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Features

Making the Most of Container Gardens

By: David Yost, Merrifield Plant Specialist

Planting flowers in pots has been around since Victorian times, but is especially popular today in urban/suburban settings where many of us have limited time and space for gardening. Container gardens give us an opportunity to explore our creativity with an almost endless choice of colors, forms and textures.



Maura Deegan Competes for Miss District of Columbia USA 2022

By Maura Deegan

Founder of database MyHooha.org, Maura Deegan helps trauma survivors, those who have undergone physical, mental, or emotional experiences, find trauma-informed gynecologists and better women's healthcare. This June she will hit the stage and compete for Miss District of Columbia USA 2022 in hopes of going on to Miss USA later this year.

Experiencing Vail, Colorado

By Jeannine Bottorff

Travel can entertain, relax, restore, educate, challenge and so much more. I have had so many wonderful experiences through travel and am always grateful. Sometimes you go thinking you are going to have one experience, and you come away with much more. That's what happened when my husband and I went for a relaxing few days of skiing in Vail, Colorado.



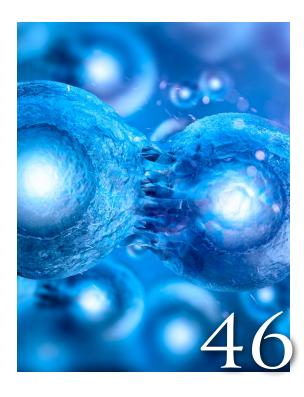
Celebrating Shenandoah County's 250th Anniversary

By Linda Barrett

Lots of big things are happening in Shenandoah County, Virginia this year in celebration of its 250th anniversary! Visit the chain of small towns, each with its unique personality and highlights, and attend events highlighting the local history and people.





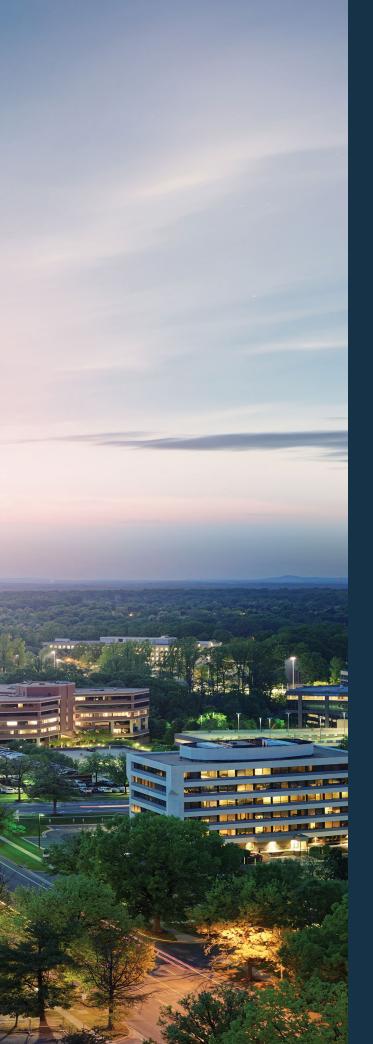


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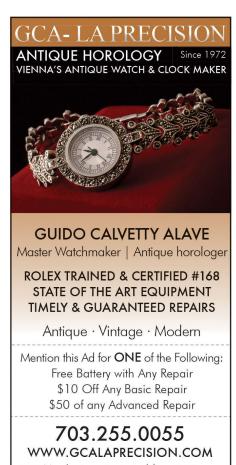
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Black violin The Filene Center at Wolf Trap June 4



The Filene Center at Wolf Trap

1551 Trap Road Vienna, VA 22182 www.wolftrap.org

The Original Kings of Go-Go Big Tony and Trouble Funk E.U. with Sugar Bear Junkyard Band DJ Wroyal And the Queens of Go-Go Fitness

May 28

7pm

TIX start at \$27

Trouble Funk, worldwide ambassadors of go-go music, headline this lineup of DC's best go-go groups. Signed into law as the official music of DC in February 2019, go-go is a music of celebration and participation that thrives off the audience's energy. Come ready to dance and sing along!

Blast Off!

"The President's Own" United States Marine Band May 29

8pm

FREE

"The President's Own" United States Marine Band will launch Wolf Trap's summer season with a program of concert band favorites. A fireworks display will follow the concert.

Kool & the Gang

Morris Day & the Time June 3

7:30pm

TIX start at \$37

It's a celebration! Kool & the Gang bring their biggest hits-including "Celebration," "Cherish," and "Jungle Boogie"-to Wolf Trap for a night full of feel good fun! They are joined by funk and soul stalwarts Morris Day & the Time.



Black Violin

Impossible Tour Blind Boys of Alabama

June 4

8pm

TIX start at \$30

Led by classically trained string players Wil B. (viola) and Kev Marcus (violin), Black Violin keeps "classical music alive for the next generation" (NPR). With influences ranging from Bach to Jay-Z, the group's unique blend of classical and hip-hop breaks down stereotypes and encourages people of all ages, races, and backgrounds to come together. Black Violin is joined by gospel legends and Grammy Award-winners the Blind Boys of Alabama.

Musical Mediterranean with Steven Blier

June 5

3pm

TIX start at \$42

Recitalist and raconteur Steven Blier and a trio of Filene Artists explore the human condition through song.

Ben Rector

The Joy of Music

JP Saxe

Jordy Searcy & Stephen Day

June 8

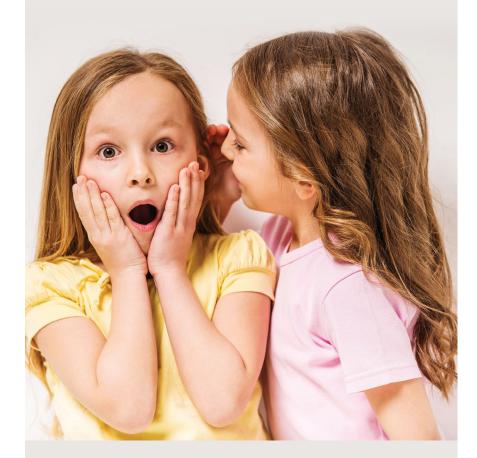
8pm

TIX start at \$32

Nashville-based singer/songwriter Ben Rector makes his Wolf Trap debut in support of his latest album, The Joy of Music. Rector's songs including hits "Brand New" and "Love Like This"—strike a chord with audiences through heartfelt lyrics



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that are the perfect soundtrack to life's most transformative moments. Joining Rector are singer-songwriters JP Saxe and Jordy Searcy with Stephen Day.

Gipsy Kings

featuring Nicolas Reyes June 5 8pm

TIX start at \$39.50 elding deep-heated flamenco, rumba, salsa, and pop to the tune of 14 million albums sold, the Grammy-winning hit-makers behind "Bamboléo" have been making music for more than 30 years. The Gipsy Kings' music extends through generations and reflects the vibrantly eclectic and peripatetic history of the gitanos.

Every Shade of Blue Tour

The Head and the Heart **Jade Bird** June 9 8pm TIX start at \$32

Claiming top spots on multiple Billboard charts with songs like "Honeybee" and "Rivers and Roads," indie-folk collective The Head and the Heart makes its Wolf Trap debut in support of the upcoming release of Every Shade of Blue (April 2022).

Bonnie Raitt

Just Like That...Tour 2022 June 10-11 8pm

TIX start at \$42

Throughout her career, blues-rock legend Bonnie Raitt has again and again proven her status in music history, earning her a place in the Rock and Roll Hall of Fame and ten Grammy Awards.

Named one of Rolling Stones' "100 Greatest Singers of All Time," she's on the road once again, this time with Lucinda Williams, the Americana icon behind hits such as "Passionate Kisses" and "Can't Let Go." These fan favorites are back to showcase their musical stylings through shared grace and grit.





Sheryl Crow

Jason Isbell and the 400 Unit
Waxahatchee
June 16-17
7pm
TIX start at \$49

If all you want to do is have some fun, we've got the show for you! "Soak Up the Sun" with Sheryl Crow, the queen of crossover country-rock.

Crow returns to Wolf Trap this summer with alt-country icon Jason Isbell and the 400 Unit. Since the release of 2013's Southeastern Jason Isbell has established himself as one of the most respected and celebrated songwriters of his generation. Don't miss this dynamic double bill. Waxahatchee (singer-songwriter Katie Crutchfield) returns to Wolf Trap to open the evening.

The Soul Rebels

June 18
7pm

TIX start at \$42

Where y'at? We know where you should be—at Wolf Trap for Trombone Shorty's Voodoo Threauxdown.
This curated mini-festival features both the history and future of New Orleans music. Get ready for one jam-packed night of live music by the Big Easy's best musicians.

A Juneteenth Celebration with Thee Phantom and the Illharmonic Orchestra

June 19 6pm

TIX start at \$27

Part B-Boy, part Beethoven, Thee Phantom and the Illharmonic Orchestra combines the energy and passion of hip-hop, with the beautiful, sweeping sounds of a live orchestra. This all African-American orchestra



VIVATYSONS.COM Summer 2022 ❖ TYSONS PREMIER 17





commemorates Juneteenth with a performance at Wolf Trap.

Beautiful

The Carole King Musical June 21-22 8pm

TIX start at \$32

Beautiful – The Carole King Musical tells the Tony and Grammy Award-winning inspiring true story of King's remarkable rise to stardom. Along the way, she made more than beautiful music; she wrote the soundtrack to a generation. The show features a stunning array of beloved songs by Gerry Goffin/Carole King and Barry Mann/Cynthia Weil including "I Feel The Earth Move," "One Fine Day," "(You Make Me Feel Like) A Natural Woman," "You've Got A Friend," and the title song, "Beautiful."

