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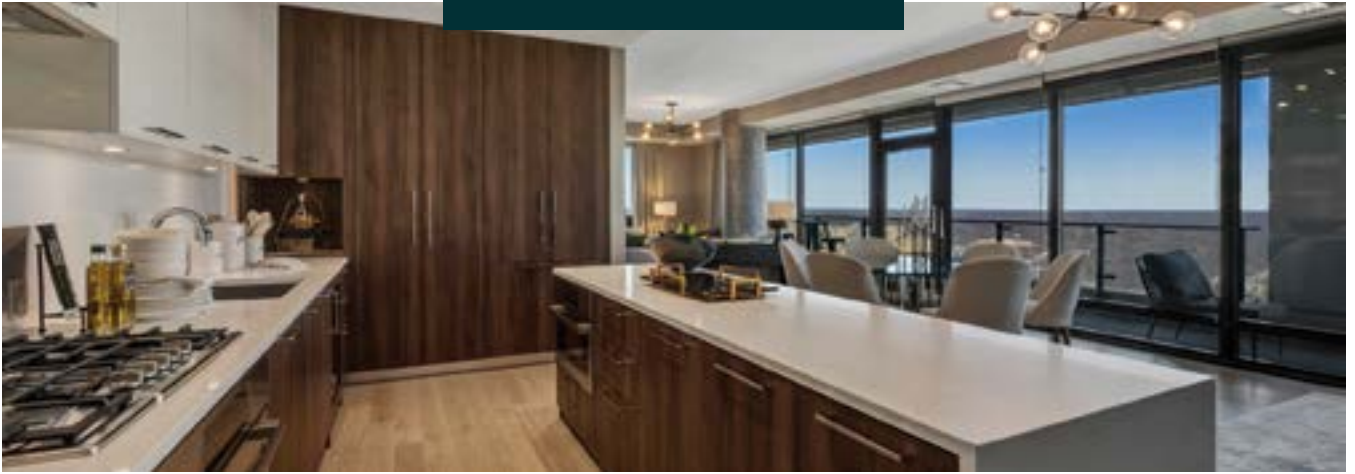


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Features



Private School Reopening Plans During COVID-19

By Amanda M. Socci

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A Toast to Virginia—Birthplace of American Spirits

By René Sklarew

It was 1620, when British settler George Thorpe distilled his first batch of “corne whiskey,” Thorpe shared his news in a letter to British explorer John Smith, and the historic document establishes when the Commonwealth of Virginia became the birthplace of American spirits. This proud culture of spirit-making continues today, as Virginia is home to more than 70 distilleries producing small-batch, artisan spirits.



4 Reasons Why Selling Your Home, Even During COVID-19, Might be a Good Idea

By Casey Margenau

The residential real estate market in Northern Virginia has a seasonal rhythm that includes highs and lows. COVID-19 has upended everything, and some of the most common wisdom about when to sell has changed. We are seeing some exciting opportunities for home sellers, as well as some possible trends that go against business as usual in the area.





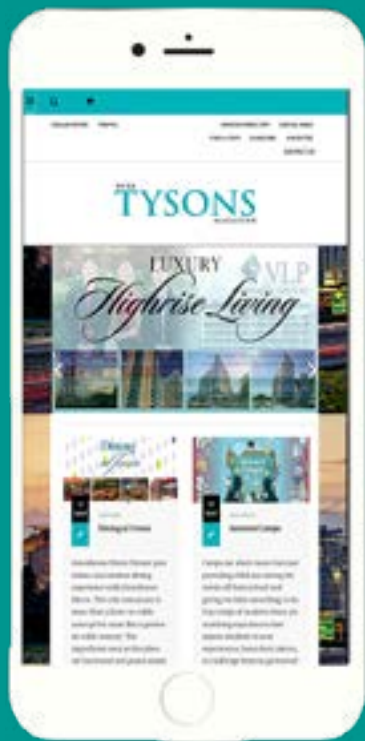
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ON THE COVER:

Beloved Salon, Colour Bar Studio opens in Tysons Boro, read more on page 30.



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FOR VERSE RESIDENTS,

The Boro Shines as Tysons' Staycation Destination

By Allison Chase Sutherland



The Boro, Tysons' exciting new neighborhood, continues to thrive, as residents enjoy its community-inspired design. Enhanced with a line-up of cleverly conceived summer events that strive to support local businesses while at the same time keeping people safe. This is one place where staying at home is not just a necessity, but a delight.

Conveniently located at the intersection of Westpark Drive and Greensboro Drive, The Boro is an upscale mixed-use development, anchored by the enormous flagship Whole Foods store, right in the heart of Tysons, VA.

The Boro offers an eclectic array of restaurants and a variety of services in conjunction with the three residential buildings: luxury



“The Boro is doing a great job of allowing life to still happen—safely. Drive-in movies, poke bowls, live music, and outdoor happy hours in the park—and that’s just the beginning...”



apartment living at Rise & Bolden and the exquisite condominiums at Verse.

The design of The Boro intrinsically provides everything residents desire – without feeling the need to venture far from home. When the project opened in 2019, The Boro already featured pedestrian-friendly streets, green public spaces where residents and visitors could lounge and play, everyday conveniences, and high-end retailers—all within steps from the Silver Line. With everything so accessible, there is no need to venture far from home.

However, while The Boro is not immune to the challenges brought by 2020, a combination of creative summer programming and deft handling of Virginia’s phased reopenings and social distancing requirements has allowed residents and visitors to the neighborhood to continue enjoying the energy that comes from smart, community-focused urban design.

On weekends, Boro Place transforms into a pedestrian-only zone to accommodate outdoor dining and social distancing. So far this summer, The Boro has experienced a hugely successful pop-up drive-in movie theater, a community blood drive and free live music on Fridays and Saturdays enjoyed from the restaurant patios of Flower Child, North Italia, Fish Taco, and Poki DC.

“The Boro is doing a great job of allowing life to still happen—safely. Drive-in

movies, poke bowls, live music, and outdoor happy hours in the park—and that’s just the beginning of how residents here are enjoying their summer,” says Tom Boylan, Senior VP of The Meridian Group, who together with developer partner Kettler, was responsible for bringing the vision of The Boro to reality.

As we all spend more time at home, homeowners are finding out what type of space is really valuable to them—what really matters. All the homes available at The Boro immerse their residents in an enviable walkable lifestyle; however, with deluxe amenities, 24/7 concierge services, and one-acre Sky Park, the jewel in The Boro’s crown is Verse.

“The Boro is sort of this hidden gem in Tysons right now, and Verse is the most luxurious new condo building in the area that you can move into now,” says David Mayhood, President of Mayhood Company, who provides sales and marketing services for The Boro.

Verse is a private refuge for homeowners searching for tranquility without having to compromise walkable convenience. Whether enjoying epicurean designer kitchens or practicing yoga on the outdoor Zen terrace, residents of the Verse know why The Boro is perhaps the only neighborhood in the area where residents can still have it all.



To learn more or to experience a virtual tour, visit www.VerseCondos.com

The Meridian Group

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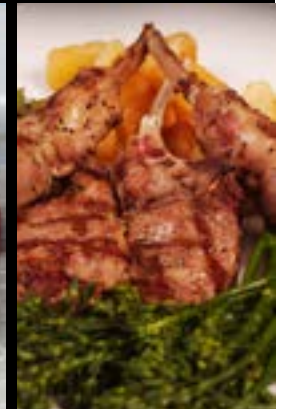


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Staying Focused on Fitness and Nutrition Goals After Lockdowns

By Tyler Read

The lockdown has not only impacted everybody's daily routine. It has also taken a toll on the mental health of most of us.

Staying on track with fitness and nutrition after the lockdown will not be easy for everyone. However, with sacrifice, dedication, and hard work, it will be possible.

Get Your Diet in Order

Most people have had to resort to exercising at home due to the COVID-19 disaster. Whilst it works for some, very few have managed to get the same results as compared to when they go to the gym.

Proper dieting is one of the most important aspects of getting your fitness and nutrition goals up to par. As the saying goes, "you are what you eat."

If you do not eat well, you will struggle to train well and stay motivated. Ensure that your diet contains all of the necessary food groups and avoid excessive consumption of junk foods.

Try to control your portion size. You have to burn more calories than you consume to

lose weight and should read the nutritional information on the packages of the food that you eat and monitor the calories of those foods to ensure that it sticks to your plan.

You will be surprised to find out that having a few additional calories every day can hamper you from achieving your goal.

Consider a Personal Trainer

The exercise routine of most people has been impacted in some way during the lockdowns. Cardiovascular exercise, strength, and flexibility are all essential for maintaining good health and vitality.

If you want to attain a personal fitness goal, you can consider hiring a [personal trainer](#). A good personal trainer can help you improve your progress and performance.

A good personal trainer can keep you focused and accountable. If you make an appointment with a personal trainer, you are more likely to keep it than if you worked alone.

A personal trainer will motivate you and encourage you to work towards your goals. When you feel sad or lack motivation, your trainer will encourage you.

Personal trainers will not only suggest the best exercises. They will also inform you about the intensity which you should be training at.

If you are considering becoming a personal trainer yourself, you can consider doing the [Acsm cpt practice test](#). The Acsm test is good prerequisite for entering the fitness industry.

Ensure You Have a Good Diet

Being healthy does not have to be complicated. People who are living [healthy and energized lives](#) often follow simple common eating habits.

Find ways to move your body regularly. The healthiest of people do not just focus on walking 10,000 steps each day. They go over that mark.

Once your body gets used to regular movement, you will start craving it. The fittest

people are not standing, nor are they sitting for long periods.

Exercise for Fat Loss

Fat loss is one of the most common reasons why people get into fitness. Though very few people succeed in their fitness and nutrition journey. A reason for this is because there are many misconceptions about exercise for fat loss.

There are many ways in which exercising for fat loss will benefit you. Exercising increases your energy levels. If you burn more calories than you consume, you will achieve fat loss.

Exercising will contribute towards the preservation or building of muscle. Maintaining muscle is important for maintaining the body's "basal metabolic rate.". Achieving a healthy metabolic rate is valuable for weight control.

Switch Up Your Diet

There are different types of diets that suit different work-out plans. After a while, you may get bored with the same diet. This indicates that it may be a good time to **switch it up**.

Even if the diet is popular, it will not necessarily mean that it is the right one for you. After 3-5 weeks, you should assess if it is working for you. If it is not, you will have to re-evaluate and make amendments if needed.

You must make sure that you are eating and are not hungry. If a diet requires you to starve yourself, is misleading. If you find that you are hungry all of the time, it may mean that you should consider something different.

Consider a Gym Partner

For most people, doing things with a friend is better than doing it alone. Having a **workout partner** will keep you motivated. It will also push you further than if you are working solo.

Your friend can make suggestions to get you to work harder. It is a good idea to work with someone who has experience. A person with experience would be a great choice since they will know the hurdles that you will face.

Once you get a gym buddy, you should make a plan and work towards your goals. Gym buddies can be anyone—your friend, neighbor, or someone you met on a health forum. But it is important to make sure that your gym buddy is a positive influence.

Consider the 1% Rule

Hollywood movies have popularized the idea of overnight successes. In most fields, a lot of people expect overnight success. As a result, we may lose motivation upon finding out that our efforts are not yielding instant results.

If you aim to get 1% better everyday, you will end up significantly better by the time that you are done.

Lasting change emanates from the compounded effect. The key to mass change

over time is to make improvements constantly, even if they are small. This is far more effective than working extremely hard over a short period of time.

Conclusion

Staying focused to achieve your nutritional and fitness goals will never be easy. You must remain focused and positive.

