a generosity

of spirit that seeks out philanthropy at every turn. Awareness of Chef Dan's generous, big-hearted spirit extends far and wide. Amanda Bono of nearby **Valerie Hill Winery**, where he has catered many an event, states it simply. "He's a great human."

While teaching music theory at the conservatory, Amanda started pouring as a side-hustle summer gig and never left. You get a true sense of the small-town spirit. "There's a real warmth to that walking mall," notes Tasting Room Manager Josh Richards. The curious juxtaposition of the sherbet array of prom dresses posing for photos to a backdrop of historical monuments on a fine spring evening make it safe to surmise that this place will continue to be a convivial gathering place for a long time to come.

Nearby Family Fun!

This corner near the northern tip of Virginia offers much in the way of diversion. Front Royal Outdoors offers canoeing, kayaking, rafting, or tubing trips down the Shenandoah River. Or explore the nearby **State Arboretum of Virginia**, where visitors explore on foot or drive a circular route through 170 acres of native and exotic trees and gardens.

But the most unexpected find might just be **Dinosaur Land**, which garnered an impressive 4 out of 5 sombreros for the tackiest place on the Eastern Seaboard—only beaten by South of the Border itself. The little ones are certain to be enthralled. It's downright Cretaceous! ♦





DR. LILIANA L.C. CALKINS RECOGNIZED BY CONTINENTAL WHO'S WHO AS A PINNACLE PROFESSIONAL OF THE YEAR

In the field of Medicine in recognition of her role as Specialist in Orthodontics and Craniofacial Orthopedics at Sunrise Orthodontics Facial & Airway Development Center.

Dedicated to providing her patients, with gold standard quality orthodontic services; Sunrise Orthodontics Facial & Airway Development Center, specializes in providing exceptional dental sleep medicine, craniofacial orthopedics, orthodontic and orofacial myology care to those they serve. Utilizing the latest innovations in medical dental technology, the team at Sunrise Orthodontics combines the most advanced techniques with a compassionate approach to cater to the wellbeing of their patients.

With 25 years of experience as a specialist in Orthodontics, Dr. Liliana L.C. Calkins has established herself as a trusted name in the field of orthodontics. Always learning and growing in her profession, Dr. Calkins has attained extensive experience in all facets of orthodontics. With a commitment to her patients, Dr. Calkins has become well versed in the areas of dental sleep medicine, craniofacial orthopedics, nasolabial

molding for infants, along with diagnosis and treatment for Temporomandibular Joint disorders. Dr. Calkins is committed advancing her knowledge on her profession and providing for her family. When asked about what keeps her in her profession, she stated, "My passion for learning and improving the quality of life of our patients."

Graduating first in her class at dental school, Dr. Calkins graduated from National Autonomous University of Mexico City (UNAM) and earned her certification in orthodontics with honors.

To further enhance her professional development, Dr. Calkins is an esteemed member of several prominent organizations including the American Association of Orthodontists, American Cleft Palate-Craniofacial Association, and The Dawson Academy, American Academy of Dental Sleep Medicine, Virginia Academy of Sleep Medicine, Piper Education and

"Pause you who read this and think for a moment of the long chain of iron or gold, of thorns or flowers, that would never have bound you, but for the formation of the first link on one memorable day."

-CHARLES DICKENS

Research Center, Spear Study Club, and International Academy of Orofacial Myology. Founding member of Sleep and Airway Group of Northern Virginia.

Charitable to various organizations, Dr. Calkins is an avid supporter of Tysons Youth Center and Girls on the Run where she also participates in marathons for the organization.

In recognition of her many professional achievements, Dr. Calkins was the honorary recipient of the International Association of Dentist-Patient Choice Award and named by Northern Virginia Magazine as Top Orthodontist.

When she is not working, Dr. Calkins enjoys traveling, honoring God at St. Luke Catholic Church, spending quality time with her family, hiking, kayaking, and playing the violin.

Married with 2 blessed children, Dr. Calkins dedicates this recognition in loving memory of her father, Felipe de Jesus Lopez Bautista; her mother, Maria de Jesus Contreras Cabrera; her sister, Lupita Lopez Contreras, her beloved family: Matt, Sophia and Stephen Calkins. With deep gratitude to the mentorship of Dr. Mark Piper, and Dr. Jim McKee.

For more information, please visit www.sunrise-orthodontics.com/team/dr-liliana/ ❖



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Progress is evident inside the Innovation Center Metrorail Station.

Photo credit: Phil DeLeon

BY MARCIA MCALLISTER

Work Begins to Tie in Phase 2 of Silver Line with Existing Silver Line and Regional System

Dynamic Testing Continues as Contractor Tackles Some Challenges

Construction of Phase 2 of the Silver Line continues to progress.

When completed, it will connect the Wiehle-Reston East Metrorail Station to the final six stations in the project, terminating in eastern Loudoun County.

