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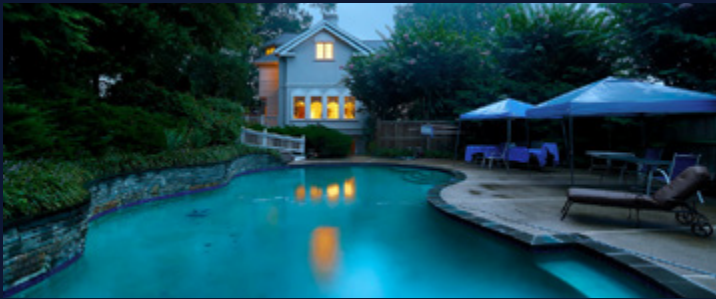
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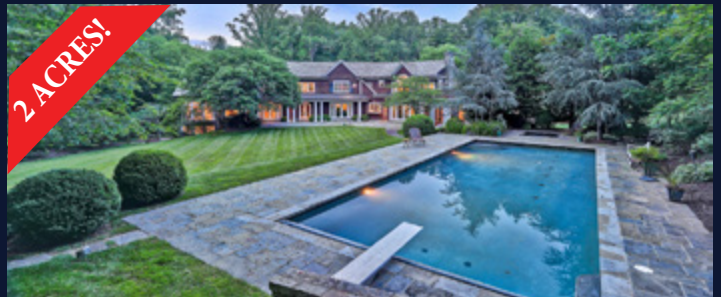
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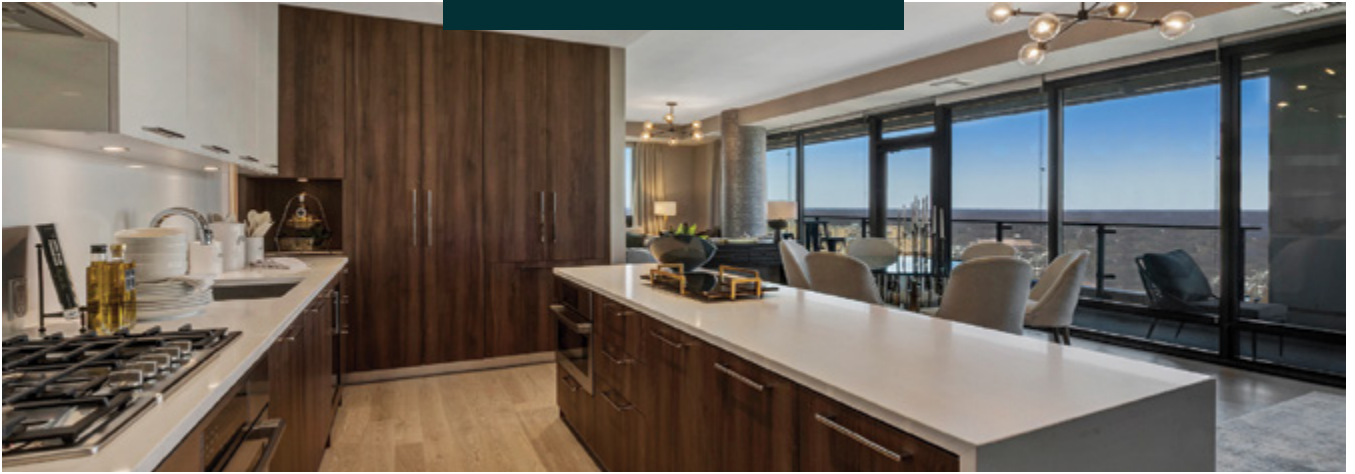
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Features



2021 Top Medical Professionals

Whether you are looking for a dentist specializing in smile makeovers, a surgeon to address your back pain, or a doctor of women's health you can trust the individuals that are profiled in the following pages. Review their qualifications and you will know that we have found for you the TOP professionals in their respective fields.

Local Chocolatiers Provide Delectable Treats

By Keith Loria

Like most of us, Suzanne Nader has always had something of a sweet tooth and is a lover of chocolate. But for her, not just any chocolate will do. Originally from Lebanon, throughout her life, she has been drawn to rich, high-quality chocolate.



7 Trends Influencing 2021 Kitchen and Bathroom Design

By Analiese Kreutzer

We all spent significant time in our homes for the better part of last year, and that means we had lots of time to examine what we would like to change about them. As a result, some interesting trends have emerged in kitchen and bathroom design. Overall, we want spacious, soothing, and organized spaces that are easy to clean and that incorporate elements of nature to bring the outside in.



Hunt for Outdoor Art at National Harbor

By Linda Barrett

If you're missing museums and looking for a fun way to get your "art fix," travel no farther than National Harbor where a number of outdoor art installations are readily available for viewing and photo ops.





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WINTER 2021

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ON THE COVER
Craving for Chocolate in Northern Virginia, a business that specializes in sourcing the best quality for her products. Read more on page 16.



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2021 TOP *Medical* PROFESSIONALS

🦷 TOP DENTIST

COSMETIC DENTISTRY

A.R. Makarita, DDS

TYSONS AESTHETIC DENTISTRY

McLean native, Dr. Makarita is a graduate of the Medical College of Virginia School of Dentistry and has been in private practice in Northern Virginia for over 25 years. His extensive experience and dedication to ongoing continuing education ensure his patients receive exceptional comprehensive dental care. Dr. Makarita's passion is Aesthetic Reconstructive Dentistry, offering patients the most advanced procedures using the latest technology to improve their health while creating beautiful smiles. Dr. Makarita practices physiologic based dentistry, focusing not just on teeth but the whole mouth, including treating TMJ Disorders, bite management and Obstructive Sleep Apnea. Dr. Makarita is a national and international lecturer and author whose work has been featured twice on the cover of the Journal of Cosmetic Dentistry. In addition, Dr. Makarita is an Accredited Fellow in the American Academy of Cosmetic Dentistry and currently the only one with this credential in the State of Virginia.

✚ THE ONLY ACCREDITED FELLOW WITH THE AMERICAN ACADEMY OF COSMETIC DENTISTRY IN THE STATE OF VIRGINIA

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TOP DOCTOR

COSMETIC SURGERY

Dr. Csaba L. Magassy, MD, FACS

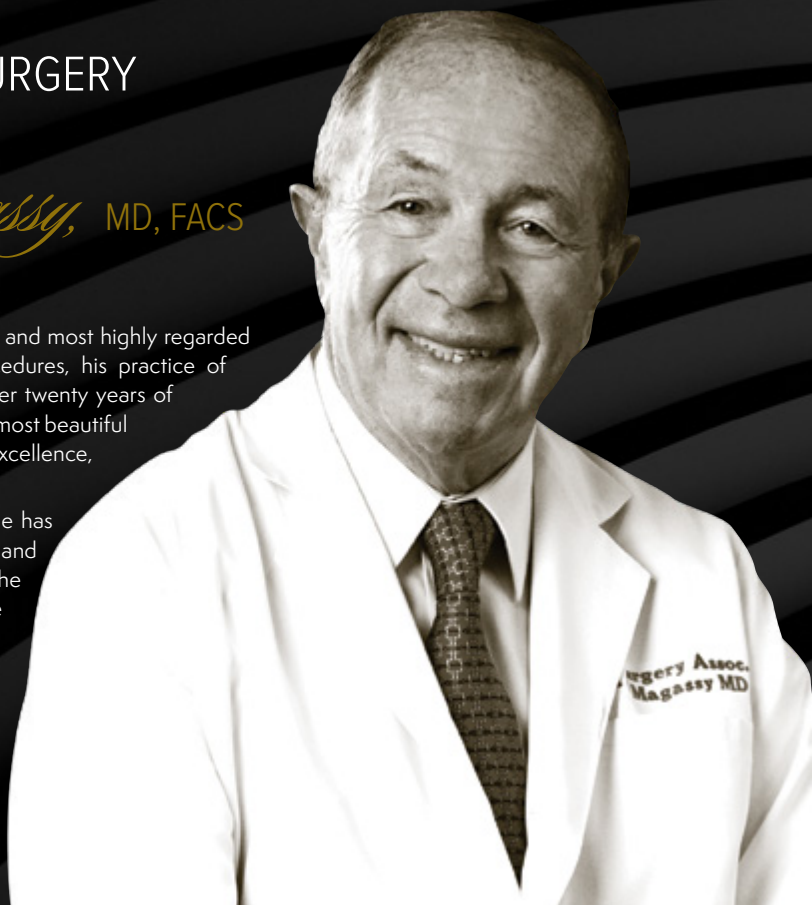
PLASTIC SURGERY ASSOCIATES, PC

Dr. Csaba L. Magassy is one of the Washington area's best known and most highly regarded plastic surgeons. Specializing in surgical and non-surgical procedures, his practice of cosmetics has attracted patients from all over the world. With over twenty years of experience, Dr. Magassy has achieved the ability to reflect nature's most beautiful work in each of his patients. When you want nothing less than excellence, experience matters the most.

Dr. Magassy has helped thousands reach their cosmetic goals. He has performed every cosmetic surgical procedure many times over, and brings to each patient the ability to discuss and fully explain all the options possible to reach the desired result. The choice of technique and how far to take a procedure is yours. How reassuring it is to know that this doctor can offer solid advice based on more than twenty years of experience in bringing beauty to nature.

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TOP DOCTOR

ANTI-AGING MEDICINE

Dr. Dima Ali

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TOP DENTIST COSMETIC DENTISTRY

Dr. Geith Kallas, DDS

SMILE MAKERS DENTAL CENTER

Dr. Kallas' advanced training and continuing education are pursued at the Las Vegas Institute for Advanced Dental Studies (LVI), one of the world's most renowned facilities for aesthetic and neuromuscular dental training. Named the Virginia "Dentist of the Year," Dr. Kallas understands the difference an incredible smile can make in someone's appearance and confidence. He frequently gives interviews about the latest advancements in dental technology. He has improved thousands of smiles in his practice, making him highly skilled in the art and science of smile design. Dr. Kallas is distinguished in the U.S. and internationally for excellence in dentistry and for his contributions to his community.

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TOP DENTIST IMPLANT SURGERY

Dr. Christopher Bonacci, DDS

ORAL, FACIAL AND DENTAL IMPLANT SURGERY

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TOP DOCTOR

COSMETIC MEDICINE

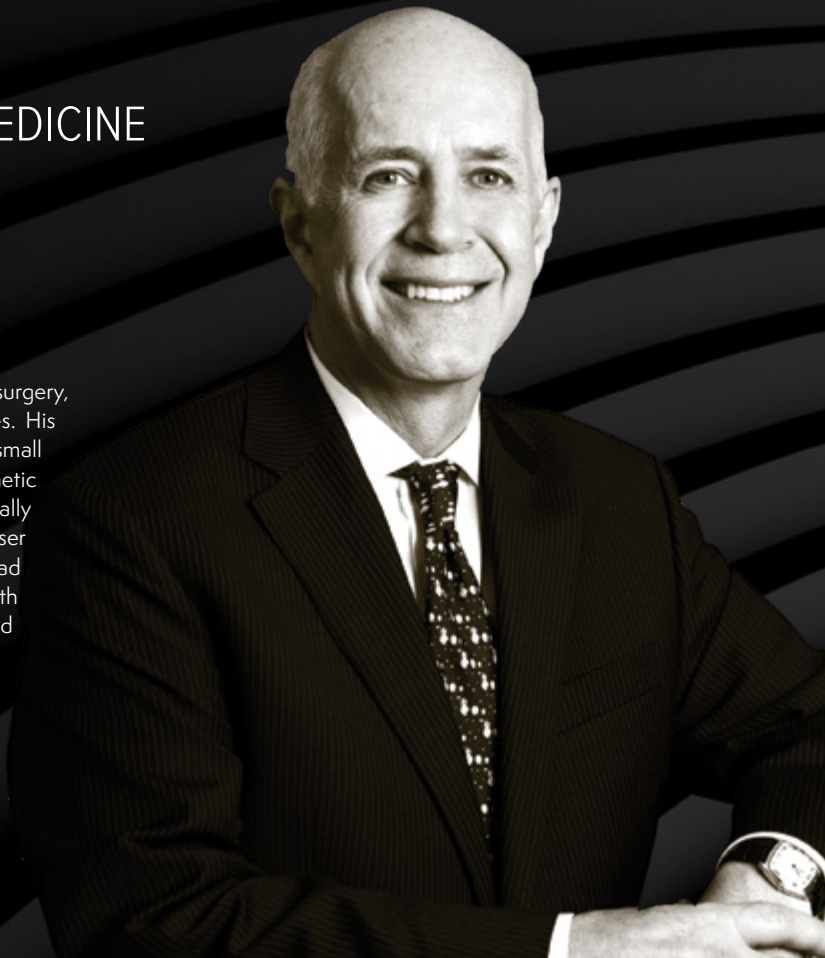
Dr. Dennis Faludi

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COSMETIC DENTISTRY

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Dr. Sooyeon Ahn*

HAN & AHN DMD, PC

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TOP DENTIST COSMETIC DENTISTRY

Dr. Anil Dwivedi DMD, PC

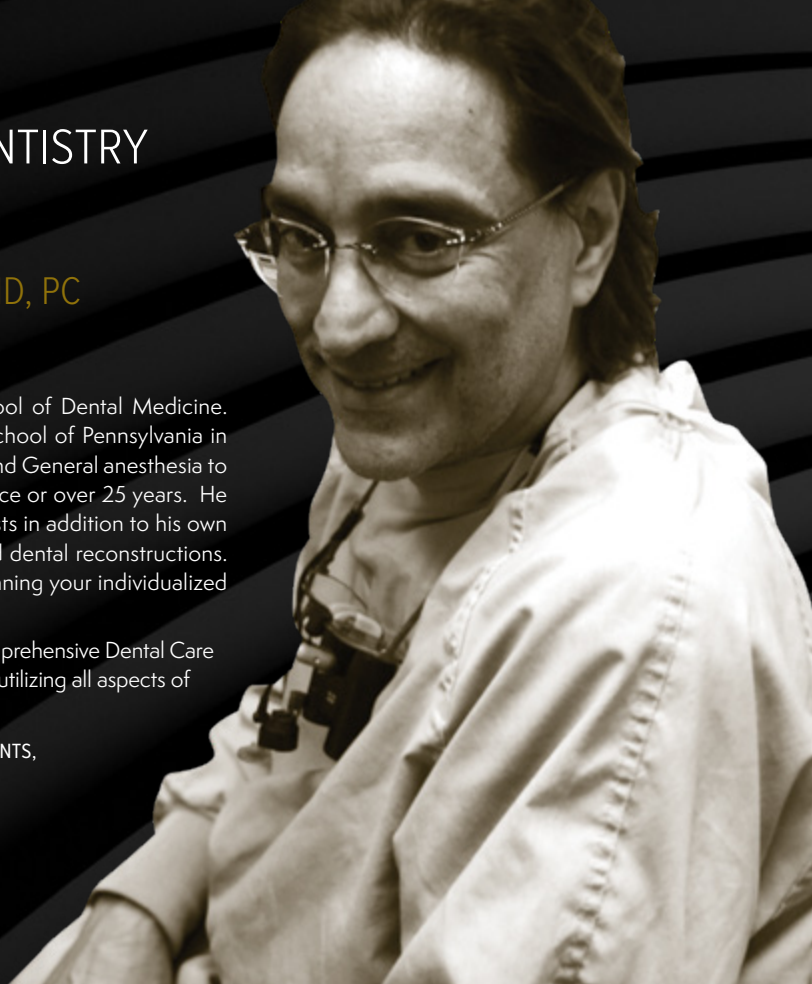
ANIL DWIVEDI, DMD, PC

Dr. Dwivedi is a graduate of the University of Pennsylvania School of Dental Medicine. He has completed an anesthesiology residency at the Medical School of Pennsylvania in Philadelphia. His training allows him to administer Deep Sedation and General anesthesia to his patients for any type of dental treatment. He has been in practice for over 25 years. He has provided anesthesia services for many Northern Virginia dentists in addition to his own patients. The practice treats routine dental care through advanced dental reconstructions. We utilize the latest CT technology to assist in diagnosing and planning your individualized treatment.