It's important to focus on your mental health. You will make constant progress if your mind is in a healthy state.

Focus on making small improvements on a daily or weekly basis rather than making a massive amount of change over a short period of time. ♦



Tyler Read is the owner of ptpioneer.com which is a website dedicated to helping people get started in the personal training industry. He helps people discover, study, and pass their fitness exams. Check out his [free videos](#) for the latest trends.



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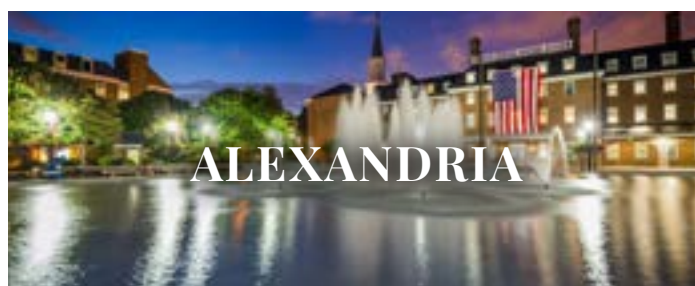
DURING COVID-19

By Amanda M. Socci

The state of Virginia began its Phase 3 of reopening on July 1, 2020. Since then, both public and private schools have grappled with the issue of starting the school year with in-person instruction in the fall. While many of the local public school districts have chosen to adopt a strict virtual learning model for the first quarter with plans to return to school at half capacity in November, many private schools are confident they can return to somewhat of a normal in-person instructional model when school begins.

Assuming the state of Virginia remains in Phase 3 without reverting back to previous phases due to worsening health conditions, many private schools are prepared to offer in-person, live instruction on school campuses in addition to virtual and hybrid learning models as needs change.

The following is a sampling of select private schools and their plans to offer instruction for the upcoming school year, with all information current as of July 30, 2020. Parents are encouraged to visit school websites and call the main offices for more up-to-date information as the start of the school year approaches.



Burgundy Farm Country Day School

3700 Burgundy Rd, Alexandria, VA 22303
(703) 842-0469 www.burgundyfarm.org
PK- 8th grades

According to the school's website, "Burgundy's Reopening Task Force is actively planning and preparing for the first day of school on Tuesday, September 8." As long as county and state health conditions allow the school to reopen, BFCDS plans to provide a 5-day in-school learning environment to its students.

BFCDS plans to offer its full on-campus program to the maximum extent possible while enforcing standards to mitigate the spread of COVID-19, including physical distancing, small group class cohorts, masks, health checks, strict attention to hygiene, and enhanced cleaning.

The school is prepared to offer remote learning accommodations for students who can't physically be on the campus and a full-time vir-

tual learning option in the event the school is required to close. The school stresses it will remain “vigilant, nimble and realistic, ready to adjust our overall approach as the context demands.”



Westminster School

3819 Gallows Rd., Annandale, VA 22003
(703) 256-3620 | (703) 978-9789
www.westminsterschool.com
PK – 8th grade

Westminster School plans to open in the fall and offer a 5-day in-person school week to its students. According to its website, it plans to have various safety measures in place including “increased ventilation and air purification, [additional] spacing, [and more] sanitization” among others.



Gesher Jewish Day School

4800 Mattie Moore Ct, Fairfax, VA 22030
www.gesher-jds.org
JK – 8th grades

A phone call to the admissions office revealed that the school plans to offer 100% in-school learning for the full school year, assuming the state of Virginia continues its Phase 3 reopening status. The first day of school will be September 8.

Parents are encouraged to visit school websites and call the main offices for more up-to-date information as the start of the school year approaches.



Congressional School

3229 Sleepy Hollow Road, Falls Church, VA 22042 | (703) 533-9711
www.congressionalschool.org
PK – 8th grades | 360 students

According to Congressional School's website, there is a strong desire “to be together, no matter where we learn (and watch our flexible learning plan videos).” The school plans to reopen its campus and multiple buildings and offer in-person instruction five days a week beginning on September 2. The school will follow health and safety guidelines including cleaning, sanitizing, and disinfecting, social distancing, PPE, and health monitoring.

The school's task force is working on a flexible and transparent strategy, prioritizing the health and safety of students to allow them to return to school as safely as possible. It has established four distinct learning scenarios and is prepared to remain flexible in implementing the most appropriate choice once school starts.

Scenario 1: on-campus learning with in-person instruction. Scenario 2: hybrid learning with a combination of on-campus and virtual learning. Scenario 3: bimodal learning intended to accommodate students who are not able to attend in-person school. Scenario 4: Congressional School online which includes virtual learning for all.



Randolph-Macon Academy

200 Academy Drive, Front Royal, VA 22630
(540) 636-5200
www.rma.edu

Randolph-Macon Academy plans to offer in-person instruction to students beginning in August. As per the school's website, “We believe the central value of an R-MA education occurs on campus and results from personal interactions, and we are committed to returning to that boarding school culture.” With a student to teacher ratio of 9:1, the school is confident it can reconfigure classroom space and safely offer physical distancing to students.



Nysmith School

13625 Eds Dr, Herndon, VA 20171
(703) 713-3332
www.nysmith.com
PK – 8th grades | 588 students
School for the gifted

Nysmith School plans to begin the new school year on August 26 with a hybrid instructional program. The school plans to offer in-person instruction to children ages 3 to kindergarten five days a week.

It will give children in 1st to 8th grades in-person instruction approximately three days a week and distance learning classes two days a week. Children who are not able to attend classes in person may receive distance learning five days a week.



Guidepost Montessori at Herndon

13251 Woodland Park Road, Herndon, VA
20171 | (571) 203-8686

guidepostmontessori.com/herndon

Ages 18 mos. – 6 years

Montessori school

Guidepost Montessori at Herndon has been open since May. As per its Facebook page, “Our heightened sanitization and small class sizes have kept our students healthy, learning and having fun!” The school encourages prospective families to call the school to ask about enrollment, as it has limited spaces available for fall enrollment.



Flint Hill School

3320 Jermantown Rd

Oakton, VA 22124

(703) 242-0705

www.flinthill.org

JK – 12th grades | 1097 students

College preparatory school

Flint Hill School will begin its school year on August 31. As per the school website, “The health and wellness of the Flint Hill community are paramount. We are committed to doing all we can to mitigate health risks for our teachers, staff, students and families. As much as is possible, students will be in cohorts.”

The school plans to offer all students the option for in-person learning and virtual learning at home. Students in the lower

and middle schools may receive in-person instruction five days a week. Students in the upper school (high school) may receive in-person instruction two days a week and virtual learning three days a week. All students may choose to do virtual learning for the entire school year.



Brooksfield School

1830 Kirby Road, McLean, VA 22101

(703) 356-5437 | www.brooksfieldschool.org

Ages 2 - K

Montessori school

Brooksfield School plans to resume in-person instruction on August 20. On its website, the school posted general guidance encouraging parents to teach their children basic hygiene tips at home so that children will get used to maintaining those important practices at school. For example, the school is asking parents to teach their kids how to use hand sanitizer properly because soap and water may not always be available, such as during playtime outdoors. As per its website, “Be honest about changes your child may face when they return to school. Students may need to be kept apart in certain situations and classroom sizes may be smaller. Adults will be wearing masks and so may other children. Everyone will have to wash hands more often.”

The Montessori School of McLean

1711 Kirby Road, McLean VA 22101

(703)790-1049 | www.mcleanmontessori.org

Ages 2 – 12

Montessori school

The Montessori School of McLean is in the process of determining how it will offer in-school instruction once the new school year begins. As per its website, “The Fall Return to Campus (RTC) Committee is planning for multiple possible



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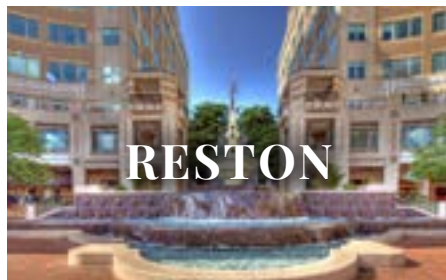
eventualities to comply with potential government mandates.”

The school is currently reviewing health and safety guidelines issued by government agencies and discussing logistics with the American Montessori Society and Independent School Management to best determine how to address the complexities of returning to school in the fall.

First Steps Academy

7900 Westpark Drive, Suite A040
McLean, VA 22102 | Ages infants – K
www.firststepstysons.com
Faith-based preschool

First Steps Academy preschool has remained open. As per its website, “We are committed to helping families as we approach a new level of normalcy. We continue to provide safe, modified childcare while leading successful distance learning.” The preschool has made important program changes and implemented health and safety measures to protect the families, children, and staff.



Reston Montessori School

1928 Isaac Newton Square West
Reston, VA 20190
(703) 481-2922 | www.restonmontessori.com
Ages 3 mos. – 12 years
Montessori school

Reston Montessori School plans to resume in-person instruction on August 25, the first day of school. The school is open for fall enrollment.

Sunset Hills Montessori

11180 Ridge Heights Rd, Reston, VA 20191
(703) 476-7477
sunsethillsmontessori.com
Ages 18 mos. – 9 years
Sunset Hills Montessori School plans to offer in-person instruction at the school and is open for fall enrollment.



Sweet Briar College

134 Chapel Road, Sweet Briar, VA 24595
sbc.edu
College for women
Sweet Briar College is determined to welcome students in the fall for in-person

instruction and is prepared to offer students physical distancing on its 2,840-acre campus. Fall semester classes will begin on August 11.

According to its website, “There’s nothing you cannot do.” The college is offering individual residence hall rooms to all of its students at no extra cost, no-contact meal services, small class sizes, and hybrid or remote educational plans as needed.



Wakefield School

4439 Old Tavern Road, The Plains, VA 20198 |
www.wakefieldschool.org
College preparatory day school
JK – 12th grades
Wakefield School’s first day of school will



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be August 24. The school plans to offer in-person instruction with the following modifications, as per its website: "increased health and safety protocols ... by a certified company using EPA/CDC rules. For students, we will encourage increased personal hygiene, PPE use, and employ screening procedures to detect any symptoms. For the classroom setting, we will limit large campus gatherings if necessary, reduce class sizes, keep students in grade specific areas, and change scheduling to allow for social distancing between classes."

The school has created four possible plans for returning to school. First: the on-campus plan, by spreading out and promoting social distancing. Second: the staggered on-campus presence with a rotating schedule that limits the number of students and faculty on campus at any one time. Third: seasonal distance learning, which assumes the school is required to close. Fourth: the distanced model, in which the school will deliver a distance learning instruction if it is required to be closed for most of the school year.



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The school accepts students on a rolling basis at any time of the year, even during mid-semester. The school is preparing to offer a safe hybrid learning environment with a focus on enhanced social and emotional resilience in the fall. ❖

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The New Normal

RESEARCH FINDS BACK TO SCHOOL UNCERTAINTY IS INFLUENCING PARENTS' HOMEBUYING DECISIONS

By Bright MLS



Bright MLS Survey Reveals More than 80 percent of Parents Are Considering Home Education Models for Their Children This School Year. Data Shows Parents Prioritizing Homeschooling Amenities Including WiFi and Learning Space More.

Bright MLS, the leading multiple listing service (MLS) in the Mid-Atlantic US representing 95,000 real estate professionals in Delaware, Maryland, New Jersey, Pennsylvania, Virginia, Washington, D.C., and West Virginia, today released the results of its 2020 Back-to-School Survey, drawing results from more than 1,000 real estate professionals, that detail realtors' perceptions of the trends and shifts in buyers surrounding the start of the school year. The questions focused on how the COVID-19 reopening plans for school districts and the resulting remote education plans may be affecting the decisions of prospective buyers throughout the Mid-Atlantic Region.