Xuejuan Dance Ensemble

The Land of Mulan Children's Theatre-in-the-Woods Venue: Theatre-in-the-woods June 23 10:30am

TIX are \$12 (Free Under 2) Experience the vibrancy and diversity of Chinese dances through the eyes and ears of young Mulan. Blending distinctive moves with intricate costumes and traditional music, Xuejuan Dance Ensemble performances are a treat for audience members of all ages.

The Black Crowes

Shake Your Money Maker Played in its Entirety, Plus All the Hits! June 23 8pm

TIX start at \$47

Brothers Chris and Rich Robinson reunite to celebrate more than 30 years of The Black Crowes' debut Shake Your Money Maker. The multi-platinum album includes hits "Hard to Handle," "She Talks to Angels," and more.

Steely Dan

The Dave Stryker Trio

June 25-26
7:30pm

TIX start at \$48

Steely Dan ("Do it Again," "Reelin'
In the Years," "Deacon Blues") bring
their signature sound and wry wit to

In the Years," "Deacon Blues") bring their signature sound and wry wit to Wolf Trap for two nights. They are joined by jazz-guitarists The Dave Stryker Trio in their Wolf Trap debut.

Bruce Hornsby & the Noisemak-

ers Shawn Colvin CARM June 30 7:30pm

TIX start at \$27
Bruce Hornsby ("The Way It Is,"
"Mandolin Rain," "The Valley
Road") mines his vast catalog
performing beloved songs alongside
tracks from his latest album, 'Flicted
(2022). The evening begins with unforgettable performances by Shawn
Colvin and CARM.

The Barns at Wolf Trap

1635 Trap Rd, Vienna, VA 22182 www.woffrap.org

Weber Der Freischütz (The Marksman) June 18, 24, 26

Times vary TIX start at \$38 Widely considered the first great German romantic opera, Der Freischütz (The Marksman) is an irresistible mix of folklore, romance, and the ageless struggle between good and evil. A young forester, striving to prove himself worthy of winning the hand of his beloved through a shooting contest, makes a deal with the devil. Driven by love, and the misguided need for victory, the devil is ultimately defeated and forgiveness wins the day in Wolf Trap Opera's premiere of this picturesque tale and lush, dramatic score.

The Mclean Community Center

1234 Ingleside Ave., McLean, VA 22101 703-790-0123 | TTY: 711

mcleancenter.org

T.G.I.F. Carnival Rides Lewinsville Park, 1659 Chain Bridge Rd.



Friday, May 20 2pm–10pm

Bring a friend or the whole family and enjoy the fun at the Friday night carnival rides!

Advance purchase of ride ticketing will be available online in early May. Ride tickets also sold on-site.

McLean Day 2022

Produced by the McLean Community

Center

May 21

11am-5pm

Lewinsville Park, 1659 Chain Bridge Rd. FREE

McLean Day 2022 Festival
Celebrating Our Hometown Since 1915
Bring the family and enjoy the fun at
McLean's biggest annual festival. This
event draws approximately 10,000+
patrons throughout the day. Enjoy
music, games, balloon animals, a petting
zoo, amusements, sponsors, exhibitors,
gourmet food trucks, large and small
carnival rides and much more! Ride tickets are sold onsite or may be purchased
in advance online.

Bubble Fun Run

June 4
10am-12pm
\$20/\$15 MCC district residents
Activity No. 4503.322
Join MCC for a fun, summer kickoff
event. This fun, fitness event is for
children ages 3 to 9. Kids will make their
way through a course filled with bubbles, water squirters, a jelly pool, cones,
tires, foam and color stations. They also
can enjoy unlimited time playing in the
bubbles!

American Red Cross Blood Drive

June 17 12pm-5pm

McLean Community Center is helping the American Red Cross with Diverse Blood.

Donations! It is urgent for donors of all ethnicities to support patients in need!-Join us and support the community with



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LGBTQ+ Pride Concert for Families

Featuring music from The Alphabet Rockers album "THE LOVE" (All Ages) buy tix off June 18 4pm

\$10/\$5 MCC tax district residents This Grammy®-nominated intergenerational hip hop album from The Alphabet Rockers gives voice to what matters: love, belonging, and gender justice for all of us. Prepare to sing, dance, and have fun celebrating the love of ourselves and our whole family.

4th of July Community Fireworks Celebration

July 4 6:30-10:30pm Free admission; no registration required.

Produced by the McLean Community Center, this year's event will be held at Langley High School, 6520 Georgetown Pike. Check back here for future updates.

The State Theatre

220 North Washington Street, Falls Church, VA 22046

www.thestatetheatre.com

All of our indoor shows require a proof of vaccination (original card or picture is sufficient), or a negative COVID 19 test that is no more than 72 hours old for entry. At home tests will not be accepted. Please call the box office at 703-237-0300 with any questions.

Son Rompe Pera

May 20 7pm

TIX start at \$12

Born and raised in the deep outskirts of Mexico City, the Gama brothers are keeping alive the rich legacy of marimba music running through

their family with their latest project, Son Rompe Pera. While firmly rooted in the tradition of this historic instrument, their fresh take on the folk icon challenges its limits as never before, moving it into the garage/punk world of urban misfits and firmly planting it in the 21st century.

Capital One Hall

7750 Capital One Tower Road Tysons, Virginia 22102 www.capitalonehall.com

Don McLean: 50th Anniversary Of American Pie

June 12 7:30pm

TIX start at \$17.91

Platinum selling, Songwriters' Hall of Fame singer-songwriter Don Mc-Lean is coming to Capital One Hall to celebrate the 50th Anniversary of American Pie!. One of America's greatest, most enduring singer-songwriters, his catalog of iconic songs include the #1 hit "American Pie", named by the Recording Industry of America (RIAA) as a top 5 song of the 20th Century, as well as "Vincent (Starry Starry Night)", "Castles in the Air", "And I Love You So", "Crossroads", "The Grave" and many more. Since first hitting the charts in 1971, he has amassed over 40 gold and platinum records worldwide.

Remembering Juneteenth **New World Order Horns**

Bryan Jackson, Baritone Gilbert Pryor, Composer June 19 4-5:30pm

A program to restore pride for a nation in pain with great Spirituals and Songs, music by Samuel COLERIDGE-TAYLOR, George WALKER, the great "Duke" EL-LINGTON, and a stirring finale by local composer, Gilbert PRYOR. ★



SAVE OUR CONTACT TO HAVE WHEN YOU NEED A PLUMBER





lanting flowers in pots has been around since Victorian times, but is especially popular today in urban/suburban settings where many of us have limited time and space for gardening. Container gardens give us an opportunity to explore our creativity with an almost endless choice of colors, forms and textures as we stay connected with nature by nurturing our plants and adding beauty to our home and workplace. Now that spring has finally arrived here in Northern Virginia, it's an ideal time to add container gardens to your porch, patio or balcony.

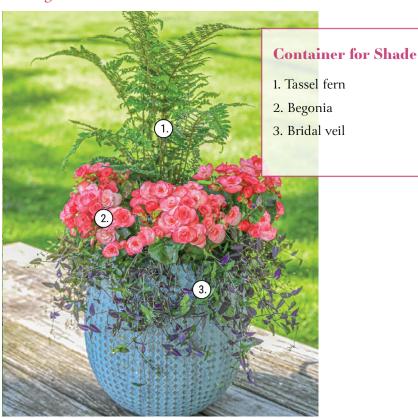
Here are a few tips to help you plant successfully:

- 1. Choose a container with drainage holes so excess water can drain out of the pot. Plant roots must have oxygen and if the pot becomes full of water, your plants will drown.
- 2. Use a well-drained potting mix. Most potting mixes include some combination of perlite, vermiculite, peat moss, compost and/or bark. They are formulated to provide the ideal balance of holding moisture for your plants while remaining porous enough for good drainage.
- 3. Carefully observe your sun conditions and select plants that will thrive in those conditions. Full sun is generally considered to be 6 hours or more of direct sun per day. However,
- gardening is not an exact science and plants do not abide by absolute rules. For example, morning sun is of lower intensity than the afternoon sun. So "shade" plants may do well in morning sun, while suffer in the afternoon sun. And "sun" plants may thrive in a shade garden when placed where they get a few hours of mid-day sun. Don't be too ridged on sun vs. shade requirements and be willing to experiment.
- 4. Choose plants that offer season long interest. Of course, flowers are the main event, but also look for interesting leaf colors and textures. Flowers come and go, but the foliage will always be there.