Dr. Dwivedi's mission is to provide Professional, High Quality and Comprehensive Dental Care to all ages of patients in an anxiety free, comfortable and safe setting utilizing all aspects of dentistry and anesthesia.

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TOP DENTIST PEDIATRIC DENTISTRY

Dr. Gema Island

ISLAND CHILDREN'S DENTISTRY

Dr. Gema Island is a pediatric dentist, a Diplomate of the American Board of Pediatric Dentistry, a Fellow of the American Academy of Pediatric Dentistry, and a member of the American Dental Society of Anesthesiology. Dr. Island founded Island Children's Dentistry in 2014. She's dedicated to providing the highest quality of dental care in the most gentle, positive, and enthusiastic manner possible. Dr. Island combines her academic background, research experience, clinical skills, and mother's touch to deliver the best to her little patients and their parents. Dr. Gema obtained her Board certification in 2006 and did 3 years of residency at TUFTS University in Boston, MA. While at TUFTS, she received the prestigious Bates Award for her postgraduate research, and, in her senior year, she won the Aesthetic Dentistry Challenge. She has published articles in peer-review journals and has lectured nationally and internationally on different topics and participated in the Infant Oral Care and Prevention of Early Childhood Caries Project at San Francisco General Hospital.

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TOP DENTIST

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Dr. Rishita Jaju is a Board Certified Pediatric Dentist. Her expertise in using Waterlaser safely and effectively is recognized by the World Clinical Laser Institute with their highest Mastership Certification. Dr. Rishita Jaju is the founding Dentist of Smile Wonders in Reston, VA. She completed her dental education at Harvard School of Dental Medicine in Boston, MA and continued to receive specialty training in Pediatric Dentistry at Children's National Medical Center in Washington, DC where she was appointed as the Chief Resident. She is the only pediatric dentist in the Mid-Atlantic region who has achieved Advanced Laser Proficiency Certification from the Academy of Laser Dentistry and Breastfeeding Specialist Certification.

+ LASER DENTISTRY, LASER FRENECTOMY, SPECIAL NEEDS DENTISTRY, PEDIATRIC DENTISTRY

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TOP DENTIST

COSMETIC DENTISTRY

Dr. Rodney Mayberry, DDS

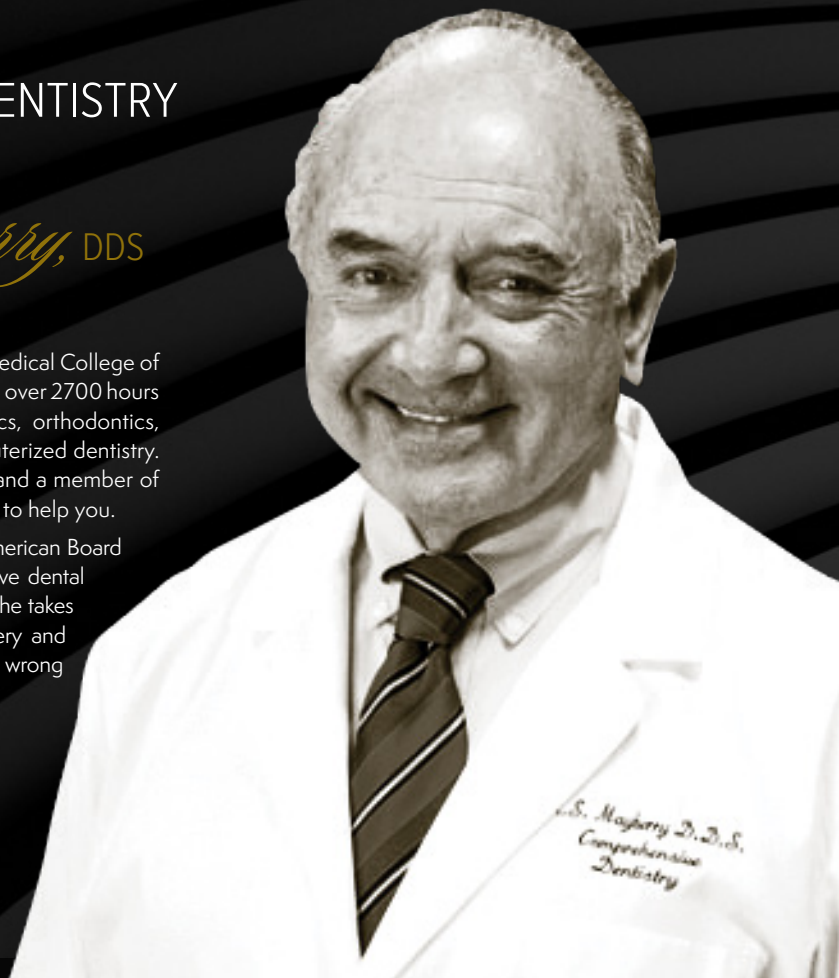
MAYBERRY DENTAL

In 1978, Dr. Mayberry graduated from the Dental School of the Medical College of Virginia, VCU. Since his graduation from dental school he has taken over 2700 hours of continuing education including; periodontics, prosthodontics, orthodontics, dental implantology, oral surgery, cosmetic dentistry, and computerized dentistry. Dr. Mayberry is a diplomate of the ABOI, a fellow of the AAID, and a member of the ADA and AGD. With over 37 years of experience, he is ready to help you.

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TOP DENTIST ORTHODONTICS

Dr. Lan Tran

NOVEL SMILES

As a local graduate from Thomas Jefferson High School for Science and Technology (TJHSST), Dr. Tran went on to earn his bachelors in both Business and Science from The College of William and Mary. After completing his dental studies at VCU School of Dentistry and University of Detroit-Mercy School of Orthodontics, Dr. Tran is glad to be home and give back to the area he grew up.

At Novel Smiles, Dr. Tran and his team understand your time is important and offer new technology options to reduce your treatment time and office visits. Knowing orthodontic treatment is an investment, the office provides comfortable financing options to ensure you get the smile you deserve!

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TOP DENTISTS COSMETIC DENTISTRY

Dr. Izzat Sbeih

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McLean VA native, Dr. Sbeih attended The George Washington University for his undergraduate and graduate studies. He then attended the Medical College of Virginia where he was awarded his Doctor of Dental Surgery degree in 2008. Since then, Dr. Sbeih has committed himself to continuing education with a special emphasis on Cosmetic dentistry, occlusion and implant dentistry. In 2016, Dr. Sbeih received the Mastership award from the Academy of General Dentistry—one of the most respected designations in his profession and the highest designation awarded by the Academy of General Dentistry. Upon meeting him you will realize that dentistry is his passion. He places a very strong emphasis on patient education and cosmetic dentistry and his goal is to provide the highest quality of care in the most comfortable environment. At Novel Smiles, Dr Sbeih works with a team of board-certified specialists under one roof to ensure that everyone gets the highest quality care for the smile they deserve.

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TOP DENTIST COSMETIC DENTISTRY

Dr. Bahar Bahrami, DDS

TYSONS ELITE DENTAL

Bahar Bahrami, DDS, is a skilled dentist who specializes in general and cosmetic dentistry. Individualized care is Dr. Bahrami's calling card. She thoroughly addresses each of her patient's concerns and creates detailed, personalized treatment plans. Patients are never left in the dark. She works closely with patients in a collaborative fashion so that they always feel invested in their oral health care. She offers a variety of services, including crowns, bridges, veneers, and Invisalign®, the discreet orthodontic treatment that straightens teeth and enhances smiles. Dr. Bahrami is a proud member of the American Dental Association, the Virginia Dental Association, and the Northern Virginia Dental Society. When she's not in the office, Dr. Bahrami enjoys spending quality time with her family. To schedule an appointment with her at Tysons Elite Dental, call the office or book a visit online today.

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TOP ORTHODONTIST AIRWAY & SLEEP

Dr. Liliana Calkins

AIRWAY AND SLEEP GROUP

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Dedicated to providing their patients with the quality medical care they deserve, Dr. Liliana Calkins specializes in providing exceptional dental sleep and orthodontic treatment options to our community in Northern Virginia and beyond our state. With the latest innovations in medical technology, Airway and Sleep Group combines the most advanced techniques with a compassionate approach to cater to the well being of their patients.

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The background of the image is a collage of various chocolate boxes and a decorative tray. The boxes are wrapped in gold, silver, and brown ribbons, some featuring white fabric flowers. A large, ornate, gold-colored tray with intricate patterns is visible on the right side. The overall theme is elegant and festive, likely for a holiday or special occasion.

Local Chocolatiers Provide

Delectable Treats

By Keith Loria

Like most of us, Suzanne Nader has always had something of a sweet tooth and is a lover of chocolate. But for her, not just any chocolate will do. Originally from Lebanon, throughout her life, she has been drawn to rich, high-quality chocolate.

"I moved to this country and found a niche in gifting and thought the chocolate I found here wasn't what I was used to," she says. "Most of the chocolate I loved was Belgian chocolate and I couldn't find luxury gifting related to chocolate anywhere."

In 2015, Nader started Craving for Chocolate in Northern Virginia, a business that specializes in creating the type of chocolate that she has always love. She spent years researching the chocolate industry and sourcing the best quality for her products, drawing upon the experience of her husband's family, who have been involved in the chocolate industry for decades.

"My friends convinced me to start selling it and sales started growing," she says.

Her creativity, eye for exquisite elegance and her perfection in attending to details is what sets her apart in the industry.

By 2017, with the business in its early stages, Nader met fellow chocolate lover Dalia Hidayat, who had more than 30 years of experience in high-end luxury sales and marketing.

"I met Suzanne as a client after someone gave me a box of her chocolate and I came to get a refill," Hidayat says. "I also am an avid chocolate lover and am very particular, and just fell in love with her chocolate."

Her impressive background in luxury sales and marketing, helped take Craving for Chocolate to the next level, making appearances at pop-up shops at The Ritz-Carlton Hotel Company, Nordstrom, Tysons Galleria and several high-end markets in the surrounding areas.

"I wanted Suzanne to get out there because her product was so glamorous and delicious," Hidayat says. "Even though her chocolate is luxurious as is, having it connected to the luxury markets helped with brand exposure."

Today, the woman-owned Craving for Chocolate specializes in customized creations, though it offers non-customized options as well.

"We sell chocolate and delights in bulk, embellish chocolates for special events and create special occasion gifts for personal and corporate events," Nader says.

With more than 50 delectable flavors, each piece of chocolate and delight is carefully selected from artisans around the world using the highest quality ingredients such as Belgian cocoa.

Craving for Chocolate's hand-picked selections have evolved over the years to include a decadent taste for the sophisticated palette.

"Our chocolates awaken the senses," Hidayat says. "From our chocolate dipped dates infused with orange blossom to the Biscoff Lotus Cream chocolate wafer, one will most certainly find something to tickle the taste buds."

The company's inventory is constantly changing with new seasonal flavors and colors being mixed in, though there are some staple items that are available year-round. Some favorites include a Milk Chocolate Pecan Cup filled with pistachio and topped with caramelized pecans and crushed almonds. Then there's the Pink

Chocolate, filled with real cotton candy!

Another favorite is the Candied Orange Slice Dipped in Dark Chocolate.

"Nougats and delights are part of the inventory as well," Nader says. "The rose petal nougat and pistachio and marzipan take you back to the Mediterranean region."

Looking ahead, the focus is on branding the company for a stronger national push, and is coming up with new packaging and items to maintain the high-end luxury feel.