According to recent reports from the Metropolitan Washington Airports Authority, which is building the project, construction is approximately 95 percent complete.

Project officials are quick to remind future riders that opening is not imminent. There is still ample work to do even though construction is all six stations appears to be complete. There is critical systems infrastructure work to be done including operational systems, electrical connections, track updates, and the completion of support facilities such as traction power substations and train control rooms.

Five of the Phase 2 stations – Reston Town Center, Herndon, Innovation Center, Loudoun Gateway and Ashburn are basically the same architecturally as Phase 1's Wiehle-Reston East Station.

The Dulles Airport Station which sits across the airport's parking bowl from the main terminal, has a distinctive style that compliments the airport terminal, which was designed by renowned architect Eero Saarinen. This station is connected to the terminal by an existing pedestrian tunnel that was reopened in November after about a two-year closure to permit construction of the station.

The Airports Authority's rail project team, the contractor and the Washington Metropolitan Area Transit Authority (WMATA), which will eventually operate the Silver Line, have many weeks or months to perform a range of testing.

There is some good news on that front. Capital Rail Constructors, the coalition of Clark Construction LLC and Kiewit Infrastructure South Inc., reports that the first phase of dynamic testing was completed ahead of schedule in early spring near Dulles Airport. Such testing in other areas is now taking place.

One of the biggest challenges now facing the second phase is making the complex connections into the Wiehle-Reston East facilities and the rest of the region-wide Metro system. That station, the terminus of the Phase 1, was built to accommodate the critical connections to Phase 2.

Meanwhile, crews are working to resolve some lingering issues, such as a resolution for cracking issues with precast concrete panels that were installed in five of the six Phase 2 stations.

Photo credit: Phil DeLeon.



◀ The elevator platform will provide access to the Innovation Center Metrorail Station.

▼ Inside the train control room at the Innovation Center Metrorail Station.

The contractor has almost completed spraying those panels with a protective sealant that WMATA has approved. The contractor will create a special fund to cover costs of additional sprayings as needed over the next 100 years.

Also, the Airports Authority continues to work with CRC to resolve issues with bearing pedestals to support a windscreen planned at the Dulles Airport Station.

According to the Airports Authority's latest monthly progress report to the Federal Transit Administration, CRC and the Airports Authority have some differences in terms of when they believe the project will reach completion.

Many variables, including weather conditions, can impact progress, officials said.

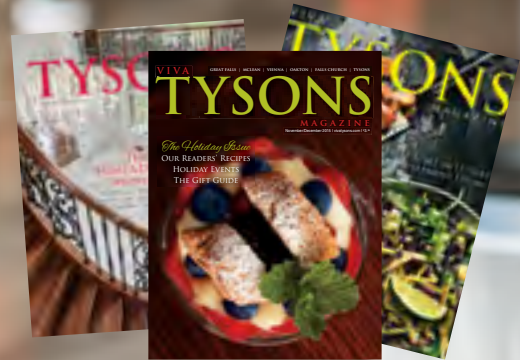
Then, after CRC completes Phase 2 and turns it over to WMATA perform additional testing, and then set the opening date. ♦



▶ The garage is currently under construction by Fairfax County and will provide access to commuters traveling to the Innovation Center Metrorail Station.

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		Wiehle Park & Ride	

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Home Is Where the Action Is!

By Delegate Kenneth R. "Ken" Plum

I grew up in a rural part of Virginia in the Shenandoah Valley. The unpaved road going by our house was called "Crooked Run" after the name of the creek that ran parallel to the road. The creek took big bites out of the road when it rained hard, but a few truck loads of dirt and rocks was all that was needed to fix the road. The creek had a dry bed with no water in it until the rain came. The road surface was dusty because it had no hardened surface like asphalt to keep down the dust and soften the bumps. Periodically in the heat of the summer the Department of Highways would spread some kind of chemical on the surface to keep down the dust. Sometimes it looked like used motor oil that was spread on the surface.

Growing up I was aware of what was happening on the couple of miles of Crooked Run that ran between Comertown Road and River Road. One reason was that there was not much going on among the fifty or so people who lived by the road. I could sit on the rope swing hung from a limb of the maple tree in our front yard and stay up to date with who was home and who was away at work or taking a rare trip into the town of

Shenandoah. Six days a week I could count on the mailman coming every day at about noon. How exciting it was when he stopped at our box! We did not get much mail; Dad paid his bills on time and in person. There was little mailed advertising. The most exciting day was when a little box would come in the mail addressed to me containing some little toy or gadget I had ordered with Cheerios box tops.

When I work in the yard of my Reston home tending the flowers I love to grow, mowing my little spot of grass, or enjoying the out of doors, I often think back to my days on Crooked Run. Our custom was to "throw up our hand" or wave as we call it now when someone passed by whether you knew them or not. They always waved back. Where I live is a wonderfully friendly cul-de-sac with neighbors who do not seem to mind when I wave to them.