The survey revealed a strong emphasis on virtual learning options for the fall and the

need for the new “must-haves” to accommodate it. According to agents surveyed, 84 percent of their clients are considering some type of home or remote schooling for their children this coming year. While education is still a primary factor in homebuying decisions, there is a major shift of focusing on schooling from home amenities such as WiFi strength, multiple home offices and dedicated learning spaces, from external factors such as school districts—which have traditionally been major benchmarks for homebuyers.

Amenities

The top three most-important amenities to buyers with school-age children who are learning at home in the fall are:

1. Space for multiple home offices (35 percent)
2. An area within a home that can be used for child homeschooling (31 percent)
3. Homes that allow for faster Internet speed (18 percent—up from 11 percent compared to May 2020)

“The Mid-Atlantic real estate market has returned with a bang this summer, but homebuyers’ attitudes unquestionably have changed as a result of COVID-19,” said Brian Donnellan, President and CEO of Bright MLS. “With a return to on-premises schooling tentative this fall, many parents looking to buy are making home schooling capabilities a major consideration in their relocation plan. This is similar to what we’re seeing in the corporate world, where many workers are less concerned with commute distances and more concerned with home office resources. The ability to operate remotely absolutely is a top criterion for potential homebuyers when deciding to buy.”

The survey also revealed additional trends in the market, including the rebound in home prices this summer versus the initial months of the COVID-19 pandemic this spring. More than 40 percent of agents surveyed stated that home prices in their areas have increased significantly, up from the Bright COVID-19 Market survey conducted in May 2020 survey, when only 5

percent of respondents felt home prices in their area had increased significantly.

Other Top Insights from the Bright MLS 2020 Back to School Survey

- 40 percent of agents report that home prices in their areas had increased “significantly” - this is up from 5 percent in May 2020.
- The top motivating factors to move are the need for more space (55 percent) and low mortgage rates (49 percent). The desire for space likely is connected to a “quarantine effect.”
- Suburban areas are especially hot this summer with nearly 60 percent of agents reporting an increased interest in the suburbs.
- 59 percent of agents say potential buyers with school-age children in are more interested in single family homes versus other home types.

If you have any questions regarding the Bright MLS 2020 Back to School Survey, or to request an interview with a Bright executive and a real estate agent in your area who can speak to the hyperlocal market, please contact Shana Harris at shana.harris@warschawski.com or by phone at (443) 768-4130.

Survey Method Statement

The survey, conducted online by Bright MLS between August 5-17, 2020, polled Mid-Atlantic real estate professionals within the Bright geographic footprint, including Delaware, Maryland, Washington, D.C., and parts of New Jersey, Pennsylvania, Virginia, and West Virginia, about how COVID-19 reopening plans for area school districts may be impacting prospective homebuyers this fall. Subscribers were notified of the opportunity to participate in the survey via Bright MLS websites and email communications. More than 1,000 Bright MLS subscribers participated in the survey.

About Bright MLS

The Bright MLS real estate service area spans 40,000 square miles throughout the Mid-Atlantic region, including Delaware, Maryland, New Jersey, Pennsylvania, Virginia, Washington, D.C., and West Virginia. As a leading Multiple Listing Service (MLS), Bright serves approximately 95,000 real estate professionals who in turn serve over 20 million consumers. For more information, please visit www.brightmls.com. ♦

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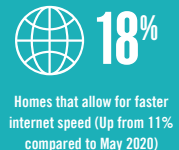
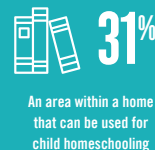
RESEARCH FINDS BACK TO SCHOOL UNCERTAINTY IS INFLUENCING PARENTS' HOMEBUYING DECISIONS

84%

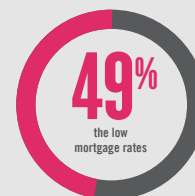
of parents are considering home education models for their children this school year



THE TOP 3 MOST IMPORTANT AMENITIES TO BUYERS WITH SCHOOL-AGE CHILDREN LEARNING AT HOME ARE:



TOP MOTIVATING FACTORS TO MOVE INCLUDE:



THIS DESIRE FOR MORE SPACE IS LIKELY CONNECTED TO A “QUARANTINE EFFECT”





THE KITCHEN

Where to Begin the Remodeling Process?

PART 1: CABINETS

By Syntha Harris Interiors

Kitchens have long been called the heart of the home. Whether you enjoy cooking, entertaining, or just love a beautifully designed space, having a well planned and aesthetically pleasing kitchen is a must. Remodeling an older kitchen is also one of the best investments that can be made to increase the value of your home.

Where do you begin the remodeling process? Over the next three issues we will cover the top items to consider when starting the task, and how the decisions around each of those should not be made in a vacuum. Every choice must be carefully considered to insure a successful end result.

Our “Kitchen Series” will give an overview of pertinent topics, with design inspiration, things to consider, and tips from me and other industry experts that I partner with to create beautiful kitchens for our clients. Where better to start the series than with the topic of cabinetry...

Kitchen Cabinets

One of the first considerations when deciding what type of cabinet you select, is to determine your budget. This decision should be tied into the style of the home and be an extension of the home's structure and the other design elements you have incorporated.

If the budget does not allow for replacing the existing cabinets then a



Syntha Harris Interiors
Photography: Stylish Productions



Syntha Harris Interiors
Photography: Stylish Productions

"A true qualified designer will help you realize your vision, improve functionality, and may actually reduce costs with creative ways to maintain design integrity while lowering cost. Most computer savvy people can manipulate a design in the design software, but if they do not truly understand how cabinetry works, there may be design errors. Examples may be not "pulling" a blind corner cabinet, moulding projection issues, traffic flow issues, and missed design opportunities, etc."

Jeff Waggoner
Kitchen Designer, NKBA
Custom Cabinetry Direct



Framed or Frameless

Based on the style you seek there are two available options. They are full access also known as frameless, and a framed cabinet door which has three types of overlay (Inset, Standard and Full Overlay). Framed cabinets is an oft used style which permits greater ease in installation and greater offering and modification diversity. Frameless cabinets are a sleeker, more modern construction and are popular in Europe, but are definitely becoming more popular here. Though both options offer slab, shaker, and traditional door styles,

well done, professional resurfacing job is in order. However if the budget allows, ideally, replacing the cabinets will give you the latest in soft close drawers, full extension glides, removal of unattractive soffits, and of course updated cabinets that utilize all available space.

Designing Your Kitchen—Layout

Design layout and flow are one of the most critical aspects of a kitchen remodeling and almost always requires the expertise of an experienced kitchen planner. We have all heard of the "kitchen triangle principal", but the details of what that means is often not known by the lay person, and is an important consideration in design as is the "kitchen work zone" theory.

"The kitchen work triangle principle is used by kitchen designers and architects when designing residential kitchens: No leg of the triangle should be less than 4 feet or more than 9 feet. The sum of all three sides of the triangle should be between

13 feet and 26 feet."

"Instead of focusing on the distance between appliances, the zone theory, divides up the kitchen into five distinct work zones by function."

If all of this seems way more than you anticipated, don't dismay. This is exactly why there are professionals that specifically design kitchens. Through my two decades in design, I have worked hand-in-hand with kitchen designers, creating the perfect kitchen for clients. Having the right team is important; the interior designer, kitchen designer, and the contractor make up the trifecta of talent and skill that will ensure a successful project.

Cabinet Species

Considering the species of wood is an important first step in the design. Most painted finishes are on Maple or MDF. If you go with a stained wood you will want to consider graining. Maple has less visible "tighter" grain, Cherry is rich, keeping in-

continued on page 41

SYNTHA'S DESIGN TIP:



"Make sure to get a sample door in the finish and door style that you select. That way you can take it with you when shopping for other elements in your kitchen, like backsplash and countertops."

Partying Through a Pandemic

By Michael Evans



Helga's Holiday Gala

Blood Orange Margaritas, edamame with sea salt and wasabi peas at the bar

PASSED HORS D'OEUVRES

- Roasted sesame salmon wonton canapes with chipotle dill cream
- Winter squash and gouda cheese croquettes served with bitter orange compote
- Grilled lollipop lambchops with fresh mint sauce

FIRST COURSE

- Mixed green mesclun tossed with Bosc pears, walnuts and gorgonzola in a balsamic vinaigrette
- Rustic bread and butter

ENTREE

- Grilled Cajun breast of duck with a cherry brandy sauce
- Oxtail ragout
- Pappardelle pasta
- Holiday bouquet of haricots verts with pimientos

DESSERT

- Buche de Noel: Traditional Yuletide log with coffee and dark rum iced with mocha cream and decorated with Marzipan holly leaves and berries and meringue mushrooms
- Bourbon balls
- Miniature linzertarts
- Freshly brewed coffee

There's no question that 2020 has been an unprecedented year. While the better part of this year has been turned upside down by the Coronavirus pandemic, hope remains for making up for lost time with friends and families as things continue to open and we head into the fall and the holiday season. Currently, Virginia is open for gatherings of 250 people, which means weddings, milestone birthdays, and holiday celebrations are starting to resume, and we couldn't be more prepared and excited! While everyone has their own view and comfort levels when it comes to social gatherings, there are numerous precautions venues and vendors, as well as party hosts, are implementing to keep everyone as safe as possible while they reunite, catch up and celebrate!

Thinking about hosting your own event? Keep reading for some great party ideas to get us through these trying times...

Oktoberfest

As the summer comes to an end, take advantage of the season and celebrate with grilled brats, soft pretzels, potato pancakes, Weissbier, and apple strudel. Don't forget a good Oompah band to keep every-



Helga's Bridal Bliss

PASSED HORS D'OEUVRES

- Filet mignon tid-bits with bernaise sauce
- Spanakopita: spinach and feta triangles wrapped in phyllo dough and baked to perfection
- Miniature crabcakes with remoulade sauce
- A fresh fruit and cheese display: an array of imported and domestic cheese and gourmet crackers, garnished with fresh strawberries and grapes

FIRST COURSE

- Allie's Salad: mixed baby field greens with strawberries, raisins, mandarin oranges and sugarcoated almonds tossed in a honey-poppyseed dressing

- Rolls and butter

ENTRÉE:

- Beef tenderloin roasted to perfection, served with bernaise sauce
- Chicken Wellington: tender breast of chicken wrapped in puff pastry with duxelle served with wild mushroom sauce
- Zucchini boats filled with a colorful medley of julienne vegetables (vegetarian option)
- Orzo Florentine
- Roasted vegetable medley with eggplant, zucchini, peppers, yellow squash, onions and mushrooms

one going and send the summer out with a bang. Prosit!

Weddings

So many 2020 couples have sadly had their wedding plans derailed this year due to COVID. Whether a fall or winter wedding was the original plan, rescheduled date, or back-up to the back-up plan, we're thankfully starting to see more special days happening. If you are one of the couples who have had to change your wedding date, location and/or guest list, know that while it may not be how you had initially planned, your wedding day will still be magical as you celebrate your love with those closest to you! Congratulations!

Milestone Events

With things opening up, now is the time to honor the class of 2020 with a belated graduation party and/or college send-off, or to celebrate those other milestone birthdays and events with your loved ones. Whether keeping it small and simple with

a brunch consisting of quiche, pastries, salad, smoked salmon and a bubbly bar, or serving up an elaborate cocktail buffet complete with heavy hors d'oeuvres, a raw bar and a carving station, and a full open bar, the combination of good food and good company will make it a celebration to remember!