22 TYSONS PREMIER ❖ Summer 2022 VIVARESTON.COM

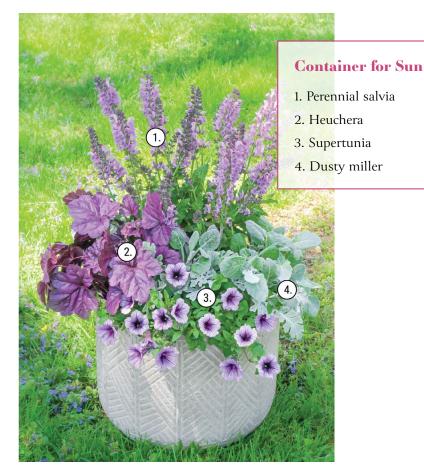


Try These Combinations at Home

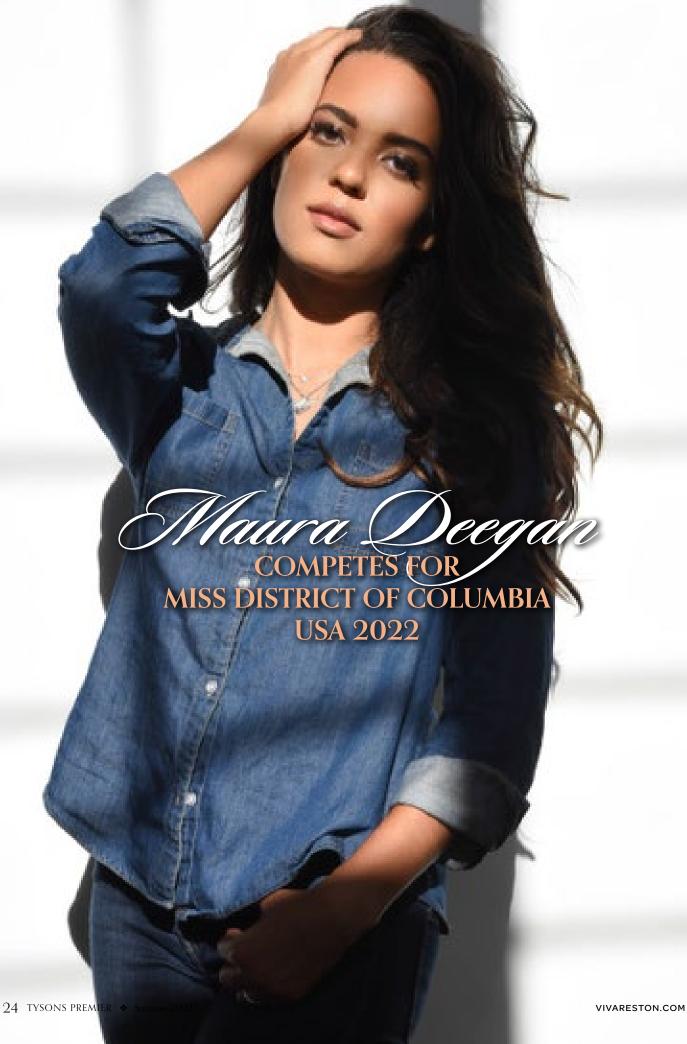


5. Check your container gardens daily to make sure the soil is moist. If the soil feels like a damp sponge, it's time to water. Flower pots can dry out very quickly, especially in full sun and hot weather. It's best to water in the morning so your plants have the water they need to make it through the day.

Soon you will discover that taking care of plants is also taking care of ourselves, then you can call yourself a gardener. To pick up your supplies or find out more about container gardening or any other gardening topic, visit Merrifield Garden Center at one of their three nursery locations in Northern Virginia. �



VIVATYSONS.COM Summer 2022 TYSONS PREMIER 23



ounder of database MyHooha. org, Maura Deegan helps trauma survivors, those who have undergone physical, mental, or emotional experiences, find trauma-informed gynecologists and better women's healthcare. This June she will hit the stage and compete for Miss District of Columbia USA 2022 in hopes of going on to Miss USA later this year.

The journey hasn't been easy. A year ago, Maura—at the age of 25-- had surgery after doctors found abnormal cells in her cervix. Her recovery left her feeling tired, in pain, and uncomfortable in her own body. She thought others blamed her for the illness her body had attacked her with. That she had somehow "brought it on herself."

She was determined to help trauma survivors like herself find better healthcare advocates that were trained in post-trauma medical care. From that came MyHooha.org, a tongue-in-cheek declaration of self- care, self-worth. She feels the Miss DC USA stage is a perfect platform to bring MyHooha.org to the forefront, advocate for women's healthcare and trauma survivors, and encourage women to reclaim their lives after trauma

As importantly, Maura wants to ensure that young women are looking after their reproductive health. She says "People think cancer is an older person disease-- that you don't have to look out for signs of cancer when you're young and healthy, but you do. You are your own best advocate. If I can encourage trauma survivors to feel comfortable enough to go get a routine pap smear, one that can possibly save their lives, that is what this passion project is about."

Maura earned her bachelor's degree from American University in International Relations with concentrations in Peace and Conflict resolutions and European Studies. She currently works as an operations and administrative assistant for a financial risk, compliance, and investigations firm. She also has a background in corporate and social event production, planning anything from intimate dinners to multi-day, large-scale trade shows with 20,000+ attendees. Her dream event is the Grammys or a Milan Fashion week (and getting to take all the clothes home afterwards).

When Maura isn't working, she loves to travel--32 countries and counting, go horseback riding, hike the DMV's amazing trails, visit new brunch spots, sweat it out with a Bench Gym training session or a Pilates class, facetime her Grandmum (she's 98!), or spend time with her dogs Sagen, a German Shepherd, Tipsy, a lab mix, and Coleslaw, a Foxypoo.

Born in DC but raised globally, Maura still thinks of the DMV as her forever home, having lived in Maryland, DC, and Virginia as well as attended high school in Mclean at The Madeira School. She is constantly being a tourist in her own city and loves exploring the museums, attending ballets at the Kennedy Center, and finding the best local wineries. She can't wait to continue to explore the DMV as a titleholder and volunteer with some of her favorite charities.

The Miss District of Columbia pageant will be held at the Renaissance Hotel in Washington, DC on Saturday June 4th. Accomplished women from around the District will compete in interview, bathing suit, evening gown with the top 5 also competing in an onstage question. If you would like to attend and support Maura in person Prelims begin 1pm and Finals at 6pm. Tickets are available in person and online. She is still accepting sponsors and you can reach her on her Instagram @realmauradeegan. She thanks everyone for their support so far and hopes to make the DMV proud! 💠



Summer 2022 TYSONS PREMIER 25



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It's important to know what to do if someone's tooth gets broken, chipped or knocked out in case there's an accident on vacation, at kids' sports events or at home. Pediatric dentists are especially trained in the management and care of tooth trauma on young teeth.

Here is a brief guideline offered by the American Academy of Pediatric Dentistry of the types of trauma children's teeth can incur, and how you as a parent can help minimize the damage and long term effects.



If a child's tooth becomes knocked out, the sooner you contact your pediatric dentist, the better. Quick action can lessen a child's discomfort, prevent infection, and perhaps save the tooth. Call us even if the injury occurs after regular dental office hours.

For baby teeth, rinse the child's mouth out with water and apply a cold compress to reduce swelling. Do not spend time looking for the tooth, as baby teeth cannot be replanted.

For permanent teeth, find the tooth and gently rinse it in cold water. DO NOT scrub the tooth or use soap or let it dry out outside the mouth. Handling it only by the crown (don't touch the root surface), replace the tooth in the socket and have the child hold it there in place with a clean washcloth or gauze as you travel to the dentist. DO NOT place the tooth in water; if you need to carry the tooth, put it into a container with cold milk or the child's saliva.



If your child's tooth has broken due to a fall, sports injury or accident, rinse the mouth and apply a cold compress to reduce swelling and discomfort, then contact your pediatric dentist. Find the broken tooth fragment and take it along with you to the dentist; having it may reduce the need for extensive dental treatment.



A child's tooth may be pushed sideways or shoved up into the gum tissue or bone. Your pediatric dentist can determine what action to take, based on the severity level.



There are other instances in which a child should seek immediate treatment. They include: pain or tenderness, sensitivity to hot or cold, swallowing a tooth, bleeding that doesn't stop, jaw pain when opening or closing the mouth, any object stuck into the cheek, tongue, mouth or throat, and large cuts or punctures on the face or mouth.

In addition, if your child spikes a fever, has neck stiffness or pain, can't open their mouth, is drooling, or has slurred speech, contact your pediatric dentist immediately.

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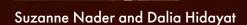
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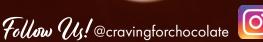










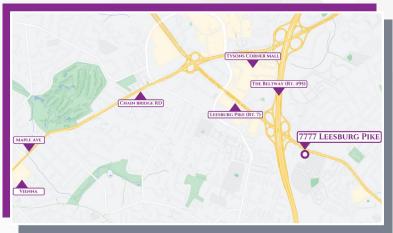




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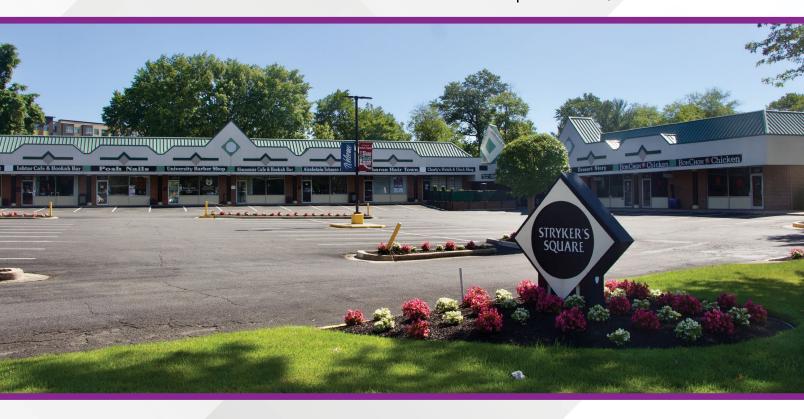


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▲ BAZIN'S ON CHURCH Vienna | American | \$\$\$

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111 Church St. | 703.255.7212 www.bazinsonchurch.com



▲ MAGGIO'S

Vienna | Greek-Italian | \$

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

21 Maple Ave E | 703.938.7777 www.maggiosvienna.com



▲ RISTORANTE BONAROTI

Vienna | Italian | \$\$

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

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



▲ NOSTOS

Vienna | Greek | \$\$

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

8100 Boone Blvd. | 703.760.0690 www.nostosrestaurant.com



▲ PATSY'S AMERICAN Vienna | American | \$\$

Great beer and cocktail selections. The blue crab and shrimp fritters come highly recommended. French dip sandwiches, shoestring fries. You can't go wrong with this family chain by Great American Restaurants.. 8051 Leesburg Pike | (703) 552-5100

www.patsysamerican.com



▲ NOT YOUR AVERAGE JOE'S

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



▲ DOLCE VITA Fairfax | Italian | \$

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

10824 Fairfax Boulevard | 703.385.1530 www.dolcevitaitaliankitchenandwinebar.com



▲ CAFE RENAISSANCE Vienna | French | \$\$

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

163 Glyndon St SE | 703.938.3311 www.caferenaissance.com

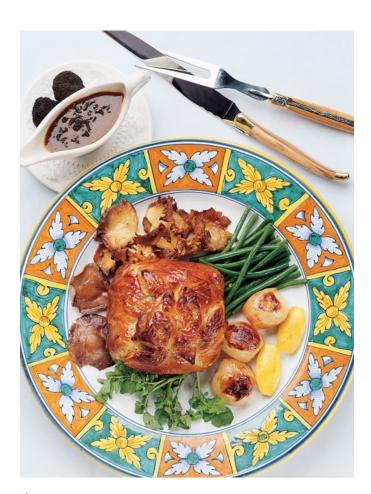


▲ ZEFFIRELLI RISTORANTE ITALIANO

Herndon | Italian | \$\$

This upscale, white-tablecloth Tuscan-Italian restaurant serves pasta, seafood and popular veal chops. If you are looking for a quiet Italian dinner in Herndon, this is the place. They have great food, amazing service and make a wonderful cappuccino.

