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MAGAZINE

LIVE MUSIC
VENUES

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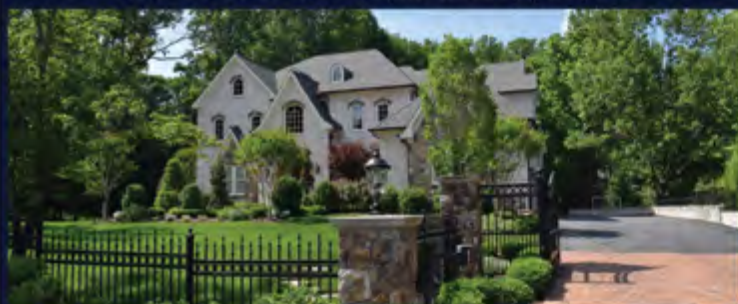
| TRUST



8401 Brookewood Court, McLean \$4,350,000



10603 Creamcup Lane, Great Falls \$3,199,000



8408 Sparger Street, McLean \$3,249,900



356 Springvale Road, Great Falls \$2,000,000



3140 Windsong Drive, Oakton \$1,899,900



990 Millwood Lane, Great Falls \$1,800,000



111 Elm Street SW, Vienna \$1,519,900



10330 Hickory Forest Drive, Oakton \$1,125,000

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FEATURES



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SENIOR LIVING OPTIONS >

by Rick Mundy

Read about first person accounts of residents who can't say enough about their senior living facility. Then, explore living options for your loved one with profiles of the area's top senior care services and residences.



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TOP DOCTORS >

Whether you are looking for a top doctor, a top dentist, the best aesthetician, plastic surgeon, eye doctor, ear doctor, or other medical expert, 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.

< LIVE MUSIC VENUES

by Cassandra Parker

Enrich your summer and enjoy some of the area's nightlife options brimming with places to enjoy live music and theatre. See the Selected Events section for a listing of what's playing where.



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< SUMMER FESTIVALS AND EXCURSIONS

Get out and play and attend one of the many festivals celebrating the summer. With art festivals, biking trips, food and beer fests, bluegrass and berry picking—there's something for everyone.



81



***One Practice for All
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A photograph of a family of four—a father, mother, young girl, and young boy—laughing and hugging each other on a light-colored sofa. The father is holding the girl, and the mother is holding the boy. They are all smiling broadly. In the background, there is a bookshelf filled with books and a framed photo.

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State

Southern Accents
A Tribute To Tom Petty!
Friday July 6th

Jonny Lang
Tuesday July 17th

Buddy Guy
With Quinn Sullivan!
Thursday July 19th

On The Border
A Tribute To The Eagles
Saturday July 21st

Louie Anderson
Sunday July 22nd

Roger Clyne
& The Peacemakers
Friday July 27th

The Legwarmers
DC's Biggest
80's Retro Dance Party!
Saturday July 28th

Saved By The 90's
A Party W/ The Bayside Tigers!
Saturday August 11th

Trial By Fire
A Tribute To Journey!
Saturday August 18th

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DEPARTMENTS



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Discover who's playing at local music venues along with other hyper-local events.

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Women and Financial Planning by Rose Price.

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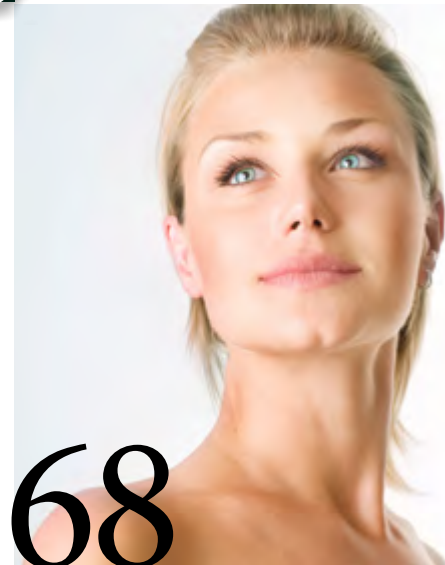
Explore this listing of Virginia's newest wineries by Linda Barrett.

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Analiese Kreutzer reports on Medspa treatments can reverse some of the sun's harmful effects on your skin

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About Genevieve for urinary incontinence.



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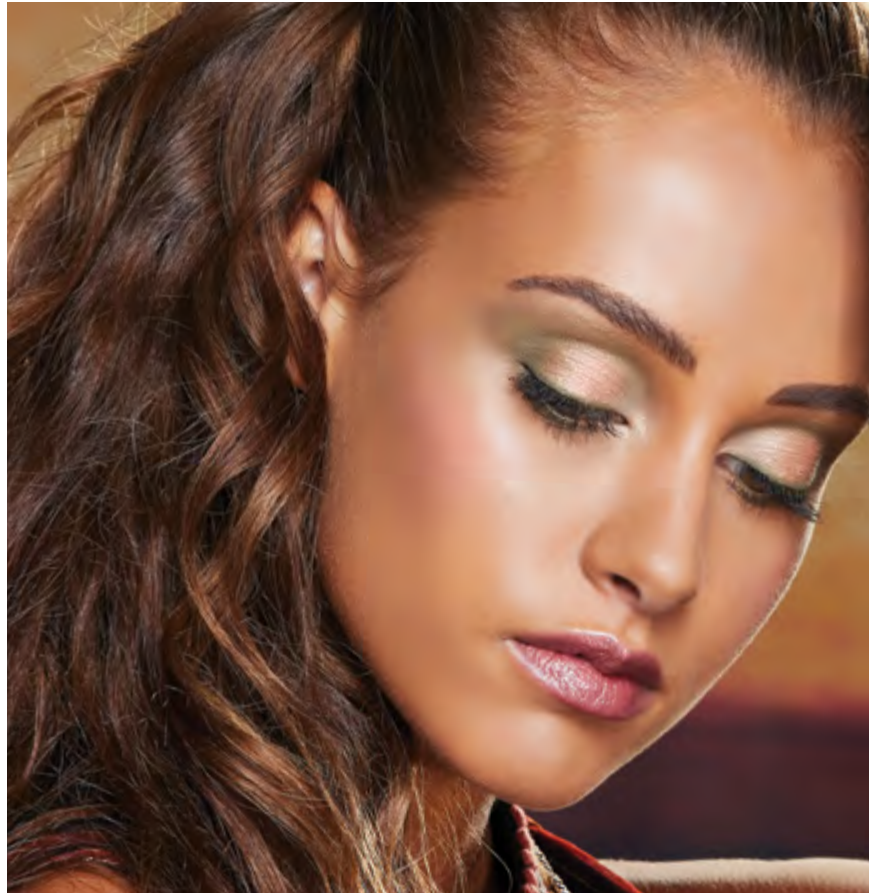
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VIVA
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THE MAGAZINE FOR TYSONS • GREAT FALLS • MCLEAN
 VIENNA • OAKTON • FALLS CHURCH
 JULY/AUGUST 2018

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| VIDEOGRAPHY | Kari Cannistraro |
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| CONTRIBUTING AUTHORS | Dr. Dima Ali |
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| | John Byrd |
| | Mark Dombroff |
| | Michael Evans |
| | Julie Holland |
| | Dani J. Keating |
| | Jan King |
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| | Keith Loria |
| | Scott Monett |
| | Cassandra Parker |
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| | Dusty Smith |
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ON THE COVER:
 The Filene Center at Wolf Trap.
Photo courtesy of Wolf Trap.

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Here's What's Happening at MCC

**Produced by McLean
Community Center**

Independence Day Celebration

Wednesday, July 4, 6:30 p.m.
Churchill Road Elementary
School, 7100 Churchill Rd.
McLean, Va. 22101
Free Admission

Presented by The Alden

Free! Summer Sunday Concerts in the Park

**McLean Central Park, 1468
Dolley Madison Blvd.
McLean, Va. 22101
Concerts begin at 5 p.m.**

**Black Masala
Sunday, July 1**

**Backtrack
Sunday, July 8**

**Oh He Dead
Sunday, July 15**

**Hip-Hop Meets the Music
of India
Sunday, July 22**

**The English Channel
Sunday, July 29**

**Kara and Matty D
Sunday, Aug. 5**

**"Morgan Taylor's Music
of Gustafer Yellowgold"
Sunday, Aug. 12**

Free!

The Old Firehouse Block Party

**Celebrating 28 Years of Serving
the Community
Saturday, Aug. 11, 1-4 p.m.
1440 Chain Bridge Rd.**

The McLean Community Center
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Home of the Alden Theatre
www.aldentheatre.org
703-790-0123, TTY: 711



Summer's here! And despite the traditional hot and muggy days of July and August, we have so much in store for us. Our editors have brought us some options for beating the heat and enjoying those summer moments. Cassandra Parker gives us Live Music Venues, we have close-in excursions and music festivals, get-away options for the shore.... we hope you'll enjoy our summer issue.

There are hundreds of thousands of children in America's foster care program. My wife, Michelle, and I know first-hand how they arrive and we love the non-profit we met bringing help for these children. As they move from home to home, they are generally accompanied by a large trash bag holding their belongings. Rob, and husband Reece Scheer, formed a non-profit to address this, and it's wonderful. Read about it, help if you can. Rick Mundy brought us the story. Thank you, Rick!

Claude Moore Colonial Farm is looking for some help from the community. Scott Monett is asking for your help.

Drones are coming. Aviation attorney Mark Dombroff suggests we take time to review some rules of the road. Thank you, Mark. Keith Loria interviews Michael McDonald and The Alden Theatre is presenting eight, free outdoor concerts for all ages. More? You bet. Selected Events has 'em.

Dr. Jordana Fein of The Retina Group of Washington says giving back and helping those less fortunate in the developing world is the "Coolest thing I've ever done" she means it. Rick sat down with the doctor. Great story. Thanks, Rick. Seniors have more choices today

than ever before. We thought we might ask a few of our area seniors for thoughts on their new home. Lots of happy seniors.

Cotillions? Yes. The National League of Junior Cotillions here in Northern Virginia has programs, events, and gatherings. Linda got us the story. Thanks, Linda.

More wineries in Virginia? Linda found some. Undoing sun damage? Ask Analiese Kreutzer on page 67. Thank you, Analiese. Growing beauty trends? Marta Bota shares some favorites.

Hungry? Dolce Vita Cucina Italiana and Wine Bar is a must! Renee Skarew says so! Michael Evans of Helga's Caterers shows us how to create a "not your average" summer BBQ.

And how about a visit to the Chesapeake with Allison Chase Sutherland? Some great options for a summer get-away. Plus, Tysons Updates, Jokes, Quotes, Horoscopes, Jan King and so much more. We hope you enjoy our work.

Every July 4th I think about the words of my father. Dad was an immigrant from the holy land in the late 40's. He always reminded me that the sounds of explosions from the fireworks every 4th of July weren't nearly as loud as the sound and pounding of his heart when he and Mom saw the Statue of Liberty for the first time.

Happy Birthday, America. Have a safe summer.

Cheers...





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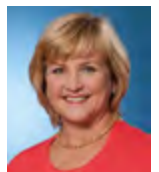
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SELECTED EVENTS

Photo courtesy of Wolf Trap



AUGUST 15
GLADYS KNIGHT & THE O'JAYS
The Filene Center at Wolf Trap



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THE STATE THEATRE

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JULY 3

PAGE TURNER ADVENTURES

The Great Pizza Contest

Theatre-in-the-Woods at Wolf Trap,
10:30am, \$12

Who makes the best pizza? Vincent Van Dough or Leonardo Di Munchi? Join the town of Mozzarella and Mayor Ann Chovi for The Great Pizza Contest, and figure it out once and for all! Ages 4 and up.

JULY 5

SUGAR FREE ALLSTARS

Family Funk Super Duo

Theatre-in-the-Woods at Wolf Trap,
10:30am, \$10

With elements of soul, rhythm & blues, disco, gospel, and New Orleans street parade music, Sugar Free Allstars provide a high-energy rock, dance-until-you-drop party for all ages! Ages 2 and up.

JULY 6

MIKE FARRIS & THE ROSELAND RHYTHM REVUE

Jammin Java, 8pm, \$20

Mike Farris is a musical renaissance man. He's toured as lead singer for the Southern rock band, Screaming Cheetah Wheelies, and following the demise of blues & rock legend Stevie Ray Vaughn, as the lead singer for the incomparable blues band, Double Trouble. In his solo career he began to rediscover and reinterpret traditional black spiritual music by adding his own mix of vintage southern soul. For his efforts, Farris won the prestigious Americana Music Award for Best New & Emerging Artist, a Dove Award for Best Traditional Gospel Album of the Year and a 2015 GRAMMY® award for Best Roots Gospel Album.

JULY 6-7

THE POP UPS

Great Pretenders Club Live

Theatre-in-the-Woods at Wolf Trap,
10:30am, \$12

Described as "Flaming Lips for kids" (NPR), The Pop Ups will be sure to bring the house down with their rock 'n' roll puppet musical. Ages 1 to 8.

JULY 6-7

HARRY POTTER AND THE PRISONER OF AZKABAN™— IN CONCERT

National Symphony Orchestra Steven Reineke, Conductor

The Filene Center at Wolf Trap,
8:30pm, \$40-65

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CONTINUED ON PAGE 18

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JULY 25
The Filene Center at Wolf Trap



Photo courtesy of Wolf Trap

CHARLIE PUTCH

CONTINUED FROM PAGE 16

classic saga, fans of all ages can now experience the thrilling tale accompanied by live music from the National Symphony Orchestra as Harry soars across the big screen.

JULY 7

PITTSBURGH'S OWN JOE GRUSHECKY AND THE HOUSE ROCKERS

Jammin Java, 7:30pm, \$18

Joe Grushecky's music has stood the test of time. For 30 years publications such as *Billboard*, *Rolling Stone*, *Village Voice*, *No Depression*, and countless others have hailed him as one of rock & roll's most talented singer-songwriters.

In 1979 *Rolling Stone* magazine crowned his band's, the Iron City Houserockers, first album *Love's So Tough* the "debut record of the year." Acclaimed rock writer Jimmy Guterman, named their second album, *Have a Good Time (But Get Out Alive)* as one of the 100 Best Rock & Roll Records of all time! Legendary guitarist and Rock Hall of Famer Steve Cropper produced *Blood on the Bricks*. Rock superstar and Hall of Famer, Bruce Springsteen, produced *American Babylon* in 1995 and continues to perform with the band and write with Joe including the Grammy-winning "Code of Silence."

JULY 8

LUDOVICO EINAUDI Essential Einaudi

The Filene Center at Wolf Trap, 8pm, \$35-85

Luminous, emotive, effortlessly lyrical, and always supremely refined, the music and performances of Ludovico Einaudi

have attracted an ever-growing international audience over the last two decades. With a unique musical alchemy that draws on elements of classical, rock, electronica, and world music, he has become one of the best known composers in the world today.

JULY 10

SOUL IN MOTION

Back To The Root

Theatre-in-the-Woods at Wolf Trap, 10:30am, \$8

Experience the rich culture of West Africa with this treasured DC dance company. Combining colorful costumes, spirited movements, and the energetic drumming rhythms, this expert ensemble delivers an exciting performance that inspires all ages.