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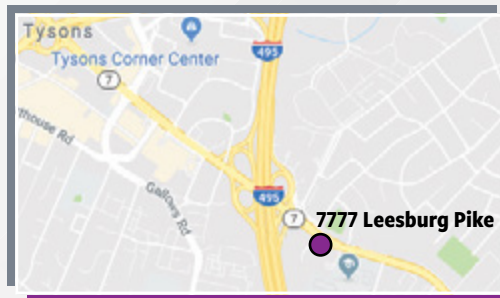
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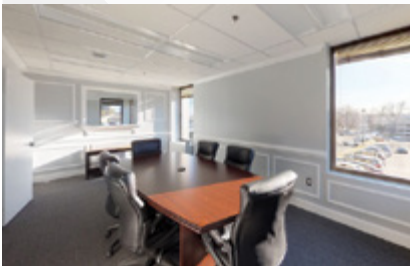


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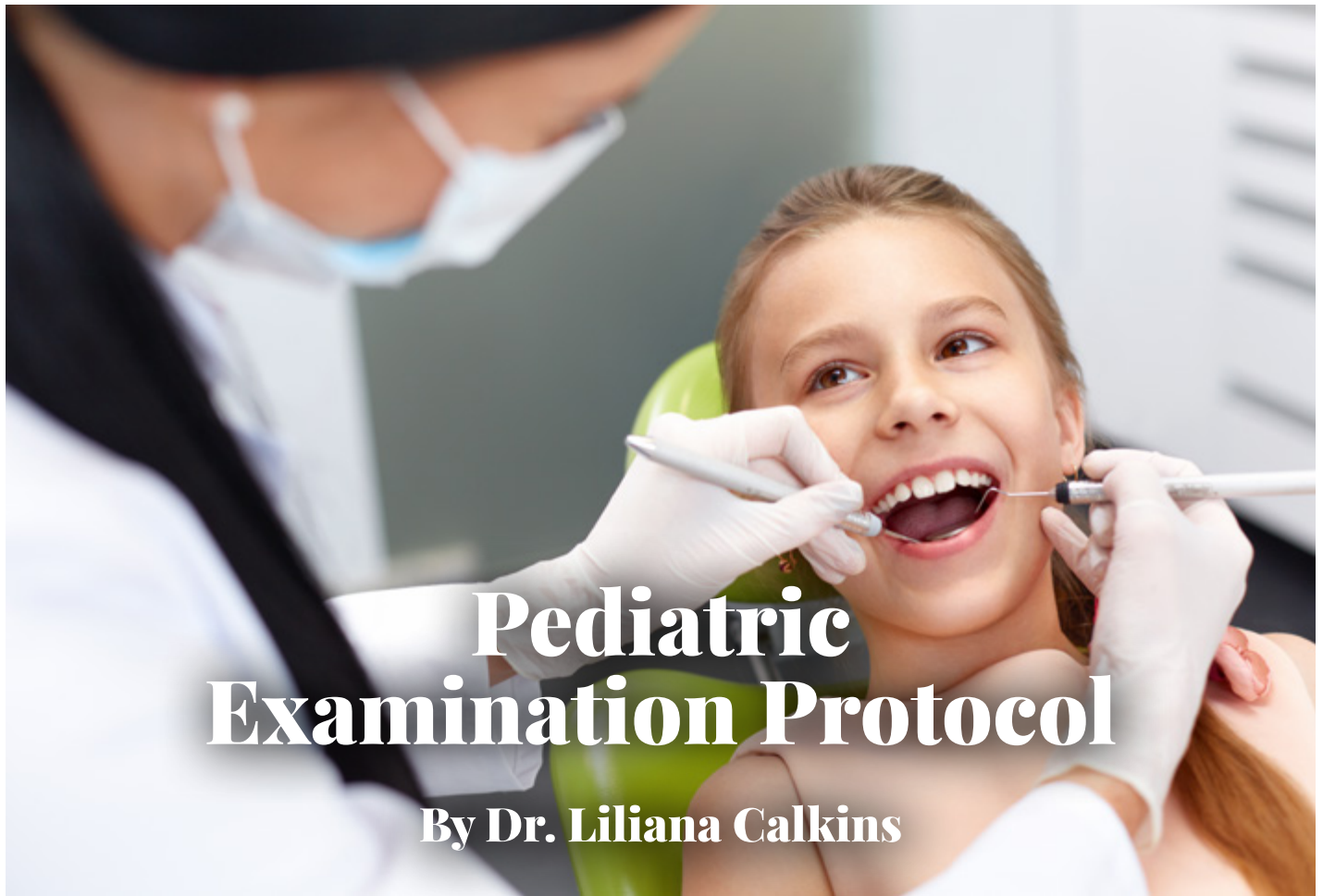
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Pediatric Examination Protocol

By Dr. Liliana Calkins

If you have concerns that your child might be experiencing complications with their sleep and airway function, when they come in for a consultation there is an examination protocol that we follow to further inspect these concerns.

Typical examination protocol already includes looking at the face, eyes, nose, lips, tongue, teeth and gums, and the oropharyngeal area. We follow the typical examination protocol while looking for specific signs that point to an airway issue. Common signs indicating airway complications are:

- Abnormal facial growth pattern (where the bones of the face are positioned)
- Allergic shiners (shadowy pigmentation under eye, like a bruise)
- Shape and depth of the nose
- Obesity
- Deviated Septum/ swollen tissue
- Gummy smile

- Tied lip
- Tooth crowding/ malocclusions
- Tooth erosion and wear

These signs can be a part of something bigger, such as breathing and airway issues in your child. Facial growth patterns tell us the positioning of their facial bones and whether it affects the tongue position/posture, and ultimately the airway. Head positioning can also indicate airway concerns. For example, forward head posture shows that the patient is searching for an airway. Allergic shiners can tell us if they are having problems breathing out of their nose. We can also tell if the child is having problems breathing from their nose if their mouth is open while breathing throughout the day and night. Chapped lips will be an indicator of mouth breathing as well. A short upper lip and tied lips that sometimes produce a gummy smile which in the long run can impact the smile and tooth development. Malocclusions, erosion and wear have

previously been independent of airways issues, but modern findings suggest that these can be symptoms of a bigger problem such as ability to breathe. These concerns can be noticed as early as 4 years old when bone growth and development becomes more noticeable.

Airway examinations are important in pediatric patients in order to catch and treat complications early and prevent more serious or invasive treatments post permanent dentition and mature bone development.

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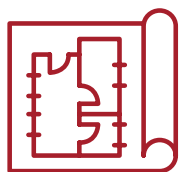


7 Trends Influencing 2021 Kitchen and Bathroom Design

By Analiese Kreutzer

We all spent significant time in our homes for the better part of last year, and that means we had lots of time to examine what we would like to change about them. As a result, some interesting trends have emerged in kitchen and bathroom design. Overall, we want spacious, soothing, and organized spaces that are easy to clean and that incorporate elements of nature to bring the outside in.

Here are seven trends to consider when updating your kitchen or bathroom.

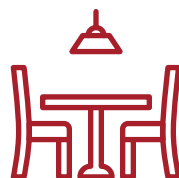


DESIGN

The National Kitchen and Bath Association's (NKBA) Design Trends 2021 study of 700 design professionals in North America reported that transitional and contemporary styles continued to be popular for both kitchens and bathrooms. But in an interesting twist, natural/organic design jumped from the ninth most popular style last year to number three for this year.

Combining natural/organic elements such

as wood, stone, and plants with the contemporary and transitional trend results in an open style with minimal detail. Kitchens and bathrooms following these trends are more streamlined and sleeker while natural textures and tones add warmth and let homeowners feel more in touch with the outdoors.



ORGANIZATION

When we first went on lockdown in March, many people used their time at home to declutter. Now, it seems that desire for clutter-free spaces has made an impact on kitchen and bathroom remodeling. Clutter-free kitchen spaces allow for flexibility for all the different functions our kitchens are being asked to perform, including working from home, schoolwork, family activities and preparing and eating a lot of family meals. According to NKBA, L-shaped kitchens with large islands with two or more levels are popular because they allow families to participate in all these activities within the central hub of the kitchen.

Floor-to-ceiling and wall-to-wall cabinets in kitchens provide plenty of storage space, so everything has its place. This controls the clutter and maintains a minimalist aesthetic. In the bathroom, getting rid of the clutter translates to spa-like spaces that are about relaxation as much as hygiene.



COLORS

All-white kitchens have been yielding to more grays and navy blues in recent years, and now kitchen color trends are moving in two very different directions: either matte black or soft pastels.

Matte black kitchens are chic and sophisticated and coordinate well with other colors and wood. NKBA reports that hardwood and engineered wood flooring remain the most popular for kitchen floors, and they work well in a black kitchen. If black cabinets, appliances and countertops seem overwhelming to you, consider white or other lighter colored quartz countertops, which remain the most popular material for kitchens and bathrooms because

it is durable, contemporary and easy to care for.

Muted, matte pastels in greens, blues and pinks are increasingly popular for kitchen walls, cabinets and dining furniture. The hues are achieved by mixing the colors with grays, making them “dusty” versions that work well with other colors. Consider using dark, glossy countertops with these lighter cabinets. If you really like the look of white cabinets, you could use white on top and colored or natural wood on the bottom to achieve a more modern look, but skip the stark white and opt for softer, creamier tones.

If you had your heart set on gray, note that cool grays are being replaced by warmer shades for cabinets and flooring. Realtor.com reports that this change was underway before COVID-19, but as people have sought more relaxation and comfort from their homes during the pandemic, its popularity has risen. Look for grays with yellow or beige undertones in shades called griege—a combination of gray and beige. These hues also pair well with the soft blues, greens, pinks and creams as well as with natural woods.

For bathrooms, neutrals in whites and grays remain the most popular, but, as in kitchens, muted tones of greens, roses and blues are taking hold. Matte black also makes an impact on bathroom design in tile, vanities and mirrors as well as in freestanding tubs. Big, bold wallpapers for bathrooms also are making a splash. Consider a statement wall rather than covering the whole room.



CABINET STYLE

According to HGTV.com, the trend of no upper cabinets and open shelves is being replaced by wall-to-wall cabinetry, which is both functional and stylish. Flat panel cabinets with no handles keep the design

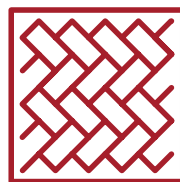
streamlined. NKBA reports that flat panel cabinets are the most popular now, with recessed panels being the second most popular choice.



SMART FEATURES

Smart appliances and integrated technology—including features that homeowners can control from a smartphone—continue to gain traction. These cutting-edge features help homeowners stay organized and efficient, use less energy, and maintain a cleaner house. In addition to energy-efficient appliances, some in-demand features include motion-sensor lighting, hands-free faucets, dedicated charging stations, and emergency power for refrigerators in case of power outages.

Motion-sensor faucets are also popular in bathrooms along with bidets, self-closing toilet lids and smart mirrors with integrated internet access.



TILE

The keywords for tile design now are matte, geometric and textured. Larger format tiles with matte finishes are popular for walls and floors in bathrooms. They provide a polished, sophisticated look with fewer grout lines, which also makes them easier to clean. Matte metallic tiles—whether used on their own or mixed with other tiles—also provide a modern look. These brushed or textured tiles mix well with a variety of color palettes.

Geometric tiles are back. You can find hexagons, chevrons, diamonds and more in a variety of colors and textures that give them a modern look. Timeless subway tiles get a fresh look in larger sizes and a variety of colors. Consider installing them vertically and mixing colors or using a contrasting grout color.

Textured tiles in all sorts of shapes and sizes add interest to rooms. A few popular ones include tiles with a wood grain, sculptured tiles that provide a wavy effect and tiles with stone textures.



FIXTURES

Shiny metals have been out of favor for kitchen and bathroom fixtures for a while. Stainless steel and brushed or satin nickel have dominated, and they remain popular. However, for a more modern spin, look for designs in brushed gold or matte black finishes. Matte black adds simple elegance and works with any color scheme. If you're not inspired by a dominantly black kitchen or bath, adding a black faucet or some hardware might be the way to incorporate the black trend.

The brushed gold look is soft and elegant and pairs well with just about any color, adding a contrast to black cabinets and a subtle compliment to the dusty pastel shades and creamy whites. ♦

Analiese Kreutzer is a freelance writer. She can be reached at AnalieseKreutzer@gmail.com.



A Spa-like Master Bathroom

By Linda Barrett



Turning your master bathroom into a functional and welcoming space could be as simple as adding special features, or as dramatic as this full remodel.

Mary and Vince Williams hired Schroeder Design/Build to remodel their two-level master bathroom into a spa-like retreat in their Herndon home. “When we built the home in 1991, we opted for a big master bathroom. And although I like the fact that it is a big space, it wasn’t very functional for our current needs,” Mary said. For example, they did not like having the commode area on a different level than the sinks, the shower was too small, and the dormer cabinet had no use at all. They also dreamed of adding an upstairs laundry.

In conjunction with the Schroeder design team, the Williamses carefully considered each element in their bathroom design, right down to where the towel bars were placed. They relocated the existing vanity to the upper level to create a “dry” area and located the tub and expanded glass-enclosed shower in the lower, or “wet” level. They also added three locations for extra heat when needed, improved the lighting, increased functionality with the European laundry, and included extras like a timed

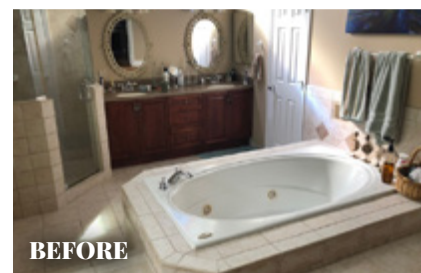
vent fan near the shower. Countertops were made deeper and the electric fireplace was relocated near the freestanding tub to create a warm and spa-like retreat. Their award-winning project was completed in 2020.

Mary Williams, a residential Realtor with Sampson Properties, looked at the resale value too when determining the new design. “Things need to make sense in how the space functions, and potential buyers need to immediately see how the space can work for them on a day-to-day basis.”

“If you know what you want and are rebuilding in place, you can use a contractor or a skilled tradesperson. When you need design guidance or functionality help, look for a remodeler with the word ‘design’ in its name. Working with our professional design/build firm also helped us stay within our budget.”

Determine the Goals and Budget

“Figure out what your goal is,” advised Andrew Schroeder, CEO of Schroeder Design/Build, Inc. “Is the home going up for resale? Is the bathroom falling apart? Do you want to create a pleasant area to spend



time? Some people are bath people, and want a beautiful space to linger in, while others want to shower and get in and out as quickly as possible. Know your intent before designing your master bathroom.”