728 Pine St, Herndon, VA | 703-318-7000 zeffirelliristorante.com



▲ L'AUBERGE CHEZ FRANCOIS

Great Falls | French | \$\$\$

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

332 Springvale Rd, Great Falls, VA | 703.759.3800 www.laubergechezfrancois.com





Mediterranean Bistro is truly a hidden gem in McLean. The meticulously appointed and ultracomfortable interior, with its daring assortment of colorful and patterned throw pillows and interesting array of art and fine photography, sets the scene with a cool

vibe for happy hour or date night with a mix of Brazilian jazz and chill music providing the background ambience. Every detail of the decor is carefully considered, down to the fresh flowers that grace the restaurant to the refreshing paint colors that adorn the walls of the bathrooms.

Seasoned restauranteur Rana Sersy, the owner and chef of TAV, is an affable and energetic presence, greeting guests like old friends. But behind this friendly face is nonetheless a backbone of determination and perseverance. She clearly pours her

heart and soul into every aspect of this inviting venue, passionate about her craft. Her tenacity is palpable; her enthusiasm, contagious.

She is the epitome of a resilient entrepreneur—a businesswoman thriving in a male-dominated field, having been awarded Entrepreneur of the Year from the Greater McLean Chamber of Commerce in 2017 for her former iteration Simply Fresh in the same locale. She realized it was time to expand her vision, while retaining her loyal clientele which continues to enjoy this convivial new place to make memories --from brunch Saturday and Sunday from 10 to 2 with an enticing Crab Benedict, consisting of two poached eggs, smoked crab meat, and a rich hollandaise sauce to options for private dining.

Her philosophy is fundamentally that we must help one another.

34 TYSONS PREMIER ❖ Summer 2022 VIVARESTON.COM

She believes in women empowering women. She lives for her community and greatly appreciates how they have continued to support her. And these days that is particularly true. With several of McLean's favorite restaurants recently closing, Rana's culinary concept fills a muchneeded gap for those epicureansabout-town seeking an elegant yet casual social space with fabulous drinks and impressive cuisine-a fine-dining experience of delectable dishes made with locally-sourced ingredients—This woman-owned restaurant- which just opened in April - exhibits early promise with its eclectic menu and nicely curated cocktail, beer, and wine list, including Almaza beer hailing from Lebanon and and a Signature Mimosa of pomegranate, rosemary and prosecco. Or one could select a simple drink of fresh lemon with mint. Lemon features prominently at the edges of the Mediterranean basin. One evening diner, Erika Yalowitz of Tysons, remarked, "I found the lemon pulp in my Summer Margarita very appealing."

Originally from Egypt, the owner's life journey took her to Greece for twelve years, a combination which informs many of the intriguing menu selections, from Koshary—Egyptian rice, lentil, onion, and tomato sauce—to Shrimp Santorini, sautéed shrimp with fava beans, flavored with paprika.

All told, Rana had a keen sense of "the palate held within the nations that bordered the Mediterranean Sea, and desired to bring that special flavor to McLean."

"The chef has a unique and trendy way to incorporate various flavors that make this menu international and representative of Mediterranean cuisine, kind of a modern Mediterranean fusion," observes Erika.

You will find the usual suspects, Hummus, made with chickpeas, lemon, and tahini, Spicy Feta Cheese Mousse with smoked paprika, and Tzatziki, Greek yogurt with crispy cucumber and olive oil, each served with pita—or opt for the Trio if you can't decide. Falafel makes an appearance as well, served with tahini and tomato.

Yetyouwillalsoencountertantalizingly unexpected combinations. Start off with a fresh Citrus Crudo, sashimistyle fish, in our case salmon, with radish slivers punctuated perfectly with slender slices of Thai red chile peppers with a citrus almond dressing.

For the mezze, or appetizers, forest mushrooms, a collection of seasonal mushrooms with fresh dill and cilantro and a creamy lemon sauce were "tasty, with the flavor of garlic, herbs, and spices," notes Erika. Handmade Burrata Cheese is another tempting option, served with herb oil and chile flakes.

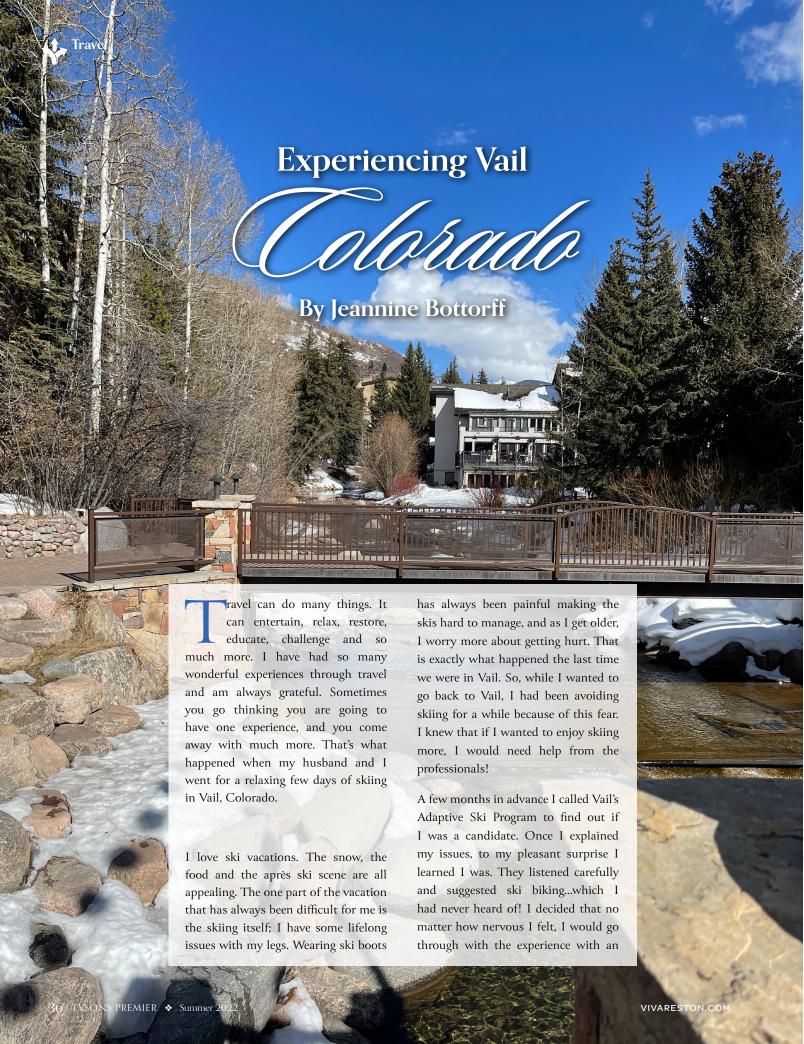
Stuffed seasonal vegetables vary from cabbage to eggplant to zucchini, depending on the freshest available. Informative and congenial Assistant Manager Ramzi Gharbi guided us in the right direction with tonight's exceptional savory green peppers—which did not disappoint—stuffed with flavorful rice, tomato sauce, herbs, and Greek yogurt.

Salads include roasted red beets with caramelized walnuts, yogurt, and mint and another with local heirloom tomatoes, kalamata olives, red onion, and Manouri cheese, enhanced with a pomegranate vinaigrette.

A stand-out entrée is the boneless whole Mediterranean branzino in a butterfly cut with herb salad sourced from the patio herb garden, drizzled with olive oil, complemented by a light,

continued on page 56









open mind, and when I finally got there, it was fantastic. What was different? Unlike previous instructors, my adaptive instructor Katie took everything I said seriously. With her help I ended up having the best ski experience of my life!

In the past, all aspects of getting set up with boots and skis has been difficult: trying on multiple sizes and explaining my requirements, usually over and over, making me very self-conscious. This time, with Katie being in charge, I was comfortable and found equipment that fit perfectly. Nothing hurt! After I was set up, we headed out to the mountain for my lesson. Things had already begun more positively than ever before, so I was anxious to get started!

On the slopes, Katie patiently explained to me what to do and I gained confidence quickly. By having the right equipment and instruction I was less worried about getting injured. On the surface, I looked like any other skier, albeit with different equipment, but I wasn't the only adaptive skier. The mission of Vail's Program is to make skiing accessible to all. Every day, blind skiers, developmentally challenged children and those with other physical or mental issues hit the slopes. The program allows people, who otherwise would not have this experience gain confidence, have fun, and most importantly, feel included as fellow skiers.