JULY 10

INDIGO GIRLS

The War & Treaty

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

The only duo with top 40 titles on the *Billboard* 200 in the '80s, '90s, '00s, and '10s, enduring folk rock icons Indigo Girls return to Wolf Trap for a night of "acoustic arrangements with a side of... shimmering vocal harmonies" (*E! Online*).

JULY 11-12

STORY PIRATES

Greatest Hits Show

Theatre-in-the-Woods at Wolf Trap, 10:30am, \$12

The Story Pirates aren't your typical swashbuckling sailors. They don't steal gold, they collect stories and perform them live! And now, they're searching for a different kind of treasure: kids' wildest, most imaginative stories. Ages 4 to 11.

JULY 11

TEDESCHI TRUCKS BAND DRIVE-BY TRUCKERS THE MARCUS KING BAND

Wheels Of Soul 2018 Tour

The Filene Center at Wolf Trap, 7pm, \$35-80

Photo courtesy of Wolf Trap



AUG
12

8 PM

ABBA THE CONCERT

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

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

This 12-piece band formed by husband-and-wife duo Derek Trucks and Susan Tedeschi creates outstanding live performances through songs rooted in the blues and infused with their own unique blend of Southern soul, American roots, and authentic rock 'n' roll.

JULY 12

SLIGHTLY STOOPID WITH SPECIAL GUESTS STICK FIGURE AND PEPPER

School's Out For Summer 2018

The Filene Center at Wolf Trap, 6:30pm, \$40-55

Eclectic when it comes to musical styles as well as collaborations, reggae band Slightly Stoopid, now in their second decade of making music, continues to manufacture an energizing and multifaceted sound that has been described as "a spiritual bath of positive party energy."

JULY 13

MILO IN THE DOLDRUMS

EP Release Show

Jammin Java, 8pm, \$15

Milo in the Doldrums is an indie rock band from Northern Virginia. The band combines modern melodies with nostalgic hooks, tinged with melancholy and uplifted by a love for life and friends. The band has released two EP's to date, and is currently working on completing their third EP to be released in early 2018.

JULY 13

JUANES

The Filene Center at Wolf Trap, 8pm, \$40-80

Hailing from Colombia, this Latin superstar leaves audiences roaring with praise night after night with hits like "Me Enamora," "La Camisa Negra," and "Fuego."

JULY 13

MOVIE SCREENING OF RANGO

Unity of Fairfax Movie Nights

Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. Free parking. \$10 online or at the door; no one turned away www.unityoffairfax.org/events

The movie screening of Rango, an Oscar-winning, animated Western comedy film starring Johnny Depp as Rango, a sheltered family pet who finds himself in the grip of an identity crisis. Rango wonders how to stand out when it is his nature to blend in. When he accidentally winds up in a frontier town called Dirt, he takes the first step on a transformational journey. Preview trailer: tinyurl.com.

CONTINUED ON PAGE 20

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AUGUST 24
The Filene Center
at Wolf Trap



CONTINUED FROM PAGE 19

JULY 13–14

FLY DANCE COMPANY

Music From The Heart

Theatre-in-the-Woods at Wolf Trap,
10:30am, \$10

Come groove with this theatrical dance crew as they take you through the ins and outs of hip-hop music and dance. Using a blend of locking, popping, breaking, and head spinning, this performance will have you grooving from beginning to end.

JULY 14

BEETHOVEN'S NINTH

National Symphony Orchestra Bramwell Tovey, Conductor

The Filene Center at Wolf Trap,
8:15pm, \$25–60

Beethoven's Ninth Symphony is the composer's ultimate expression of brotherhood and humanity. Experience this masterpiece as the resounding chords of the beloved "Ode to Joy" fill the air.

JULY 14

ALEX GUTHRIE

Jammin Java, 6pm, \$15

Alex Guthrie is a singer-songwriter based in Atlanta. With the infusion of different genres such as soul, folk and rock, Guthrie brings audiences together through brilliant lyrics and an expressive voice.

Most recently, Guthrie has been noted as "the guy from the Jennifer Hudson commercial." The now-infamous American Family Insurance commercial features him playing in Atlanta's Woodruff Park when the Grammy Award-

winning singer and performer Jennifer Hudson surprises Guthrie and sings along to Bill Withers's beloved "Lovely Day."

JULY 15, 17, 19, 21

GOUNOD ROMÉO ET JULIETTE

The Barns at Wolf Trap, Sunday at 3pm, all other days 7:30pm, \$36–92

Two young lovers decide to take fate into their own hands after feuding families, bad timing and fatal mistakes tear them apart. Gounod's music soars in this French Romantic twist on Shakespeare's most celebrated love story.

JULY 15

HALSEY

The Filene Center at Wolf Trap,
8pm, \$40–80

Dark, gritty, and rebellious aren't how pop stars are usually described, but that doesn't seem to faze Halsey. Taking cues from electropop and synth-pop, the superstar's hits including "Closer" with The Chainsmokers, "Him & I" with G-Eazy, "Bad At Love," and "Now Or Never" rule the airwaves.

JULY 17–18

THE DINOSAUR DIARY OF DR. T-REX

Theatre-in-the-Woods at Wolf Trap,
10:30am, \$12

Join Dr. T-Rex and his six life-size dino puppets for a one-of-a-kind, hilarious show jam-packed with unexpected surprises and amazing information, and of course, some prehistoric mischief and mayhem!

JULY 17

STRAIGHT NO CHASER

The Filene Center at Wolf Trap,
8pm, \$30–65

This a cappella group's musical cocktail mixes stunning vocals with lively performances for unique spins on contemporary standards ranging from Charlie Puth and Beyoncé to Bob Dylan.

JULY 18

BOY GEORGE & CULTURE CLUB THE B-52s THOMPSON TWINS' TOM BAILEY

The Life Tour

The Filene Center at Wolf Trap,
7pm, \$42–90

Boy George & Culture Club, the UK pop sensation behind "Karma Chameleon" shares the stage with the technicolor party rockers behind "Love Shack" and "Rock Lobster," The B-52s, for a night of non-stop, dancey bliss.

JULY 19

ALPHABET ROCKERS

Rise Shine #Woke

Theatre-in-the-Woods at Wolf Trap,
10:30am, \$10

2018 Grammy-nominated Alphabet Rockers present Rise Shine #Woke, an interactive hip-hop theater concert for young audiences about complex but important issues like race, social justice, and solidarity. Ages 4 and up.

JULY 19

VOCAL COLORS

Wolf Trap Opera At The Phillips Collection

The Phillips Collection, 1600 21st St NW, Washington, DC 20009, 6:30pm

Visual art and music are paired in two intimate evenings of song at the beautiful Music Room of Washington D.C.'s The Phillips Collection.

JULY 19

WAIT WAIT... DON'T TELL ME!

The Filene Center at Wolf Trap,
8pm, \$40–80

Comedians, journalists, celebrity guests, and more compete in NPR's humorous and award-winning current events quiz show, hosted by author and playwright Peter Sagal along with scorekeeper Bill Kurtis.

CONTINUED ON PAGE 22



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SLIGHTLY STOOPID



8:30 PM

JUL 21

JAWS IN CONCERT

National Symphony Orchestra
Emil De Cou, Conductor

The Filene Center at Wolf Trap, 8:30pm, \$40-65

With just two notes, Academy Award winner John Williams created a sense of fear for beachgoers that would last for decades! Join us at Wolf Trap for a screening of Steven Spielberg's *Jaws* as the National Symphony Orchestra performs the iconic score. Film will be projected in HD onto big screens in-house and on the lawn.

CONTINUED FROM PAGE 20

JULY 20

QUEEN LATIFAH

Common

The Filene Center at Wolf Trap, 8pm, \$45-\$105

A Grammy and Golden Globe-winning rapper, singer, hip-hop artist, and actress, Queen Latifah was the first hip-hop performer to be crowned with a star on the Hollywood Walk of Fame. Joined by Academy Award, Golden Globe, Emmy, and Grammy-winning hip-hop artist Common, experience the Wolf Trap debuts of two of the most accomplished, all-around stars today.

JULY 21

JAWS IN CONCERT

National Symphony Orchestra
Emil De Cou, Conductor

The Filene Center at Wolf Trap, 8:30pm, \$40-65

With just two notes, Academy Award winner John Williams created a sense of fear for beachgoers that would last for decades! Join us at Wolf Trap for a screening of Steven Spielberg's *Jaws* as the National Symphony Orchestra performs the iconic score.

Film will be projected in HD onto big screens in-house and on the lawn.

JULY 22

ZAC CLARK (OF ANDREW MCMAHON AND THE WILDERNESS)

with Special Guest Bob Oxblood

Jammin Java, 7:30pm, \$12-20

In the midst of traveling the world with Andrew McMahon in the Wilderness supporting the hit self-titled LP and RIAA-certified Gold single "Cecilia and the Satellite," tours with acts from Billy Joel to Weezer as well as appearances on the *Today Show* and *Conan*, singer/songwriter and multi-instrumentalist Zac Clark has released two solo records, 2015's "I Am a Guest" and 2012's "Young Volcanoes," as well as the 2014 single "Wake Up," the theme song for Dwayne "The Rock" Johnson's TNT show, "Wake Up Call."

JULY 22

ARIA JUKEBOX

The Audience Gets To Choose!
Wolf Trap Opera Soloists

Kim Pensinger Witman, Pianist

The Barns at Wolf Trap, 2pm, \$36-50

An afternoon of opera highlights curated by the audience and sung by Wolf Trap Opera soloists. Come to the preshow reception to vote for the arias of your choice! Each singer lists four arias in his jukebox, and the selection with the most votes is included in the performance. The result is a one-of-a-kind concert encompassing a surprising range of styles and composers.

JULY 24

JASON ISBELL AND THE 400 UNIT

Hiss Golden Messenger

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

"Often cited as being one of the best songwriters in the world" (Paste), Jason Isbell and The 400 Unit make their Wolf Trap debut with a distinguishable blend of Americana and Alabama roots that recently earned them two Grammys for *The Nashville Sound* (2017).

JULY 25

CHARLIE PUTH

The Voicenotes Tour

Hailee Steinfeld

The Filene Center at Wolf Trap,
7pm, \$35-75

Following the success of smash-hit singles "How Long," "Attention," "We Don't Talk Anymore," and "Marvin Gaye," multi-Platinum artist Charlie Puth makes his Wolf Trap debut on his biggest North American tour to date supporting his highly anticipated new album *Voicenotes* (2018). Rising star Hailee Steinfeld of "Love Myself," "Starving," and *Pitch Perfect* fame makes her return to Wolf Trap opening for Puth.

JULY 27-28

RUMPELSTILTSKIN

Maryland Youth Ballet

Theatre-in-the-Woods at Wolf Trap,
10:30am, \$10

An enchanted elf helps a miller's daughter turn straw into gold... for a price. Join Maryland Youth Ballet for this classic fairy tale adventure



Photo courtesy of Wolf Trap

presented through the mesmerizing magic of dance. All Ages.

JULY 27

BERNSTEIN AT 100 A CELEBRATION

National Symphony Orchestra

Michael Barrett, Conductor

The Filene Center at Wolf Trap,
8:15pm, \$25-60

Luminaries from the worlds of musical theater, dance, and classical music join forces to celebrate the 100th anniversary of the birth of American musical

icon Leonard Bernstein.

JULY 28

THE BEST OF WAGNER'S RING

National Symphony Orchestra

CONTINUED ON PAGE 24

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AUGUST 19
The Filene Center
at Wolf Trap



THE REVIVALISTS



8:30 PM

JUL
22

CASINO ROYALE IN CONCERT

National Symphony Orchestra
Emil De Cou, Conductor

The Filene Center at Wolf Trap, 8:30pm. \$40-65

Film Concerts Live! proudly presents Casino Royale in Concert, produced in association with EON Productions and Metro Goldwyn Mayer Studios (MGM). For the first time in North America, audiences will experience Bond on the big screen accompanied by a full symphony orchestra performing composer David Arnold's thrilling musical score live to picture! Directed by Martin Campbell, Casino Royale brings us Bond at the start of his career, having just earned oo status and his license to kill, and introduces us to the next James Bond—Daniel Craig.

CONTINUED FROM PAGE 23

Patrick Summers, Conductor

The Filene Center at Wolf Trap,
8:15pm, \$25-60

A quartet of internationally renowned Wolf Trap Opera alumni join with the NSO to perform memorable and exhilarating moments from Wagner's epic Ring Cycle.

JULY 29

YANNI

Live At The Acropolis 25th
Anniversary Tour

The Filene Center at Wolf Trap,
8pm, \$25-85

A musical phenomenon, Yanni is a rare artist whose music transcends geographical borders and touches people of all races and nations. As "one of the most popular recording artists ever" (NPR), Yanni has accumulated over 40 platinum and gold albums and two Grammy nominations.

JULY 29

NO SMALL CHILDREN

Jammin Java, 7:30pm, \$12-20

NSC's animated, edgy and break-neck live show both

invites you in and calls you out all while you sing along to the fresh, yet familiar, refrains of their carefully constructed songs. Their glamorous matching dresses and bona fide command of the stage will have you leaving at the end of the night a little hoarse, with a smile, and a warm fuzzy feeling.

AUGUST 2

PRESTON REED

Jammin Java, 7:30pm, \$20-25

Percussive fingerstyle master Preston Reed, who inspired such latter day flattop heroes as Andy McKee and Kaki King returns to Jammin Java as part of his U.S.A. tour.

Using the two-handed integrated percussive acoustic technique he pioneered in 1987, Reed fuses chord-based grooves, soaring melodic runs and polyrhythmic percussion that integrate the breathtaking potential of the guitar body. Preston Reed doesn't need a band. He is the band.

AUGUST 3

VERDI'S RIGOLETTO

Wolf Trap Opera

National Symphony Orchestra
Grant Gershon, Conductor

The Filene Center at Wolf Trap,
8:15pm, \$25-75

This year's grand opera at the Filene Center tells the tale of a father whose fierce desire to protect his daughter leads to a tragic quest for revenge. Some of Verdi's most memorable music graces this poignant and unforgettable opera.

AUGUST 3

PARTHENON HUXLEY & FRIENDS

Jammin Java, 8pm, \$15-20

Award-winning guitarist/songwriter Parthenon Huxley returns to Jammin Java with his sensational band to perform songs from his new album *This Is The One*. The album was recently funded by a very successful Kickstarter campaign. With luck, new CDs will be available for this show! Huxley and band will also perform classic hits

heavy on ELO, Beatles and more. When he isn't rocking Vienna, VA Huxley tours the world as guitarist for The Orchestra (Starring ELO former members). Joining Huxley on stage will be three of the area's best musicians: bassist Dave Phenicie, drummer Ricky Wise and violinist Ben Hoyt.

AUGUST 4

HANSON

String Theory
National Symphony Orchestra
Emil De Cou, Conductor
The Filene Center at Wolf Trap,
8:15pm, \$30-70
 Fueled by a drive to create great art, inspire connection, and cultivate community, pop rock trio Hanson has been entertaining audiences for more than 25 years. The trio of brothers make their NSO debut with a program of their greatest hits.