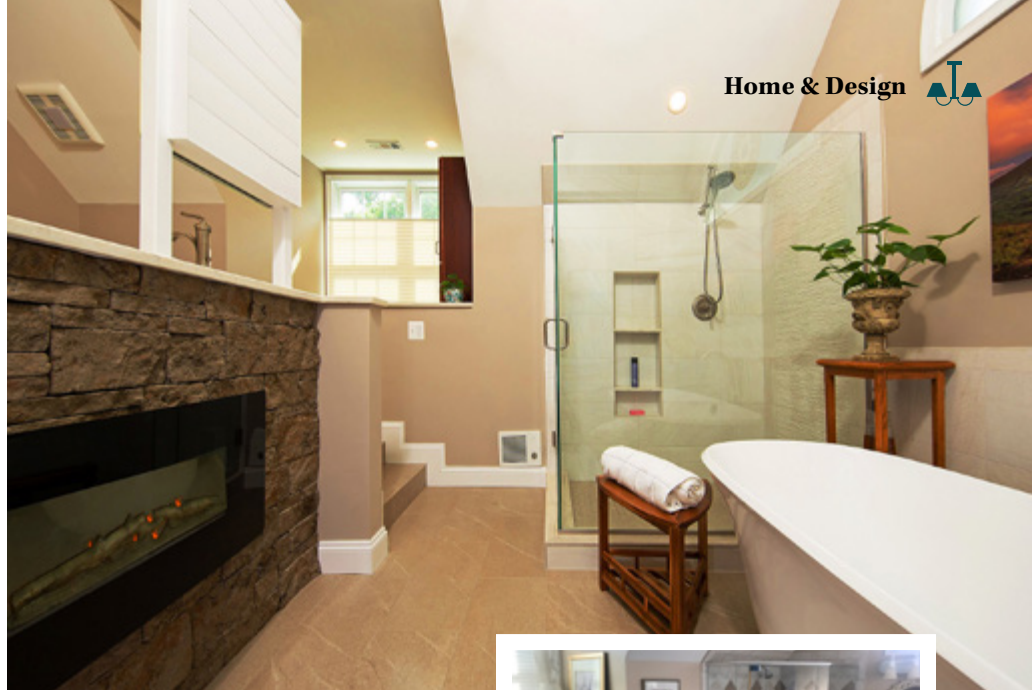
Budgets also come into play. “On almost every project we work on, the clients’ desired don’t align with their appetite,” he continued. “The most successful route we’ve found is to show the clients the most economical solution for the budget they want to spend, and also show them the budget for the design and layout they really want. To reach those goals and aspirations, what does that budget take? It’s really an educational process. By far, the number one key to success is to create a relationship between creativity and budgets. The evolution of design needs to go hand in hand with budgeting.”

Prioritize Shoulds and Could's

A design/build team will help prioritize what should be done and what could be done within the budget—the “must haves”

vs. the “nice to haves.” Then you can start adding on the niceties that enhance the room. Determine the thought process behind each item and work with the design team to help make appropriate decisions. In the Williams case, the couple wanted medicine cabinets in the vanity mirrors. This posed a design challenge of how to physically support the cabinets since they were not wall mounted, while keeping views open. Schroeder’s competent design team devised a custom solution.

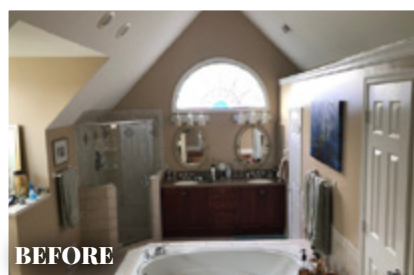
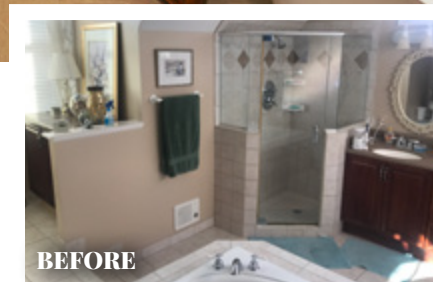
“Think the project through to its day-to-day functionality and usage,” Williams advised. “We put the materials selections inside the space where they are going to be installed and observed them at different times of day. Keep in mind that after 10 years, you have to look at those selections and ask ‘does that still work for me?’ You don’t want them to go out of date style-wise. If the remodeler has the word ‘design’ in its name, trust that they will give you some design guidance.” The Williamses worked closely with the Schroeder architectural and interior design teams to create the master bath of their dreams that will provide them with comfort and beauty for many years to come. ♦



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- ✓ Cathedral ceiling



Ride and Shine Bicycling: Trailblazing Women

By Kari Cannistraro

For reasons unknown, I became strangely captivated by the Tour de France one summer years ago while flipping TV channels. This international cycling battle of endurance, agony and exhilaration became an annual obsession for me that began to impress itself into me and left me wanting more.

But spectating 21 stages of the world's most exciting bike race is too sedentary an experience, so I would join the action atop a cheap lime green beach bike perched in front of my TV on a bike stand. The French countryside whizzed by in a blur as I outshined the competition and furiously pedaled my Walmart special—complete with a front basket, sparkling tassels and a pink bell.

But the day after I joined the Tour de France winner in a champagne toast as we coasted into the Champs-Élysées in my living room, I was left with a nagging emptiness and an urge to continue the cycling euphoria. It was time to take it to the streets!

I soon discovered why Tour de France competitors don't use beach bikes with pedal brakes on the torturous mountain stages. The local roads also appeared too perilous

for a novice biker, so my cycling limitations consigned me to neighborhood sidewalks.

Replete in a kaleidoscope of colors, I seemed to get lots of smiling attention and assorted smirks from drivers during my rides. At one point, my husband beeped in passing and said it was refreshing I didn't care that I looked like I was recently turned loose from the circus.

New riders trying to broaden their biking journeys should anticipate the terrain, understand the level of safety, and know what to expect as they navigate the trails.

But with persistence and practice came budding knowledge and cycling expertise. As I researched and immersed myself into the world of bikes, I found a good home for "Limey" with one of its admirers. I equipped myself with a hybrid bike and less garish accessories. It made me poorer in the pocketbook, but I was abundantly richer as a rider.

When I pulled on a professional looking Mitchelton-Scott bike skinsuit—the kind they wear on the Tour - I really looked the part, and my newly kindled biking dreams began to come alive. I was feeling pretty special, and imagined myself as the famous cyclist Peter Sagan.

But the first week, as I was riding "tall in the saddle" in my new professional get-up, I turned a corner too fast and tumbled off my steed, breaking my collarbone. The onset of the pandemic further coated my recovery in gloom. Tail between my legs, I licked my wounds and plotted my glorious return.

Some excruciating weeks later—and before any reputable physician would have permitted—I finally rolled my bike outside and emerged from my dispirited isolation.

It took time before my body allowed me to pedal much more than a mile, but I began to extend my territory to longer rides. Google map bike routes, and Trail buddy helped me extend my horizons and I mapped out routes, strapped my Trek bike on my bike rack and headed off to a new trailhead. I planned to conquer the 40-mile Gerry Conolly Cross County (CCT) trail—between



Occoquan Regional Park and Great Falls—in sections. From the Park, the ride begins near the old Lorton prison workhouse that was recently converted into an Arts Center. In that section, the ride takes you under the historic Barrel Bridge built by prisoners, and into the rustic interior at the southern edge of Fairfax County. I delighted in horse farms, deer sightings, a picturesque lake, and streams amid huge boulders. It was beautiful!

My enthusiasm for my quest mounted as I explored the bike trails, but I noted that very few women were out on their bikes. That seemed a little odd, though I would soon understand. Over the next few weeks, as I fully recovered from my injury, I pieced together the CCT sections encountering steep and hilly parts, crossing major highways, and dealing with somewhat treacherous terrain in parts where weather or woods helped test me and sharpen my skills.

Just past Oakton, near Oak Marr Park, the lack of signage confused me into a wrong turn that momentarily led me to believe I should compete with traffic on a busy single lane road. Once re-established on the CCT and back in the woods, overgrown thorny vines snagged my clothes as I rode by. Those thorns were the likely culprit when I soon discovered a punctured tire and my ride came to an unplanned and ignominious standstill. Great! With no one around, no spare tire, no patch and devoid of bike maintenance skills, I felt vulnerable. I took out my mace spray and began walking my



wounded bike back to the car. I had been sorely unprepared for the terrain.

Why aren't there more females out on the bike trails? When a woman enters unfamiliar territory, she needs to know it's safe to proceed. A visual trail breakdown might help preview the conditions and rigors of the trail and help a cyclist anticipate precautions to observe.

We all know the health benefits, but we don't necessarily know about the beauty and hidden treasures tucked along the paths out there. Experiencing isolated splendor should not come at a cost. New riders trying to broaden their biking journeys should anticipate the terrain, understand the level of safety, and know what to expect as they navigate the trails.

I'm a professional videographer with my own company (VideoMagic.video), so it was

natural to attach a GoPro on my bike, join forces with a female accomplice (who happens to be a serious biker and fellow videographer) and create a visual taste of what to expect on the trails. We became "Ride and Shine Trailblazing Women" and filmed on bike paths in McLean, Reston, Falls Church, Vienna, Arlington, Alexandria, Burke, DC and all around Fairfax County.

What we saw was sometimes breathtaking in its beauty or even startling with

pervasive wildlife. There is much to be learned of our deeply layered historical area. Not only remnants of the Civil War are scattered about, but archeological evidence of Native Americans. There are neoclassical ruins, gold mines, horse farms, birders' sites, a castle, treasure hunters' caches, and colorful art sculptures, breweries, dinosaur tracks and so much more.

continued on page 74



Hunt for Outdoor Art *at National Harbor*

By Linda Barrett



All Photos credit: Linda Barrett

If you're missing museums and looking for a fun way to get your "art fix," travel no farther than National Harbor where a number of outdoor art installations are readily available for viewing and photo ops.

Wander on your own, or text ACNH to 56512 and plug into a scavenger hunt and an interactive guide to the outdoor art installations located around National Harbor. There is a wonderful combination of sculptures, statues and murals just waiting to be found. See if you can find these during your visit:

The Awakening

Rising from the sand at the waterfront is "The Awakening" by J. Seward Johnson. It is composed of five cast-aluminum pieces representing a human figure rising from the sand. The entire piece is more than 70 feet across. It is the centerpiece of this riverside community and a perfect place for children to play.

The Beckoning

At the drive-in entrance is "The Beckoning," a sculpture by internationally-renowned artist Albert Paley. Made from corten steel, this abstract structure towers 85 feet into the sky and symbolizes the emergence of this new city from the banks of the Potomac River. Paley also created the gates at the Enid Haupt Garden (Smithsonian Castle) and the National Cathedral. He is the first metal sculptor to receive the Lifetime Achievement Award from the American Institute of Architects, the highest award the group bestows on non-architects.

The Eagles

Albert Paley also created "The Eagles," a pair of 4,500-lb stainless steel eagles overlooking the Potomac River from National Harbor's main plaza on American Way. Perched atop 60-foot poles, each eagle's wingspan measures fourteen feet across. They look like they're ready to fly across the river!

Five in the Wind

Local artist Norman Green's cast-stone statue "Five in the Wind" sits along the riverbank depicting five people leaning against each other for support on a rock against the river's wind.

Maryland's Bounty

Lining the steps from the Belvedere, and reminiscent of Rome's Spanish Steps, are two metal and two mosaic murals titled "Maryland's Bounty." Created by Cheryl Foster, they symbolize Maryland's tie to the Chesapeake Bay. On the first panel, locate the Eastern shore crab picker; two giant hands holding a 6' crab; a black crappie fish; a ship's captain with a basket of clams and oysters; and a rockfish, the state fish of Maryland. On the second panel, look for a youth holding a basket of pumpkinseed fish, bass and a yellow perch; Carl White, the commissioned Admiral of the Chesapeake Bay holding a shipwright's wheel; and a Boatwright (ship builder) holding oakum (tarred fiber) as he builds a ship's deck.

Maryland's Winners

Two 25' x 6' panels comprise Foster's "Maryland's Winners," an aluminum, copper, brass and stained glass sculpture depicting famous winners. The first panel depicts the only father/son racehorse duo to win the Triple Crown (Gallant Fox in 1930 and Omaha in 1935). The second depicts the three oldest skipjack boats in the Maryland fleet, the skipjack being Maryland's state boat and a symbol of the Chesapeake Bay's heritage and culture.

The Belvedere

Look to your feet to view the spectacular terrazzo mural on "The Belvedere" at the top of the Spanish Steps to the waterfront. The 1,600-square-foot terrazzo by artist Steven Weitzman includes more than 70

elements of local history and lore portraying the history and geography of Maryland, Virginia and Washington DC. Hunt for images of George Washington and Thomas Jefferson.

Tool de Force

Once housed at the National Building Museum, "Tool de Force" is a 12 ½-foot sculpture representing some of the tools used in the building industry. It was donated to National Harbor in 2013.

Life-Sized Statues

Wander away from the waterfront up American Way to be met at each block by life-sized and realistic statues of some of the people who made America the great country it is.

Bronze statues include: George Washington, Abraham Lincoln, Frederick Douglass, Franklin Delano Roosevelt, Winston Churchill, Dwight D. Eisenhower, Louis Armstrong, and Henry Ford. Famous quotes are etched into the sidewalk, along with fun quips like, "I cannot tell a lie, I do not want to shake your hand today" near George Washington's outstretched hand and "Four score and six feet away," near Lincoln.

Don't miss the opportunity to take pictures with some of the more colorful statues located along American Way. Rosie the Riveter, Marilyn Monroe, "The Kiss," and "Bag Lady," will both delight and inspire you. Near the waterfront, four military statues depict the branches of our armed forces.

National Harbor, Maryland is located just across the Woodrow Wilson Bridge along the Potomac River and is a world-class dining, shopping, residential, commercial and recreational destination. It is home to the Capital Wheel, the MGM National Harbor resort, Tanger Outlets as well as its outdoor art. ♦



JeanAnne Roberts isn't the typical contestant that comes to mind when you mention beauty pageants. For one thing, she's not 25. For another, she has a husband and two adorable children. At age 55, she is the reigning Mrs. DC America.