As a destination, Vail is fantastic. There are two vibrant villages filled with restaurants, bars, and shopping. There are accommodations of every kind - everything from condos to 5-star hotels and luxury villas. There are gondolas literally steps from many of these accommodations, making it unbelievably easy to go from the breakfast buffet to the slopes to in a matter of minutes. There is skating and tubing and a million other activities to provide an amazing experience for people of all ages. The best part is that I can wholeheartedly recommend it to everyone, whether you are a beginner, an expert, or someone just like me with a physical limitation. I am glad I took a chance with Adaptive Skiing. We've already made our reservations for next year!

Contact Vail's Adaptive Ski Program at 970-754-3264 or vailadaptivelessons@vailresorts.com ❖

About Jeannine

Jeannine specializes in custom-designed travel experiences for those who are too busy to plan or want a multi-destination itinerary they can't create on their own. While specializing in Europe, Jeannine has connections and relationships with travel providers around the world, making just about any destination yours to discover.

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ots of big things are happening in Shenandoah County, Virginia this year in celebration of its 250th anniversary! Visit the chain of small towns, each with its unique personality and highlights, and attend events highlighting the local history and people.

"The theme of the 250th celebration is 'Honoring Our Past—Inspiring Our Future,' so we designed this series of commemorations to celebrate the county's history—who we are today and who we want to be in the future. It's as much about where we have been as where we are going," said Zach Hottel, 250th Celebration committee chair and county archivist, and a descendant of some of the first settlers in Shenandoah County.

The celebrations kicked off in March with a Birthday Bash held at the Virginia Museum of the Civil War in New Market, where guests enjoyed the museum, speakers, and of course, birthday cake. However, there's lots more to come.

Enjoy Traditional Entertainment on the Fourth of July Weekend

During the Fourth of July weekend (July 1-4, 2022), each town throughout the county, including Bryce Resort, will hold traditional activities in conjunction with the theme "Let Freedom Ring: Celebrate Independence Days in Shenandoah County."

Fireworks to be held:

- July 2 Bryce Resort
- July 4 Strasburg & Woodstock
- July 5 New Market

Pick up Historical Publications

After a call went out to local authors to write short stories about an aspect of Shenandoah County's history, a series of 12 unique history booklets was created. Featuring parts of the community's history that hasn't normally been explored, the booklets will be premiered three at a time and issued free (while supplies last) at various events. At the year's end, they'll be bound into a single volume and sold by the local historical society. Each







Five Things Friday

Each Friday, read five of the "250 Things to Do in Shenandoah County" on the official 250th anniversary Facebook page at facebook. com/ShenCo250.

booklet offers approximately 30-40 pages on various topics, featuring among them, the women's suffrage movement in Shenandoah County, neighborhood-specific profiles and local artists.

"One story that highlights the different periods in our county's history is about the road that is now Route 11. We call it the "spine of the county," Hottel said. "More than 250 years old, it was originally a trading path for indigenous people. Over time, immigrants who came from Pennsylvania came through on their way to the Cumberland Gap, heading west, and it became known as the Great Wagon Road. In 1836, it became the Valley Turnpike—a major travel route that also brought people to our community. They needed a place to stop, spend the night and eat. Later it was a way to deliver

goods to and from the county. It was a real economic driver that is still in use today."

Don't Miss the 250th Fall Festival

Visit the Shenandoah Germanic Heritage Museum (on the Hottel/ Keller homestead farm) for the 250th Fall Festival event held September 10, 2022, from 11 AM to 5 PM.

"The Fall Festival celebrates the traditional history of the county, which was primarily a Germanic influence starting in the 18th century, and highlights our much more diverse community here in the 21st century," said Barbara Adamson, local historian and president of the 250th Historical Society. "Visitors can celebrate the different aspects of our history, culture, crafts, music and historical organizations." The event includes history displays, historic military encampments, agricultural exhibits, items for sale by local craftspeople, musical entertainment and food.

About Shenandoah County

Shenandoah County, located in the northern region of Virginia's





Shenandoah Valley and just over an hour's drive from Northern Virginia, is composed of small communities and historic towns, each with its own identity, culture, museums, culinary experiences and shops. Among its highlights are Bryce Resort, Shrine Mont, Shenandoah Caverns (celebrating its 100th anniversary in 2022), Woodstock Tower, Orkney Springs, New Market Battlefield Military Museum, the iconic Meems Bottom Covered Bridge, eight wineries and four breweries.

The beautiful rural landscapes and abundant natural resources are another reason to visit. More than a quarter of the county is covered in National and State Forest, where you can enjoy a myriad of trails, horseback riding and mild whitewater. It's an outdoor enthusiast's dream! Don't miss the newly-opened Seven Bends State Park.

Visit Shenandoah County and make your own history by taking part in some of its 250th anniversary celebrations. Or just come to enjoy all the county has to offer. Other upcoming events include:

Ongoing: Shen250: Geocaching Geology, History and the Arts. The challenge is to find every cache

- hidden throughout the county! Use the free app Geocaching.com as your navigational guide.
- March 28-May 7, view the traveling exhibit "Virginia's Constitutions" exploring the history of the Commonwealth's constitutions, and marking the 50th anniversary of its current constitution. Shenandoah County Library Edinburg, 514 Stoney Creek Blvd., Edinburg, VA
- May 13-15, Strasburg MayFest festival with a variety of local arts and crafts vendors, food and beverage, a beer and wine garden, live music, a kids fun zone and a parade. Strasburgva.com.
- June 25th, Shenandoah Valley Artfest & Vintage. Enjoy dancing, food vendors, a wine and beer garden, and activities for all ages while enjoying a variety of locally-produced art. Townofwoodstockva.com.

For more history and list of upcoming events, visit https://sc250.org. Learn more about Shenandoah County at visitshenandoahcounty.com. �





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DR. SBEIH

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EDUCATION: George Washington University

EXPERTISE: Awarded both his Fellowship and Mastership in the Academy of General Dentistry (AGD). Member of American Dental Association, Virginia Dental Association, Academy of General Dentistry, and the American Academy of Cosmetic Dentistry.



B ack in 2015, Laura Morrow owned a skin care business and volunteered on the board at her son's preschool. After her second son was born, things started to spin out of control. She was struggling to make it through the day without a nap, and despite going to the gym almost daily, she couldn't lose the baby weight.

At first, she blamed her symptoms on having a newborn and a toddler. But one morning when she woke up with severe pain in her feet and ankles, tingling in her wrists, and stiffness in her hands, she knew something was very wrong. As she started googling the symptoms, two terrifying words

emerged: "autoimmune disease."

Autoimmune disease occurs when your immune system starts attacking healthy tissue in your body instead of foreign invaders, like viruses and bacteria. The area that's being attacked determines which disease you're diagnosed with. For example, Hashimoto's is when the thyroid is being attacked, and Rheumatoid Arthritis is the body attacking the joints.

Some of the most common symptoms include fatigue, brain fog, joint pain, headaches and migraines, digestive issues, hormonal imbalances, and trouble managing weight, as well





as lesser-known symptoms like numbness and tingling in hands and feet, hair loss, skin rashes, and lowgrade fever.

It sounds like a rare disease, but it's not—almost 1 out of 5 women in the United States suffer from at least one of the more than 100 autoimmune diseases. Unfortunately, a diagnosis is very difficult and can take years.

When doctors were unable to provide a diagnosis after months of testing, Laura said "I was terrified that this might be my reality for the rest of my life."

She decided to take control of her own health by changing her diet and lifestyle using the Autoimmune Protocol (AIP), an anti-inflammatory diet that focuses on eating whole-foods including meat, vegetables, and fruit.

In just over three weeks, she was able to completely reverse her symptoms. The excruciating joint pain subsided, she had energy to play with her kids, and the weight finally started to melt away.

As friends saw her transformation and began to ask her about the changes that she had made, they started sharing their own stories of struggle. She began to realize that so many more women were suffering than she ever knew.

"As women, we're always striving for perfection in everything. We're trying so hard to be Superwoman and to take care of everyone else that we don't have time to take care of ourselves," says Morrow. "It's so normal to feel tired and stressed out that we don't even notice how sick we really are."

Laura knew that if she could find relief from her symptoms, she could help other women do the same. "I wanted to shout out to every woman in the world that there is a better way: You don't have to struggle through life anymore. You CAN take control of your own health and enjoy life again."

She went back to school to become certified as a Nutritional Therapy Practitioner and now helps women reverse their own symptoms of autoimmune disease through diet and lifestyle, whether they have an official diagnosis or not. Laura works with each client to design a personalized protocol, which include nutrition recommendations and techniques to improve stress, anxiety, focus, mental clarity, and sleep.

One recent client diagnosed with Rheumatoid Arthritis could barely walk the three blocks to pick up her kids from school. After six weeks of working with Laura, she was able to complete a 3-mile hike through Zion National Park. Another client celebrated 41 days without a migraine—after suffering multiple migraines a week for years.

Laura emphasizes, "Of course, as with anything in healthcare, results can never be guaranteed. But I truly believe that any time we make positive changes to our diet and lifestyle, it can change our lives for the better in ways that we can't even imagine."

Laura Morrow Wellness is based in Vienna, Virginia. Running a completely virtual business has allowed her to help dozens of clients locally and across the country.

For more information or to schedule a free online consultation, please visit www.lauramorrow.com. ��





Are you expert enough to tell a wine by its color?

ne of the more complex elements to wine is it color, which can range from almost clear to a deep, rich red. Wine experts use terminology to describe a wine's color that includes straw, yellow, gold, brown, amber, copper, salmon, pink, ruby, purple, garnet and tawny.