AUGUST 5

BRYAN ADAMS

The Filene Center at Wolf Trap,
8pm, \$40-85

For nearly 40 years the Grammy-winning king of power ballads has rocked the stage with hits like "Summer of '69," "(Everything I Do) I Do It For You," and "Heaven." With the release of the new compilation album *Ultimate* (2017), Adams shows no signs of slowing down anytime soon.

AUGUST 7

ANGÉLIQUE KIDJO'S

Remain In Light
Femi Kuti And The Positive Force

The Filene Center at Wolf Trap,
8pm, \$28-60
 In her newest project, Angelique Kidjo reinterprets The Talking Heads' classic album, *Remain in Light* (1980), adding electrifying rhythms, African guitars, and layered backing vocals. Cross-pollinating the West African traditions of her childhood in Benin with elements of American R&B, funk, and jazz, Kidjo is nothing short of exhilarating and transcendent. Performing songs from *Remain in Light*, as

CONTINUED ON PAGE 27



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CONTINUED FROM PAGE 25

well as originals, she is joined by renowned Afrobeat artist Femi Kuti and The Positive Force whose shows are filled with “energetic big-band arrangements...and Femi out front wailing from the heart and giving hope to the voiceless” (*The Boston Globe*).

AUGUST 8-9

DISNEY BEAUTY & THE BEAST IN CONCERT

Film With Live Orchestra & Singers

The Filene Center at Wolf Trap, 8pm, \$40-95
“Be Our Guest” for two enchanted evenings featuring Disney’s animated classic shown on huge screens with an all-star cast performing the Oscar- and Grammy-winning songs live-to-film!

AUGUST 9

TONY LUCCA

Jesse Ruben

Jammin Java, 8pm, \$18

Each of the 12 songs on “Tony Lucca” are deeply personal. The record kicks off with “Old Girl,” Lucca’s rebuff to the music business treadmill. On the upbeat “Imagination,” Lucca recalls the evening where he met his wife... to the best of his ability. Lucca’s fans will enjoy the diverse sonic quality of four of his trademark ballads—the epic and sweeping piano-driven “North Star,” the optimistic “Smoke ‘Em,” the push and pull of love lost and found in “Right On Time,” and the sweet album closer that bares his daughter’s name, “Sparrow.”

AUGUST 10

LYLE LOVETT & HIS LARGE BAND

The Filene Center at Wolf Trap, 8pm, \$30-65

Best known for his high-quality songwriting filled with wit and charm, Lyle Lovett has built a career “on the reputation of his live shows, which routinely sell out theaters and concert halls coast to coast” (*The New York Times*).

AUGUST 10

ALL 80'S, ALL NIGHT!

Jammin Java, 8pm, \$12-20

Do you love the 80's? If so, put on your best 80's fashion and come ready to dance for an “All 80's, All Night” flashback dance party at Jammin Java! Darin from Belt it Out Productions (www.beltitoutproductions.com) will be DJing and covering 80's music like no other! Madonna, Wham, Run DMC, The Go Go's, New Edition, Human League,





Prince, Heavy D, Bon Jovi, Def Leppard, Michael Jackson, Duran Duran—all of your 80's favorites and many, many more! Prizes will be given out for best dressed and “Name that Tune” winners. You ready? Join us and turn back the clock for a fun night of food, beverages, dancing, and all things 80's! You don't want to miss this event, so get your tickets early!


AUGUST 10

13TH

Unity of Fairfax Movie Nights


Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. Free parking. \$10 online or at the door; no one turned away www.unityoffairfax.org/events
13th, Oscar-nominated director Ava DuVernay gives an in-depth look on the



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Photo courtesy of Wolf Trap

QUEEN LATIFAH

JULY 20
The Filene Center
at Wolf Trap



**AVENUE, GALACTIC,
PRESERVATION
HALL JAZZ BAND,
NEW BREED BRASS
BAND**

With Special Guests Cyril Neville & Walter Wolfman Washington

*The Filene Center at Wolf Trap,
7:30pm, \$30-60*

"New Orleans jazz-funk alchemist" (*The Guardian*) Trombone Shorty knows how to get the party started with genre-busting street rhythms and brass-filled jams that pay tribute to the history of the city, while also propelling the distinct sound forward. Laissez les bon temps rouler as seminal jazz-funk band Galactic, New Orleans staple Preservation Hall Jazz Band, and second-line champion New Breed Brass Band transport audiences straight to "The Big Easy" to party like it's Mardi Gras!

CONTINUED FROM PAGE 27

history of racial inequality in the U.S. prison system in this Emmy Award-winning film. Preview trailer: <https://youtu.be/V66F3WU2CKk>

AUGUST 11

MARY CHAPIN CARPENTER

RHIANNON GIDDENS

With Francesco Turrisi

*The Filene Center at Wolf Trap,
7:30pm, \$28-65*

Renowned and beloved singer, songwriter, and performer Mary Chapin Carpenter will return to Wolf Trap for a special performance. Carpenter has won five Grammy Awards and is a 2012 Nashville Songwriters Hall of Fame inductee.

AUGUST 12

ABBA THE CONCERT

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

ABBA The Concert continues to be the top ABBA tribute group in the world, dazzling audiences with fantastic performances of ABBA's iconic hits including "Mamma Mia," "S.O.S.," "Money,

Money, Money," "The Winner Takes All," "Waterloo," "Gimme, Gimme, Gimme," and "Dancing Queen."

AUGUST 15

GLADYS KNIGHT & THE O'JAYS

*The Filene Center at Wolf Trap,
8pm, \$30-70*

The Rock and Roll Hall of Fame R&B trio, The O'Jays, best known for "Love Train" is joined by seven-time Grammy winner Gladys Knight of "Midnight Train to Georgia" fame for the soul event of the summer. Gladys Knight will perform first followed by The O'Jays.

AUGUST 15

SCOTT KIRBY WITH GUITARIST DAVE EDMISTEN

Jammin Java, 7:30pm, \$20

A creative lyricist and accomplished finger-style acoustic guitarist with an expressive voice, Kirby describes himself as a direct descendent of the '70s singer/songwriter movement. His very first 45 was a Beatles record, and he came of musical age listening to James Taylor and other great

songwriters of that era. He has never received any formal musical training, but often credits Taylor with teaching him how to play the acoustic guitar.

AUGUST 16

ALAN JACKSON

Lee Ann Womack

*The Filene Center at Wolf Trap,
8pm, \$45-105*

For more than 25 years Alan Jackson's music has provided a soundtrack for American life. Hits like "Remember When," "Drive," and "Where Were You (When the World Stopped Turning)" have become an enduring part of America's musical landscape and have earned Jackson two Grammys and an induction into the Country Music Hall of Fame. Grammy-winning country singer-songwriter Lee Ann Womack opens the show with hits like "I Hope You Dance" and "Last Call."

AUGUST 17

**VOODOO
THREAUXTOWN
FEATURING
TROMBONE
SHORTY & ORLEANS**

AUGUST 17

**THE INFLUENCE
REUNION SHOW**

Fuzzqueen + Dr Robinson's Fiasco + The Nris

Jammin Java, 8pm, \$10-20

With nearly 200 self-booked tour dates played annually for the past four years, The Influence takes the DIY ethic to the next level. They have amassed a solid fanbase up and down the Eastern seaboard with their electric live show featuring explosive choruses, multi-layered harmonies, and tag-team drum interludes. To date The Influence has supported such artists as Paramore, Papa Roach, Shiny Toy Guns and Jimmy Eat World to name a few.

AUGUST 18

**THE AVETT
BROTHERS**

Nicole Atkins

*The Filene Center at Wolf Trap, 8pm,
\$45-75*

"With echoes of old-timey string bands, singalong folk revivalists, boozy Americana roots rockers and big-box singer – songwriter softies" (*Rolling Stone*), The Avett Brothers make their Filene Center debut.

AUGUST 19

THE REVIVALISTS

Zz Ward

The Filene Center at Wolf Trap, 8pm, \$35-55
Guided by dynamic percussion, punchy horns, feel-good lyrics, and contagious rhythms, The Revivalists skyrocketed to the top of the charts with their No. 1 hit "Wish I Knew You." This New Orleans band, named in honor of the city's recovery post-Katrina, was named *Billboard's* Top New Rock Artist of 2017.

AUGUST 20

JEFF BECK

Ann Wilson Of Heart

The Filene Center at Wolf Trap, 8pm, \$35-75
One of the "100 Greatest Guitarists of All Time" (*Rolling Stone*) and two-time Rock & Roll Hall of Fame inductee Jeff Beck shares the stage with rock goddess Ann Wilson of Heart for an evening of iconic hits.

AUGUST 22

MICHAEL MCDONALD AND PETER CETERA

The Filene Center at Wolf Trap, 8pm, \$35-80
Whether solo or as a member of The Doobie Brothers or the Dukes of September, Michael McDonald has achieved inestimable success and remains one of the world's most distinctive voices. The singer of "I Keep Forgettin' (Every Time You're Near)" and "Show You the Way" is joined by former Chicago singer and bass player Peter Cetera who makes his Wolf Trap debut. A Rock Hall inductee, Cetera's time-honored hits include "Glory of Love," "The Next Time I Fall" with Amy Grant, and "After All" with Cher.

AUGUST 23

DAWES

**Shovels & Rope
Joseph**

The Filene Center at Wolf Trap, 7:30pm, \$30-55
Drawing on the "folksy,

confessional vibe of seventies Laurel Canyon singer-songwriters like Jackson Browne," (*Rolling Stone*) Dawes creates breezy and emotional songs that converge retro California vibes with contemporary folk rock. Sister-trio Joseph and husband-and-wife duo Shovels & Rope kick off the night with perfect harmonies and "booming melodies, break-neck lyricism and a robust take on Americana music" (*NPR*).

AUGUST 24

FRANKIE VALLI & THE FOUR SEASONS

The Filene Center at Wolf Trap, 8pm, \$30-75
In a career spanning six decades, Frankie Valli has sold over 100 million records (including "Can't Take My Eyes Off You," "Sherry," and "Grease") and was inducted into the Rock & Roll Hall of Fame, all while performing to packed houses all around the world.

AUGUST 25

KIDZ BOP LIVE 2018

The Filene Center at Wolf Trap, 6pm, \$30-70
KIDZ BOP Live 2018 is the ultimate family concert experience, "sung by kids for kids." The KIDZ BOP Kids headline this new show, performing some of today's biggest hit songs that have also kept them at the top of the US Kids charts for over 15 years.

AUGUST 26

BOLLYWOOD BOULEVARD

A Journey Through Hindi Cinema

The Filene Center at Wolf Trap, 8pm, \$25-55
Bollywood—A harmonious fusion of live music, dance, and film—leads audiences from the birth of Hindi cinema to present day. Experience the spirit, artistry, and history of India's famous film industry from the classics of the black and white era and the timeless songs of Bollywood's Golden Era to the



foot-tapping blockbusters of today. Inspired by the music of R.D. Burman, Lata Mangeshkar, and A.R. Rahman, the dance moves of superstars like Amitabh Bachchan and Priyanka Chopra, and romance as captured by Raj Kapoor and Yash Raj Chopra, experience Bollywood as never before.

AUGUST 30

KENNY G

The Tenors

The Filene Center at Wolf Trap, 8pm, \$30-65
For over three decades, Grammy Award-winning saxophonist Kenny G has grafted elements of R&B, pop, and Latin to a jazz foundation solidifying his reputation as the premiere artist in contemporary jazz. Similarly creating a powerful crossover sound, award-winning classical and contemporary pop group The Tenors returns to Wolf Trap with undeniable charm and diverse vocal styles.

AUGUST 31

GAVIN DEGRAW

Phillip Phillips

The Filene Center at Wolf Trap, 8pm, \$30-60
Experience a night of soulful music from a pair of gifted singer-songwriters featuring multi-platinum performer Gavin DeGraw known for "Not Over You" and "I Don't Want to Be" and *American Idol* winner Phillip Phillips acclaimed for radio hits like "Home" and "Gone, Gone, Gone."

SEPTEMBER 1

ZIGGY MARLEY

**Steel Pulse
Tribal Seeds**

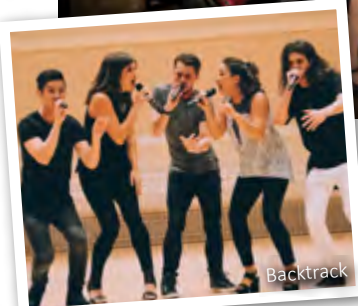
The Filene Center at Wolf Trap, 7pm, \$35-60
An eight-time Grammy winner, Emmy winner, humanitarian, singer, songwriter, and producer, Ziggy Marley is one of the most successful reggae artists ever. Joining Ziggy Marley is one of Bob Marley's favorite bands, Grammy-winning Steel Pulse. For one night only, experience an evening filled with messages of love and justice for all people. ❖



Black Masala



The English Channel



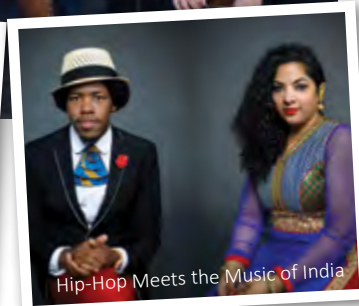
Backtrack



Gustafer



Tim Kubart



Hip-Hop Meets the Music of India

Summer is for the whole family!

THE ALDEN PRESENTS EIGHT, FREE OUTDOOR CONCERTS THAT EVERYONE CAN ENJOY

The Alden at the McLean Community Center's 2018 Summer Sunday Concerts in the Park expand this year to include a "welcome, summer" concert on Sunday, June 24, and then seven concerts from July 1 through August 12. These free concerts will begin at 5 p.m. in McLean Central Park, 1468 Dolley Madison Blvd. Free parking is available at Dolley Madison Library, which is located at 1244 Oak Ridge Ave.

"It's our aim to create inclusive and accessible performing arts experiences, and expanding this summer concerts series both in the number of concerts presented and the range of offerings brings us closer to our vision," said Sarah Schallern, the McLean Community Center's Performing Arts Director. "Family concert' doesn't mean 'just for little kids.' In fact, after our first-ever Kids' Takeover concert last August an older gentleman told me that Big Bang Boom was even more fun than the concerts for adults."

"We want to create more opportunities for families to get off their screens and enjoy time together," Danielle Van Hook, the Director of Youth Theatre Programs for the McLean Community Center, shared. "Since our Jammin' Juniors concerts were on weekday

afternoons, a lot of working parents and children in daycare or school were unable to participate. Our expanded series, especially the concerts in August, are still great for the littlest audience members, but now siblings, parents, grandparents and friends can join in on the fun."

SCHEDULE

(Subject to change)

"Welcome, Summer" Family Concert!

Tim Kubart and the Space Cadets

SUNDAY, JUNE 24, 5 P.M.

Tim Kubart and the Space Cadets are helping The Alden welcome summer back to McLean! Their Grammy® award-winning album, "Home," weaves together childhood memories with textured pop tunes, which is sure to turn the park's gazebo into a dance party. When he's not touring, Kubart performs every weekday morning on NBC Universal's Sprout Channel in the only live morning show for preschoolers or as the "tambourine guy" with Postmodern Jukebox.