JeanAnne's Journey

How did your journey begin?

Because of my love of dance and modeling, I signed up for two pageants in high school. I won the crowns for Miss Mingo County and Miss Magnolia Fair. My grandmother could sew anything and made a life-sized boxing dummy and red silk boxing shorts for me for my dance routine to *Eye of the Tiger*.

As Miss Mingo, I was eligible to compete in the state's Junior Miss pageant, which is connected to the Mrs. America system. This pageant was based on 'beauty and brains' and I did not realize what it entailed. I did not even place. It broke my heart and I closed the door to that dream when I lost, never realizing I'd have the opportunity to compete again.

The Journey to the Title

Meet JeanAnne Roberts, **Mrs. DC America**

By Linda Barrett

What happened next?

I earned a B.A. in speech communication from Marshall University and pursued a career as a flight attendant, traveling to more than 20 countries. Then I met my husband and stayed home for 12 years with my children, Joseph, now 13 and KellyAnne, 12.

How did you come to be involved with the Mrs. America pageant?

I did some modeling throughout my 30s and at the age of 40, came in second for the 'Face of Avon.' The passion for modeling was still in my heart, and at 52, I signed with two New York modeling agencies and appeared in five national campaigns that year.

Locally, I was selected as a model for a fashion/beauty segment on Fox 5 TV along with Raquel Riley Thomas, an award-winning producer, pageant queen and beauty/fashion expert. She happened to own the Mrs. DC Pageant and told me that if I ran for Mrs. DC America, I could win. I thought it was insurmountable, but she encouraged me to apply anyway. When I learned the pageant cost \$700, I let it go.

In the spring, I was asked to model on another fashion special and

Raquel approached me again. I decided I would do it and would find sponsors. My family dentist Dr. Kevin Bunin paid half and a girlfriend Kathy Keller paid the other half. I truly believe that God saw that dream in my heart and opened the door to it. And here I am, standing here today as Mrs. DC America.

Platforms are important in the pageant system. What is yours?

My platform is mentoring young girls to become future leaders through the Girl Scouts of the United States of America. As a former Girl Scout, I have a personal connection to this organization. My daughter is following my legacy as a Girl Scout as well. I'm the troop leader. Interestingly, the Girl Scouts were founded in 1912 by Juliet Gordon Lowe at age 55—the same age I am now.

How often do you wear the crown?

Every Friday when the Girl Scouts come to my home! Normally, without COVID, I would be making public appearances. I did do a virtual Fourth of July parade and I've visited some embassies. Over the holidays, I was invited on a White House tour and wore my crown there. I had my photo taken under a picture of Laura Bush—a former Girl Scout.

How are you preparing for the national Mrs. America pageant?

The pageant is 50% Q&A, 25% gown and 25% bathing suit, and I have a team of people helping me. I work out two times a week with strength training, and two times with cardio training. I also do a physical assessment every six weeks. My nutritionist has given me a plan where I eat 3-4 times a day a certain amount of protein, carbs, fat and vegetables. It tells me exactly what to eat and how much. I have a walking coach, because when you go on stage it's like a dance routine. You have to know how to be graceful and elegant, and to walk properly.

So many doors and blessings have opened for me. For example, when I won Mrs. DC America, my interview coach called me and said "I believe you have a chance to win this," and offered to train me complimentary. When I went to buy my pageant gown at the Déjà Vu Boutique in Maryland, they sponsored me for my couture gown.

I also have to thank my sponsors: Raquel Riley Thomas Beauty and Maria Raquel Thomas Cosmetics; my dentist Dr. Uzma Ansari; my dermatologist Dr. Afsheen Ather; professional makeup artist and organic spray tan specialist Marta Bota; master stylist Artyce Dozier at Hair Meets Art; pageant photographer Rory Cox; and Fitness Central in Georgetown. Personal sponsors include life coach Beth Miller; Bellina Lambdin; Georgia Griffith; Anne Roberts; NY photographer David Kattein and his wife, makeup artist Lena Kattein; and acting coach Cheryl Rhoads.

What do you want to do as Mrs. America if you win?

I want to connect with every ambassador from every state to grow the Girl Scouts. And I want to educate young people about substance abuse—education and awareness are the two keys to helping the youth of our society. I also want to speak to women's groups to lift women up and tell them that they can be whatever they dream. The only person stopping you is yourself.

I have been preparing for this moment since winning Mrs. DC. I'm on a mission now and I give a million percent when I have a dream and a passion, and do everything in my power to be the best I can be. I truly want to win this crown, and not just for myself. I have such a deeper purpose.

Do you have advice for others?

Don't let anybody ever tell you you can't do something when you have a passion and a purpose for the good of the community and the world. You are going to be a success if you just persevere. Sometimes you have to throw caution to the wind and just go for it.

JeanAnne Roberts will compete for the title of Mrs. America in March 2021 in Las Vegas. ♦





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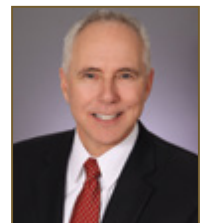
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Selling A Home Over Winter

By Casey Margenau



At this time of year many people ask me, “Is it a good idea to try to sell my home over the winter?” Now, this year is very different. However, my answer is still very much as I might have said in years past.

Over the winter months there are fewer buyers looking to buy but they tend to be more serious. In our market, as things stand this year, it is very much a seller's market. Homes, especially those under \$1.3 million, are selling in days, not weeks or months. Buyers are competing with others that may have lost deals, even when offering over the asking price. This is very frustrating, to find a great home, only to have someone else scoop it up right before your eyes. So, if you are a buyer, looking in the winter months may help you get the home you want, without as much competition. So this fall, winter, and early 2021, will probably be the last chance to get a lower price on any real estate that you might be looking for. As spring arrives prices will

increase along with the competition. The fact is that there are not enough homes to satisfy the demand that has been created since the onset of COVID.

You see, COVID has highlighted “The Home” as a much more important part of life. As I had said at the very beginning of the COVID crisis, “After people are stuck in their home for weeks on end, if they already don't love their home, they will hate it.” The market boomed 2 months after the start of COVID-19. People want larger homes, larger lots, and more features. With that said, 2020 in Northern Virginia's single-family home market has been its best market ever. This market has also played into the demographics of the homeowners. The last boom in the housing market was

driven when the Baby Boomers hit their prime home-buying years, there were 80 million of them. Now the Millennials are at their prime home-buying age and there are 90 million Millennials. Along with the Baby Boomers, who are now downsizing, this makes for the long road of demand for new housing.

The market is at a point where there is so much demand and there just has not been enough home building to supply all that demand.

So if you think it is time to sell, this fall has a lot of concerns and considerations that you need to look for, especially this year with the election. This is the suburb of Washington DC and that means many

buyers are going to hold off until after the election. But that is coming soon. Now the other thing you need to think about is that we are living in a world with COVID, and to sell your home now, you need to have your home available to show to strangers. This can be worked out, most Real Estate Agents know how to protect you and your home, but it is a concern. Then you need to think about people looking at your home in rainy or even snowy weather conditions. That winter weather can get brought into your home. Now most people are very courteous when going to look at homes, but things happen.

Another thing to think about is how are you going to deal with the holidays? This is a very international city, with people of all faiths and cultures. So your holiday and theirs may not be the same. You will need to understand when buyers want to look at your home and all you want to do is enjoy family holiday time.

Here is my advice on this matter. If you need to sell quickly or your home is vacant, then you put your home on the market. If your timeline is no big deal, then we may need to talk about your plans, and maybe it is better for you to hold off until spring.

I can say that there is no inventory on the market now and selling when you don't have competition is always a great time to sell and if you don't get your price then you still have the spring market to fall back on. We don't have any guarantee that prices will improve, although I do believe that will happen. However, since it is all over the news that the housing market is good, you could get a lot of homeowners putting their homes on the market at the same time. If this happens and a lot of inventory of homes come on at your price range, then you may not have pricing power. A good example of that was June, July, and August of this year where prices were nuts and now the prices have come back to normal. I cannot stress more that everyone's circumstances are different and if you want to go over yours, I am always open to talk or call your real estate agent and get their opinion. Whether you sell this fall, winter, or wait for the spring, the market is very good right now.

You should have great success,

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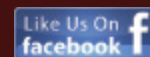
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Award in 2018 from the NVAR Top Producers Club and is a Life Member of the NVAR Million Dollar Club. In 2017,

Gloria also received a TTR Sotheby's Special Achievement Award for Sales Accomplished. Gloria moved to McLean, Virginia 25 years ago from the Texas/Oklahoma area. Prior to starting her career in real estate, she worked for the Congressional Budget Office on Capitol Hill, the Brookings Institution, and two Presidential Commissions, solidifying her grasp for the missions she serves so well. She developed a love for the real estate business and her reputation among her peers and customers alike is a testament to her desire to go that "extra step" to ensure a satisfied client.

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Ginger P. King

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

Specialties:

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Richie Hanna

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Richie is an award winning sales professional that has worked in the sales/customer service industry his entire adult career. Over 20 years of sales experience perfected his skills needed to not only achieve his client's expectations but exceed them! Acquiring knowledge of schools, commute, surrounding amenities, and indispensable business relationships supplies him with the ability to help you buy or sell with the utmost confidence. If you are looking for a Real Estate Customer Service Expert that sets their expectations high, is totally up front with you, thrives on customer satisfaction, and is a fearless yet effective negotiator then "Real Estate Richie" is the right agent for you. Richie takes great pride in the relationships he builds and always works relentlessly to ensure his clients best interest!

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Lori Shafran

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In every real estate transaction, her focus is to meet and exceed the needs of her clients. She is committed to providing personalized sales support with attention to detail and responsive service—working closely with each buyer or seller to carefully understand their specific goals and needs of home ownership.

Whether the purchase or sale is a single-family home, townhouse or condominium, she provides clients with the information they need to make wise investment decisions in buying or selling a home.

Her background in real estate settlements is a powerful asset to both her selling clients as well as purchasers. With an in-depth understanding of the settlement process as a former settlement agent, she is able to share this knowledge and successfully guide her clients through all phases of selling or buying a home— from contract to closing.



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

Specialties:

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Top 10 Most Expensive Homes Sold in Northern VA

Sold in November, 2020



22781 CREIGHTON FARMS DR

Leesburg, VA

Architecture: **French, Other**

List Price: **\$5,100,000**

Close price: **\$5,500,000**

Nestled within the gates of the exclusive, award winning Creighton Farms community is this one of kind masterpiece designed and built by top builder, The Galileo Group. Situated on a majestic, 3+ acre, \$1.5 million premium lot, this remarkable Estate home boasts every update and luxurious appointment imaginable and offers breathtaking mountain, water and golf course views. The owner has put in over \$2.5 million into creating a truly phenomenal backyard oasis, which includes a gunite pool, pool-house with full bathroom, Gazebo with fireplace.



405 CHAIN BRIDGE

Mclean, VA

Architecture: **Other**

List Price: **\$28,750,000**

Close price: **\$24,000,000**

Greater Washington's second most expensive house on the market isn't even a house yet. River Point, a 3-acre plot next door to late the AOL co-founder James Kimsey's former residence, is being sold with a complete set of building plans for an approximately 30,000-square-foot house. The site at 405 Chain Bridge Road encompasses three separate tax parcels overlooking the Potomac River.



10250 AKHTAMAR DR

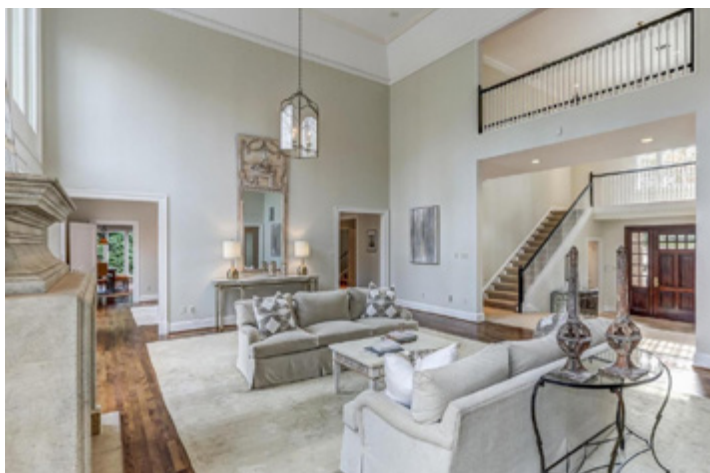
Great Falls, VA

Architecture: **Colonial**

List Price: **\$4,600,000**

Close price: **\$4,000,000**

Sited on 5 acres at the end of a secluded cul-de-sac in one of Washington, D.C.'s most popular suburbs, this extensively renovated estate called Chateau les Etoiles is TRULY SPECTACULAR! As the former home of a telecommunications company CEO, the property's high tech elements integrated into living and entertaining spaces include Lutron lighting and Sonos sound systems, a security system with gated entry, Cat5/Cat 6 cable wiring, smart thermostats and a Generac backup power system. The estate's interior and exterior living spaces span over 21,000 square feet and are designed for comfortable family living and large-scale entertaining with easy flow from indoors to out.



6470 KEDLESTON CT

Mclean, VA

Architecture: **Georgian**

List Price: **\$3,495,000**

Close price: **\$3,225,000**

Incredible Price Improvement and Opportunity! Kedleston is the unquestionably the best value in sought-after Langley! This stately residence is situated on a prime, 1-acre site and reflects timeless, Georgian architecture in simply the finest location in the region. The modern interiors and systems have been renovated and updated by BOWA Builders to capture the best of 21st century living and amenities for a modern family.



1103 FINLEY LN

Alexandria, VA

Architecture: **Colonial**

List Price: **\$2,999,000**

Close price: **\$2,900,000**

Vacation at home! With the heated swimming pool, large home gym, numerous outdoor terraces and views of nature everywhere on this 1.3 acre estate, everyday can be vacation. With over 10,000 finished square there is plenty of room for everyone including house guests. Stroll through the landscaped gardens, take a swim and relax in privacy by the pool. Looking for a longer walk - enjoy walking through the quiet and beautiful neighborhood which includes the estate homes of the enclave of Finley and Maury Lanes.