How Does a Wine Get its Color?

Wine grapes come in two colors: green and black-which we know as red. Since the pulp of a most grapes is generally transparent, the wine takes it color from the grape's skin. From white wine grapes, the flavonoids give wine is color, while in red wine grapes, it is the anthocyanin compounds that serve that purpose.

Each type of grape, the growing season, and where the grape was grown can all have an impact on its color. Even the soil's pH level comes into play-the lower the soil's pH level, the lighter the pigment, while the higher pH indicates a darker color, higher tannin and acidity levels, and a longer aging potential.

In simple terms, a wine's color is achieved by the amount of time the juice from the crushed grapes remains in contact with the skins. For white wines, minimal contact produces a clear or light green product, and more contact results in the straw, yellow, bold, brown, amber and copper coloration. Whites can even take on an orange tone when faded and aged with oxygen. Most, but not all, white wines are made from green grapes.



They are processed quickly to avoid long contact with grape skins and oxygen, which can add to browning.

Rosé wines take their color from the red grape skins. The lighter-colored White Zinfandel and White Merlot also achieve their coloration from red grape skins, with minimal contact. Blush wines are created when the green grape's juice is combined with red wine to create a pink wine.

Most of a wine's color is extracted in the first few days, and the color saturation drops off significantly after a week. The barrel can also influence the wine's color.

Color can be added to a wine with the introduction of grapes or grape products. For example, blending a wine with a darker grape or wine, either at the start of the process with young wines, or when finishing wines for bottling. Less often, a grape concentrate can be added to deepen the color.

Color and Aging

Wines can be aged in either stainless steel tanks or oak barrels. Stainless steel is preferred to create an environment devoid of oxygen, which aids in preserving color, fruitiness and freshness. Wines aged in oak barrels take on a deeper hue, like a warm, caramel tint.

In general, a white wine will become darker as it ages, a Rosé will turn

orange tint, and a red wine will get lighter due to the natural breakdown of tannins. When a red wine turns orange, and then brown, it is past its best drinking time.

The Influence of Tannins

Tannins are important to form the basic structure of a red wine, and determine its longevity in the bottle. A thin and pale grape, like the Pinot Noir tends to have fewer tannins, while a Cabernet Sauvignon grape has a very thick skin with more tannins. To help preserve color stability, tannins can be added during fermentation.

You may be able to determine the tannin levels by the wine's color. Dark red wines have a richer tannin texture, while bright reds are lighter-bodied and more fruity; yellow or white wines are dry while golden yellows are fuller-bodied.

Tannins are what give a wine its dry taste, and the more tannins in a wine, the heavier it feels. Tannins are derived from the grape's skin, or in smaller amounts, can come from seeds, stems, oak and additives. They act as a grape's natural sunscreen—the more light the grape receives, the more tannins the skins produce.

Knowing more about the wines you drink only adds to their enjoyment. Try sampling the rainbow of wine colors to determine your favorites. ❖

WINES BY COLOR

WHITES

Pale Yellow Pinot Grigio

Yellow Sauvignon Blanc

Pale Gold
Chenin Blanc

Gold Chardonnay

Deep Gold Sémillon, Sauterne

ROSÉS

Pale Blush Merlot

> Blush Syrah

Light Salmon Grenache, Pinot Noir

Salmon White Zinfandel, Sangiovese

Deep Salmon
Petit Verdot

REDS

Pale Ruby Beaujolais, Pinot Noir

> **Ruby** Cabernet Franc

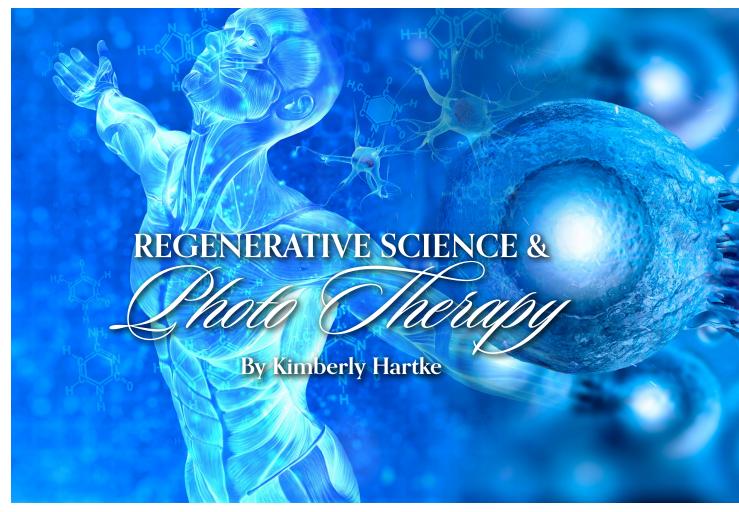
Garnet Tempranillo

Deep Purple Malbec, Bordeaux blend

Deep Ruby Cabernet Sauvignon

VIVATYSONS.COM Summer 2022 ❖ TYSONS PREMIER 45





tem cells are the building blocks of the human body. Stem cells are the seedlings of mature cells that comprise our tissues, blood, organs, and muscles. A special type of stem cell, Pluripotent stem cells, are the only cells that can change or convert to any cell our body needs for repair and regeneration. Scientists have discovered that as we age, our stem cell activity drops. At age 35 we lose 50% of our stem cells, and after age 60, stem cells and their activity drops to less than 10%. This explains why people age so rapidly starting at age 65.

Young people rebound from injuries fast, they are more active, exhibit more energy and enthusiasm. Older adults can regain some of

these traits, by embracing a daily routine of healthy diet and regular exercise. Yet, even so, many people, including health and wellness professionals struggle with the ravages of aging, or the painful, lingering after-effects of a past injury.

Regenerative science or what is known as longevity science is a new frontier of health and wellness. Stem cells were only discovered in 1961 by two Canadians, biophysicist James Till and cellular biologist Ernest McCulloch. Since then, bio-tech firms are perfecting ways of harvesting, growing stem cells. Doctors are now able to transplant and inject stem cells to address a variety of health conditions, joint pain, cancer, injuries. However,



their methods haven't been without cost, controversy and risk.

Local health publicist, Kimberly Hartke, is proposing an exciting alternative, "What if we could coax our dormant stell cells to wake up and start acting as if they were young again? How can we signal our body to start manufacturing new stem cells? Wouldn't it be safer and less expensive to gently utilize our body's natural system of repair and regeneration?"

Hartke became a believer in lifestyle changes to accomplish health goals over a decade ago. Kimberly in 2006 was diagnosed with runner's knee (painful knee joints) and her husband Keith, broker/owner of National Realty in Reston, was just beginning to take doctor prescribed blood pressure pills. Determined to nip these health issues in the bud, the couple embarked on a diet and exercise program. Within 3 months, Keith's doctor congratulated him, saying "Only 10% of my clients succeed in getting off this medication." Within 6 months, Kimberly's stabbing knee pain was gone, and she was left with only an occasional twinge or stiffness.

The entrepreneurial couple launched Hartke Health, LLC last September. Their desire is to help others experience a better quality of life, by encouraging their clients to invest time and money wisely in their health. The Hartke Health company is an independent representative of a new modality in holistic health, known as photo therapy. Low level light therapy is based on the idea that the body is an electrical system. Our human bodies generate heat and light, which is the power source to help one achieve health goals. The Hartke firm is introducing these new longevity promoting products to local health and wellness professionals, as well as health conscious individuals. The addition of a stem cell activation technology to the product line holds promise for many people striving to counter the ravages of aging. While widely known in Europe and used by many health professionals in clinical practice, it is just coming into its own here in the U.S.

Dr. Michael Hamblin a professor at Harvard is the world's leading expert in phototherapy with close to 300 papers to his credit, mostly on phototherapy photobiomodulation. In one article he states, "Photobiomodulation has made, and is continuing to make, major progress in obtaining recognition from authorities in medical schools, scholarly journals, the popular press and media, medical practitioners, therapists and other bodies concerned with biomedical science." *



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Ranked in the top 1% of agents nationwide, Laurie Mensing eclipsed the \$800 million mark in real estate sales by the end of 2018. Her strategy, treating every transaction as if it's her own, has proved to be the key to her overwhelming success. In 2018 Laurie was ranked the #1 Agent Long & Foster McLean, #1 for the entire NOVA region for Long and Foster and #3 in the state of VA. Laurie's success is the result of the extraordinary service she's provided to her clients in Virginia, Maryland, DC. Her local knowledge and ambition to provide impeccable service to a wide range of clients with different price points, truly separates her from her counterparts. Consider Laurie YOUR trusted real estate advisor.

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Casey Margenau

FINE HOMES & ESTATES

With exceptional credentials, Casey uses his 30 years of experience to help his clients maximize the value of their real estate transactions. His experience, extensive knowledge and understanding of Northern Virginia's Real Estate market have helped him to sell over \$3 Billion of homes. For 5 years straight, Casey was the #1 agent worldwide because of the fact that he enjoys helping families as well as individuals find the best homes, or the land to build their forever homes. The homes that Casey specializes in are some of the finest homes Northern Virginia has to offer. He has always been an innovator in marketing the properties he sells, using digital, print, and social media marketing. His reach is global, national, regional, and local to make sure that people, no matter where they are, see the homes that he has to offer so they can find the perfect home that meets their unique needs.