Black Masala

SUNDAY, JULY 1, 5 P.M.

DC's own Balkan and funk-music inspired brass band dishes out a heaping helping of dance grooves with multicultural influences. The award-winning group will have the audience dancing to the beat.

Backtrack (Family Friendly)

SUNDAY, JULY 8, 5 P.M.

Known for pushing the limits of a cappella, Backtrack's repertoire spans past and present pop covers to classical and electronic music. The whole family will be dancing along to their unique vocal arrangements and world-class beatboxing. It's going to be Aca-mazing!

Oh He Dead

SUNDAY, JULY 15, 5 P.M.

Perhaps best described as "rock and soul," Oh He Dead mixes in healthy doses of classic R&B, funk and folk with deliciously addictive songwriting. Led by the stirring harmonies of Cynthia Johnson and Andy Valenti, the group's Motown influences and poignant lyrics will move both soul and feet, and even teenagers will secretly love this concert.

Hip-Hop Meets the Music of India

(Family Friendly)

SUNDAY, JULY 22, 5 P.M.

Indian Violinist Nistha Raj and Grammy-nominated progressive hip-hop artist Christylez Bacon present a collaboration that mixes genres of music native to each of their cultural upbringings, Hindustani Classical music and acoustic Hip-Hop and D.C.'s Go-Go.

The English Channel

SUNDAY, JULY 29, 5 P.M.

This British Invasion recreation is always a favorite with McLean! Come hear the sounds of the '60s and '70s by The Beatles, The Stones, The Who, The Kinks and others. This Richmond-based band has a local connection: lead singer Julie Quarles grew up in the DMV to a musical family—her brother is WAMMIE award-winner Billy Coulter.

Kara and Matty D (Family Friendly)

SUNDAY, AUG. 5, 5 P.M.

One of our favorite summer bands is back, but this time they are performing for the kiddos!

Morgan Taylor's "Music of Gustaf Yellowgold" (Family Friendly)

SUNDAY, AUG. 12, 5 P.M.

Two-time Grammy® award nominee Morgan Taylor and his band will play perennial favorites and dig deep into the wild and hip back catalogue for this rare, non-video version of his nationally-heralded Gustaf Yellowgold show. Tasteful, smart and FUN songs for everyone!

For more information, visit: www.aldentheatre.org.

About The Alden

Built in 1975, the 383-seat Robert Ames Alden Theatre, "The Alden," is a cultural resource for the citizens of McLean and the Washington Metropolitan area that presents a full professional season of interdisciplinary and high-quality performances, lectures and educational programs for audiences of all ages. The Alden is ADA-compliant and will make arrangements for accommodations. To request this information in an alternate format, call 703-790-0123, TTY: 711, or visit: www.aldentheatre.org.

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MICHAEL MCDONALD "TAKIN' IT" TO WOLF TRAP

BY KEITH LORIA

Whether from his days as a member of The Doobie Brothers, Steely Dan or the Dukes of September, or from his incredible solo career, Michael McDonald has achieved immeasurable success and has been one of the world's most distinctive voices for decades.

On Aug. 22, he will co-headline a concert at Wolf Trap with long-time friend, Peter Cetera of Chicago fame, who has also had hits with "Glory of Love," "The Next Time I Fall" with Amy Grant, and "After All" with Cher.

Following a run with Steely Dan, McDonald and his soulful voice joined the Doobie Brothers in 1975, and he fronted top hits like "What a Fool Believes," "Takin' It to the Streets," "Minute by Minute" and "Real Love."

"I always believed that if I applied myself and kept developing as a songwriter and singer, that I would have a career in this for a long time, and I have" McDonald says. "My greatest fantasy back then was that someone would be driving down the freeway and one of my records would be on the radio, and

he would crank it up as loud as he could. I always hoped I would reach that status."

After leaving the Doobie Brothers to go solo, McDonald charted singles such as "On My Own," "Sweet Freedom" and "I Keep Forgettin." Over the past 20 years, he's also released a series of successful Motown tribute albums, offering his take on classics like "Ain't No Mountain High Enough," "I Heard it Through the Grapevine" and "(Your Love Keeps Lifting Me) Higher and Higher."

Now 65, McDonald recently released his first album of new music in 17 years entitled *Wide Open*, which boasts musical guests such as Warren Haynes, Robben Ford, Marcus Miller and Branford Marsalis.

"Making an album is coming closer to extinction every year. They were a great medium to let the audience know where you were at, but with streaming, we've returned to a singles business where people download one song at a time," McDonald said. "But it's still important to me to do a collective group of songs, and we did a vinyl record, and I'm so happy we did that."

The reason for the new album after such a long layoff was that the singer felt like if he didn't do it now, he wasn't sure if he ever would.

"I had so much fun doing the Motown stuff and it was very satisfying to make those records, but I didn't have to do a lot of the heavy lifting as far as arrangements," he says. "I felt like I needed to get back in the studio and bring some original compositions from inception and make a record."

For his part of the Wolf Trap gig, McDonald says he'll be performing some of the new material and rearranging some of his hits—especially those songs that people are most familiar with.

"The new stuff is important to us because it keeps my band from mutiny," he says. "There's a tightrope you have to walk because the audience doesn't care about the new stuff as the band, but there are those fans that are interested. We're going to do the best we can to give them a show they'll enjoy."

It is no secret that McDonald's voice is what has kept him on top of the charts for so

many years, and he makes sure not to abuse it as he gets older. When he is on the road, he gets a lot of rest, he's stopped drinking and smoking, and he just continues to work out his voice as best he can.

"For me, sound check every day is my chance to warm up so by show time, I'm not starting from the abyss and I'm ready to go," McDonald says. "We do a long sound check and I'm ready to go each night."

He still enjoys touring, and his wife is part of the band also making it even better, and he doesn't see a time when he'll stop.

"Every audience is different and I am so privileged to play in front of so many people," McDonald said. "I have daydreamed about retiring and wondering if I will just paint or roam around Coastal U.S., but not sure I'll ever be able to do that. I just love performing too much and still having fun." ♦



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Live Music Venues

By Cassandra Parker

BY CASSANDRA PARKER

Wolf Trap National Park for the Performing Arts

1551 Trap Road, Vienna VA 22181
(703) 255-1800
www.wolftrap.org

Wolf Trap is a hidden treasure of 117 acres and four venues including the Filene Center, the Barns, the Children's Theatre-in-the-Woods, and the Center for Education. The venues operate from May to September and host between 95-100 shows every year. Locals love seeing their favorite artists perform at Wolf Trap because of the amazing acoustics and ambience. Patrons can also bring their own drinks and food (alcohol included!) if they're enjoying a show from the lawn. There are also several different locations within the park that can be rented out for special occasions. Wolf Trap is one of the most unique music venues in the country—it's the first and only U.S. National Park to be dedicated to the performing arts!



The State Theatre is an intimate music venue (with a full restaurant and bar) located in the heart of Falls Church. The Theatre's unique design dates back to its days as a cinema before it was renovated to be a performance hall in 1999. Visitors can reserve the Sky Suite (which used to be the projection room) for a large group, or reserve a dining table on the main floor with full service throughout the show. There are also tables and chairs available in the back of the theatre on a first-come, first-serve basis. Tickets are all general admission (unless otherwise specified). The State Theatre is proud to host a wide variety of music genres and artists all year long, including local cover bands.

The State Theatre

220 N. Washington Street, Falls Church VA 22046
(703) 237-0300
www.thestatetheatre.com

The Alden Theatre

1234 Ingleside Avenue, McLean VA 22101
(703) 790-9223
www.mcleancenter.org/alden-theatre

The Alden Theatre is a 383-seat performing arts venue offering local residents high-quality musical performances as well as lectures and educational programs for all ages. The Alden is tucked away in the suburbs of McLean within the McLean Community Center. Its cozy atmosphere makes every show feel like a private viewing. You can also see comedy, magic, and dance performances at the Alden; just check the performance calendar on the website for a list of all upcoming shows. Kids in high school who are interested in improv should check out the Unruly Theatre Project (UTP) for free workshops and opportunities to perform.

The Auld Shebeen

3972 Chain Bridge Road, Fairfax VA 22030
(703) 293-9600
www.theauldshebeenva.com

The Auld Shebeen is an authentic

Irish pub and restaurant featuring live music every Saturday along with weekly special events. The main level is a more relaxed atmosphere with low-key shows and events. The cellar is a bit rowdier and features traditional rock and modern music. There are also traditional Irish music performances, live acoustic shows, EDM DJs, Throwback Nights, and karaoke. The Auld Shebeen is just 10 miles from Tysons Corner, and will transport you straight to Ireland with its genuine charm and traditions. Visit the Auld Shebeen's website to view a list of upcoming shows and events.

The Center for the Arts Concert Hall

4372 Mason Pond Drive, Fairfax VA 22030
(703) 993-8888
www.cfa.gmu.edu

The Center for the Arts is located on George Mason University campus in Fairfax, and offers a variety of musical performances in its 2,000-seat concert hall. Its annual season of international and national artists feature jazz, opera, dance, classical music, and more for students and the public. The Fairfax Symphony Orchestra calls the Center for the Arts home, and there are many student

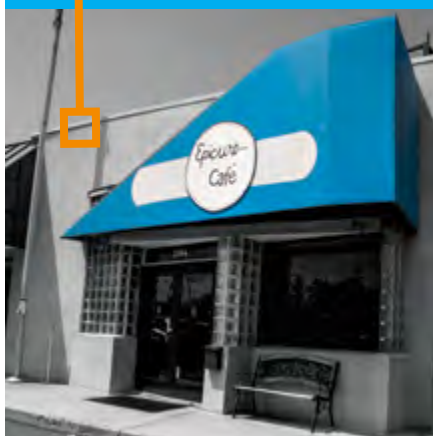
Epicure Cafe

11104 Lee Highway, Fairfax VA 22030

(703) 352-9193

www.epicurecafe.org

Epicure Cafe is a family-owned restaurant, lounge, and performance arts space in Fairfax. It aims to bring cross-cultural, international, and intergenerational artists to its local patrons to create an inclusive environment for all artists and art admirers. Epicure showcases young, emerging local musicians as well as poets and storytellers. There are open mic nights, jazz nights, and regular musical performances varying from jazz to punk rock with a little of everything else in-between. Check out the Rooftop Garden for private bookings and special events by visiting Epicure's website, where you will also find a list of upcoming events and performances.



Jammin' Java

227 Maple Avenue E, Vienna VA 22180

(703) 255-1566

www.jamminjava.com

Jammin' Java is a 200-seat, family-owned music venue with a focus on local and independent musicians. Shows average more than once a day with a heavy focus on family-friendly music, but there are two full bars and a full menu. Since its revamp in 2001, there have been over 7,000 concerts held here, including performances by critically acclaimed artists Bon Iver, Paramore, Nick Jonas, and many others. Children can also take music lessons at Jammin' Java, and the venue has the most active children's music concert series in the D.C. metropolitan area. According to Pollster, Jammin' Java is one of the Top 100 clubs in the country with the highest ticket sales for a venue of its size.

**See page 16
for the Listing
of the Select
Music Events
for July and
August!**

and faculty performances presented by the university's College of Visual and Performing Arts. There are many family-friendly performances for children to enjoy. Visit the website to see upcoming performances, view a seating chart, and buy tickets.

EagleBank Arena

4500 Patriot Circle, Fairfax VA 22030

(703) 993-3000

www.eaglebankarena.com

EagleBank Arena (formerly known as the Patriot Center) is a 10,000-seat venue on George Mason University's campus in Fairfax. It's home to GMU men and women's basketball, but puts on a variety of concerts and family-friendly shows each year. Notable performances include Bruce Springsteen, Keith Urban, and Disney on Ice. All admission prices include parking, and if an event is free, parking on campus is also free. All concerts end at 11pm at the latest, and most family shows only last one to two hours. The floor is standing room only for general admission events. You can find upcoming shows and

more information about the EagleBank Arena by visiting its website.

Galaxy Hut

2711 Wilson Boulevard, Arlington VA 22201

(703) 525-8646

www.galaxyhut.com

Galaxy Hut is a kitchen and bar hosting live music every Sunday and Monday night at 9pm. The full dinner menu is available until midnight, and the venue only admits adults 21 years of age and older. The Galaxy Hut focuses on local and national indie-rock bands, which the owners - Lary and Erica Hoffman - believe hold a crucial place in D.C.'s musical history. There is a \$5 cover fee to support the bands, and upcoming shows and performers can be found on the website. Galaxy Hut is located in the booming Clarendon district of Arlington, and will celebrate its 30th anniversary in 2020.

Whitlow's on Wilson

2854 Wilson Boulevard, Arlington VA 22201

(703) 276-9693

www.whitlows.com

Whitlow's on Wilson is a neighborhood bar and grill featuring live music Thursday through Saturday. The place is a Clarendon landmark dating back to 1946, featuring several original and historic pieces like the bar top, stove, and chairs. The rooftop tiki bar is far more modern and open year-round, weather permitting. Local alternative-rock bands and DJs perform regularly at Whitlow's. For a full list of upcoming bands, view their monthly band list on the website. All live music performances are free and seating is on a first-come, first-serve basis.

The Old Brogue

760 Walker Road, Great Falls VA 22066

(703) 759-3309

www.ldbrogue.com

The Old Brogue is an authentic Irish pub featuring live music on Fridays and Saturdays. It first opened on St. Patrick's Day in 1981 by the Kearney family, who value family traditions and an old-fashioned good time. Enjoy a robust beer list and a full menu seven days a week. Other weekly events include



JV's Restaurant

6666 Arlington Boulevard, Falls Church
VA 22042
(703) 241-9504
www.jvsrestaurant.com

JV's Restaurant—open 365 days a year—has been providing live music for over five decades. The famous U-shaped bar allows guests to have a great view of the show no matter where they're sitting while they enjoy beer and comfort food. JV's motto is "ageless charm without the yuppie bastardization," meaning it's an authentic low-key atmosphere to take in local artists. The venue has a rock-n-roll, Motown, and blues music focus. Every Friday from 6-8pm is Happy Hour with live acoustic performances. Check the JV's monthly calendar on the website to find a list of upcoming shows.

Open Mic Night and Trivia, and there are annual events like the Fall and Celtic Concert Series for traditional Irish music lovers. Local rock bands, acoustic artists, and folk bands make up the majority of this venue's performers. Visit the Old Brogue's website to see a list of upcoming events and musicians.

Lake Anne Coffee Shop and Wine Bar

1612 Washington Plaza N, Reston VA 20190
(703) 481-9766
www.lakeannecoffeehouse.com

Located in the historic Lake Anne Plaza in Reston, Lake Anne Coffee Shop and Wine



Bar is a local family-owned cafe, wine bar, and restaurant. There's even live music and entertainment at Lake Anne's! Every other Tuesday is Vinyl Night complete with beer specials, and every Thursday is Jazz Night. Every Friday evening, there's live music with a local band or artist. On Saturday nights, the music varies from jazz to guitar to piano. On certain Sundays, enjoy live music with brunch! There's always something going on at Lake Anne Coffee Shop. Visit the website to learn more!