8287 ALVORD ST

McLean, VA

Architecture: **Contemporary, Traditional**

List Price: **\$3,099,999**

Close price: **\$2,885,000**

Cherry Hill Custom Homes has taken a steadfast approach to preserving and enhancing this prestigious McLean, Virginia estate. A private tree-lined driveway leads to a custom, all brick home, nestled among almost 2 acres of mature, expertly landscaped grounds. The family room is enhanced by a wood-burning fireplace, coffered ceilings, and French doors that lead to the stone patio.



623 RIVER BEND RD

Great Falls, VA

Architecture: **Colonial**

List Price: **\$2,795,000**

Close price: **\$2,700,000**

You can tell this is a home of distinction the moment you walk through the hand carved double front entry doors and step into a grand foyer with 20 foot ceilings, white marble floors with a black marble border and an intricate inlay center mosaic. This all is set off with the center piece marble circular staircase with custom rod iron railings.



11625 VERNA DR

Oakton, VA

Architecture: **Colonial**

List Price: **\$2,495,000**

Close price: **\$2,500,000**

Offers 7,900+sqft, 5bedrooms, 4.5 bath, walk-out basement that leads to a dreamy cabana that over sees the heated, salt water pool for hot summers, and did I mention the pool is zero maintenance. Floor plan expands out on main level to offer your family and guest an open lay out that is perfect for hosting and entertaining. This home will blow your socks off!



438 DRUID HILL RD NE

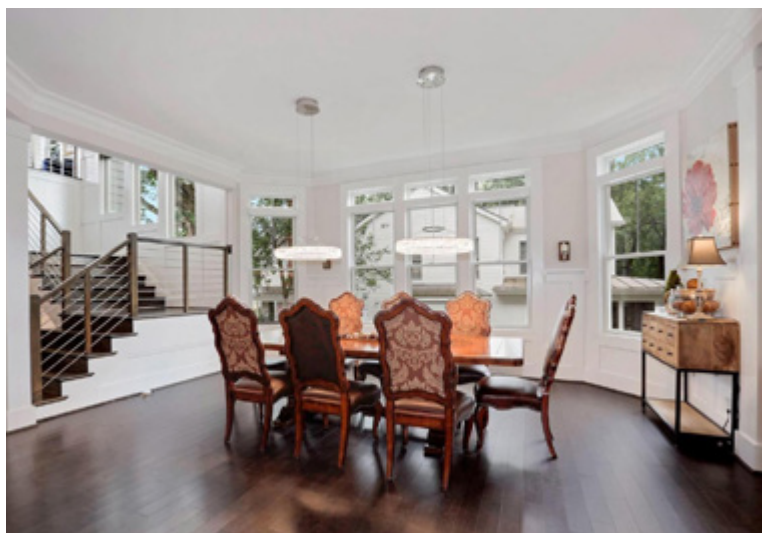
Vienna, VA

Architecture: **Traditional, Transitional**

List Price: **\$2,569,000**

Close price: **\$2,450,000**

This STUNNING, exquisite, beautifully constructed house is the home of your dreams. Located in the Town of Vienna and discretely positioned on a quiet, no-through road, in one of Vienna's most prestigious and sought after neighborhoods, Beulah Heights. Stepping inside, the interior reflects the traditional and transitional designs of Stahl Homes. You will be captured by the classic elements of modern design while incorporating the details of timeless luxury.



1221 STUART ROBESON DR

McLean, VA

Architecture: **Colonial**

List Price: **\$2,600,000**

Close price: **\$2,400,000**

\Framed behind the Central Fountain & Gardens is this stunning all brick home with arguably the nicest setting in the development. The elegance inside includes a large and dramatic two-story foyer framed with extensive moldings & Carrera Marble flooring. Within a block of Downtown McLean, and the CIA, and two lights to DC, this location is truly very special and a rare opportunity in McLean's premier townhome community.



Bazin's on Church

A Touch of Magic

in Vienna

by Allison Chase Sutherland

Ten years ago, I stopped in for lunch at one of everyone's favorite neighborhood Vienna restaurants, Bazin's on Church, and spied a glossy new publication which caught my eye at the entrance. This was my first encounter with Viva Tysons Magazine. I was enamored with the idea of a hyperlocal magazine highlighting all of what we want to know about our own little neck of the woods. I enjoyed featuring our nearby restaurants and then embarked upon a journey to share my discoveries of nearby—and a few faraway—travel destinations with our wonderful readers. Sixty articles later, the rest is history. You can still check out past articles at vivatysonsmagazine.com under digital issues. So many great places to explore—and in due time, we will again more fully.

But in the meantime, we scale back. We bolster those places that have backed us the whole time. And one of those places is Bazin's. Over the last 15 years, Patrick and Julie Bazin have been a cornerstone of the community. Every little league team and group has knocked on the doors of our



neighborhood restaurants, and Bazin's has been particularly generous, answering the call by continually donating to important organizations and causes—including every school in the Vienna vicinity. They have also lent support to our important local institution, The Women's Center, which celebrated an important milestone just last year—45 years of helping the community.

In trying times, people search for ways to contribute to the solution. It's an empowering feeling which we all need more than ever right now. It's our turn to give back to

the community we love. It's time.

Toward the end of 2020, Bazin's was safely operating at half-capacity, and the spacious patio was open, which is bigger than the entire interior of the restaurant. "The local ladies have supported us like no one I've ever seen. With coats and hats and blankets on their laps," notes the appreciative Julie Bazin.

Embrace winter, like the Danish concept of hygge by creating a warm atmosphere and enjoying the good things in life with good people. When protocol permits, bring a Rustic Hearts or other comfy blanket along. I recently brought my Wolf Trap blanket. The patio was transformed into a winter wonderland, all decked out for Christmas, complete with propane heaters. Pending further notice, it is still doable with gloves, hats, and scarves, as outside is safer.

Bazin's will be closing on upcoming Sundays for the winter months, but stay tuned for Sunday Funday Vibes and Football To Go with Italian sausage and pepper subs,

BBQ pork sliders, and filet mignon sliders. But the safest of all is to Bring Bazin's Home. The to-go has always been there. And that's my go-to right now. Ask around to see what everyone wants and then make a run to Bazin's. Build your own Bazin's Family Meal. While you're at it, pick up something for someone you care about. Make some welcome drop-offs to surprise your favorite foodie friends and elderly neighbors. You'll be the most popular person in the neighborhood.

I decided to assemble a very special dinner for my favorite elderly foodies—my 89- and 92-year-old parents. “Gourmet food coming through the door with my daughter was a nice touch. My daughter is a gourmande, and it was beyond my expectations.”

My mom, author of a self-published cookbook *The Mark of the Master Chef* and a long-running cooking column in the Delaware State News, is a foodie in her own right. My dad really loved the brisket. I glanced away and when I looked back it was already gone. It was a real treat for them. And caramelized onions and bacon enhanced the already savory filet mignon.

Bazin's contemporary American menu features organic and seasonal ingredients. This freshness made a welcome appearance in the deliciously light burrata salad. One signature dish, the tantalizingly tender Maple-Miso Chilean Sea Bass with wasabi mashed potatoes, baby spinach, and a tamari-ginger sauce, presents a perfectly balanced flavor profile and is a dish to return for. I know I have. My mom concurs. “The fish was delicious. There was a certain finesse to the preparation.”

Coming up virtually, Bazin's Market will be featuring menus including selections like gluten-free Brazilian cheese rolls (pão de queijo) and spinach and ricotta lasagna. Call to place orders by Thursday at 703-255-7212 and pick up every Saturday afternoon.

Bazin's now offers sauces to go, the likes of time-consuming, intricate red wine reduction sauces with homemade veal stock

that you wouldn't attempt at home, but that would make all the difference in your favorite recipes.

And stock up on soups by the quart. Load up your freezer for the winter and conveniently pull them out to enjoy whenever you like. And with rotating selections such as jumbo lump crabmeat and corn chowder, porcini mushroom soup, and butter-nut squash soup, you can't go wrong. There was a recent thread on the Vienna Foodies group discussing soups and the porcini mushroom soup was ping-pong off the charts!

I first discovered their magical patio tucked away out back when it was just opening in the spring and plants and trees were being delivered from Merrifield Garden Center. That fine sunny day, I grabbed a basil margarita to go and walked down Church Street for a leisurely stroll, eager in my early support of this new concept, not knowing how long all this would last, but with summer surely on its way.

Now times are different. We have to buckle down and continue to find ways of making everything work for everyone and to sustain our restaurant venues through the winter. One of those ways is to share gift cards with our loved ones and those we appreciate—in the anticipation of future celebrations when the time is safe. Consider it an investment in the future of our town—with palpable and immediate dividends. Way more satisfying than buying a lottery ticket.

There is so much love between these walls. For the last eight years, Bazin's on Church's sister venue Bazin's Next Door has provided a space that is available for private events. Recently they have done micro-weddings. They decorate the space differently for rehearsal dinners and other life moments. The Love sign from Karin's Florist has also remained up symbolically at Bazin's since Valentine's Day. Patrick said, “Let's leave it; we need all the love we can get.”

Love reappears in the rose petals Julie scattered on the back patio for a recent 25th anniversary for one of their most cherished patrons. Whimsical rustic hearts from the

energetic and caring grassroots entity rusticlovevienna.com, spearheaded by Michelle Davila and Trish Alexander, punctuate this charming, cozy outdoor space. “We try to make every moment magical,” says Julie.

And magical it is. Yet saving our most beloved restaurants through these most trying times would be the best magic trick of all. Rustic Love Vienna's mission is to help area restaurants and food suppliers feed first responders and the food-insecure in our midst. All proceeds from their sign sales go to the Vienna VA Foodies, the energetic and enthusiastic group created by Vienna foodie queen supreme and ultra-altruist Lydia Russo. A bigger heart you will not find.

Thank you to everyone who has supported anyone. You have made a difference in the lives of so many. And you have inspired and uplifted them as well. So toast to yourself and whatever good-food-deed you conjure up with a Hot Ginger Toddy from Bazin's, craftily composed of ginger liqueur, Jameson's, honey syrup, and fresh lemon juice. Cheers!

The contributions of citizens such as lovely Lydia and hard-working head of both the VBA (Vienna Business Association) and GMBA (Greater Merrifield Business Association), Peggy Jame—along with many others—represent the very spirit of our community and are deserving of our collective respect and recognition.

And if any town can pull it off, Vienna and its finest foodies will be the ones to do it. This little town has a big, gigantic heart, and it wears it not only on its sleeve, but on the back of its T-shirts, on its facemasks, on its blankets on the laps of the outdoor restaurant patrons, on the bumper stickers or refrigerator magnets – all the way to the ornaments on the Christmas trees (and that's just me!) in the form of all the merch that Rustic Love Vienna sells to generate funds to facilitate the benevolent endeavors of the Vienna VA Foodies.

Just look around at the wooden rustic heart signs all over the neighborhoods. Drive around and count them with the



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Seek and you shall find them everywhere you look in this compassionate corner of the world, manifesting a fierce and unflinching sense of community that defiantly refuses to abandon its own, mustering its unwavering strength and Herculean efforts to simultaneously support (many newly) food-insecure families, our always loyal first responders at the Vienna Fire Station—which has mounted the ever popular Taste of Vienna each year—and the many irreplaceable, treasured restaurants they have included at this ever-popular and always much-anticipated event.

The good-deed-doers are out in force, constantly conjuring up unique opportunities to help at every turn. Some exceedingly generous neighbors have donated \$500 or \$1,000 at a pop to fund the works of this miraculous entity. They heed the call and deliver delicious dinners hot from restaurants directly to those in need. Nothing short of brilliant.

And there is an upswell of camaraderie among our Vienna proprietors, as they exhibit flexibility and creativity to greet each new challenge. "We're all pivoting so much it looks like a new dance! Hang in there, friend and neighbor. Brighter days are ahead!" offers the encouraging Michael Amouri of gathering place par excellence, Caffè Amouri.

What goes around comes around—in this case for good—in this potentially all-win situation. Let's all strive to make that happen. Just think what we can accomplish if we all work together. Dare to envision it.

For in the end, one day—even though we can't yet know when that will be—let us hope that we will be able to gather again with our dear friends and neighbors and collectively chant with great glee—Abra Vienna! And that will be a most magical moment indeed. ♦

Bazin's on Church

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Explore the Middleburg AVA

By Linda Barrett



Just 50 miles outside of our nation's Capital is one of Virginia's fastest-growing appellations, the Middleburg American Viticultural Area (AVA). But how much do you really know about this AVA and its history?

The AVA Inception

In 2006, Rachel E. Martin, then-executive vice president of Boxwood Estate Winery, began the process to establish the Middleburg AVA. In 2008, she petitioned the Alcohol and Tobacco Tax Bureau (TTB), with the facts that there were 229 acres of commercial vineyards and 12 wineries at the time. In July 2009, Martin submitted a modification to the proposal boundary line to include several additional vineyards within the proposed area. It increased the

In 1972, Archie Smith, Jr, owner of the Middleburg-based Meredyth Vineyards, planted the first 2,300 vines. That vineyard later grew to encompass 60 acres.

size of the proposed viticultural area by 1,920 acres, and included 251 acres of commercial grape growing in 10 vineyards and 14 wineries.

The Middleburg AVA was finally granted in 2012 as a 198-square mile region, with wineries located in both Loudoun and Fauquier counties. Its boundaries stretch from the Potomac River at the north, to the Blue Ridge Mountains in the west, to the Bull Run and Catocin Mountains to the east. Today, Virginia Wine reports there are 24 wineries and 229 acres of commercial vineyards within the AVA.

Choosing the name was an arduous process. TTB regulations state that the name petition must provide evidence "that currently and directly associates a name with the proposed viticultural area, and that the area be known locally or nationally by that name." Arguments flew that since Middleburg was located in Fauquier County that Loudoun County would not be well represented, and other names were suggested.