> Specialties: Area's Premier Luxury Home Builder and Realtor

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Fine Homes & Estates

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Mark Goedde

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Mark Goedde has been exceeding his clients expectations in quality real estate service throughout Northern Virginia. Mark has the financial and investment experience to help you make smart decisions concerning your home and/ or your real estate portfolio, representing YOU when you're ready to either buy or sell a home. He can assist you with multi-million dollar homes and mid-level properties and has been serving residential real estate needs for over 30 years in Fairfax, Loudoun and Arlington Counties and the Cities of Alexandria, Fairfax and Falls Church. Mark is a full-service Realtor with mortgage, insurance, property manangement and title partners to serve your every need.

Specialties:

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Sari Dajani and Team's over 50 years of experience with residential and commercial real estate in northern Virginia and the Washington DC metro area have proven beneficial to their clients. Team Dajani's diverse background (speaking several languages) help them to understand the needs of both buyers and sellers in this cosmopolitan region and offer them negotiation edge. Together Team Dajani provide seamless service, creative marketing and support 7 days a week. Team Dajani's commitment to help coupled with Weichert's many resources can save you valuable time and effort in securing home financing, insurance, and home connections.

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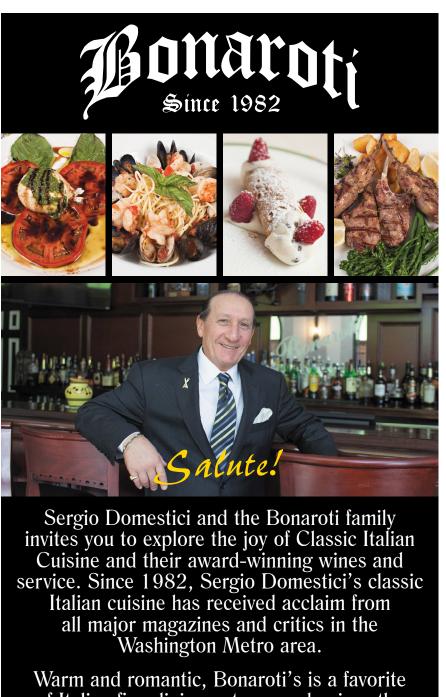
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Recognized for his strong work ethic and analytical competencies, Lee Brady is a seasoned market leader in luxury real estate, land development, and investment consulting. Throughout his career, he has leveraged his market knowledge to represent clients from diverse backgrounds and negotiate contracts that deliver maximum financial value for his clients.

Over the years, Lee has established an international client base and developed strategic partnerships with local, regional, and national builders. He has a passion for delivering top-flight customer service which has enabled him to be the recipient of several national awards for exceptional marketing.

Today, Lee is the Team Lead at Casey Margenau Fine Homes, a boutique brokerage specializing in contriving tailored marketing strategies to ensure the financial success of its clients. Here, Lee spearheads a team of top-performing professionals to offer the ultimate real estate experience, resulting in transactions of over \$75M in 2020.

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Gloria Adams

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Top Producer Gloria Adams has been listing and selling homes in the upscale markets of Fairfax for over 20 years building a reputation for ser vice that exceeds one's expectations. Gloria received the NVAR Diamond Top Producer 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 markets she serves so well. She developed a love for the real estate business and her reputation among her peers and customers alike is a testament to her desire to go that "extra step" to ensure a satisfied client.

> Specialties: Negotiation Expert, Resale Residential, Rentals

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Ginger P. King

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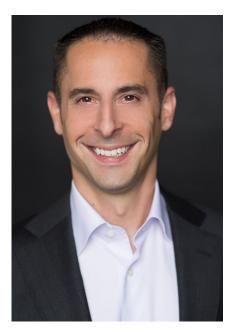
Designated Best Real Estate Agent by Washingtonian Magazine 2015 and #4 in the Company Top Ten in 2014, Ginger is a Life Member Northern Virginia Association Top Producer. She is a native and resident of Vienna, VA, and as the daughter of a builder, she loves residential real estate marketing and sales. 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: Accredited Buyer Representative (ABR), Accredited Staging Professional (ASP), Graduate Realtor Institute (GRI), Senior Real Estate Specialist (SRES)



ginger.king@cbmove.com 703-477-8793 465 Maple Ave West Vienna, VA 22180





Richie Hanna

REAL ESTATE CUSTOMER SERVICE EXPERT

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 vou, 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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With over 35 years of career experience in residential real estate sales, luxury home sales and marketing, office leasing and real estate settlement services. Lori has in-depth knowledge and experience in the Northern Virginia housing market and provides her clients with a comprehensive level of support in buying or selling their home.

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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Kevin Kleifges

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As an agent who's an expert in this local area, Kevin brings a wealth of knowledge and expertise about buying and selling real estate. Kevin is someone you can trust for up-to-date information who is eager to serve you. If you need to find your next home, Kevin will find you the ideal property at the right price for you, including all the neighborhood amenities that matter.

When it's time to move, Kevin will handle advertising your home, showing it prospective buyers, negotiating the purchase contract, arranging financing, overseeing the inspections, handling all necessary paperwork and supervising the closing. He can take care of everything you need, from start to close. Consult with Kevin on Home Selling Tactics. His experience in home staging can be the difference between a home resting on the market and one that's sold fast.

> Specialties: Find a Home, Sell a Home Consult on Home Selling Tactics

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Missy Whittington

FASTEST GROWING AGENT

Missy Whittington has lived in Vienna for 50+ years and is trusted and respected within the community. Her finance and accounting background led her to real estate in the fall of 2019, and within that short period of time, she has sold over \$5 Million of homes. She received the "Fastest Growing Agent Award" earlier this year and plans to continue this upward trajectory into 2022. She attributes TRUST as the number one reason for her success saying, "when you hire a realtor to take on the sale of your home or to purchase a new one, you have to trust that this person will get you to settlement in a timely manner without drama and will continue to serve the

client well after the transaction has closed." Missy has grit and perseverance in her DNA and learned this about herself on the softball field as a youth. "When the going gets tough, the tough get going" and I've taken that to heart from the softball diamond to the real estate arena." Let Missy be the one you can count on in Northern Virginia when it comes to your real estate needs. Seize the Day!

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Dave and Joanne Adams

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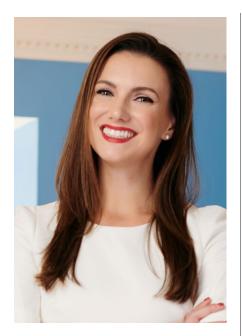
After 19 years as a retail business executive with extensive marketing and negotiation skills, JoAnne transitioned into Real Estate. Dave served 21 years with the United States Secret Service before transitioning into Real Estate. His unique knowledge of Northern Virginia and the Washington D.C. area 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:

Military Relocation Professional (MRP®) Seller Representative Specialist (SRS) Certified Luxury Home Marketing Specialist (CLHMS®)



dave@joanneadams.com m: 703-963-4491 o: 703-471-7220



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Mackenzie (Mack) Horne has over 10 years of executive-level consulting experience with a proven track record of successful sales and business development. She uses her knowledge and experience every day in each of her real estate transactions. Whether she is helping sellers prepare their property and negotiating top dollar, or guiding buyers as they find the right home at the right price, Mack is authentically dedicated to her clients every day of the week. She is known for being organized, focused, and passionate. Mack is a nationally recognized thought leader and a versatile salesperson.

Specialties:
Negotiations
Passionately Committed To Her Clients
Collaboration



mhorne@mcenearney.com m: 571-594-9136 o: 703-738-9577 www.mackenziehorne.com





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TAV Mediterranean Bistro—McLean Meets the Mediterranean continued from page 35

savory tahini sauce. A crisp Sauvignon Blanc from New Zealand balanced nicely with the tender, flaky fish.

Seafood Tagine is a Mediterraneanstyle stew with calamari, shrimp, monkfish, mussels, and tomatoes, accompanied by grilled bread. "The Seafood Tagine offers the taste of squid and shrimp infused with tomato, herbs, and spices. The toast and potato wedges are ideal to balance the boldness of the sauce," describes Erika.

Rounding out the menu, the slowly cooked Angus Beef Short Ribs are presented with vegetables, couscous, and spiced jus. And one mustn't overlook kebabs in such a setting, with a choice of Lamb Kebab Skewers, composed of a lamb kofta kebab, tahini, sumac, and pickled onion with a mint sauce, or Chicken

Skewers, charbroiled chicken thighs with Greek coleslaw and tzatziki.

Desserts include a house-made Pistachio Mastiha ice cream, sweetened delicately with honey, accompanied by cream puffs.

"The cream puffs' cream elevated the flavor of the pistachio. You can really taste the honey and spices in the gelato. The size makes it perfect to share. Every dessert is tempting here!" divulges Erika eagerly.

The romantically glowing outdoor patio area is very welcoming, as is the classy indoor bar. All in all, a visit to TAV Mediterranean Bistro is worth the turn down Elm Street right off of Old Dominion. It was truly like we had been transported to a seaport town in the Mediterranean—without ever leaving McLean.



TAV Mediterranean Bistro 6811 Elm St. McLean, VA 22101 703.821.1869 www.tavbistro.com



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Gorgeous all-brick custom Monte West home with stunning updates. Large owners suite with remodeled sumptuous bath with hand-laid tiles and relaxing soaking tub. Family room with cathedral ceilings and one of four fireplaces. Upgraded kitchen with SubZero refrigerator and five-burner gas cooktop. Each of five bedrooms has its own private bath. Breathtaking heated pool with covered terrace/patio.



GREAT FALLS, VA | \$1.802.560

Completely upgraded from head-to-toe! Completely remodeled white kitchen with stainless steel appliances, quartzite counters and large island with barstool seating. Amazing owners bath with separate tub and shower... and even heated floors. Large walk-out lower level with fifth bedroom and fourth full bath. Over-sized library with built-ins. Both deck and patio face south for lots of sun!