Open Road

8100 Lee Highway, Falls Church VA 22042
(571) 395-4400
www.openroadgrill.com/merrifield

Open Road is an American bar and grill featuring live music Monday through Saturday in the Merrifield area. Local music and craft beer are two important staples at Open Road. With a casual atmosphere, delicious comfort food, a variety of beers and ciders, Open Road has become a popular nightspot for locals in the mood for live music. Get there early to snag a good seat before the place fills up for happy hour. Visit Open Road's website to view a list of upcoming bands and performers which is updated on a weekly basis.

Kalypso's Sports Tavern

1617 Washington Plaza N, Reston VA 20190
(703) 707-0660
www.kalypsosportstavern.com

Kalypso's Sports Tavern is a restaurant and cocktail lounge offering lakefront dining, live music, and plenty of local sports action! Every Friday and Saturday night, there's live music from 9:30pm to 1:30am at Kalypso's. The music varies from punk rock to reggae to country and more! There's even karaoke and live DJs. Show up for Thirsty Thursdays and get free salsa dancing lessons with Jose from 8-10pm! Come for the authentic Greek, Italian, and American food, and stay for the music and

fun! Learn more by visiting Kalypso's Sports Tavern's website.

Ned Devine's Irish Sports Bar & Restaurant

2465 Centreville Road, Herndon VA 20171
(703) 793-7376
www.neddevines.com

Located in the Village Center at Dulles in Herndon, Ned Devine's Irish Sports Bar & Restaurant is a family-owned-and-operated pub offering authentic Irish, American, and even Australian food and cocktails. Enjoy live music and entertainment on the outdoor patio. Ned Devine's prides itself on attracting top-notch bands and musicians from all over the area. There's live music every Friday, and country music and dancing on Thursdays starting at 8pm. Also enjoy every major sporting event at Ned's in the bar with big HD screens! For a full list of upcoming shows and events, check the calendar on Ned Devine's website.

Crafthouse

1888 Explorer Street, Reston VA 20190
(571) 926-9931
www.crafthouseusa.com

Crafthouse is an upscale neighborhood restaurant and pub located in Reston Town Center. Crafthouse prides itself on its extensive beer, spirit, and wine list with an emphasis on local brews. There's also weekly entertainment like trivia on Tuesdays, karaoke on Wednesdays, and live music Friday and Saturday nights! You never know what kind of music you're going to get at Crafthouse (unless you check the website!) because sometimes it's a calm pianist, or maybe a lively DJ, and sometimes it's a local rock band! Just like the variety in beer selection, you get a variety of live entertainment at Crafthouse too.

Breakers Sky Lounge

2445 Centreville Road, Herndon VA 20171
(703) 793-6233
www.breakersskylounge.com

When you're looking for nightlife fun in Herndon, look no farther than Breakers! Located in the Village Center at Dulles, Breakers Sky Lounge is a two-level lounge with a spacious dance floor, pool tables, a VIP room, sweeping views of the area, and of course, high-level entertainment and live music! Every Friday is Friday Live Happy Hour, featuring drink specials and local bands. Breakers features R&B, rock, and electronic music. If you're in need of a bite to eat to recharge your dancing shoes, Breakers has you covered with



Greenhouse Bistro

2070 Chain Bridge Rd
Vienna, VA 22182
(703) 537-5700
www.greenhousetyson.com

Greenhouse Bistro and Tea Lounge is a contemporary American and Italian restaurant and bar in Tysons Corner. There are three special spaces, each designed for tea and coffee, craft beer and cocktails, and an urban garden cuisine. Every ingredient Greenhouse uses is handpicked from a favorite farm or vendor. Greenhouse also provides live entertainment on certain days of the week! Check out the O Lounge on Thursday nights for DJs and private parties. Every Saturday night is Flamenco music and dancers at 8pm followed by an international DJ. Learn more about the food, drinks, and live entertainment provided by Greenhouse Bistro by visiting the website.

familiar American favorites. For a full list of upcoming events and bands, please visit Breakers online!

Eddie V's Prime Seafood

7900 Tysons One Plaza, McLean VA 22102
(703) 442-4523
www.eddiev.com

Eddie V's Prime Seafood is an elegant, fine-dining restaurant and cocktail lounge located in Tysons Corner. Not only does Eddie V's serve fresh, delicious seafood and steak dishes, there's also live entertainment to accompany your dancing tastebuds! There's live jazz every night in the V Lounge at Eddie V's, thanks to both local and nationally acclaimed musicians. Pair a night of civilized seduction with a hand-crafted cocktail fit for a king at Eddie V's. For a full list of upcoming events and performers, please check the calendar on Eddie V's website!

Tyson's Biergarten

8364 Leesburg Pike, Tysons VA 22182
(703) 854-1123
www.tysonsbiergarten.com

Tyson's Biergarten is an enormous beer hall and patio following the heritage of 400 years of Bavarian beer gardens. This unique beer hall deals in tokens, not cash! Customers must buy tokens to order beer and sausages (and more) to thoroughly enjoy the community-oriented atmosphere at Tyson's Biergarten. There's even live music every day of the week as well as regular, seasonal-themed festivals. Come for karoake, games, open mic, and live music any day, any time. For more information on upcoming performances and festivals, please visit Tyson's Biergarten online and take a look at the Events page! ♦



BY RICK MUNDY

Dr. Laura Keuny (Georgetown ophthalmology resident), Dr. Jordana Fein of The Retina Group of Washington, Dr. Melissa Kern (pediatric ophthalmologist) in one of the operating rooms after a full day of surgery



Dr. Jordana Fein of The Retina Group of Washington



L to R: Operating room nurse, 6-year-old patient (Cristian) with white cataract left eye about to go into the operating room, Dr. Jordana Fein of The Retina Group of Washington

"Coolest thing I've ever done" (OTHER THAN HAVING HER CHILDREN)

Dr. Jordana Fein of the Retina Group of Washington loves giving back. So when the opportunity came for her to travel with the Virginia Hospital Center's Medical Brigade to Honduras she jumped at the chance. The Medical Brigade was started some 15 years ago after Hurricane Mitch, and has worked to improve living conditions in developing countries, everything from installing clean water systems to medical procedures for low-income residents.

"This is something I have wanted to do for a long time," says Dr. Fein. "A surgery that is generally considered no big deal in our country is a very big deal in Honduras. I was the first-ever cataract surgeon in the Brigade and was able to make a huge difference for the patients we saw."

Preparing for the trip was not a simple matter. Getting materials was a complicated process, but caring organizations stepped up. Alcon, a leading eye care manufacturer donated supplies and also loaned an ultrasound machine. The Lions Eye Club loaned a Zeiss microscope.

In the week

The "hospital" is a facility run by monks which is open for missionary trips like this. Generally patients travel long distances on foot to be considered for the available procedures. In addition to Dr. Fein there was a pediatric ophthalmologist, a urologist, and an OB-GYN doctor that worked in the four operating rooms. Several nurses and other volunteers assisted with the operation.

In that one November week, they saw 100 patients. Everything is free to the patients who must be low income to qualify. On Sunday everyone was screened and surgeries and post-op visits were performed Monday through Friday.



Dr. Jordana Fein of The Retina Group of Washington (left) and others accompany patient Jose Maldonado after cataract surgery

"We only operated on those who were basically blind so it was a life-altering experience for most patients," explained Fein. "Because of a finite supply of lenses (also generously donated by Alcon) we would frequently have to use a lens which was not a perfect solution (as one would expect in the U.S.) This "good enough" approach was perfectly acceptable to the patients because these procedures allowed them to see again, which translates to higher-functioning people with an increased ability to work."

"The entire week was really rewarding for me. We were able to have a huge impact in just a short visit. I was further inspired by the wonderful people I traveled with. Everyone came together, working for the same common goal of giving to others. Every traveler paid \$600 for the trip which

covered their flight, the accommodations, and the food.

"And the patients! In spite of long walks and long waits, they were all very patient and we heard no complaints. They were so appreciative and kind. Although we tried to explain risks and benefits as required in the U.S., their comments were more on the lines of "If you say I should do this, then I'll do it." Their gratitude was unbelievable. There were



Dr. Melissa Kern (pediatric ophthalmologist) and Dr. Laura Keuny (Georgetown ophthalmology resident) performing strabismus surgery

some that we were unable to help. Even they were appreciative of doing whatever we could or just for trying to help.

"There was a reason I went to medical school in the first place—to help others. This experience really brought back the positive feelings associated with making a difference in others' lives."

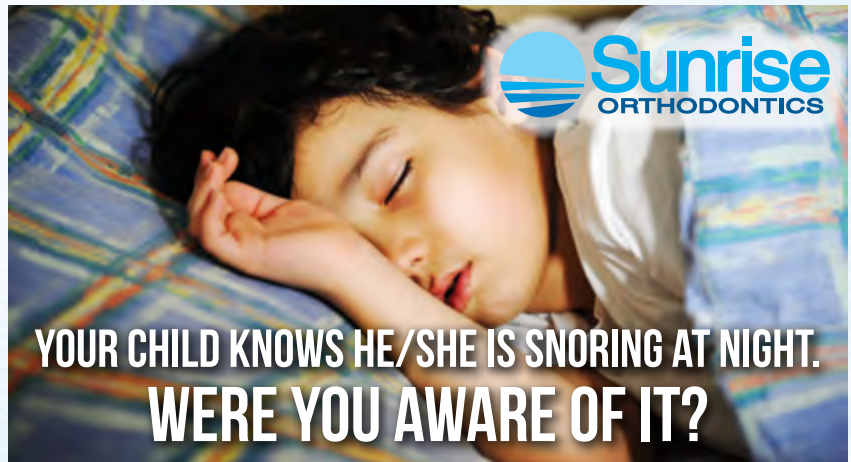
In fact, the Retina Group of Washington where Dr. Fein practices also believes in being good members of the community. As the region's largest provider of retinal and macular care, the group encourages their team to support the communities in which they live and work. For Dr. Fein that includes staffing senior Georgetown residents at the Lions Eye Club's free clinic at the Woodburn Surgical Center. She also supervises one or two clinics a month at Washington Hospital Center.

But what about Virginia Hospital Center's Medical Brigade? Is she likely to go back again? Dr. Fein replied, "As I was leaving I was already saying, 'I have to go back.'"

The Retina Group of Washington offers diagnosis and treatment of the full range of retinal & macular diseases, and conducts cutting-edge clinical research trials. RGW has seven locations in Northern Virginia—Fairfax and Manassas where Dr. Fein works—as well as Tysons, Sterling, Alexandria, Woodbridge, and Fredericksburg. There are 15 locations around the greater D.C. area. ❖



Post-operative cataract patients the day following surgery waiting for post-operative check and patch removal



**YOUR CHILD KNOWS HE/SHE IS SNORING AT NIGHT.
WERE YOU AWARE OF IT?**

What Shall You Do About The Snoring In Your Boy Or Girl?

As part of our support to our local community in Reston, Herndon, Great Falls, Vienna; the team at Sunrise Orthodontics visits schools to promote Career Day.

Visiting Lake Anne Elementary School, Dr. Calkins and her team composed of Ana Worway and Brandi Clapp; shared with 45 students of second grade, the importance of the correct growth of their face, the position of their teeth and their airway. Out of 45 children, at least 24 had a manifestation of sleep-disordered breathing and the wrong bite or facial growth (craniofacial dystrophy and orofacial muscle imbalance).

We asked the children: Do you snore? When does that happen? Are your parents aware of it?

Three to four participants, 12 total, in class raised their hand and stood up in front of their classmates: "I snore at night". "I do not know if my parents know that I snore".

Our mission at Sunrise Orthodontics is to educate our children, teachers and parents about the presence of sleep-disordered breathing (SDB) in children, as young as three-years-old.

Sleep-disordered breathing is characterized by disruptions in normal breathing patterns that include snoring, upper airway resistance syndrome and obstructive sleep apnea (OSA).

Children, even newborns, are vulnerable to SDB. In children, undiagnosed or untreated OSA can be associated to cardiovascular problems, impaired growth as well as learning and behavioral problems that could be misdiagnosed as ADHD.

At Sunrise Orthodontics, Dr. Calkins plays an essential role in the care of children, as young as newborns, in the assessment and education of potential SDB. Collaborative models with other medical and dental specialties is implemented to identify and treat children at risk of Sleep-Disordered Breathing.

Through early orthodontic intervention and comprehensive patient customized program in Orofacial Myology, children that have been screened through medical history and clinical examination can be assisted to develop the anatomical structures in the craniofacial-respiratory complex. We are proud to assist patients as young as three years old, when the function is developing in the child.



By maintaining constant communication with the interdisciplinary team caring for our patients, our children are able to correct sleep-disordered breathing and live a healthy, happier childhood.

Dr. Calkins, in collaboration with pediatricians, otorhinolaryngology (ENT), pediatric dentists is creating a culture of awareness about SDB in children. ❖

Sunrise Orthodontics. Facial and Airway Development Center
11490 Commerce Park Dr #430, Reston, VA 20191 • (703) 476-3969
www.sunrise-orthodontics.com

The Drones Are Coming!

The Drones Are Coming!

By Mark Dombroff

Mark Dombroff is a partner in the Alexandria, VA office of the nationwide law firm of LeClairRyan where he specializes in all things aviation, including drones.

Drones, or as they're known in government -speak, "unmanned aircraft systems" or "UAS," are not just coming they're here! The Federal Aviation Administration or FAA, which regulates all aspects of aviation in this country estimates that by 2020, there will be approximately 7 million drones being flown in the United States.

Now, you might ask yourself, why is the FAA involved in drones, a toy I can buy on-line at Amazon or at my local COSTCO. Well, the answer is simple, drones are, under the law, considered to be airplanes.

Since these "airplanes," fly in the navigable airspace, which is controlled by the FAA, all drones used for any business purpose, are subject to FAA regulations. This means that the FAA regulates drones, including, potentially, the one you give to your kids for a birthday or holiday, pursuant to federal law, specifically the Federal Aviation Regulations or FARs.

Part 107 of the FARs, addresses drones and sets forth some pretty simple, almost common sense, rules. So, if you're flying your drone for business purposes, like a real estate agent taking a video of a property or a photographer using it for a wedding, here's an overview of some of the rules.

The "pilot" or operator of the drone needs to be 16 years old or older and have a certificate issued by the FAA pursuant to Part 107. This requires passing a written test administered by the FAA.

Flights must be 400' or below.

The drone must be within your sights at all times.

Flights can only be during daylight.

Flights generally cannot be within 5 miles of an airport.

The drone, including the payload, e.g. the camera, can't weight more than 55 pounds.

Flight over people is prohibited.

The drone itself does not require any approval or license, but you're responsible for making sure it is properly maintained and operating.

Careless or reckless operation is prohibited.

So, on what basis, does the FAA project that we'll have 7 million drones flying by 2020?

The simple fact is that drones are able to accomplish many tasks which either weren't practicable before or had substantial safety risks or costs associated with them.

They include, among many others;

—pipeline, powerline, railroad track inspection

—agricultural crop and field management

—moviemaking and photography

—inspection of building and construction sites, as well as land surveys

—package delivery, including medical supplies.