Holiday Parties

Last, but certainly not least, are holiday parties. Whether you're planning a traditional Thanksgiving feast in the comforts of your own home, or a holiday gala to ring in the New Year, cherishing the time spent with family and friends is what this season is all about! ❖



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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A Toast to Virginia— Birthplace of American Spirits

CELEBRATING THE 400TH ANNIVERSARY OF AMERICA'S
FIRST DOCUMENTED DISTILLERY

By Renee Sklarew

Photo credit: Washington's Mount Vernon



It was 1620, when British settler George Thorpe distilled his first batch of “corne whiskey,” Thorpe shared his news in a letter to British explorer John Smith, and the historic document establishes when the Commonwealth of Virginia became the birthplace of American spirits. This proud culture of spirit-making continues today, as Virginia is home to more than 70 distilleries producing small-batch, artisan spirits.

To honor the 400-year milestone, Virginia Distillers Association recognizes 2020 as “Virginia Spirits Month” and has created the Virginia Spirits Trail to promote the state’s enduring legacy. Following this trail is the best way to learn and sample premium liquor.

Virginia Spirits Trail

The Virginia Spirits Trail represents thirty Virginia distilleries whose collective goal is to educate the public about spirits that are available and to provide a road map

to each participating distillery. You can visit the distillery’s tasting room (or stop by to purchase a bottle), and pick up your Virginia Spirits Passport. After earning ten stamps on the Passport, you’ll receive a commemorative T-Shirt.

Have you visited any distillers in the Northern Virginia Area yet? Catocin Creek Distillery in Purcellville; Murlarky Distilled Spirits in Bristow; K.O. Distilling in Manassas; Dida’s Distillery in Huntly; and George Washington’s Distillery at Mount Vernon are all nearby stops on the Virginia Spirits Trail.



The Modern Distillery

Two reasons that Virginia distilleries have been so successful are the climate and terroir. Think maritime breezes off the Atlantic, elevation changes within the Blue Ridge, hot, humid summers—all these conditions contribute to the quality of spirits. For artisan makers, the distilling process is done by hand, using grains like corn, wheat, barley and rye.

Some Virginia's distillers incorporate products from adjacent farms and makers. One example is Vitae Spirits in Charlottesville, a distillery creating a superior line of small-batch spirits. Dr. Ian Glomski, founder of Vitae, explains his process: "Vitae Spirits for the most part, does not grow our basic ingredients, with a few small exceptions." Rather, Glomski and his team support their local community by tapping into generations of expertise. "It is this network that gives us the highest quality spirits allowing our community's pride and joy to shine



Photo credit: Virginia Spirits

through." Two examples of this philosophy are found in Vitae's Damson Gin Liqueur, infused with ripe summer plums from Dickie Bros. Orchard, and Vitae's Coffee Liqueur, which features coffee beans roasted at Charlottesville's Mudhouse Coffee Roasters. These are consumed straight up, or can be mixed into cocktails.

"At Vitae Spirits we very much see Virginia distilling as a community" says Glomski. "The Virginia Spirits Trail is a way to showcase and promote the diversity, expertise, and passion that we all have for our spirits." In addition to operating a distillery, Dr. Glomski is a professor of microbiology at the University of Virginia School of Medicine and was trained at the Pasteur Institute of Paris. His co-founder, Eric Glomski, previously established vineyards in Arizona, while partner Zuzana

Ponca is the designer behind Vitae's stylish bottles.

Other examples of innovation include Murlarkey's Honey Whiskey created by Irish-American cousins Tom Murray, Mike and Jim Larkin using honey from their own bee hives. The makers at Catoctin Creek ferment casks of 100% local apples, peaches and pears to create luscious fruit brandies; these are not sweet, but instead, capture the fruit's essence.

Virginia's Distilling Heritage

The Commonwealth's first distiller, George Thorpe, owned the Berkeley Plantation near Charles City, and described his whiskey as "corn beere," which he made from "Indian corn." Thorpe tells Smith, "I never have had my health better in my life



Photo credit: Renee Sklarew



Photo credit: Renee Sklarew



In 2021, the Virginia Spirits Roadshow, a traveling group of Virginia distillers, will host several collaborative events where people can taste a variety of spirits.

South of the Boarder

By TJ Drake; Difficulty: Easy

This recipe uses Vitae Coffee Liqueur, tequila, coffee and cocoa, and is perfect for quaffing on a cool autumn day.

Ingredients:

- 1 oz Vitae Spirits Coffee Liqueur
- 1/2 oz Tres Agaves Blanco Tequila
- 1 oz Cold brew coffee
(Snowing in Space Gimme Dat)
- 1/2 oz Half-n-half
- 0.5 oz Cocoa Agave Simple syrup*

Directions:

- Add ingredients to a shaker with ice
- shake vigorously
- strain into a cocktail glass
- garnish with cocoa powder

Cocoa Agave Syrup

Bring 1 cup Agave nectar, 1 cup water to a simmer and add 1 tbs of cocoa powder. Stir until mixture is in solution. Take off heat and let cool. Store in refrigerator with for up to one month.

then I have had since my coming into this Country {sic}." Producing whiskey surely lifted his spirits!

Appreciation for spirits grew in the colonies, as Scotch and Irish immigrants brought their family recipes to Virginia. Here, they distilled American whiskey without aging it, and Appalachian whiskey is still made this way. Before the Louisiana Purchase of the 1780's—when Kentucky was part of the Commonwealth of Virginia—bourbon became the top choice for spirits drinkers. In fact, "Kentucky County" was known as "Old Bourbon." About that same time, native son, President George Washington, started his own distillery, operated by Hanson, Peter, Nat, Daniel, James and Timothy, craftsmen who were enslaved at Mount Vernon. In 1799, this prolific team produced nearly 11,000 gallons of whiskey.

By 1810, the U.S. Census recorded more than 3,600 distilleries in Virginia, although the majority were destroyed during the Civil War. Distilleries re-established themselves until Prohibition—a law prohibiting

the making and drinking of alcohol in the United States from 1920 to 1933—which shut most of them down. Nevertheless, Virginia's Franklin County was notorious for producing moonshine, a term that historically implies that the liquor was produced illegally. Today, Virginia's first-rate makers, like Belle Isle Moonshine and Twin Creeks Distillery, are making lawful moonshine and prospering.

Keep Your Spirits Up

After Prohibition, only a few distilleries operated in the Commonwealth, but in the last two decades, many new distilleries have opened, and as they have, enthusiasm for cocktails has greatly increased. Buying local makes you realize their value. "It is worth investing in better quality spirits," says Dr. Glomski. "If a person is hesitant and just buys the cheapest bottle because they aren't willing to 'commit' to a better quality spirit, chances are they aren't going to like that cheap bottle. They may never come back to try the quality spirits that probably would have given them a much



Photo credit: Vitae Spirits

more positive experience.”

A trend during the pandemic is to practice mixing drinks at home, and you can support the state's recovery by buying from artisan distilleries like Whiskey Wright, a Black-owned spirits-maker near Harrisonburg.

Creating premium spirits is a tradition that began 400 years ago on Virginia soil. To learn more about distilleries both near and far, visit Virginiaspirits.org. ♦



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Beloved Salon, Colour Bar Studio, Brings Luxury Without Formality TO TYSONS THE BORO

Colour Bar Studio is thrilled to announce the opening of its new flagship salon at 1640 Boro Place on June 2, 2020. Since its founding in 2012 by Tania Saldaña, Colour Bar Studio has cultivated a devoted following by offering a luxury experience without formality at its original location in Vienna, VA. In choosing to relocate to The Boro, Colour Bar Studio is excited to extend its services to guests both new and old, welcoming them to a bespoke salon designed from the ground up by Interior Architect Savannah Montgomery.

With Colour Bar Studio's new flagship location at The Boro, Ms. Saldaña challenged Ms. Montgomery to create a space that would integrate her motto of luxury without formality into the interior itself.

Their achievement is revealed the moment customers step across the threshold and onto the sumptuous Duchateau flooring, under the glow of John-Richard chande-

liers, surrounded by ROMO wallcoverings.

From imported Italian shampoo bowls to seats with a shiatsu massage feature and Electric Mirrors that keep guests bathed in bright daylight, the duo left no stone unturned on the path to unparalleled elegance and practicality.

Ms. Saldaña and her two daughters work alongside nine other team members to help guests find the truest expression of their personal style. Colour Bar Studio serves both men and women of all ages, satisfying any requirement—no matter how specific—with care and expertise. Services range from coloring and styling to 100% human Remy hair extensions and customizable treatments utilizing only top of the line products from Oribe, Kerastase and Wella to name a few. Family is at the core of this woman-led business, which prefers to call its customers guests. "The staff is welcoming, friendly, and talented," writes one reviewer, and many more agree: Colour Bar

Studio was named Northern Virginia's best salon for the past four years.

While Covid-19 presents a unique challenge to the beauty industry, Ms. Saldaña and her team are perfectly poised to meet the demands of this moment with tenacity and grace. Colour Bar Studio is taking every precaution to protect both its staff and its guests. All employees will wear face masks, operations will be limited to appointments only, social distancing will be maintained between guests, and equipment will be disinfected after each interaction. For more information, please visit the Colour Bar Studio website, where an exhaustive list of precautions will be posted. With an eye towards a brighter tomorrow, Colour Bar Studio looks forward to delivering its unique luxury experience to guests for many years to come.

For more information, contact Karla Ferrel at kferrel@colourbarstudio.com or (703) 848-2000.

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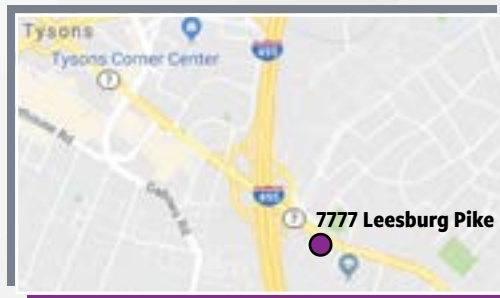
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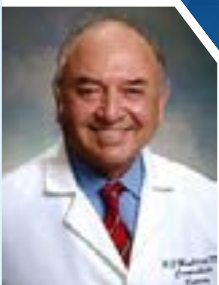
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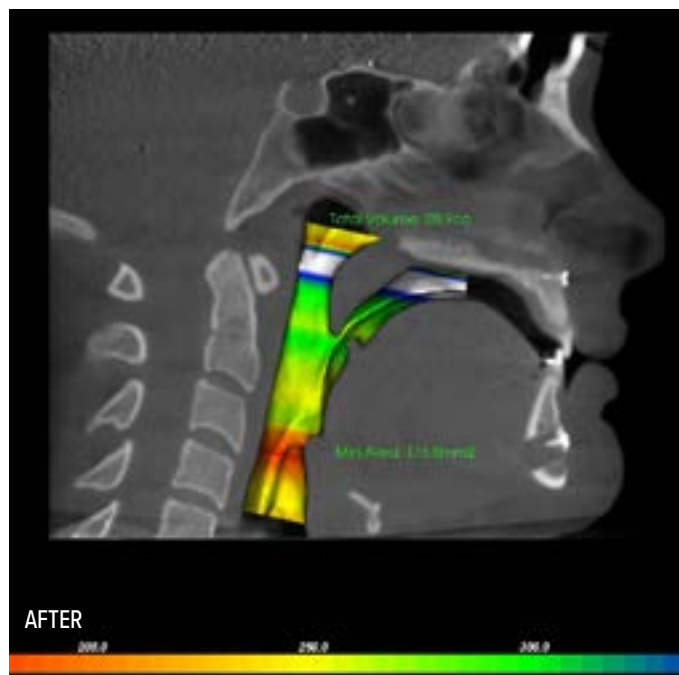
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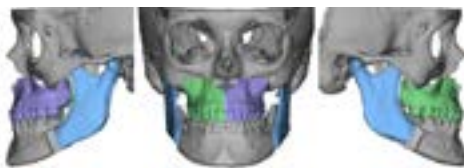
How Corrective Jaw Surgery Can Double the Size of Your Airway

Airway and Sleep Group

According to [Ravi Agarwal, DDS](#), an Oral and Maxillofacial Surgeon, patients often turn to corrective jaw surgery to correct irregularities in their jaw and teeth to improve chewing, speaking, and appearance. However, an additional condition that many people don't realize corrective jaw surgery can improve airway to combat the effects of obstructive sleep apnea.