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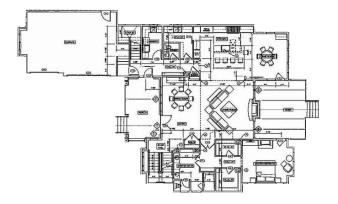
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2326 TROTT AVE

VIENNA, VA | \$2,399,900

This New Custom Six Bedroom and 7.5 Bath home is under construction (framing now compete). The home will be complete and ready for the new owner just in time for the fall school season. The home feeds into Flint hill ES and Madison HS. You will Love the open floor plan, as you enter you will find a grand Great room that is open though the home. The left wing with find the Kitchen with large Breakfast room that walks out to the rear Veranda. The caterers Kitchen features Viking Professional stainless-steel Appliances. White wood cabinets and stone counters. You will find this home is great for the muti-generational Family with Two Owners suites one on the main level and one on the upper level. The Upper-Level Features Five bedrooms each with their own private baths. The Lower-Level is finished with bar and Billiards as well as the recreation room, a full bath and bonus room/ exercise / theater room. All of this and a 3 car garage!

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VIVATYSONS.COM Sulvinter 2022 TYSONS PREMIER 61





nvestor decisions are the biggest determinant of success, investment returns"

With the world emerging from a global pandemic, the war in Ukraine, political uncertainties and a host of other unexpected forces, investors today are being subjected to an unwanted roller coaster ride. Today's volatile markets are leading more people to ask, what now? How do I protect my financial future from the crazy ups and downs we're seeing?

Chris Mellone is a Partner at VLP Financial Advisors in Vienna, and is fielding these questions and more from his clients. As a Chartered Financial Advisor (CFA), a Certified Financial Planner (CFPTM) and an Accredited Investment Fiduciary (AIF™), he helps individuals and families at all stages of investment make the best decisions to weather the current volatile market.

I've been hearing so much about the volatile markets right now, and I'm scared to even look at my accounts. What should I be doing to fortify my investments against this kind of uncertainty? Is anything safe?

Volatility and market fluctuations are a normal part of market cycles, but they can be nerve-wracking. During periods of



market stress, we find it helpful to revisit your long-term planning and goals. Ask yourself, have your goals changed? Have your long-term plans changed? If not, then it is often best to stay the course and stick to the long-term plan that you and your advisor developed. During periods of market volatility, confidence and conviction in your investment strategy and financial planning will give you the mental fortification to ride out the storm.

On the other hand, what should I NOT do?

As hard as it may be, don't panic and don't make emotional decisions. Investor decisions are the biggest determinant of success, not investment returns.

How does your advice differ for investors who are building for retirement versus those already retired?

For clients in the accumulation stage, periods of market volatility present opportunities to purchase long-term investments at advantageous prices, though it will take courage to become incrementally more aggressive in an uncertain environment. For clients who are retired and are in the distribution phase, periods of market volatility are where we implement our distribution strategy of raising expense funding needs from conservative bond investments. This distribution strategy prevents selling equities at depressed prices.

I like to think of myself as a savvy investor. How can I take advantage of these market swings?

For more aggressive clients, periods of significant volatility often present opportunities to rebalance portfolios, selling from conservative, stable bonds and adding to stock positions at lower prices. Your financial advisor can help you assess your comfort level for risk and evaluate opportunities that may come up.

What's your professional opinion on what we can expect in the next six months to a year? Beyond?

With a less accommodative Federal Reserve, we think a sustained period of increased volatility is likely. With that in mind, putting an emphasis on the behavioral aspect of long-term investment and financial planning is as important as ever. Volatility does not equal loss unless you sell!

For more than 30 years, VLP Financial Advisors has worked successfully and effectively with all kinds of families and individuals, retirees and business owners, women and men — all pursuing their own aspirations, each investing and saving in the ways that make the most sense for them.

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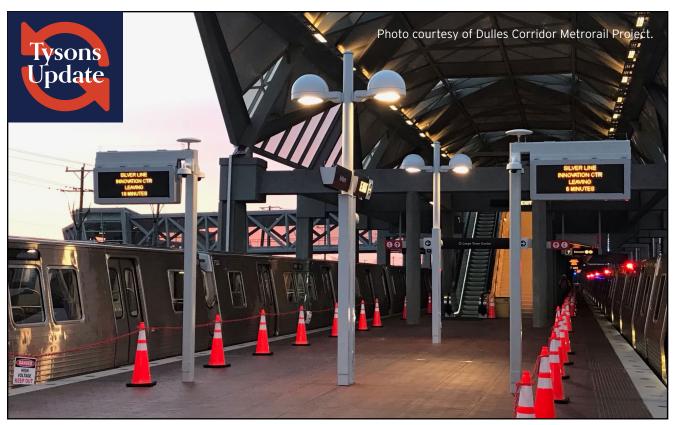
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Investors should consider their financial ability to continue to purchase through periods of low price levels.

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Tysons Update



Sheraton Renovations to Provide New Residential Homes in Tysons

hat used to be tallest building in Tysons, the former Sheraton Hotel, was once a mecca for business luncheons, corporate meetings and political celebrations. In spite of its convenient location along Leesburg Pike, the owners closed its doors in the wake of the COVID-19 pandemic. The contents were auctioned off and residents wondered what would happen to the familiar landmark next to Walmart.

Fans of the building cheered for retaining the structure. Now owner JBSmith has announced its fate.

The company will transform the 22-story hotel built in 1985 into 544 residential units, including studios, and one- and two-bedrooms units.

Renovation will be cheaper than constructing a new building and will help keep prices more affordable, according to Fairfax County documents.

As part of the Tysons West development, the building has history. Once the ownership changed, there were tax lawsuits to be adjudicated before that property's future could be determined.

Other structures will be built as part of the development, possibly another residential building, while the adjacent retail spots will remain in place. Plans also include a park next to adjacent condos and townhouses.

Meanwhile, residents of the renovated structure will be in easy walking distance to a pedestrian bridge that leads to Metrorail's Spring Hill Station.

Analysts say this will be a major addition to long-standing plans for housing near Silver Line stations. 💠

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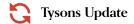
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Opening of Phase 2 of the Silver Line Approaches

Courtesy of Clark Construction

s the opening of Phase 2 of the Silver Line approaches, commuters, business owners, developers and politicians continue to press for a timeline regarding passenger service.

As Fairfax County supervisors Walter Alcorn (Hunter Mill) and John Foust (Dranesville) have recently learned, just about everybody who lives or works along the Dulles Corridor or in the Tysons area is anxious to know when they, their workers or their patrons can ride the extension that will connect Dulles International Airport to the entire region and drive economic growth.

Rail project officials from the Metropolitan Washington Airports Authority, managers of the project, the Washington Metropolitan Area Transit Authority (WMATA), which will operator the expansion, and contractors Capital Rail Constructors and Hensel Phelps, are working to complete the remaining punch-list items, tests and documentation needed before WMATA accepts Phase 2 and begins pre-revenue activities required prior to passenger ser-

vice

Business owners are anxious for new clients and shoppers, while developers, many of whom who have new residential and commercial structures ready for new tenants, are pushing counties for changes to pending plans.

Jack Potter, CEO of the Airports Authority, says he understands that the public wants the system to be open as soon as possible.

The project fits well with the Airports Authority's mission of providing world-class transportation services and facilities, while fostering economic growth in the National Capital Region.

"The completion of this extraordinary transportation infrastructure – stretching from Washington DC through one of the most vibrant regions in the country – is a testament to our federal, state and local leadership," said Antonio Calabrese, a land use attorney with DLA Piper. Calabrese has represented many of the Silver Line's most successful projects



including Capital One, MITRE and The View in Tysons as well as the proposed Rivana at Innovation Station, which is near one of three sites identified as a possible new home for the Washington Commanders stadium.

Phase 1 of the Silver Line has helped make the Dulles Corridor one of the fastest-growing business areas in Virginia and in the nation. Significant construction and other development that has resulted in new jobs and economic growth around Phase 1 since it opened in 2014,

All one needs to do is to take a look at the transformations that have already occurred near the four Phase 1 stations in Tysons – the massive Capital One project along Route 123 and Scotts Run near McLean Station, and The Boro along Route 7 near Greensboro Station are creating neighborhoods around stations just as early rail proponents had envisioned.

Take a look at Wiehle-Reston East Station, the terminus of Phase 1, where Comstock has created mixed-use development including a hotel, landmark buildings and powerful businesses including Google.

Such changes now can be seen along the path of Phase 2. All along the Phase 2 alignment, construction vehicles can be seen making way for new development near all of the stations. New buildings are up and residential properties have been purchased or leased.

And, chambers of commerce in the Reston, Herndon, Dulles and Ashburn areas are helping existing businesses prepare for the changes yet to come.

At Reston Town Center, Clark Construction has completed stunning high rises on the border of Reston Town Center.

In Ashburn, Comstock will be a major player with its Loudoun Station mixed-use development to the north of Ashburn Station. To the south of that station, pieces of the mixed-use Moorefield development have been steadily coming together in anticipation of Silver Line service.

The Reston skyline has transformed during the past several years, with significant new development popping up and being approved north and south of Reston Town Center Station. In Herndon, the town is planning for big changes near the north side of Herndon Station, while Fairfax has added parking to Herndon-Monroe Park and Ride, which now





includes a pavilion to enter the Silver Line.

Between Herndon and Innovation Center stations, Arrowbrook Centre is springing up along the south of the Dulles Toll Road, while farther to the west, Rocks Engineering is completing the Landing at Innovation Center South where it also has built a garage for the Metro station there. To the north of the Toll Road at Innovation is the mixed-use Rivana project by Novais Partners. To the north of Rivana is one of three rumored Virginia locations being touted by the General Assembly for a possible new Washington Commanders Stadium.

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