What if the drone is being flown solely for recreational purposes? Well, Part 107 regulations don't apply, but, as a practical matter, it still makes sense, to comply with them.

Over the next few years, you can expect to see the FAA issue new regulations allowing flights at night, flights beyond visual line of sight, autonomous flights, as well as requirements for higher levels of certification and training for the pilots, maintenance and safety programs and regulations to prevent a collision between a drone and some other airplane or helicopter.

The Wright brothers flew their aircraft in 1903. Over the next 115 years, the United States has created the safest and most technologically advanced aviation industry in the world. Don't expect it to take 115 years for the newest airplanes ---- drones ----- to accomplish the same thing.

So, charge up the batteries and lets' go flying! ❖



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DR. ADAM FILALI

Dr. Filali, a world-renowned Prosthodontist, has over 20 years of private clinical practice, focusing on Cosmetic Dentistry, Family Dentistry and Full Mouth Rehabilitation. Dr. Filali has been spreading his knowledge and passion for dentistry and Prosthodontics by teaching as a Clinical Assistant Professor at Boston University, Boston, Massachusetts, since 2009. His practice is focused on providing complete and exceptional dental care using state-of-the-art technology to bring out the best in every smile.

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Lifestyle Opportunities for Seniors

Cibound



By Rick Mundy

We are fortunate to have so many high quality living arrangements and services for seniors in this area. As people age into their seventh and eighth decades, they face many decisions on the best place to live, the best health options, and more.

In an effort to cut through the myriad options, we have invited some seniors to offer their first-person accounts of the positive choices they have made to enjoy a healthy, vibrant life in our region.

> *Chesterbrook Residences* <



Ruth Bathe has lived at Chesterbrook for eight years. Originally working as a volunteer there, she was aware of the friendly and cooperative atmosphere of the very helpful and caring staff and knew it was a perfect place. Ruth enjoys meeting new people so it was natural for her to join the Welcome

Committee to help new residents. “We share information and provide personal escorts to the dining room to introduce them to others. Moving to an assisted care facility from your home is a big, big change that can be very disconcerting. We want everyone to feel comfortable,” Ruth explains. “The basis for my daily living is reaching out to other people. I learn about humanity when I’m meeting others and this enriches my life.”

Chesterbrook blends quality care with affordability and maintains an active calendar of events for residents both onsite and off, such as outings to nearby attractions like Mount Vernon, or shopping, restaurants, and movies. The facility offers chef-prepared dining, exercise, crafts, meditation, hair salon, laundry, and more.

Chesterbrook Residences is located at 2030 Westmoreland Street, Falls Church. The website is chesterbrookres.org

> *The Kensington* <



Gail Osberg has been a resident of The Kensington since November, 2017. A retired librarian, Gail did her research on area facilities and decided that The Kensington was most appealing especially with all the amenities they offer, even holiday parties and brain exercises. As an added benefit her family is close by. Gail talks enthusiastically about everything The Kensington provides—the restaurant-style dining room with menus and wait staff, the café where folks gather to relax and play games, even a library and book discussion groups which excite this former librarian, the piazza (“a porch,” she quips), and more. “The case managers are truly caring people,” she says. In fact, “The entire staff is very, very nice, and all give 100%”

This state-of-the-art assisted living community is less than two years old and was designed to achieve the comfort of home for residents while offering a variety of events and programs. Their best-in-class clinical program includes an on-site physician’s office, physical therapy, fitness center, and 24/7 licensed nursing care. It also offers memory care facilities.

The Kensington is located at 700 West Broad St., Falls Church. The website is TheKensingtonFallsChurch.com

> Poet's Walk <



Judy Whitesell became a resident at Poet's Walk just a few months ago. She and her family were drawn to the private rooms. Plus it is designed entirely for memory care with a staff that is expertly trained in dementia patient care.

Judy's husband, Don, reports that Poet's Walk is a home setting but with state-of-the-art security and leading edge technology which was only being designed when he worked as an architect on memory care facilities. "I can't give enough kudos to the staff. They are wonderful," Don emphasizes. Shortly after moving in, Judy told her daughter, "I feel like I'm a guest in someone's home." They realized they had made the right choice.

Poet's Walk offers a premier memory care facility in Leesburg. They demonstrate "Caring with a Commitment to Quality" in all that they do. From innovative, holistic programs that promote socializing and wellbeing to their proprietary senior caregiving standards, the team excels at fostering a nourishing, compassionate environment that supports each resident. The website is www.poetswalk-springhills.com/poets-walk-leesburg-va.

> Sunnyside Communities <



Tom and Pat Harkins chose Sunnyside as their Life Plan community some 15 years ago. Both now 70, they saw the advantage of moving to a senior facility around age 55, giving them peace of mind and freedom from maintenance. They enjoy the comfortable setting with a large living space for the couple.

**Couples
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Welcome**

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THE KENSINGTON

An Assisted Living Community

FALLS CHURCH

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www.TheKensingtonFallsChurch.com



They believe in giving back. As long-time residents, Tom has been active in leadership and Pat in volunteer groups. "You can be as busy as you want with the many activities, off campus excursions, trips overseas, cruises and more. We've met so many people. One winter storm knocked out the power for several days, but the staff did an amazing job of making sure that everyone was well cared for throughout the ordeal. "It really brought people together," they noted.

All three Sunnyside Communities offer independent living, assisted living, and nursing and memory care so a resident can remain a part of the community even as their needs may change. They offer a full calendar of events and activities that can include day trips, lifelong learning opportunities, wellness activities, crafts, games and much more.

SunnysideCommunitiesarelocatedinVirginia in Harrisonburg, Martinsville, and Waynesboro. The website is sunnysidecommunities.com

> *Vinson Hall Retirement Community* <



After 15 years on her own, Ramona Michaels moved to Vinson Hall in 2012. She says it gives her freedom, from the upkeep of her previous home: "I can come and go as I please. It has many conveniences that I like and I certainly enjoy living here." She likes that it is military-based, and "it's a lot smaller than other retirement communities" so it's more intimate. She sits on the entertainment committee and they bring in groups like the McLean Orchestra and George Mason University. She also participates in the 35-person Vinson Voices who present several concerts each year.

"The people who work here are wonderful," she adds. "they listen to us and they're cooperative and friendly. It's nice to see people with smiles when they work."

Their Residents' Association meetings always start with a salute to the flag and a prayer. She loves that patriotism and that they remember old-time values. "It makes me feel right at home," says Ramona.

Vinson Hall is an independent living community for commissioned military officers and their immediate family as well as

government workers of equal rank from select agencies, while the Arleigh Burke Pavilion offers assisted living and skilled nursing care and The Sylvestery specializes in memory care for all, so residents can remain on campus even as their needs may change.

Vinson Hall Retirement Community is located at 6251 Old Dominion Drive, McLean. The website is www.vinsonhall.org

> *Ascent Audiology* <



Another challenge for seniors can be loss of hearing, which can cause them to feel less involved in their surroundings. Kensington resident Howard Handy found a perfect solution with his new hearing devices designed and fitted by Ascent Audiology. He explains, "From the initial testing, the staff made sure everything went smoothly. These are so much better than my previous hearing aids. There is greater clarity and a suppression switch to block loud background noise. I am very satisfied and am having no problem. I am able to hear and fully participate in conversations."

Ascent Audiology specializes in hearing, hearing loss and hearing solutions including hearing aid fittings. Using advanced diagnostic equipment they find the exact solution for each patient's individual needs, fine-tuning those hearing solutions for optimal results, and working with patients to adjust to their new hearing aid devices. Ascent provides in-house consultations and testing at the Kensington and many other retirement or assisted living facilities.

Ascent Audiology & Hearing is located at 1320 Old Chain Bridge Road in McLean. (703) 942-8110. HearingaidDoctors.com

> *Audrey Shay- Senior Real Estate Specialist* <



ASA Real Estate – McLean

The Senior Real Estate Specialist (SRES), a National Association of Realtors designation, comes with experience and Audrey Shay has plenty. A Realtor since 1989, she obtained her SRES some 12-15 years ago. Audrey considers her calling more than just real estate transactions, she is a concierge of services and ideas for senior living.

"I understand the planning needs and changes that come with this stage of life. My conversations center around the senior's goals that they have. I listen, and hear, what they're after and help them discover how to make things happen. Do they want to live by the water? How much care will they need? They may start thinking about ideas 1-3-5 years before they're ready to move.

"Often it's a conversation that involves several others—the children, siblings, pastors offering to help them get into certain faith-based facilities. These connections can ensure that I am working ethically and in the best interests of the senior, including the protection of their dignity and identity as appropriate."

Audrey Shay can be reached at 703.906.7429 or by email: Audrey@realestateinVA.com ♦

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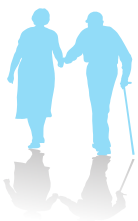


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www.chesterbrookres.org



VINSON HALL

RETIREMENT COMMUNITY

supported by Navy Marine Coast Guard Residence Foundation

Vinson Hall Retirement Community is a non-profit Life Plan Community on 20 pastoral acres in Northern Virginia. Their active, vibrant community features **independent living, assisted living, nursing, and memory care** allowing residents and their family members to enjoy peace of mind knowing the continuum of care can accommodate changing needs. Vinson Hall provides apartments for independent seniors who are **commissioned military officers**, and **their immediate family**, as well as **government workers** of an equal rank from select agencies. Arleigh Burke Pavillion provides assisted living and healthcare. The Sylvestery offers **memory support assisted living**—residences for which military affiliation is not required.



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Audrey Shay: Helping McLean Home Sellers for 29 years



Local Real Estate Specialist recognized for helping Seniors. McLean business owner and McLean resident: Audrey Shay enjoys working with seniors, their families and trusted advocates to help ease the stress of transitioning from a long time home.



“The care and well being of my Senior clients is the upmost importance to me.” -Audrey

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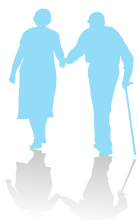
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Sunnyside Communities' three distinguished Virginia retirement living communities have been recognized for their innovative programming, best practices, and commitment to quality senior living care and support. Located on more than 150 acres, Sunnyside in Harrisburg, VA, is surrounded by breathtaking mountain views, picturesque landscapes, and complemented by award-winning amenities. King's Grant in picturesque Martinsville is worthy of an artist's brush with its two lakes, lush green fields, wooded perimeter, and 120-acre campus. Nestled in the heart of the Shenandoah Valley, Summit Square offers small town charm in a city that ranks among the country's top micropolitan areas. Enjoy your independence, and be yourself!



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The Kensington offers assistance that includes a full spectrum of clinical support – beyond what many traditional assisted living communities offer. This enables residents to “age in place.” They will not have to move out if assisted living health care needs change or increase. The Kensington also has a number of amenities including: Licensed nurses on-site 24hrs per day, Physical Therapy and Fitness Center on-site, Life Enrichment activities available 7 days a week, from morning till evening, Physician Office on-site, with regular office hours, All day Dining with table linens, china and crystal and a Wide variety of Suite Plans with options for private or companion living. You can expect an enhanced program of care at The Kensington!



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The Claude Moore Colonial Farm at Turkey Run, in McLean Virginia provides tremendous good for our community and our nation. We accurately portray the life of a poor tenant farm family in the year 1771. We represent this important time in our history by using re-enactors and junior interpreters on our historically precise colonial farm site.

The community saved the farm back in 1981 when the federal government could no longer afford to operate it. This industrious group of “friends” formed a not-for-profit organization, contributed money and countless hours of sweat equity to save the farm, and developed it into the gem it is today. We have served over two million visitors since our founding and continue to share the important humble roots of our democracy.

Educating visitors on the importance of agriculture and the history that led to our country’s independence is an essential part of our mission. We accomplish this through historically rich “learn by doing” programming and through interactive experiences for children and adults alike. Hundreds of public and private schools from Maryland, DC and Virginia

participate in our programs throughout the year, and our educational impact is vitally important for thousands of 4th graders studying colonial history. We teach colonial farm skills, cooking, crafts, horticulture, food preservation, doll-making, edible plant identification, candle-dipping, meat-smoking, and more. Our Junior Interpreter program is a great way for young people to learn history by teaching other children, while wearing period clothing and helping on the farm site.

Thousands of international visitors from all over the world visit us and learn about how difficult farm life was back in the 18th century. This is especially meaningful to people from countries where labor intensive farming is still the norm and for all of us from farming families.

Individuals, families, and community groups support Claude Moore financially and keep the farm running smoothly. We also raise money from our gift shop, an annual estate sale, the pavilions at Turkey Run, and our rare and used book shop. Three times a year we host a colonial market fair that is attended by thousands. All of this is made possible on a lean budget thanks to our thousands of contributors, our dedicated volunteers, a wonderful community, and a brilliant and capable staff.

The farm is a fantastic value for the National Park Service and the American taxpayer. Over our 37 years in operation, the "Friends" have raised over \$15 million dollars to support our operations. In exchange, the National Park Service allows us the use of federal land and has contributed \$1.3 million over the years.

We are a prime example of a successful public/private partnership. Congresswoman Barbara Comstock and many others in Congress are being very helpful in ensuring the long-term survival of the farm, but we need your support too. Please support our efforts by going to www.1771.org/savethefarm and come visit us with your family. ♦

Scott Monett is a long time supporter, volunteer, and board member of the Claude Moore Colonial Farm.





BY CASSANDRA PARKER

Mamma Mia! Gelato, the Italian treat, is now mainstream!



So we're here at Pazzo Gelato, and we can't make up our minds. We forgot about ice cream a while back, and now we're busy trying the many flavors and textures of our hometown gelato shop.

Though similar to ice cream, gelato wins the battle by being softer, smoother and more dense than regular ice cream. It also has more flavor! There is less cream in gelato, no egg yolks at all, and considerably less fat than traditional ice cream. Yay! (another scoop, please!)

Gelato is served and stored at warmer temperatures than regular ice cream. The warmer temperature doesn't numb your tongue like ice cream, and that really enhances the taste bud experience. Less cold, more flavor!

Catherine de Medici is credited with bringing gelato from Florence, Italy to France after she married the king in 1533. Legend has it that a Florentine man named Ruggeri won a competition for the most unusual dish with his new frozen dessert, and then moved with Catherine de Medici to show the French that the Italians were better at cooking.

Here, Chef Juanito is the gelato master at Pazzo. He was trained in the old school Italian traditions of making gelato, so you can be sure you're eating 100% real, handmade old-style gelato when at Pazzo. Chef Juanito blends fresh ingredients with Italian-imported ingredients to create amazing flavors.

Some popular flavors include Cocco, pistacchio, and Stracciatella (A vanilla blend with streaks of chocolate chips). The Brioche con Gelato is also a favorite, it's like an ice cream sandwich but with gelato!

Pazzo's smoothies are also a hit with area regulars. All smoothies are made-to-order and all made with all natural fruit—non-GMO, vegan, kosher, and gluten-free. There is no added sugar, and most smoothies are fat free for those looking for a healthier sweet option.

Pazzo Gelato is open everyday! ♦

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Charmed by Cotillions



by Linda Barrett

When you think of Cotillion, you may evoke images of white-gloved debutantes in the deep South learning which fork to use at a fancy dinner or trying the steps of a lilting waltz. But today's cotillion is hip and modern—and a lot of fun.