Obstructive sleep apnea, or when people repeatedly stop breathing while asleep, can occur when jaw bones aren't properly working in tandem with muscles around the face and neck to support the tongue and airway. This can cause symptoms such as: excessive fatigue, loud snoring, morning headache, and sleepiness.

Corrective jaw surgery can be a solution for patients with these problems. The surgery can realign the jaws and teeth, open up the airway, and relieve patients of their symptoms—so much so that some patients say their entire family sleeps better upon their snoring being corrected.



The [Mayoclinic](#) reports that Maxillomandibular advancement surgery (MMA) can be an effective treatment for obstructive sleep apnea (OSA). "In MMA, the bones of the upper and lower jaw are repositioned to relieve airway obstruction. The procedure also suspends the attached pharyngeal airway muscles in an anterior position and simultaneously increases pharyngeal soft tissue tension."

Though the use of a CPAP machine is a non-surgical option for those hoping to improve their airway and aid in obstructive sleep apnea during sleep, young, and middle-aged adult patients (early 50s) may prefer maxillomandibular advancement surgery as a long-term permanent solution.

[Dr. Edward Zebovitz](#), a member of Airway and Sleep Group, performed this maxillo-

facial surgery on his patient and increased the size of her airway to twice its original size. His patient found immediate relief of her airway capacity within hours after completion of surgery and stated, "I feel I can breathe now."

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This kitchen is in natural walnut and Thermofoil combination

Where to Begin the Remodeling Process?

continued from page 23

mind it darkens with age and has red undertones. If the budget allows, Walnut is a stunning wood both natural and with glaze to add depth. Though Oak may conjure up visions of a 1980's kitchen, by adding a grey washed glaze it gives a great Farmhouse or relaxed design to a space. Of course we should talk about sustainability and there are a number of good options including Lyptus, which is a renewable environmentally conscious hardwood, when stained dark resembles mahogany.

Cabinet Finish

Cabinet finish selections are another critically important part of your kitchen redesign considerations. Shades of white, grey, and taupe are always timeless. Mixing finishes with the perimeter in one finish and the island in a different finish, is also popular and looks like a trend that is here to stay.

Also strong is the lower cabinets in one finish and uppers in another, as well as adding

a glaze to a stained finish to create a rich, unique look while still showing some wood graining. The options are limitless and serve to distinguish almost every project, space and client.

Door Style

There are a plethora of options when it comes to door styles. We have seen certain styles come and go over the years from raised panel with roping and intricate carved details, to the now incredibly popular shaker style. The style of door helps set the tone for the entire kitchen and therefore should tie into the feel you are trying to create in your home.

- **Shaker Door**—Runs the gamut from updated traditional, transitional, to contemporary. A very good choice to use for most kitchen which explains its popularity.
- **Beaded Paneling**—Country, traditional, to transitional.
- **Raised Panel**—Mostly traditional.
- **Flat Panel**—Also known as Slab, very clean and updated, more modern. Can

range in finish including Thermofoil and Textured Melamine for a very modern look.

- **Glass Inserts**—Another feature to add a unique look to a kitchen is glass inserts. From simple clear glass, to bubble, seeded, frosted, and antiqued. The choice is also design style dependent and should be taken into consideration with all other selections. Using purposely placed glass cabinetry will break up walls of solid cabinets and add interest to your kitchen design. It can also showcase a homeowner's beautiful collections, so adding inside lighting to glass front cabinets should be considered.

While the aforementioned discussion simply covered the basics in kitchen cabinet selections, there are many important issues that must be considered. Functionality, storage, and usability which includes decisions related to the use of drawers versus cabinets, pull-outs, tip trays, pantry cabinet heights and stacked cabinets are a few of the other equally important decisions that, if made correctly and during the initial planning stage, have the potential to both save money while also enhancing your satisfaction with the end result. Hiring a professional early on in the process can be very important as mistakes and change-orders can prove very costly. Next issue we will share an overview of things to consider when selecting appliances and flooring for your kitchen renovation. ❖

SYNTHA HARRIS INTERIORS The visionary and the creative force behind her boutique interior design firm in Northern Virginia, Syntha Harris has been the principal designer at Syntha Harris Interiors since 1996. Before founding her company, Syntha was a runway and print model for European and American fashion houses for over two decades. Surrounded by style icons, Syntha has had the privilege to be a part of the creative process and behind-the-scenes in making fashion. With a trained eye for all things style and meticulous attention to detail, Syntha's vision sees no boundaries when creating a living space that's equally beautiful, functional and inviting. For the past 20 years, she's earned a reputation for her transformational designs informed and inspired by her client's needs, desires and aspirations.



SYNTHA'S DESIGN TIP:

“Make sure to get a sample door in the finish and door style that you select. That way you can take it with you when shopping for other elements in your kitchen, like backsplash and countertops.”



4 Reasons Why Selling Your Home, Even During COVID-19, Might be a Good Idea

The residential real estate market in Northern Virginia has a seasonal rhythm that includes highs and lows. COVID-19 has upended everything, and some of the most common wisdom about when to sell has changed. We are seeing some exciting opportunities for home sellers, as well as some possible trends that go against business as usual in the area.

August was Hot for Home Sellers

In the rush to find a home before the school year begins, August has traditionally been a hot market. But starting the home selling process in mid-August meant you were late to the game, and most years, you might miss out on the busiest market of the year. However, the Spring market was severely hurt by COVID-19, because sellers didn't put their homes on the market since they didn't want strangers coming in to see their house during a pandemic. Also, concerns about safety made buyers reluctant to go out and look at homes to

purchase. Those buyers are still in the market, so the demand is high, and the market remains extremely busy.

Fall Temperatures Are Looking Up Too

In the Washington, DC area, a presidential election usually spells a slow-down in the market. But the wave of demand that has continued to rise since the Spring doesn't look like it's going to go down. Without enough inventory in the market, and because less houses are coming on, it's still a seller's market. If you put your house on the market, even in this election cycle and after the busy August season, there's going to be a pretty good chance that it sells quickly.

Shelter In Place Has Amplified Demand

The usual motivations to move have been multiplied because people have been cooped up in their home for months. If they didn't like their home before the pandemic, they hate it today. So, they are even more motivated to find a new home that addresses the failings of their current

home. This means that homes with specific amenities related to being stuck at home will be particularly attractive. For a long time, pools were considered a deterrent because of upkeep, but these homes are now sought-after. We also are seeing high demand for private rooms that make it possible to work from home, space for kids to learn and study in peace, better kitchens and large outdoor spaces. Where walkability and smaller lots were big sellers pre-COVID-19, large homes and big lots are now at a premium. There has been an increase in city dwellers, looking for privacy and breathing room, who want the less crowded community in the suburbs.

Trading Up is More Affordable

Demand for larger homes has increased, so if you have a bigger home, now is a very good time to put it on the market. Interest rates are currently at an all-time low, making it easier for buyers to consider a larger home. In addition, with the pandemic, people aren't spending as much on

restaurants, bars, going out, traveling and other expenses they usually have in their budget, so they are considering spending a little bit more on their home and getting something that will fulfill their needs. This has opened up the number of buyers looking at larger homes, making the market even more appealing to a seller right now.

So, Should I Sell?

The answer is: it depends. The pandemic hasn't gone away, and the concerns of homeowners about having strangers come into their house are valid. However, we've learned more about safety precautions, and there are steps that can be taken to protect a home being viewed by the public. Now, if you're in a position where you're not going to be able to get out of the house, and you don't need to sell it right now, then maybe you should hold off until the spring market so that you don't have to worry about things that are happening in this new COVID-19 world that we're dealing with. But if you're relocating, your property's vacant, or your house is presenting a stress for you financially, then it's a great time to go ahead and move forward with selling.

What if the Fall Market Cools?

We are advising our clients to list their homes. We suggest that you put the house on the market and try to get the sale right away. If it isn't selling or the market does slow down like it does traditionally right before a presidential election, you can always take it off the market and then put it back on early spring. Like August, Spring is normally a good time to sell, and we aren't seeing any indication at the moment that next Spring will be any different. ♦



Casey Margenau of Casey Margenau Fine Homes is one of the top real estate agents in the Northern Virginia. With over 30 years of experience, 3,000 homes sold and \$3 billion in sales, Casey

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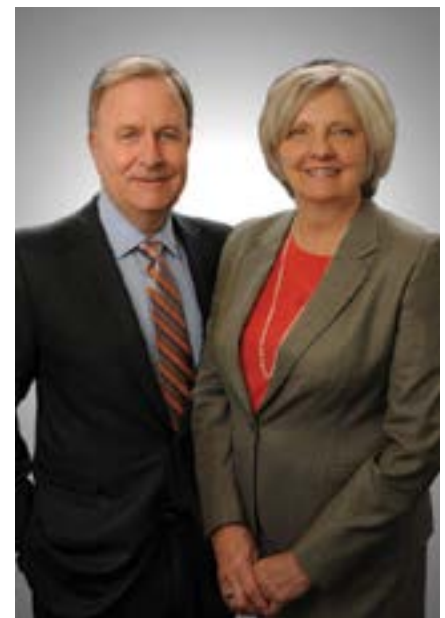
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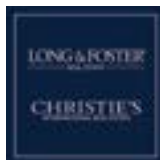
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A Tour Through Shenandoah County's Wine Country

By Linda Barrett

All photos credit: Linda Barrett

Muse Vineyards

The beauty of the Shenandoah Valley can only be matched by the quality of its wineries. Combine the two and you have an ideal getaway to the quiet, peaceful retreat of Shenandoah County, Virginia where you'll find the largest concentration of wineries in the Shenandoah Valley.

The climate and the soil here is unique, which enables the terroir to influence the grapes, resulting in delicious wines. Try some of these wineries yourself.



Cave Ridge Vineyard & Winery

Randy Phillips took early retirement from the U.S. Forest Service to live out his dream of owning a winery, and calls upon his background in agriculture to create his wines. He, and the rest of the county winery owners, claim that Shenandoah County has a unique microclimate that is ideal for growing wine grapes. It is the driest

region in the Valley due to its positioning between the mountain ranges and has a high-enough elevation to stress the grapes. "It also has the perfect pH for European grape varieties," Phillips said.

Cave Ridge is a European-style winery, opened in 2005 by Randy and Karen Phillips, and joined by their daughter Megan as business manager. As an estate vineyard, all grapes are grown on site across 25 acres. "We produce about 7,000 cases per year," Phillips said of the farm winery. His best seller is his hybrid Chardonnay, but you'll have to choose your own favorite. He also offers sangria, a RP Cuvée Select sparkling white wine, and a port-style wine.

Phillips' next venture is the creation of a wine cave in an existing cave on the property, located 35' down and standing 3' tall. He predicts this will help him enhance his wine production. "Wine in barrels evaporates at a rate of about 4-5 gallons a year; in a wine cave, you only lose one gallon." Phillips also still has his iconic Bubble Decker double-decker bus tasting room, located in Marshall, VA.