Middleburg AVA Wines

Most of the AVA's wineries are situated around the region's quaint villages in three main clusters: Middleburg, Delaplane/Markham, and Purcellville/Lovettsville. According to Visit Loudoun, there are 40 wineries and tasting rooms in Loudoun County, but not all Loudoun County wineries are included in the AVA, some fall outside its border. An updated winery map of the Middleburg AVA can be found at <https://www.virginiawineguide.net/mash/wine-map-of-the-middleburg-ava>.

Top varieties of wine grown in the Middleburg AVA include Norton, Viognier and Cabernet Franc, and Bordeaux-style blends are popular. Bordeaux red varieties include Cabernet Sauvignon, Malbec, Merlot and Syrah, along with Cabernet Franc. Whites include Chardonnay and Sauvignon Blanc, as well as Viognier.

As far as growing conditions go, much of the Middleburg AVA growing area is between 450 and 550 feet elevation which allows the region to experience a moderate climate. Its warmer lows and cooler highs aid in the grape's gradual development. The soil is free-draining and can lack in nutrients, setting up an ideal environment for growing grapes.

The soil types are divided into four categories, each named after its nearby town.

They include "Middleburg," "Philomont," "Purcellville," and "Tankerville" atop a bedrock of granite and gneiss. Alex Blackburn, a soil scientist, was brought in to evaluate the soil. He described the soils as "being among the best in the Blue Ridge Physiographic Province for fruit production, and grapevines grown in these soils have better quality with few vigor problems because they are lower in natural fertility and in available water capacity than soils outside the proposed region."

What is an Appellation?

According to John Thompson in the VA Wine Notebook, the legal definition of an appellation is "a legally-defined and protected geographical indication used to identify where the grapes for a wine were grown. In order to be designated an AVA, 85% of the wine must have come from grapes grown within the geographical AVA boundaries."

The ruling by the Alcohol and Tobacco Tax and Trade Bureau defines "a viticultural area for American wine as a delimited grape-growing region having distinguishing features, a name, and a delineated boundary. These designations allow vintners and consumers to attribute a given quality, reputation, or other characteristic of a wine made from grapes grown in an

area to its geographic origin. The establishment of viticultural areas allows vintners to describe more accurately the origin of their wines to consumers and helps consumers to identify wines they may purchase." Wineries within the Middleburg AVA can include that designation on their wine labels.

Why Visit the Middleburg AVA?

"The effort to create the Middleburg AVA began right here in Loudoun, with the family who owns Boxwood Estate Winery, just outside of historic Middleburg," explained Beth Erickson, President & CEO of Visit Loudoun. "Several of Loudoun's 40-plus wineries are part of this designation, and what sets this region apart is not only the quality of the wine being produced, but the beauty of the area."

"The experience is also unmatched, as visitors are not only immersed in the wine-making process and history of the vineyards, they have the opportunity to visit nearby historic towns, hike trails, and stay in everything from cozy bed & breakfasts to luxury resorts. Loudoun truly provides the perfect weekend escape."

Why not explore the Middleburg AVA yourself? ♦

Inside the Middleburg AVA

- 8 Chains North
- Arterra
- Aspen Dale
- Barrel Oak
- Blue Valley
- Boxwood
- Cana
- Casanel
- Chateau O'Brien
- Corcoran
- Crushed Cellars
- Delaplane
- Greenhill
- Hamilton Station
- Hiddencroft
- Naked Mountain
- Otium
- RDV
- Sunset Hills
- Terra Nebulo
- Three Fox
- Village
- Walsh Family
- Wine Reserve



Ask an Advisor: About New Year's Resolutions

By Rose Price, CFP® AIF®

What are the Most Important Financial Resolutions I Should Have for 2021?

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

■ Protect Your Estate

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

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

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

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

■ Prepare for the Unexpected

Create an emergency savings account. The best line of defense against

unexpected events is to have a liquid cash fund that can cover at least six months of living expenses or any large, unforeseen bills that are too high to pay out of your regular monthly income.

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

■ Optimize Your Portfolio

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

Review your Investments. Review your investments and make sure you have the proper investment mix and appropriate diversification that aligns with your

goals and risk tolerance. Your Financial Advisor should be able to review your portfolio with you, or if you do not have an Advisor, many online investment accounts have built in tools for evaluating portfolio risk.

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

■ Create a Financial Plan

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

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

Author: Rose Price, CFP® AIF® is a n Advisor at VLP Financial Advisors. She believes that strategic planning is the key to creating, protecting, and growing wealth.

Want to learn more?

Visit: <http://www.vlpfa.com> or submit your question for an advisor to info@vlpfa.com.

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Pets and the Risk of COVID-19

By Tracey Dowdy

Although the Centers for disease control hasn't identified the exact source of the current outbreak of COVID-19, we know that it originally came from an animal, most likely a bat. As a result, many people have wondered if they need to worry about their pets carrying or transmitting the virus to them.

The CDC has assured the public that there is minimal risk to humans from their pets. Dr. John Howe, president of the American Veterinary Medical Association, says, "There have really only been a handful of known domestic animal infections in the entire world. There are reports of a few cats in China, and two dogs tested positive there, too." While pets worldwide have tested positive, the majority became sick after contact with humans with COVID-19.

Buddy, a German Shepherd, became the first dog in the United States to be confirmed positive for SARS-CoV-2, the coronavirus that causes COVID-19. On July 11, Buddy died. Veterinarians found that Buddy likely had lymphoma, though it's unclear whether cancer made him more susceptible to contracting the coronavirus, if the virus was responsible for any of his symptoms, or if it was a tragic coincidence. According to the USDA, less than 75 animals have tested positive, with a small

number of these cases diagnosed in pets.

While public health officials acknowledge they are still learning about SARS-CoV-2, there is no evidence that pets play a role in spreading the virus here in the United States. "Therefore, there is no justification in taking measures against companion animals that may compromise their welfare. Further studies are needed to understand if and how different animals, including pets, could be affected," says the CDC.

If you have concerns about your pet contracting COVID-19, the CDC recommends the following measures:

- Don't allow pets to interact with people or other animals outside your household.
- Keep cats indoors when possible to prevent them from interacting with other animals or people.
- Keep pets on a leash when outside, maintaining at least six feet from other people and animals.
- Avoid dog parks or public places where a large number of people and dogs gather.
- Don't allow people outside your household to touch your pet when you are out in public.

If you or another member of your household displays COVID-19 symptoms, limit contact with your pets and other animals, just as you would with people.

- If at all possible, have another member of your household take care of your pets while sick.
- Avoid contact with your pet, including petting, snuggling, licking, and sharing food or bedding.
- If you must care for your pet or be around animals while you are sick, wear a cloth face covering and wash your hands before and after interacting with them.

It's important to note that animal testing does not reduce the availability of tests for humans.

For more information on animals and COVID-19, see: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/animals.html>

For more information about testing in animals, see: https://www.aphis.usda.gov/animal_health/one_health/downloads/faq-public-on-companion-animal-testing.pdf ❖

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Canine Codependency

By Jan King

When I was younger, we believed that the first sign of mental illness was when people began dressing up their pets. And if this standard still holds true today, then our entire nation is certifiably nuts! Nobody can deny that our society is obsessed with coddling, cooing, and co-depending our pets, especially our dogs. And what's more, this behavior isn't just limited to the empty nesters, either. That I could understand. You're lonely, you're bored, and the next thing you know, you're cross-dressing your pooch—what's the harm?

But now this doggie mania crosses the sanity spectrum to acts like creating Facebook pages for dogs, enrolling our pooches in doggie daycare, indulging in doggie grooming salons where toenail painting and elaborate coiffing happen, and regular visits to doggie spas to rest their precious paws on Serta perfect sleeper doggy beds. Good grief! A dog just isn't allowed to be a regular dog anymore. Now, they're all divas.

What the heck has come over dog owners these days? How many lunches or dinners can a person endure where crazed Doggie Mamas have to rush off after 15 minutes, because Fifi is home alone experiencing extreme separation anxiety? Wasn't it just a few years ago that we would leave our kids home alone for hours with no human companionship but an X Box?

And, what about the doggie vets who are magically becoming fat cats stuffing their tills with booty from everything from doggie downers and puppy uppers to hundred dollar flea and tick collars, doggie dental cleanings, cataract surgeries, and multi-thousand dollar chemotherapies? Not to mention the organ transplants that go for \$20 grand. What's next? Black markets for poochie pancreases? It's like the dogs are getting better healthcare (but not affordable) than any human I know of, dead or alive. Case in point: I know a woman whose husband and dog were gravely ill at the same time, and in her haste to give her beloved his medication she inadvertently stepped on the other's oxygen hose for 5 minutes. Luckily, her beloved recovered, but her husband—that was another story.

Give me a break. For years we had to listen to women who droned on for hours about every facet of their kids' life from their potty-training, to how perfectly they behaved in public, to how exceptionally brilliant they were, and especially how unconditionally their kids love was for them. I don't know about you, but after ten minutes I wanted to kill myself if I wasn't already dead from boredom. And now, I certainly don't want to hear the same torturous stories all over again, but this time about their dogs.

So now that I've set everybody straight on this nutty dog obsession, excuse me but I'm outta' here. I left Grumpy Cat by himself for over an hour, and I'm sure he's having an anxiety attack. ❖



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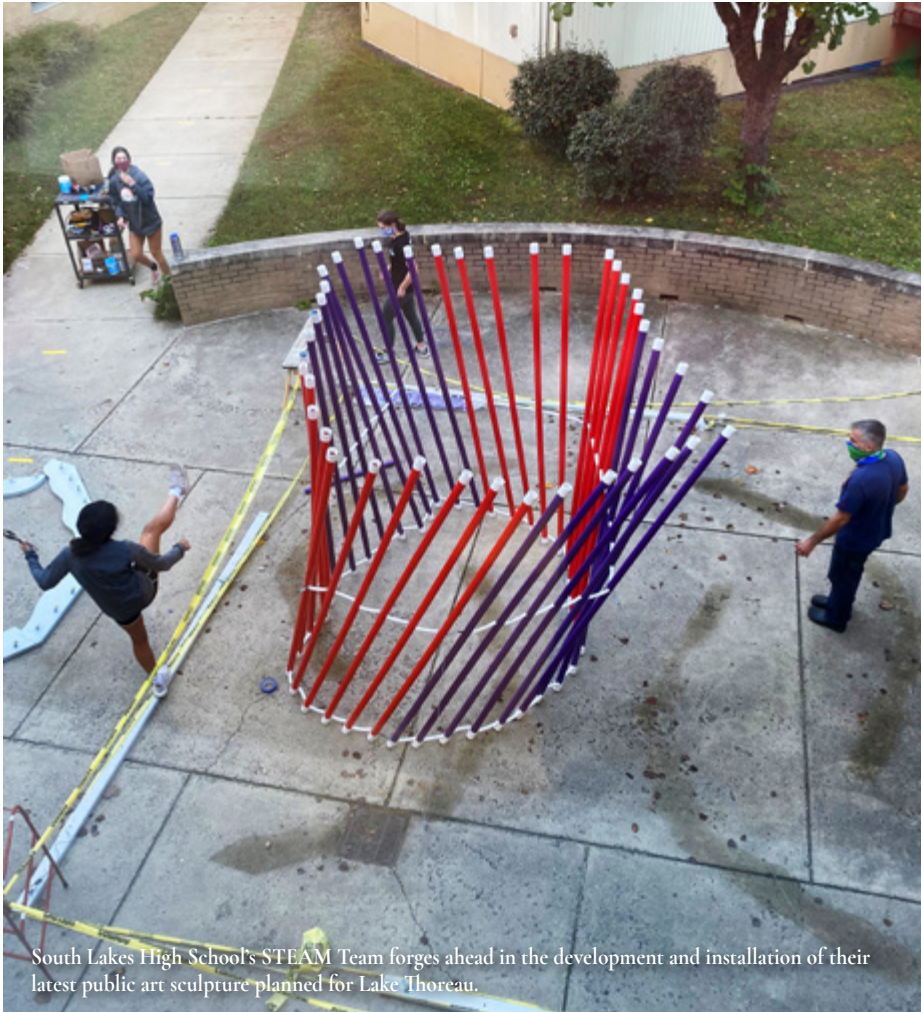
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South Lakes High School's STEAM Team forges ahead in the development and installation of their latest public art sculpture planned for Lake Thoreau.

Despite Covid-19 pandemic and other challenges, South Lakes High School STEAM Team creatively moves ahead

By Phoebe Avery

Even before the school year officially started, members of South Lakes High School's STEAM Team had their new Lake Thoreau public art sculptural installation underway. Enthusiastically supported by Public Art Reston, the Reston Association (RA) and benefactor

James Pan, a resident of Reston's Lake Thoreau community, and vigorously guided by art teacher and working artist Marco Rando, the student team is busy working on its seventh site-specific installation, a visually striking kinetic sculpture that conceals and enlivens Lake Thoreau's drably, utili-

tarian spillway. Construction is scheduled for completion on Dec. 30.

Titled Part and Parcel, the ideas that inspired this year's public art installation relate to the many crises now facing the world, primarily the current Covid-19 pandemic, divisive politics, and climate change. STEAM Team members particularly singled out the need to bring awareness to "the ignorance that companies display that has allowed hazardous materials to pollute our oceans and air" and the need for "better systems of disposing unused products and materials."

Reflecting the belief that "by repurposing materials, we challenge ourselves to create art out of things that would otherwise become waste," the installation is composed of at least 85 percent repurposed materials. For example, its main elements are constructed of PVC tubing donated from the Comstock Companies. The Team also plans on asking other companies to donate excess materials.

A Team email further elaborates: "Just as the pipes come together as a greater whole, our communities and frontline workers are coming together to fight COVID-19. Part and Parcel represents the intersection of disparate communities. ... Art serves as a great cultural connector because it is universal and accessible, and the project will become more than a sculpture. It will be a unifying force — a point of connection from which viewers can draw much-needed inspiration, hope, or courage."