"Cotillion is so much more than putting on a beautiful white dress and learning to dance. It gives both boys and girls the life skills that empower them for success later on in business and social situations," said local National League of Junior Cotillions (NLJC) chapter director Jean Ann Michie. "We want to help young people feel comfortable in any social situation, and to learn how to help others feel comfortable as well; it's all about learning to build relationships."

For example, some of the first things attendees practice is how to introduce themselves to someone, introduce others, start and carry on conversations with other children or adults, and how body language plays a role in the way they stand or walk in with confidence. After all, first impressions are extremely important. Skills learned at cotillion can spread beyond the classroom.

"I want my students to openly share the information they learn in cotillion and use it to set an example for their friends."

The National League of Junior Cotillions chapters here in Northern Virginia follow programs that include social interactions, dining and social etiquette, and ballroom dance with professional instructors. Students get to showcase their skills in a fall or winter dance and a fancy spring ball, and have opportunities to go out into the community to both learn from business leaders and practice their skills. "Service helps us to become a whole human being," Michie said. "And because our programs include leadership skills and service, when our students go to job or scholarship interviews, they can be proud to say that they headed up a service project."

How Cotillion Changes Lives

The definition of cotillion offered by the NLJC is, "To act and learn to treat others with honor, dignity and respect for better relationships with our family, friends and business associates later in life and to learn to practice ballroom dance."

"For me, cotillion is the opportunity to learn to engage in the social dance of life," explained local NLJC chapter director Ann Achiu. "Because the program encourages personal growth and a recognition of the greatness within each student, it empowers students with knowledge of how to handle a variety of situations and encourages them to

Quick Etiquette Tips

- ☞ Show respect.
- ☞ Put away cell phones and make eye contact when interacting with other people.
- ☞ Honor privacy.
- ☞ Display common courtesies.
- ☞ Mealtimes are for family conversation.
- ☞ Mind your manners.
- ☞ Do good deeds even when no one is looking, and without being asked.

respect themselves and others in the way they act, speak and interact. I tell my students that there are a lot of things you don't have control over, but every day you have the ability to choose your attitude and how to treat other people. These small choices, one by one, can change the world, refine you, and help you be the best version of yourself."

"Students who attend cotillion feel confident and prepared for life, and have a better understanding of what's expected of them," Achiu continued. "Every year, I have students who go through the interview process for internships, college admission, scholarships and jobs. Instead of being grouped in the pack with everyone else, that extra polish, refinement and understanding gives them an edge, both in relationships and opportunities."

"The world is becoming increasingly coarse and harsh, and there is an erosion of what is considered appropriate and inappropriate behavior, with the biggest offense being a disrespect and lack of regard for others. People are forgetting that they are part of a community and think only of themselves. This not only hurts the offender, but it hurts everyone around them. We need to see others around us and show consideration. That makes us rise to become the type of person we should be."

Cotillion is Available for Every Student

Cotillion is not just for the rich; it is open and very affordable to anyone who wants to participate. The NLJC programs include: Pre-Cotillion (K-4th grade), Junior Cotillion (5th-8th grade), High School Cotillion Program™ (9th-12th grade), Debutante Cotillion Presentation Society™, and Corporate Cotillion® for corporations and individuals. Cotillion sessions are held once a month for seven months, with most beginning in September.

Each NLJC director manages a territory consisting of different chapters assigned by school region and age. Achiu's cotillions focus on the 6th through 12th grades, while Michie's cotillions range from kindergarten through 12th grades. Parents can contact either director to find a chapter in their town or check the NLJC website.

Students can begin cotillion at any age. Some attend for only one year, while others return every year until graduating from high school. While there is some overlap in curriculum, students learn new skills at every level, and what they already learned, they get the opportunity to practice again with new people.

"I wish that every student could participate in cotillion," Achiu said. "My goal is that when they leave my program, they will have increased self-esteem, respect for themselves and others, and the skills to feel comfortable as they navigate adult life." ❖



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Fun *in the* Sun Art Festivals

Summer sun, family fun, and lazy days of summer. Check out arts, crafts, music and more at these festivals that are perfect for the day or a weekend getaway.

Maryland

JULY 8 **Silver Spring Arts & Crafts Summer Fair**

Silver Spring, 2 – 8pm

Free entertainment, music, and family fun at Veterans Plaza. See more than 60 arts and crafts and food and dessert vendors. For more information, visit www.eventbrite.com/e/silver-spring-arts-crafts-summer-fair-tickets-42343807468.

AUGUST 17 – 18 **Warren Street Festival**

Rocky Mount, VA, 5pm Friday, 10am Saturday.

Celebrate Warren Street's African-American history at Rocky Mount Farmers' Market with musical performances, food, art, activities, a car show and a parade. Admission is \$5 per day. For details, visit www.virginia.org/listings/Events/WarrenStreetFestival.

SEPTEMBER 1 **Taste of the Mountains Main Street Festival**

Madison, 9am – 4pm.

Free admission and free shuttle from Madison County High School. Arts, crafts, regional food, kids' activities, and music. Access to wine and beer tent, \$10. For more information, visit madisonva.com/events.

SEPTEMBER 29 – 30 **Occoquan Arts and Crafts Show**

Occoquan, 10 AM – 6 PM Sat. 10 AM – 5 PM Sun.

A free weekend of art, fun, food, music, and shopping at this annual arts and crafts show. Shuttle from satellite parking \$5. Visit www.occoquanva.gov/arts-and-crafts-show.html.

Virginia

AUGUST 3 – 4 **Steppin Out, Blacksburg**

10am – 11pm Friday, 10am – 10pm Saturday.

Free live entertainment, festival food, and sidewalk sales with more than 200 artists. Free admission and shuttle parking. For more information, visit www.blacksburgsteppinout.com.

AUGUST 4 **Annual Manassas African-American Heritage Festival**

Manassas, 11am – 6pm

A wide swath of artists, authors, musicians, health professionals, and business and church groups. Plenty of food, fun, and activities. Free admission. Check out details at www.maahf.com.

Pennsylvania



The Peach Music Festival

JULY 19 – 22

Times TBD.

Camping, music, and more, including a waterpark, ziplines, and more inside the festival grounds at Montage Mountain in Scranton. General admission and VIP passes available online at thepeachmusicfestival.com.

Summer Music Festivals

Maryland

AUGUST 11

Moonrise Festival

Baltimore, 11am – 11pm.

Concerts range from hip hop and electronic acts to house music and everything in between at Pimlico Race Course. For details and tickets, visit www.moonrisefestival.com.

AUGUST 18

Hot August Music Festival

Cockeysville, 11am – 7pm.

A full day listening to great music with friends at Oregon Ridge. Event details, music lineup, admission prices, and parking details available at hotaugustmusicfestival.com.

AUGUST 25

Summer Soul Funk Festival

Waldorf, 11am – 9pm.

Full day of fun and funk at Regency Furniture Stadium. Admission prices and details available at www.eventbrite.com/e/sponsorship-vendorssummer-soul-funk-festival-tickets-38000483469.

Virginia

JULY 13 – 15

Drums of the Painted Mountain Pow Wow

JULY 12 – 15

Berryville, Virginia.



Pasture Palooza Music & Arts Festival

Annual weekend festival and campout with live music, camping, and food.

Tickets range from \$40 - \$90; \$60 for a 3-day pass. Kids 12 and under are free. No dogs allowed. For tickets and details, visit www.eventbrite.com/e/pasture-palooza-9-tickets-42062501073.

Cedar Bluff.

Free admission for three days of performances and demonstrations, Native American dancing, storytelling, arts, crafts, and programs. Held at the Southwest Virginia Community College Soccer Field, dancers and traditional drums welcome.

JULY 13 – 15

Red Wing Roots Music Festival

Mt. Solon.

Check out national and regional bands, kids' events, and bike rides in the Shenandoah Valley. For more information and tickets, visit www.redwingroots.com.

JULY 19 – 21

Virginia Lake Festival

Clarksville, 6 – 10pm.

Free admission. Music, helicopter rides, antique cars, arts, crafts, hot air balloon rides, and fireworks. Visit business.clarksvilleva.com/events/calendar/2018-07-01 for more information.

JULY 20 – 21

Shenandoah Valley Music Festival

Orkney Springs, 8 – 11pm each night.

Four concerts per weekend at Shrine Mont historic retreat and conference center featuring nationally recognized Americana, bluegrass, classical, country, folk, and pop/rock. For more dates, information, ticket

JULY 21 – 22

Mt. Airy, Maryland,
10am Saturday –
6pm Sunday.



Summer Reggae Wine Festival

Shop the open air market, listen to live bands, and sample wine at Linganore Winecellars. For more info and to purchase tickets online, visit www.linganorewines.com/event/reggae-wine-festival.

prices, and packages, visit musicfest.org.

AUGUST 10 – 19

Staunton Music Festival

Staunton, VA.

A festival of world-class chamber music. Brochure, ticket prices, show locations, dates, and times available online at www.stauntonmusicfestival.org.

AUGUST 24 – 25

Annual Norfolk Waterfront Jazz Festival

5 – 11pm.

A unique blend of international recording-artists and chart-toppers will perform in Town Point Park on the urban downtown Norfolk waterfront. Details available online at festevents.org/events/2018-season-events/norfolkwaterfrontjazzfestival.

AUGUST 31 – SEPTEMBER 2

American Music Festival

Virginia Beach.

Three-day ticketed concerts of blues, country, jazz, R&B and rock flood the oceanfront for three days over Labor Day. For more information, visit www.beachstreetusa.com/festivals/american-music-festival.

Virginia Bluegrass Festivals

Bluegrass music—or American roots music—is influenced by music of Appalachia, mixed with English, Irish, and Scottish traditional music, and influenced by African-American jazz. Central to the culture of Virginia, festivals throughout the region pay homage to the regions' traditional tunes during festivals throughout the summer. Check the web for details or visit www.virginia.org/summerfestivals.

Tazewell County Old Time & Bluegrass Fiddlers' Convention JULY 13–15

Tazewell, times vary.

Sixteenth annual convention held at the Historic Crab Orchard Museum includes dancing, music, performers, and a youth music competition. For details, visit craborchardmuseum.wordpress.com/events/fiddlers-convention.

Shenandoah Valley Music Festival

JULY 20–21

Orkney Springs. 8–11 PM each night.

Four concerts per weekend at Shrine Mont historic retreat and conference center featuring nationally recognized Americana, bluegrass, classical, country, folk, and pop/rock. For more dates, information, ticket prices, and packages, visit musicfest.org.

AUGUST 23–26

Arrington.



Lockn' Festival

Four-day music fest includes camping, outdoor activities, regional food, beverages, and artisans. On-site camping. Tickets start at \$250. For tickets or more information, visit www.locknfestival.com.

JULY 14

Horse and Hound Wine Festival

Bedford, 11am–6pm.

Music, wine, and horse and hound attractions at Johnson's Orchards. General admission \$15, tasters \$20, and children 12 and under and dogs \$5. For tickets and more information, visit www.peaksofotterwinery.com/horse-and-hound-wine-festival.

JULY 14

Wings and Wheels

Bath County, Hot Springs, 10am–4pm.

Car, truck, tractor, motorcycle, and acrobatic air show at Ingalls Field Airport. Admission is \$5 for adults, \$3 kids ages 4–12, and free for kids 3 and under. Fly and drive-in participants welcome. Registration is \$15 before 6 July, \$20 after 6 July and day of. For details, visit www.wingsandwheelsbathcountyva.com.

JULY 20–22

Smith Mountain Lake Pirate Days

Moneta, VA.

Family friendly 3-D pirate experience at Smith Mountain Lake. For more information, visit www.visitsmithmountainlake.com.

JULY 25–26

Annual Chincoteague Island Pony Swim and Auction

Chincoteague Island, VA.

Volunteer firefighters round up ponies on Assateague Island and swim them across the channel to Chincoteague Island. Foals are auctioned at the carnival grounds. Learn more at www.chincoteague.com/pony-swim_guide.html.

JULY 27–28

Main Street Moments

Tazewell.

A free community street festival that includes carriage rides, food, music, and tours. For details, visit www.townoftazewell.org/mainstreetmoments.

JULY 28

Peach Day Festival at Grave's Mountain Lodge

Syria.

Free admission and parking. Live music. Swimming pool open to the public for \$5 person. For more information, visit www.gravesmountain.com/events-calendar/peach-day.

AUGUST 4

Founders Day in Urbanna

10am–4pm.

A free family fun day that includes pirates, colonial interpreters, storytelling, the town crier, and colonial tradesmen demonstrations along the waterfront. For details, visit urbanna.com/pages/urbanna-events.php.

AUGUST 10–12

Night Sky Festival in Shenandoah National Park

Luray.

This pet-friendly festival near Bid Meadows Lodge will include constellation tours, solar scope viewing, telescope viewing and presentations by astronomy experts. For more



JULY 21

Alleghany, Covington.

7am–6pm.

Gran Fondo

Four cycling courses include:

The Gran Fondo, a 116-mile mountainous course; the Medio Fondo, a 69-mile hilly course; the Medio Mountain, a 69-mile mountainous course; and the Piccolo Fondo, a 29-mile hilly course. Learn more at www.granfondoalleghany.com.

information, visit www.goshenandoah.com/activities-events/festivals/night-sky.

AUGUST 11

The Smith River Festival

Axton, 9am – 5pm.

Free admission to this family run, paddle, cast and bike fest at the Smith River Sports Complex. Learn to fly-fish and check out local vendors. Visit www.visitmartinsville.com/smith-river-fest for details.



Blackberry Delight in Shenandoah National Park

JULY 21

Luray, 10am – 5pm.

Love blackberries? Skyland chefs create special blackberry-infused dishes while family enjoy live music, dancing, and activities. This pet-friendly event is free. Details at www.goshenandoah.com/activities-events/calendar.

Hill Top Berry Farm & Winery Blackberry Harvest and Music Festival

AUGUST 4

Nellysford, 9am – 6pm.

Live music, wine and mead tasting, and blackberry picking. Admission includes logo glass. For more information, visit www.hilltopberrywine.com. 434-361-1266.

AUGUST 17 – 18

Warren Street Festival

Rocky Mount, VA. 5pm Friday, 10am Saturday.

Celebrate Warren Street's African-American history at Rocky Mount Farmers Market with musical performances, food, art, activities, a car show and a parade. Admission is \$5 per day. For details, visit

SEPTEMBER 29 – 30

Hampton Cup Regatta

Hampton.

The oldest, continuously running hydroplane boat race in the country. Enjoy a children's area, food vendors, and the Hampton Cup Regatta Car, Truck & Motorcycle Show. Find out more at www.hamptoncupregatta.com.

Virginia Wine, Beer & Food Fests

Quench your thirst and please your palette this year with some of the region's best foods, brews, and wines. Beer tents, wine tastings, and delicious foods have become the focal point of these notable festivals. Visit websites for details. For more Virginia festival information, visit www.virginia.org/summerfestivals.

JULY 21

Annual Summer Seafood Festival at Mountain Cove Vineyard

Lovington, 5 – 8pm.