Unique Aspects: European-style garden outdoor settings, wine cave and Bubble Decker bus



Muse Vineyards

Husband-and-wife owners Sally Cowal, a retired Ambassador, and D.C. lawyer Robert Muse began planting vines in 2006 and opened their French-inspired tasting room at Muse Vineyards in 2016 to offer hand-crafted, classically-styled wines inspired by the Domaine wineries of France and Italy, where every grape used in wines is produced on the estates. As each have lived in various locations around the world, they grew to appreciate the elevating experience great wine can offer, and reproduce that feeling in Shenandoah County.

Visitors can select from several flights and a food menu as they enjoy the tasting room situated alongside the vineyards. "Here, you are aware of the vineyard—you're in it," Cowal said.

At their small-batch estate and farm winery you'll find the Marsanne, a noble white grape, and Roussane, both French, and

Terrolodeggo, a deeply-colored red grape from Northern Italy, among their plantings. Popular here are the brightest young reds, their blush wine and their Blanc de Blancs. Their Clio 2013 won a double-gold in the 2018 San Francisco International Wine Competition.

Muse's great interest in wine is evident by the thousands of books in his wine library. "He's read every one of them," Cowal noted. "I believe the highest-quality wines are yet to be realized in Virginia," Muse added. "I'd also like to see wine become part of the eat-local culture and not just be a tourist-oriented experience."

Unique Aspects: Setting among the vines, hiking trails through vineyards and forests, a swinging bridge, Farmhouse stays



Star in the Valley Estate Winery

Travel up the mountain to Star in the Valley Estate Winery, located 1,350' high on the foothills of Little North Mountain. Husband-and-wife owners Cara Mroczek and Shane Waller, both attorneys, chose this location due to its beauty and serene views, which they use to host stargazing adventures several times yearly.

The couple started Star in the Valley in 2008 as a small batch winery and opened the modern tasting room March 2019 on a formerly a vacant farm. Mroczek is a fourth-generation grape grower, and grew up in a vineyard, so opening a winery was a natural choice. She boosted her knowledge with viticulture and sommelier training.

"We love to travel. It gives you a sense of place. And we love that wine can remind you of the wonderful time you had in a place," Mroczek said. "Visiting Shenandoah County wineries, you get a more authentic experience than you do, say in Charlottesville or Northern Virginia. You

come here to get away, enjoy the tranquility instead of a crowded tasting room, and meet the winemakers themselves."

Unique Aspects: Mountaintop views, stargazing, yearly Christmas market, two Southdown Baby Doll heritage sheep that help tend the vines



North Mountain Vineyard and Winery

Krista Foster, owner of North Mountain, grew up in Bavaria and was thrilled to find this property with its European farmhouse that serves as both a home and a tasting room. From wide decks, visitors enjoy the beauty of the rolling hills and colorful gardens planted and tended by Foster herself. The first vines were planted here in 1983, and the Fosters came to own it in 1998. She runs the winery with son John Jackson, the winemaker, and his wife Kelly.

To honor her German heritage, Foster grows a number a German-style grapes that, as she says, "Lend themselves to Mosel-style wines and Glühwein." All grapes are estate grown and wines are estate produced. For something different, try their Grüner Veltliner (white) or Zweigelt (red). North Mountain also private labels wines for places like Shenandoah and Luray Caverns, Mt. Vernon, and Hotel Strasburg.

"Visitors here can take a mindful breath and experience a respite in times of anxiety," Foster said. "We want them to see, smell, and taste the wine, and not feel like they have to rush through quickly." Treating visitors as family, associates try to remember each visitor's name and preferences.

Unique Aspects:Garden setting with elevated decks & expansive lawns, Oktoberfest and Solstice events



Wolf Gap Vineyard and Winery

Husband and wife owners Willie and Diane Elledge spent years in military service and served as CIA trainers before fulfilling their dream to be winery owners. Having lived in Germany and South America, they came to love good wines, and put an emphasis on Bordeaux Reds and light, fruity white wines in their own winery.

The first planting on the 48-acre estate was in 2005 and the small-batch boutique winery opened its tasting room in 2008. "When we first started planting, we ordered 800 Cabernet Sauvignon vines. We were advised against it because in most of Virginia, they wouldn't thrive. However, the Shenandoah Valley has a unique microclimate, with more sunshine and clay soil that is good for wine grapes," said Willie, affectionately known as "Wolf Gap Willie."

Wolf Gap bottles approximately 1000 cases per year, and is known for its Mariage, a dark Bordeaux-style red, and Viognier-Traminer blend white wine. A number of semi-sweet wines include the popular Blueberry wine and Lobo Loco sparkling rosé.

Unique Aspects:Bluegrass music, 2 picnic shelters, gazebos, trails



Third Hill Winery at DeMello Vineyards

Husband and wife owners Ed and Wendy DeMello were high school sweethearts who grew up in California, although her roots

continued on page 59



Life with Cats

By Dr. Paula Clark



One of the first questions I get when people find out I'm a veterinarian is "are you a cat person or a dog person?" This is a difficult question to answer as it probably depends on the particular cat or dog. They all have their quirks and personalities but in general, if they make people feel good and form a mutually beneficial bond then that is what is most important. I thought it would be interesting to see what others thought. When people were asked if they were happy with their pets in a recent nationwide survey 39% of dog owners responded affirmatively yet only 18% of cat companions were satisfied with their relationship with their pets. That a majority of cat companions may not be happy with their cats is disheartening for me because I specialize in improving people's relationships with their pets, I find the human-animal bond is one of the most important parts of animal care that veterinary medicine often does not really address.

So, how do we fix the problem with people and their cats?

First, we need to understand the reasons for people being unhappy with their cats. Unacceptable behavior is the biggest reason! Some of the most common behavioral complaints about cats are: Scratching furniture, not getting along with other pets (or people) in the household, and soiling outside the litterbox are some of the most common behavioral problems reported. Whenever a cat presents with a behavioral issue, possible medical causes like pain, urinary tract infections, or neurological problems must be ruled out by a veterinarian and treated appropriately if found. Of course, this is time-consuming, can be expensive, and for many cats and parents very traumatizing. Cats generally do not like to be held down and given a pill or be forced to drink a bitter-tasting liquid. However, if a curable condition is found, the problem may be resolved fairly quickly with appropriate treatment. Un-

fortunately, true behavioral problems are not as easy to fix.

Second, we need to find out why people have a difficult time correcting their cat's behavior.

Sometimes the root of the behavioral problem is people's misperception of cats. Some people choose cats because they are "Low Maintenance" or they are away from home a lot they think that cats can be alone for longer periods of time than dogs, cats are perceived to be loners and aloof. This is not actually the case. Cats get a bad reputation for being lazy and sleeping all the time. While the term Cat Nap is justly deserved, cats are known to sleep 12 hours a day, the truth is cats are not just couch ornaments. When socialized with humans early in development around 4-7 weeks cats crave human interaction and this plus an interest in rewards such as food or physical affection, they can learn to do amazing things. While you must be careful when making

connections between the Himalayan, pure white, long-haired, 8 lb., smoosh nosed cat and a lion, cats are actually very social creatures, each performing different roles within a pride.

Cats are energetic, playful, and intelligent, and have all kinds of purrsonalities. They need plenty of enrichment and interaction. When left alone too long parents may come home from a trip to find that fluffy has peed all over their clean laundry pile or their pillow over a perfectly clean conveniently located litter box. Sometimes people tell me they think their cat is spiteful or angry with them for going on a trip. This thinking can really harm a relationship. While it may seem cats are angry with parents a complex emotion like spite is probably beyond cats, they are most likely just stressed by a parent's absence or bored. On the other hand, when humans are around too much their sometimes-erratic behavior as seen by their cats can also cause problems. They need a place in a home where they can get away from it all when necessary.

Even if it is just to climb up to a perch where they can observe things from a distance. We have seen a lot of behavior problems since the pandemic has forced people to spend a lot more time home with their cats. Cats can be easily stressed by things that caregivers can not even perceive and this too can cause them to misbehave. Cats may seem a bit more mysterious than dogs, but with a little bit of time, effort, and understanding, sometimes with the help of a veterinarian or veterinary behaviorist, we can make our cats' lives and our lives with cats better at the same time.

If you would like to learn more about the natural behaviors of domestic felines there is a great book co-authored by a local veterinary behaviorist called "Decoding your Cat" By Dr. Amy Pike of The Animal Behavioral Wellness Center in Fairfax. ❖



Dr. Paula Clark is a small animal veterinary clinician with 25 years of experience in small animal medicine, she has been practicing in the Northern Virginia area for the past 12 years. She is a graduate of the top-rated North Carolina State University Veterinary School and specializes in improving the quality of life for cats and dogs by providing Integrative pain management, nutrition, exercise, and behavioral advice. Instagram @pauladvdm, pet.life.coach and on you tube @ integrative veterinary consultants

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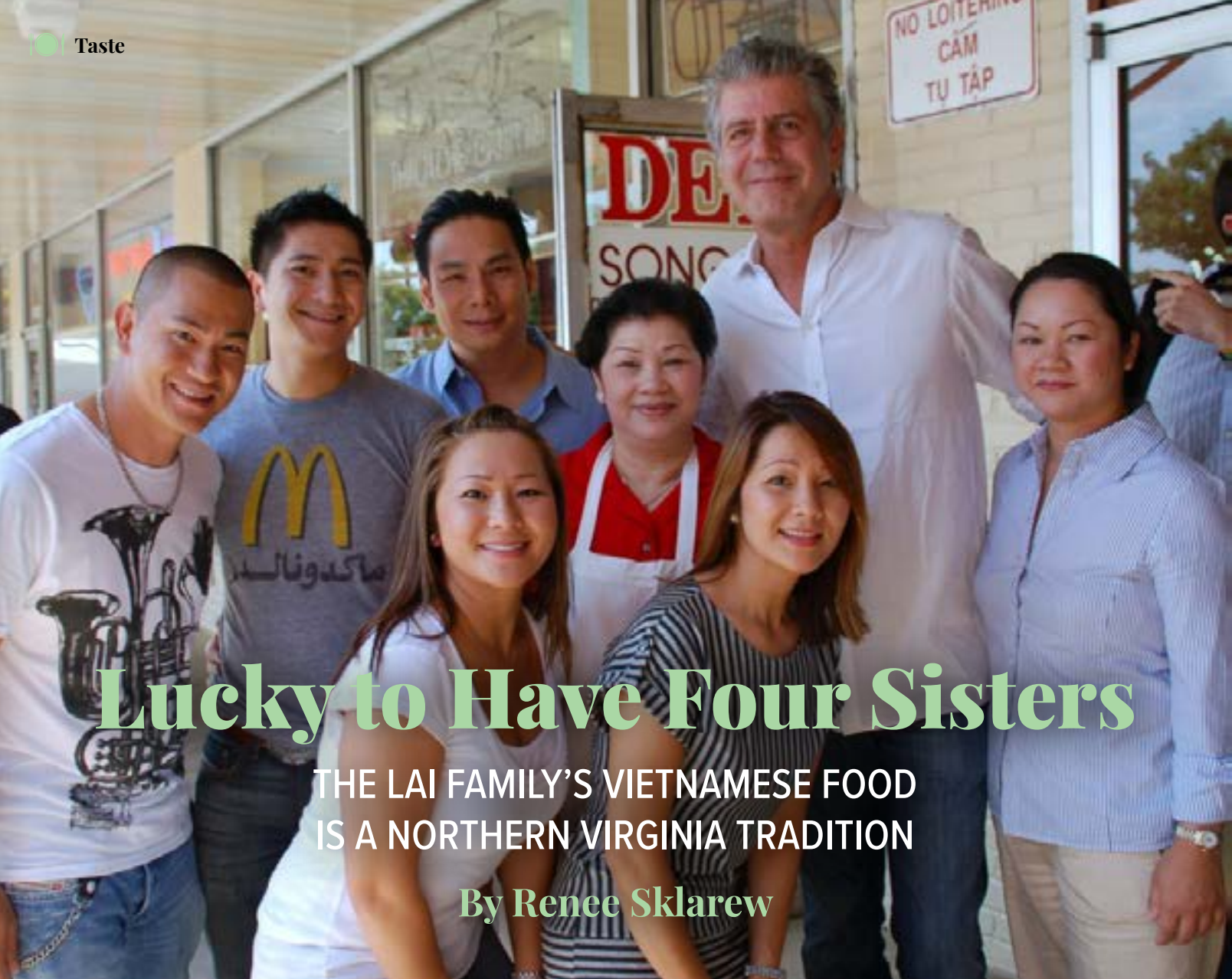
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Lucky to Have Four Sisters

THE LAI FAMILY'S VIETNAMESE FOOD IS A NORTHERN VIRGINIA TRADITION

By Renee Sklarew



It's tough time to be a restaurateur, but well-established favorites like Four Sisters are successfully weathering this pandemic. Of course, it's not been easy. But thanks to support from devoted diners, and a system that protects both staff and clientele, Four Sisters has maintained their long-standing tradition of serving high-quality Vietnamese food while providing the same heartfelt service they're famous for.