The vehicles passing my home are much different than those who passed my front yard as I sat in my rope swing. I am not talking about the make and model of the vehicle; I am referring to the contents and

services those vehicles represent. At least a half dozen different delivery vehicles come to our street each day in addition to our U.S. mail carrier. Not only are we getting our groceries brought to our door but insulated cardboard boxes bring the contents for fixing our own meals. Of course the evening brings the pizza delivery person or someone delivering a favorite restaurant meal. Last week a technician came by who fixed a neighbor's bike right in the back of his van. A new windshield can be delivered and installed in your vehicle in your driveway. Different maid services descend on our street to dust and sweep and polish our homes. The trash truck comes twice a week for our regular garbage and once a week for our recycled items. The different services that manicure our lawns and trim our trees come often.

It is harder to keep up with all that is happening in our neighborhood than it was when I was growing up. We did not go shopping very often when I was young for we really did not have the money or feel the need to go. I do not go shopping very often anymore because what I decide I need comes to me! Home is where the action is. ♦



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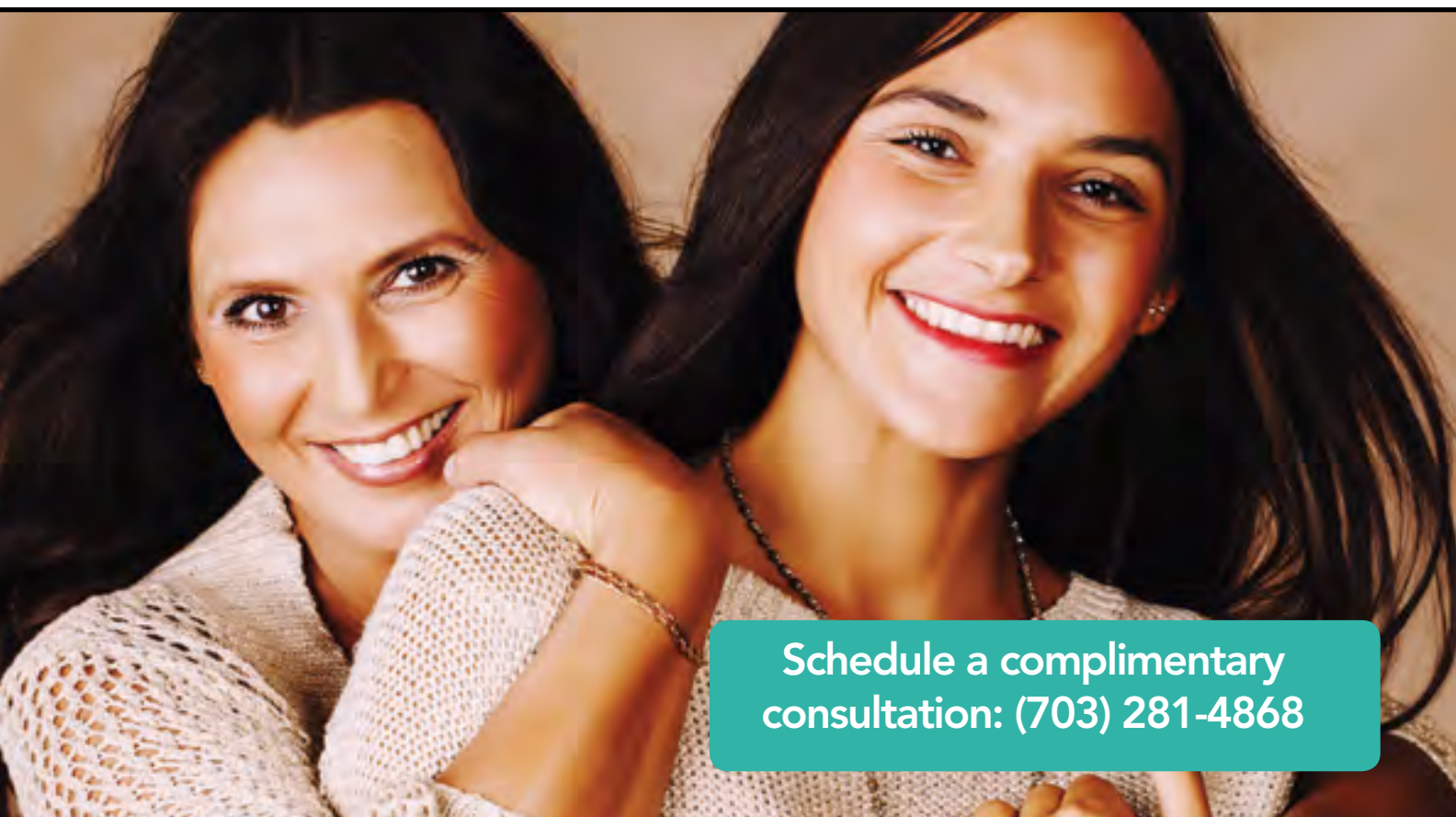


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