STEAM Team projects at Lake Thoreau were initiated about a decade ago after Pan, who also suggested the involvement of South Lakes students, reached out to Public Art Reston and RA and proposed the lake's spillway as a possible public art site. "James Pan has been the quintessential patron, funding and encouraging community financial support," says Rando.

A truly collaborative effort, since its inception, Reston community support, as well as that of the South Lakes High School community, has grown exponentially for the team's annual temporary installations that activate the spillway through pub-

lic art. All the team's diverse community partners, according to Rando, are incredibly supportive, "confident in student abilities, always eager and welcoming to receive student concepts ... with open minded, thoughtful responses. They help build on the community's anticipation."

STEAM Team members go through the same process professional artists must follow when they are selected by Public Art Reston to realize a public artwork in the community. They present design concepts to Public Art Reston's Public Art Committee and to RA's Design Review Board.

Comparing the STEAM Team to a "think tank," Rando describes its overall approach as "a system of problem solving known as "Design Thinking." Problem solving, he says, "is in every aspect of the club's operations." In addition to considering aesthetic aspects and philosophical underpinnings, Rando notes that there has been a major growth in team members' practical understanding of each installation's engineering elements and hardware components as well as what tools are available to accomplish project goals on a feasible minimal budget. It is an approach that reflects the definition of the acronym STEAM – problem solving using a combination of Science-Technology-Engineering-Art-Mathematics.

The Team, Rando emphasizes, has an "open door policy," which allows student members to come and go as schedules permit. "Each year," he explains, "new students join seasoned members to embark on the journey to discover a new concept. ... Some might be with the program for all four years of high school, while others may join well after a concept is underway."

In a typical school year, STEAM Team alumni also return to enthusiastically help with the final construction phase. Since the first installation in 2014, program graduates repeatedly have cited the value of the real-world experience gained.

Members of the Part and Parcel team include: 12th grader Sayed Samadi; 11th graders Anissa Benjelloun, Nina Cralle, Harvest Heartwell, Melissa Herr, Megan

Le, Riley Lender, Manny Martinez, Nava Mehrpour, Maxine Prudhomme, David Raw, Mariam Sheick, Brooke Snyder, and Gwyneth Wagner; and 10th grader Ann Ehrlich. Among seniors from last year who contributed were Hannah Blackmore and Liz Milausnic.

One of his major personal satisfactions, says Rando – who, though an experienced working artist and educator, describes himself as the team's "oldest student" – is learning from his students while working on installations. For example, he points to team member Ann Ehrlich, who has "a passion for engineering." Ehrlich, he relates, "introduced me to TinkerCad while producing the 3D computer models. The program is fun and effective for making multiple variations of a concept. I found the additive and subtractive process of the program is much the same approach as when playing with physical materials. I plan to introduce this program to my art classes, a no brainer for the school's new virtual platform."

In addition to computer-generated technology, actual scaled maquettes, he says, also are used to understand fabricating processes as well as the play of gravity upon the structures.

Another major satisfaction, according to Rando, is watching the students concurrently grow and learn during the process. "Each year," he explains, "there are times when the concepts possess challenges causing the team to reflect on whether they will succeed. At this point, I let the students know it's OK not to succeed, to accept failure in knowing you give it your best, and if the project never comes to working resolution, it doesn't mean it was all for naught. A learning journey was still experienced. But failure has never been an option to the students of STEAM, throwing in the towel is not in their vernacular."

STEAM Team member Maxine Prudhomme says that she participates "because it allows me to explore my own creativity while collaborating with my peers and engaging our community creatively ... and spur community discussions about public

art and other topics that are important to me as a student, artist, and Restonian. That is incredibly fulfilling for me."

She adds, "Through STEAM, I have learned many concrete skills—like woodworking and 3D design—as well as more abstract ones, like creative collaboration and problem-solving. Because of this, I am a more enriched and well-rounded individual, and I am more prepared to succeed in any field I might pursue."

Fellow STEAM Teamer Ann Ehrlich participates "to gain real-world experience on projects that are accurate reflections of how to generate creative ideas, follow a design process, and work alongside new people to create something that's greatly valued by the community."

In addition, she says, "STEAM Team has helped me observe and practice many life-long skills, including how to generate creative ideas, communicate effectively, form schedules with other club members, overcome barriers that arise within projects and stay committed to a project during difficult periods of time." Also, participation has allowed her "to apply skills that I have developed working with 3D digital design software to real-world projects that will improve the community. I will value these life-long skills and the experience of working on such a major project with so many creative people."

For STEAM Teamer Gwyneth Wagner, who joined as a freshman, participation is "by far the most fun and unique extra-curricular that I do." She also enjoys being a member of a tight knit community of "caring, accepting" people ... "who are not only interested in art, but interested in going beyond their learning in school to challenge themselves ... and who I may not have [previously] known."

Rather than "frustrations," all three consider the many problem-solving challenges to be pluses.

For Ehrlich, although dealing with the setbacks related to pandemic safety was frustrating, "one of the most rewarding aspects of STEAM Team has been overcoming

the challenges we've faced during the construction process. We struggled to get walls of PVC piping to stand and took many different approaches. We eventually settled on one fabrication method and raised our project off the ground, which was incredibly satisfying."

Likewise, although Wagner admits it can be frustrating when things do not go as planned, she found these setbacks are challenges that can, with new deliberation, be

satisfyingly overcome. "For example," she relates, "recently we had to completely rethink our project that we thought was going to work."

For Prudhomme, the "expected issues with collaborative sculpture creation—conflicting creative visions, engineering difficulties—are not usually frustrations for us." Instead, she explains, when "choosing certain students' ideas over others, we synthesize all our ideas into one cohesive

concept. Instead of getting frustrated over engineering issues, we approach them like creative challenges. ... Instead of letting [the pandemic] stop us, we incorporated the story of our mid-pandemic community into our project."

Agreeing with his students, "problem solving," Rando concludes, "is a constant challenge no matter the stage of the project, but the fun of it all is learning collaboratively." ♦



Inspired by Dana Scheur's whimsical public art projects in Reston, a young girl has drawn a map of her favorite landmarks.

Public Art Reston's Virtual 'Explorer' Packets Bring Public Art Home

By Phoebe Avery

Looking for creative ideas and activities to spark your imagination? Look no further than Public Art Reston's Public Art Explorer program. Initiated in April 2020 in response to the pandemic, Public Art Explorer virtually connects audiences with culturally enriching activities while staying home or safely "exploring" Reston's outdoor public art installations.

There are five free, virtual, and downloadable packets jam-packed with fun facts, thought-provoking questions, and creative activities designed for all ages. This program encourages intergenerational conversations about art and facilitates artistic endeavors either at home or while socially distancing on-site.

Reston is home to a growing collection of diverse and easily accessible public sculptures, murals, mosaics, fountains, and more. Public Art Reston recognizes now

more than ever the positive role public art plays in communal, open spaces by fostering a sense of place and personal reflection.

Each Public Art Explorer packet focuses on an individual artist and together highlights the variety of public artworks found throughout the Reston community. Explorer participants will learn about local installations including soaring metal sculptures by Mary Ann Mears; vibrant mosaic artworks by Valerie Theberge; playful steel creatures by John Parker; mural and bike racks designed by Restonian Dana Ann Scheurer; and the first public-play sculptures in Reston created by Gonzalo Fonseca in the 1960s. These packets highlight a theme related to the artist and include links to short videos as well as other online resources for further exploration.

In addition, Public Art Reston is excited

to announce that new Explorer packets will be released on our website in the coming months. One of which will focus on South Lakes High School STEAM Team's annual public art installation at Reston's Lake Thoreau, which is currently in development.

Public Art Explorer packets are perfect for families, scout troops, homeschoolers, public and private school groups, religious organizations, daycare centers, or anyone looking for an imaginative activity. ♦

About Public Art Reston

Public Art Reston was founded in 2007 by Reston civic and community organizations and leaders. It is a 501(c)(3) non-profit organization that imagines public art throughout Reston that engages and inspires the community as well as the mind and the senses. For more information visit <http://www.publicartreston.org>.

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James Van Zee: Pushing the Paperwork that Kept the Silver Line Moving Forward

By Marcia McAllister

For 13 years, James Van Zee has overseen critical but seldom seen documents — hundreds of them — necessary to build the \$4.6 billion Silver Line project that when opened will provide Metrorail service along the dynamic Dulles Corridor

As the planning and project development manager, Van Zee has dealt with Fairfax County's zoning rules for constructing rail

stations, permits from state and county regulators for utilities and land transfers, adjacent residential and commercial property owners, state highway officials, Loudoun and Fairfax officials, and federal regulators.

Construction depended on timely acquisition of permits and knowledge of complex procedures, according to project officials who credit Van Zee's experience in transportation planning in Northern Virginia for easing these processes for Phases 1 and 2 of the Silver Line project.

Some of the most challenging endeavors in the Phase 1, which brought transit from East Falls Church through Tysons to Reston, were tied to the locations of rail stations and support facilities that are not located within existing rights-of-way as they are in Phase 2 where stations are in the middle of the Dulles International Airport Access Highway, the Dulles Greenway or on Dulles Airport property.

In Phase 1, site selections resulted in dozens of public hearings and community meetings prior to construction, requiring resolution of a host of residents' concerns about flooding, stormwater erosion, noise and other long-standing issues.

For example, the rail project spent more than \$1 million restoring water-damaged terrain, saving backyards and replanting the residential areas near the West Falls Church Rail Yard that was expanded during Silver Line construction. In addition, a costly — \$10 million — but very effective cover box, was built over a sharp curve in tracks to minimize track noise.

Van Zee points with pride to the fact that significant changes have taken place in Tysons Corner since Phase 1 opened in July 2014, including the growth of transit-oriented development, such as higher densities around each of the four Tysons rail stations, which has continued despite the Covid-19 pandemic that struck this year.

Also, not a single residential property was taken by construction. "Only two businesses were displaced: Business Bank and Merchants Tire," Van Zee said. Each was relocated. Many car dealers along Route 7 ended up with new entrances and fewer parking spaces. Now many, dealers, he said, are turning into real estate developers, transforming dealerships into transit-oriented projects that may or may not retain auto sales centers.

In Phase 2 from Reston to Ashburn, Van Zee continued watch over requirements listed in the numerous pages of the original Environmental Impact Statement (EIS) and Record of Decision. His focus changed a bit because stations are in highway medians and at Dulles Airport. There were new challenges with Dulles Airport managers and related industries who worried about construction impacts, owners of the privately operated Dulles Greenway and its staff, as well as Loudoun and Fairfax counties building parking garages at several stations.

In addition, there were decisions about changing stormwater regulations, dealing with permits and negotiations with Dullles Airport officials regarding elevated tracks and a station on airport property.

To handle these challenges, Van Zee continued to draw from his background. Prior to joining the rail project in July 2007, he spent a decade as director of regional planning for the Northern Virginia Regional Commission, dealing transportation and land use. The Alexandria resident worked in the planning divisions of Loudoun, Fairfax and Arlington counties along with stints at the Urban Land Institute and the National Association of Home Builders.


Early in planning for Phase 2, the rail project planned to control stormwater just as it had in the first phase, by controlling and dispensing water. But new rules called for and containing and treating water before releasing it. The choice

to follow new guidelines was made for the good of the future of the region, project officials say, and Van Zee agrees.

Overall, construction of the line from East Falls Church to eastern Loudoun County without taking a single residential property, relocating only two commercial properties in Phase 1, and only needing to purchase slivers of commercial property in key areas like the Reston Town Center area are important to Van Zee.

He compares the Silver's Line minimal impact to that of other key transportation projects in the region such as the Woodrow Wilson Bridge Project and the Purple Line rail project now struggling to survive in suburban Maryland. Van Zee has more than 45 years' experience in his field. He holds a master's degree in planning from the University of Virginia and a bachelor's degree in urban studies from Virginia Commonwealth University. ♦

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Dr. Liliana Calkins

Specialist in Interceptive Orthodontics and Craniofacial Orthopedics

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Ride and Shine Bicycling: Trailblazing Women

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Hidden gems are right here nestled and often hidden within our neighborhoods.

We created a YouTube Channel called “Ride and Shine Bicycling” and began uploading short trail review videos with titles such as: “Lake Relax You’re on the Bike Path”, “History Buffs’ Treasure Trove”, “Oktoberfest Beer Bike Tour” and “Ghostly Bike Trail”. Visit Fairfax.com, the tourism organization, also known for Virginia for Lovers, took notice of our postings and we are now in collaboration. We post once a week. Some of our future posts will be “Seven Crazy Hills to Bike”, “Searching for Gnome Houses”, “Birding and Biking” and “A Quirky DC Bike Tour”.

The goal of Ride and Shine is to empower more women to get on their bikes and ride the trails - preparing better and worrying less. Walkers and runners will reap similar benefits.

Bike riding helps transport you into a simpler world beyond the cityscape showcasing beauty, history, and ecological diversity. As the wind rushes through your hair, remember to be a good steward of our cultural and natural resources. Ride a bike...see stunning scenery...explore and enjoy the journey.

Hope to see you riding! ♦

Our YouTube Channel: <https://www.youtube.com/channel/UC3og6FPSbicKUUhhnJmgLGw>



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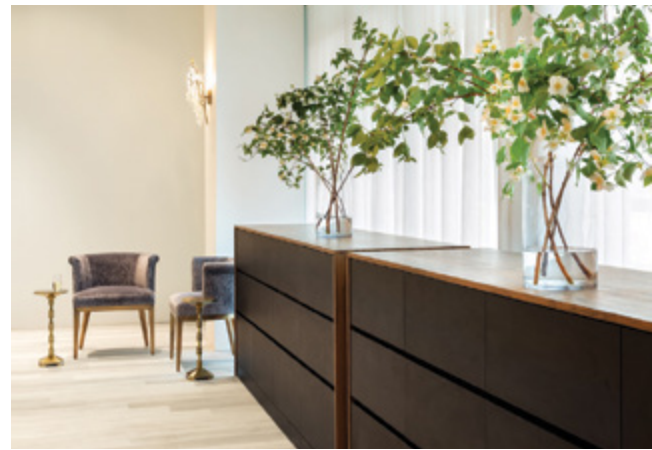
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