The story of Four Sisters Restaurant begins back in 1982, when Thanh and Kim Lai, along with their six children, immigrated to the United States from Bien Hoa, Vietnam. When the family first arrived, Thanh and Kim worked shifts for a hot dog vendor in D.C. until they saved up enough to buy a food truck of their own. They sold Viet-

namese street food with recipes created by Thanh, and the food was a hit. In 1993, the Lai's were able to purchase a tiny, 30-seat restaurant called Houg Que (meaning a "taste of home") at the Eden Center in Falls Church's Little Vietnam. Thanh cooked, Kim ran the business, and the kids took turns serving customers. "All the dishes were created by my mom Thanh Lai. She is self-taught," explains Le Lai, one of the family's four daughters. "My family has always had a passion for food, but we didn't go out much, because Mom's cooking was better than any restaurant we went to."

Even though there were more than 100 other Vietnamese and Chinese-Vietnamese businesses in Eden Center, Houg Que developed an expansive following, allowing



the Lai's to buy a second 170-seat restaurant in Eden Center to accommodate their growing clientele. The first location continued selling Banh Mi, Vietnamese desserts and bubble teas, while the new restaurant offered full service dining featuring Thanh's signature dishes. "It was a big jump, but customers loved my mom's homestyle cooking, and they loved our personalized service," says Le Lai. "We got busier, and eventually, it was becoming too hard to find parking at Eden Center. We knew it was time to find a better location."

Huong Que's trajectory skyrocketed after being featured on celebrity chef Anthony Bourdain's show *No Reservations* in 2008. Around the time that the show aired, the family had already decided to move the full-service restaurant to the Mosaic District. "Many people questioned our decision. They said to us, 'are you sure you want to do that? You have a golden egg,'" Le Lai says. This was before Mosaic became the bustling urban village it is today.

When they moved to Strawberry Lane, Huong Que morphed into Four Sisters, named for the founders' four daughters. Two of the sisters—Le Lai and her sister Lieu Lai-Williams—took on key roles at the restaurant. Here, they had ample parking, and the restaurant was closer to where the family lived. Unfortunately, the move coincided with the crash of the economy. "Even though we were nervous, we still felt strongly that we should move. Thank God we did. We are blessed because our customers followed us."



The eight member Lai Family has since branched out with husbands and wives, but remains a harmonious team managing every aspect of their restaurant's operation. Four Sisters' aromatic grilled meats, marinated for 24 hours and served alongside zesty vegetable salads, make it easy to understand such faithfulness. While the Mosaic District sprouted up around them, many new customers discovered Four Sisters. "We love Mosaic! We have our own little town here," Le Lai enthuses. "There's good foot traffic. It's fun. I'm glad I'm part of it."

Like so many during this pandemic, the businesses in Mosaic have been challenged. There are definitely fewer people patronizing the shops and restaurants, but the community is seeing a slow return, and Le Lai says she hopes "things





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If you're a longtime fan of Four Sisters, you'll be glad the Lai family doesn't mess with tradition. Think Asian comfort food with fresh ingredients. Thanh and Kim have since retired, so Lieu Lai-Williams, and Le Lai's husband Kelven Chu have taken over the kitchen. They've added some new dishes, but the menu still offers favorites like peppered Beef, Curried Chicken, caramelized whole Sea Bass, and fried tofu with chilis and lemongrass encased in a clay pot.

If it's your first visit to Four Sisters, try the Cha Gio, crispy pork spring rolls with tart fish sauce. Not your classic spring rolls, these ice paper crackles when you nibble into the cranny of soft noodles, ground pork, carrot shavings and dry mushrooms. Le Lai suggests wrapping your spring roll in lettuce leaves, then dipping into fish sauce heated with chilis – it's a detonation of crunchy, smooth, sour and heat – a complex and irresistible bite.

The refreshing Bo Luc Lac consists of marinated cubes of beef served over a tangle of peppery watercress, accompanied by briny lime dip. Categorized as a “Lettuce Wrap,” the Banh Hoi Tom Thit Nuong is a feast comprising grilled shrimp, balls of Vermicelli, and grilled pork evocative of blistered bacon. Orange Chicken is a heaping portion of thinly-shaved dark meat chicken, deeply coated in citrus, ginger and garlic. The restaurant's Pho contains high quality

cuts of meat in a broth perfumed with star anise, cinnamon and cloves. Each, a sensual play of textures and flavors.

Le Lai says Vietnamese food is very “feminine,” because the country's cooks are usually women. She says that unlike the chefs from Europe, Vietnamese chefs finely chop and slice every ingredient, and strive for lightness in their cooking. The Lai family originally hails from South Vietnam, a region with a long growing season, where a variety of fruits, vegetables and livestock flourish. The cooks there have access to fresh seafood and often incorporate the sweetness of coconut milk with sharp-tasting greens. Interestingly, Anthony Bourdain, who visited Four Sisters all those years ago, said dining in Vietnam was a labor of love for him. In one of the last episodes of *Parts Unknown*, he met up with President Obama for a meal in Hanoi. The chef famously said, “Vietnam. It grabs you and doesn't let you go. Once you love it, you love it forever.”

So although the Lai sisters have closed their flower-filled dining room during the coronavirus pandemic, Four Sisters still offers outdoor dining surrounded by tropical plants, along with convenient, contactless take-out and delivery. After 27 years in business, you can still taste why this immigrant family found both acclaim and loyalty in their adopted home in Northern Virginia. ♦

A Tour Through Shenandoah County's Wine Country

continued from page 53

were back East. They met a couple from Woodstock who purchased a property with a small vineyard, and got the idea to do the same—mostly for their own consumption. They purchased the property in 2005, and planted in 2006, although at that time, knowing nothing about viticulture or wine making. Ed was in precision sheet metal and Wendy was a surgical tech for labor & delivery. That evolved into building a winery, and they commuted to their CA jobs before finally settling here in 2009.

Their dream was to not only grow and make good wines, but to build a relaxing, comfortable and homey place in which to enjoy them. With a two-story tasting room, wrap-around porches and a pavilion, they succeeded.

"We create a peaceful and serene experience here that feels like you're 100 miles away," Wendy said. You'll feel like you're "on the farm" as you cross the double cattle guard and say hello to the neighbor's cattle on the way in.

In creating the tasting room, Ed sourced a lot from the Valley. "I'm always on the prowl for old wood and farm tools that represent local and use my skills to craft new uses." Much of the tasting room contains repurposed materials and décor. Currently the winery serves 3 reds and 3 whites, with their best seller being their Chardonné (white).

Unique Aspects: Weekend entertainment, outdoor pavilion, "speakeasy" tasting room with numerous "little spaces"



The Winery at Kindred Pointe/Life is Hard Cider

Another pair of high school sweethearts, Bruce and Amy Helsley, purchased Kin-

dred Pointe in 2005 because she had horses. At time it was nothing but cattle pasture.

The first planting occurred in 2008, and the winery opened in 2011. And although Amy studied viticulture and oenology at UC Davis and interned with Michael Shaps Wineworks to learn about the industry, Bruce is the winemaker/vintner. In 2012, the barn was converted into the tasting room, which opened October 2013. The barrel room and pavilion was added in 2016. In the winter, guests can relax by the fire with a glass of hot mulled wine. The couple grows mostly reds, with the exception of Seyval Blanc.

Of note is their historical wine series featuring labels of artwork of local historic significance by John Paul Strain. Bruce likes to collect this art, and reached out to the artist, who gave his permission. Each wine is named for one of the paintings, and features a hand-dipped wax seal.

This winery also produces Hard Luck Ciders, with a variety of lightly-carbonated and refreshing options. Their must-try is the Cherry Bomb—cherry flavored with a habañero finish—winner of Best in Class at the Indianapolis International Wine Competition.

When asked about the winery's name, Amy replied, "We both love Anne of Green Gables, and took the name from her mentions of 'kindred spirits,' and like Anne always emphasized that her name was spelled with an 'e', we added the 'e' to the word 'Pointe' to create Kindred Pointe."

Unique Aspects: Former horse farm, cidery, cornhole, Frisbee golf, ping pong, walking trails, can accommodate large events

Shenandoah Vineyards

Noted winemaker Michael Shaps's latest venture is the purchase of Shenandoah Vineyards in 2018, the oldest winery in the Shenandoah Valley and the second oldest active winery in Virginia. Recognizing the vinicultural potential of the limestone soils and drier growing conditions of the Valley, he looks forward to revitalizing the 32-acre vineyards and adding Alsatian varietals like Pinot Gris and Pinot Blanc to the existing Riesling vines.

The tasting room and winery are housed in a Civil War-era barn on a bucolic farm setting. Their latest offering is Wine in a Can from Michael Shaps Wineworks in Red, Rosé and Viognier.

Unique Aspects: Open vineyard-to-mountain views in a country setting



Get Away to Shenandoah County

Shenandoah County begins just south of the intersection of I-66 and I-81, not an hour and a half's drive away from Northern Virginia. Nestled between the Blue Ridge and Appalachian Mountains, nearly a quarter of the county is covered by the George Washington National Forest, offering ample opportunities for hiking, camping, horseback riding, float trips, fishing, hang gliding, skiing, and other outdoor fun. ♦

COVID-19 Message: Please check with each location to view their COVID-19 restrictions and policies, upcoming events, food availability, and entertainment schedules.

Resources:

- Cave Ridge Vineyard & Winery, www.caveridge.com
- Muse Vineyards, www.musevineyards.com
- Star in the Valley Estate Winery, www.starinthevalley.com
- North Mountain Vineyard & Winery, www.northmountainvineyard.com
- Wolf Gap Vineyard and Winery, www.wolfgapvineyard.com
- Third Hill Winery at DeMello Vineyards, www.demellovineyardsthirdhill-winery.com
- The Winery at Kindred Pointe, www.kindredpointe.com
- Shenandoah Vineyards, www.shenandoahvineyardsva.com



Field & Main Backyard Cabanas

DOABLE DISTANCE DINING

by Allison Chase Sutherland

September 1 marks a big milestone. The celebrated Field & Main restaurant in quaint nearby Marshall, Virginia turns four years old. Owners Neil and Star Wavra have brought forth their considerable combined experience and have continued to hone every aspect of their creation of a rustic-chic casual fine-dining establishment nestled in a newly renovated authentic 200-year-old home. This professional team is passionate about everything they do – and it shows.

Escaping to the countryside always feels like a welcome respite for us Beltway denizens, but clocking in at just 40 miles (a short 45-minute drive) from Tysons, this makes for a quick and convenient jaunt out of town.

Field & Main offers hearth-inspired, locally sourced, farm-to-table cuisine. The restaurant has been offering carry-out for

much of the spring, but diners may now also enjoy a lunch or dinner inside six days a week at strategically placed tables or – quite often as of late – may opt for the proverbial al fresco dining, a chance to really savor the flavor and while away an afternoon or evening in the open air.

The patio indeed provides a charming dining nook, but the innovative backyard cabana concept, implementing a forward-thinking vision of responsible service within the context of space, takes your dining experience to a whole new level.

Amazingly, these backyard cabanas were built in just a week a mere two weeks before the reopening. They are outfitted with darling little touches. Delicate strings of white lights twinkle overhead like tiny stars, subtly illuminating your individual tent, as you enjoy the methodical and comforting eve-



ning serenade of crickets—and the constellations adorning the night sky beyond.

They really have thought of everything. Upon arrival, you'll notice a small tablet on your table in a plastic wrapper beside a small dish of water – but it is not a mint. Drop the tablet in the water and it magically expands into a towlette to sanitize your hands and the table—almost like a fun little science experiment. Next up, personal table fans with variable speeds—and lights! This is the true junction of artistry and ingenuity—not to mention inspired culinary creativity. At the core of it all—hospitality.

“You will see the extent we went to with what we have done out there. It's really quite special,” says charismatic sommelier and beverage director, Anthony Russo.

They might start you off with a surprise



amuse-bouche cool watermelon kombucha. This is the introduction to the freshness that is Field & Main.

One word. Tomatoes. “With the rain and the drought, this is the best year for tomatoes,” according to Russo.

Straight from the culinary garden and meticulously selected local purveyors, a refreshing chilled tomato gazpacho with garlic bread crumbs drizzled with basil oil; an intriguing heirloom tomato dish with yellow peaches, ricotta cheese, basil vinaigrette and crostini; and a marvelous montage of charred summer squash with corn, pecorino, and Virginia Surryano ham remind us that summer isn’t over.

“When you char vegetables over fire, you begin to flirt outrageously with sweetness. It really caramelizes those notes. It is an expression of vegetables you don’t always

get to experience,” observes Russo. This technique also highlights flavors featured in offerings such as their unique carrot dish. Or you’ll see one beet reinvented into three distinct preparations.

The cleverly named OoMami Smash Burger features a deeply comforting, eponymous umami flavor profile bursting at the seams with an insanely savory bacon jam brilliantly layered with multiple varieties of mushrooms and onions cooked down for hours—reduced to their most succulent and evocative essence.

“The burger is an emotional experience. People drive an hour to get it,” Anthony Russo notes.

From the hearth, you may sink your incisors into a hearty Manor Line Ranch pork chop with gently sweet miso-poached pear and citrusy Swiss chard. Housemade bread with whipped butter smear complements everything.

Water course selections such as ember-roasted Spanish mackerel with Biscayne sauce, capers, and fried boquerones, or sautéed wild-caught rockfish over saffron risotto, fennel-tomato broth with a hint of fennel oil are nicely accompanied by a crisp Sauvignon Blanc Le Grand Cailou from the Loire Valley of France.

The feast chocolate chip cookie with graham cracker crumble, housemade marshmallow, chocolate sauce, and vanilla ice cream is served up in an adorable deep-dish mini skillet. For those keen on indulging their sweetest tendencies, this concoction is a decadent delight.



An unexpectedly luscious, rich yellow corn ice cream exuding a decidedly Southern flair is also expertly crafted by pastry chef Sabrina Lang in her cozy bakeshop housed in the little stone hut off to the side—in fact one of the oldest buildings in the county.

And sparkling juices by Gorg Geiger from Germany include an aromatic botanical, fall-inspired Cuvée 21 infused with Perry pears, cider apples, hay flowers, and roasted organic barley, which brings me straight back to the Alps.

Yet primarily, this venue makes it a point to showcase the here and now. The Present Menu is described as a celebration of nature's gifts available at this moment in time to honor the local food and drink, which manifests in a progression of dishes presented family-style. The full table participates in this selection. "We strive to emphasize the bounty of the the current season in the Piedmont," offered server Lauren Osinski.

To account fully for the recent additional COVID-related needs, they have enacted protocols to safeguard everyone's health and well-being. In addition to rigorous sanitizing and distancing, all staff will wear masks, and they print their ever-changing menus anew each day.

They take their genuine commitment to take care of you very seriously by taking all appropriate steps and precautions to ensure your safety—so that guests may feel fully at ease—in every sense of the word.

"We are community- and guest-centric. You help the community and the community helps you. And right back to the farm.

Our CSAs are doing great, as are our farmers' markets."

Attesting to the loyalty they have built with their culinary followers, "Our top guest has been here nearly 300 times in four years. We create guest profiles. We see you. Sometimes they don't even see menus. People trust us," remarks Russo appreciatively.

This evokes the Japanese concept of omakase, whereby guests entrust the chef to be innovative and surprising in selecting dishes. There is a certain mutual reverence associated with this practice.

This sentiment is echoed by our affable server Lauren Osinski. "Field & Main was designed to be a community restaurant. When we opened the bar, we had farmers, horseback riders, cyclists and hikers off the trail from the Shenandoah, in addition to fine diners."

Field & Main has achieved the perfect blending of upscale, refined cuisine and rustic comfort food, all while remaining affordable and approachable.

"We wanted to strike just the right balance. Casual elegance. Come as you are," explains General Manager Julie Gray.

They could feel they were connecting with people across the spectrum. The message is clear. Everyone is welcome here. Treating people well is the very definition of extending that metaphorical hug outward. And what could be nicer! Especially now.

So stop on by. And relax.

You're home. ♦

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This strategy potentially turns your investment losses into tax breaks. If you invest in taxable accounts you are probably familiar with capital gains taxes. To “harvest” losses you sell investments at a loss and then use those losses to offset realized investment gains in the same year. The key is to make a lateral move in your account and use the proceeds from the sale to purchase another similar investment or one that is similarly undervalued.

One of the most powerful benefits of tax-loss harvesting stems from the fact that after offsetting other capital gains, the first \$3,000 (\$1,500 if married filing separately) you accumulate in capital losses offsets ordinary income each year. Any remaining losses can be carried forward to future years. Since tax rates for ordinary income tend to be higher than long-term capital gains rates, your tax savings on the first \$3,000 each year is equal to the difference between tax rates for long-term gains and ordinary income, multiplied by \$3,000.

Let's say that at the beginning of the year you invested \$10,000 in an ETF or mutual fund that invests mostly in small U.S. companies and that fund is down 35% year to date. If you were to sell that fund you would recognize a \$3,500 loss. You could then either offset the loss with up to \$3,500 in gains or if you have no gains then take a \$3,000 loss on your taxes and carryforward a \$500 loss to use next year. You could then use the \$6,500 in proceeds to purchase a similar fund or one that has had similar performance year to date. That way you can still potentially capture positive performance when the market rebounds.

I used this strategy for many of taxable client accounts during the recent market downturn and it is pretty impressive how it can substantially offset capital gains distributions and allow my clients to save large amounts on taxes (especially for those who are in the top tax brackets). ♦

WMATA, MWAA Celebrate Public Art Along The Silver Line



◀ *Eccentricity* by Barbara Grygutis at Spring Hill Metrorail Station is a stainless steel and concrete sculpture containing shifting moiré patterns, which is a type of large-scale interference pattern.



◀ Located at Tysons Metrorail Station, *Solar Sails* by Ray King is a play on the natural phenomena of light using laminated glass panes and tension pulled steel to create a rainbow-like appearance

▲ A total of 26 airbrushed and hand-painted glass panes with permanent ceramic enamels and an etched poetry overlay went into the creation of *Voyagers* by Martin Dolin at McLean Metrorail Station.



By Amanda Scarangella

To celebrate National Arts and Humanities Month this October, the Washington Metropolitan Area Transit Authority (WMATA) is shining a light on its Art in Transit program, which incorporates distinctive visual and performing artworks into the Metrorail system.

This program utilizes the special advantages of a transit environment to beautify the Metrorail stations as well as promote cooperation among local jurisdictions and public-private partnerships supporting the arts.

“The purpose of the Art in Transit program is to bring public artworks and sometimes performances to Metrorail stations thereby enhancing the commuters’ experience and creating a visually appealing environment,” said Laurent Odde, Art in Transit Program Manager with WMATA.

Of the total 91 Metrorail stops, public artworks such as sculptures and glasswork are currently on display at 29 of these stations. If you’re planning a scavenger hunt, be prepared to check out the whole station or visit the WMATA website for a precise location.

Carefully designed to fit within the existing architecture of the Metrorail stations, these artworks can be found mounted to the walls, embedded in the glass panels, or set up at station entrances.

In fact, public artworks were an integral part of Phase 1 of the Silver Line, which opened to the public in July 2014. All five of the stations – McLean, Tysons, Greensboro, Spring Hill and Wiehle-Reston East – contain their own special artwork. As part of the project, WMATA’s Art in Transit program worked in collaboration with local art organizations and the Metropolitan Washington Airports Authority (MWAA) towards the selection and installation of the artworks at each of the stations.

Readers may recall one of the most notable of these artworks is the large display on the south side of the Tysons Metrorail Station over Chain Bridge Road (Route 123). WMATA commissioned artist Ray King who created Solar Sails in 2015 out of laminated glass and tension pulled steel. This dynamic artwork utilizes natural light to create colorful refractions to dazzle commuters.

At Wiehle-Reston and McLean Metrorail stations, glass panes combined art with transit at the mezzanine level, which is a level between the ground and first floor. Voyagers by artist Martin Dolin at McLean has poetry overlaying the 26 airbrushed and hand-painted glass panels, while Wiehle-Reston by artist David Wilson showcases reflective glass panels.

Both Spring Hill and Greensboro Metrorail stations have sculpted artworks posted along their entrances at the west pavilion and along Leesburg Pike (Route 7), respectively.

WMATA continues working closely with MWAA, local art organizations, and project contractors to install one public artwork at each of the six stations in Phase 2 of the Silver Line. In coordination with selected artists, installation is underway and progressing at the Dulles Airport, Herndon, Innovation Center and Loudoun Gateway stations with preparatory work still underway at the Reston Town Center and Ashburn stations. ♦



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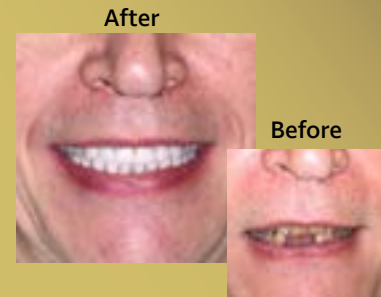
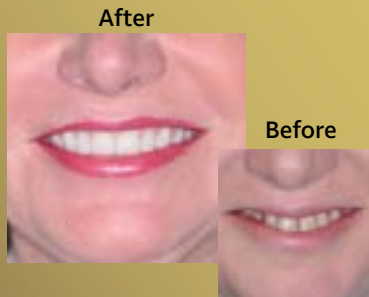
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