Sixth annual crab feast and Democratic party event at Mountain Cove Vineyard. Tickets available in advance and at the gate. For tickets, call 434-361-1442. For more information about Mountain Cove Vineyard, visit www.mountaincovevineyards.com.

JULY 21

Winestock

Washington, VA. 11am – 6pm.

Live music, tie-dyed T-s, flip flops, and flowers in your hair. Dirt Road Wine Tour features wines from all over the world. \$20 in advance for adults and \$25 at the gate. K-16 and under are free. Find out more at www.virginiawine.org/events/winestock-festival-29302.

JULY 21 – 22

Pork, Peanut and Pine Festival

Surry, 10am – 7pm Sat, 10am – 5pm Sun.

Check out Surry's three world-renowned agricultural products during a two-day

festival or arts, crafts, food, and music. Tickets are \$5; free admission for children 10 and under. For details, visit www.porkpeanutpinefestival.org.

SEPTEMBER 1

Taste of the Mountains Main Street Festival

Madison, 9am – 4pm.

Free admission and free shuttle from Madison County High School. Arts, crafts, regional food, kids' activities, and music. Access to wine and beer tent, \$10. For more information, visit madisonva.com/events.

SEPTEMBER 3

Annual Herndon Labor Day Festival

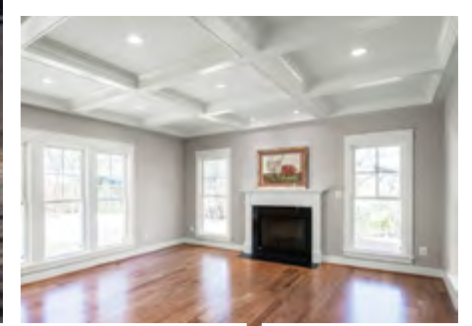
Herndon, VA. 11am – 5pm.

Outdoor street festival at the Herndon Town Green features unlimited samples from Virginia wineries, local craft brews, music, art, and more. Wine tasting is \$20. Entrance only admission \$5 and free for children 12 and under. Get details at www.herndonfestival.net.

For more Virginia festival information, visit www.virginia.org/summerfestivals. ♦

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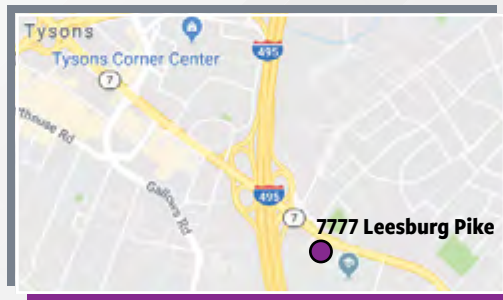
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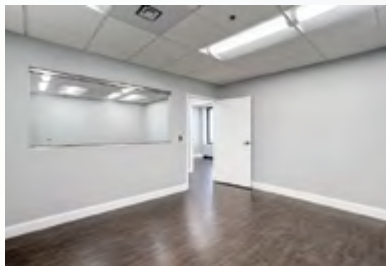


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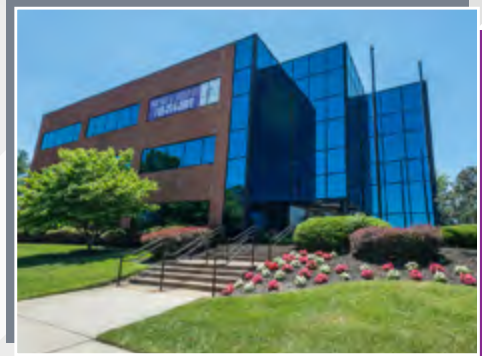
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ASK AN ADVISOR: WOMEN & FINANCIAL PLANNING

As a female Financial Advisor working in an industry traditionally dominated by men I find myself in the unique position to empower women to pursue their financial goals.

Many of the women I have worked with have made great progress, but industry studies point to a startling fact: when it comes to planning for our retirement, women fall short when compared to men.

Instead of concentrating on the differences between men and women and the reasons why women are falling short, I prefer to focus on some core concepts that all women should consider in order to improve their finances.

Prioritize yourself and set financial goals

It's easy to put off saving and planning for retirement and prioritize other expenses when you are busy building a career and/or taking care of a family. However, your ability to take care of others is also dependent on your ability to take care of yourself. Making smart decisions with your money is key to assuring that you will be financially independent in the future. Most women master saving but tend to lack confidence when it comes to investing and planning- this is where a financial plan can help.

It is important to identify where you stand financially right now and create goals that clearly identify where you want to be in the future. Once you know your financial goals, you can create a financial plan that identifies the steps you need to take to achieve those goals. Building a plan will help you pinpoint key opportunities and weaknesses in your finances and then take action. You are also much more likely to achieve your goals once they are in writing.

Don't fear the golden years

Many women (and men) want to stay young forever and that can lead to a failure to admit that they are aging or will grow old. But let me tell you—getting old happens to all of us (if we are lucky) and there is no way to avoid it, so take steps now to ensure that you will be able to retire comfortably.

Plan for your future

While it may sound optimistic, an attitude of “it will all work out” is not realistic when it comes to finances. It's not a good idea for anyone to assume that their financial future is secure, or depend on someone else to plan for them.

It is also important to recognize that if you are married to a man, you will most likely outlive your spouse (5 years on average). While you cannot control how long you live, you can plan for financial security. It's a good idea for every woman, married, single, or somewhere in-between to have a financial plan in place and understand how their current financial decisions may affect that plan.

Leave a legacy

How will your loved ones remember you? Long-term commitment to saving and wise investing can change your family's future, possibly even for generations to come. It all starts with you identifying what kind of legacy you want to leave behind.

You can also take steps to ensure that the wealth you leave behind is a blessing and not a burden. Establishing and maintaining accurate documents including wills, directives, trusts and beneficiary designations will allow you to identify who will receive your assets after you pass away, and simplify the process of settling your estate.

Meet with a professional

Women have been traditionally less likely to seek out professional financial advice, but I have observed a gradual change over the last few years. More women are independently seeking the assistance of a Financial Advisor and recommending that other women do the same. It is important to talk to other women about money; the more women talk to each other about being involved in handling their own finances, the more comfortable women will be in making important financial decisions.

As investors, women face unique obstacles in terms of both earning money and making that money grow for the future. Despite this challenge, women also have equal access to investing and investment advice. Accumulating adequate resources for longer lives requires substantial savings coupled with reasonably aggressive investing - both of which women are more than able to do. ♦

Author: Rose Price, CFP® AIF® is a partner at VLP Financial Advisors. She believes that strategic planning is the key to creating, protecting, and growing wealth. Rose offers a complimentary initial consultation to anyone interested in investment advice and/or creating a financial plan.

Want to learn more?

Visit: www.vlpfa.com or submit your question for an Advisor to info@vlpfa.com.

VLP Financial Advisors

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Meet VIRGINIA'S NEWEST Wineries

BY LINDA BARRETT

The Virginia winery scene is ever growing, with these wineries being some of the latest to pop onto the scene near our region. Each offers a unique experience through setting, amenities, entertainment, and of course, their wines and ciders.

Northern Virginia



50 West Vineyards

39060 John Mosby Hwy, Middleburg, VA 20117,
www.50westvineyards.com

The farm vineyard 50 West sits high on a bluff offering stunning views of the Bull Run Mountain range and offers wines produced in the classic Bordeaux style of France. It is one of the larger vineyards in northern Virginia, producing fruit on five farms, and uses Old World winemaking techniques in a modern solar-powered wine facility. It was named for Rt. 50 along which it sits. Visitors can enjoy tastings in the Tack Room, a converted horse stable with a contemporary flair.



Capitol Vineyards

3600 Sage Rd., Delaplane, VA 20144,
www.capitolvineyards.com

Built in the 1800s, the tasting room at Capitol Vineyards was once home to the first African-American postmaster general in Virginia. It was converted into a general store in the 1900s, but stood vacant since 1950. Now renovated, it still maintains its historic frame and style and original wooden bar. It hosts a vineyard, tasting room and onsite restaurant, with owners planning a luxury B&B.



Mountain Run Winery

10753 Mountain Run Lake Rd., Culpeper, VA 22701
www.mountainrunwinery.com

Farm winery Mountain Run's tasting room was created from an old corn crib and is flanked by a 100-year-old horse barn and a 120-year-old house surrounded by corn, soy and hay fields. Farming artifacts from around the property are on display. In addition to planted grapes, the farm includes several varieties of berries and native grapes. Located 5 minutes from downtown Culpeper.



Slater Run Vineyards

9030 John S. Mosby Highway, Upperville, VA
20185
www.slaterrun.com

Slater Run's ancestor built the first Rockburn Farm house on this property in 1720, and it has passed down through the family ever since. The Vineyards offers two venues: a rock-constructed tasting room located just outside Upperville (open year-round) and the winery and vineyards (open seasonally).



The Wine Reserve at Waterford

38516 Charles Town Pike, Waterford, VA 20197
www.waterfordwinereserve.com

Loudoun County's newest winery, The Wine Reserve, offers visitors sweeping views of the Blue Ridge and Catocin Mountains along with wine tastings, light fare, local food trucks, and special events just minutes from Leesburg. Latest events are posted on its Facebook page, www.facebook.com/waterfordwinereserve.

Central Virginia



Ashton Creek Vineyard & Winery

14501 Jefferson Davis Hwy, Chester, VA 23831
www.ashtoncreekvineyard.com
 (open by appointment only)

Ashton Creek touts itself as a winery, vineyard and event venue located just south of Richmond off I-95. Its tasting room opened in late 2016 to offer hand-crafted wines, ciders and small plates. Fun events have included an adults-only Easter Egg Hunt with hidden eggs containing more than \$1,000 worth of prizes and goodies.



Castle Glen Estates Winery

18185 Narrow Path Trail, Doswell, VA 23047
www.castleglenwine.com

The owners of Castle Glen Winery first got the winemaking bug making their own wines from a kit. Over the years, their wines kept improving and once they got serious about winemaking, they found their land on a historic Doswell estate not far from King's Dominion and began planting grapes. Wine selections include reds, whites, seasonals and colorful wine slushies.



Chisholm Vineyards at Adventure Farm

1135 Clan Chisholm Lane, Earlysville, VA 22936
www.chisholmvineyards.com

Chisholm Vineyards rebranded itself recently

as a separate entity from Adventure Farm, although each contribute to and complete the story and experience of the family farm. The vineyard sits on the Adventure Farm, now managed by the 3rd and 4th generations. In addition to wines and food trucks, visitors can enjoy Friday night live music events and purchase premium beef, local heritage turkeys and seasonal goods raised on the farm in The Farm Shop.



Courthouse Creek Cider

1581 Maidens Rd., Maidens, VA 23102
www.courthousecreek.com

Courthouse Creek is dedicated to growing heirloom cider apples with minimum intervention. As they wait for their four-acre orchard of American, English and French apple trees to mature, they source all their apples locally. The cidemaker follows a natural method of cider making, or rustic style using minimal (if any) preservatives; all 11 ciders are barrel-fermented and aged and bottle-conditioned, not filtered. This adds nuances and layering of flavor as complex as wine.



Five Oaks Vineyards

4574 Belle Vista Drive, Barboursville, VA 22923
www.fiveoaksvineyard.com

As a still-developing winery, Five Oaks' farm winery offers tastings in its rustic barn, with wines presented bistro-style; visitors sit at tables to enjoy the tasting room experience. In warmer weather, tastings are offered outdoors. In its four-phase renovation, modification of the barn will include a small tasting room, along with cold and bulk wine storage.



Wineworks Extended

1585 Avon Street Extended,
 Charlottesville, VA 22902
www.virginiawineworks.com

Wineworks Extended is the second tasting room opened by Michael Shaps as a neighborhood wine bar and taphouse. In addition to producing wines under his own label and for several prestigious wineries, Shaps owns and manages a successful winery in Burgundy, France where he studied to be a winemaker. Visitors to Wineworks (his first

tasting room) can sample his award-winning Virginia and high-end Burgundy wines. At Wineworks Extended, they can experience his everyday drinking wines available on tap in growlers, carafes and glasses.

Shenandoah Valley



Brix & Columns Vineyards

1501 Dave Berry Rd., McGaheysville, VA 22840
www.brixandcolumns.com

The owners of Brix & Columns both grew up in the farming world and knew they wanted to recreate that experience with their own children. As students at the University of Virginia, they each fell in love with Jeffersonian architecture, which they recreated in the tasting room design, set amid beautiful panoramic mountain views. Wines crafted by Michael Shaps.



Marceline Vineyards

5887 Cross Keys Rd., Mt. Crawford, VA 22841
www.marcelinevineyards.com

Located in the heart of the Shenandoah Valley, Marceline is anchored by a beautiful log barn surrounded by patios, gardens and a hillside of grapevines. The tasting room features six wines including a Cabernet Franc raspberry dessert wine and a variety of delicious chocolates, truffles and European sipping chocolate, along with light snacks.



Winery at Kindred Pointe

3575 Conicville Rd., Mt. Jackson, VA 22842
www.kindredpointe.com

Kindred Pointe began its life as Kindred Pointe Stables before evolving into a winery with its storage barn converted into the barrel room and the addition of a large pavilion. It specializes in wine and cider production and offers activities including cornhole, ping-pong and Frisbee golf. Visitors can walk around the pond or along the walking trail, or sit by the fireplace in cooler weather with a hot mulled wine. ♦

UNDO THE DAMAGE

Medspa treatments can reverse some of the sun's harmful effects on your skin

BY ANALIESE KREUTZER

Ultraviolet light from the sun damages skin and causes age spots, hyperpigmentation, wrinkles, enlarged pores, broken capillaries and dryness and contributes to rosacea, acne and spider veins. After age 40, skin is less able to regenerate, and you start to see the adverse effects of sun exposure.

Thankfully, there are treatments for these types of sun damage. Medspas in our area offer a variety of options to renew the skin and erase the damage. Following is an overview of the most common treatments.

CHEMICAL PEELS

Chemical peels remove damaged cells from the outer layers of the skin.

"The new skin that replaces the outer layers will be smooth and less wrinkled in appearance," said **Dr. Thara Kodandaramachandra** of the **Parma Center for Health, Medicine and Wellness** in Vienna.

There are different chemical formulas depending on your skin type and the problem you want to address. Chemical peels may cause a little burning for a few minutes after the chemicals are applied and some redness and swelling after the procedure. Following the peel, you will experience some scaling and spots will turn darker before crusting and peeling off in seven to 14 days.

Caroline Dudley, MMA, clinical director at **ARIA MediSpa, Yoga and Wellness Center** in Sterling explains that a spot of sun damage visible on the skin's surface is actually much larger beneath the surface, so, depending on the size of a spot and how long you've had it, it may take a series of three or more treatment sessions to eliminate it. She also suggests using a medical-grade topical hydroquinone in conjunction with peels or other treatments to lighten the skin from the inside.

Medspas offer ways to treat and reverse damage caused by the sun. Consult an aesthetician for the treatment that's best for your skin issues, your comfort zone, your wallet and the results you expect.

MICRONEEDLING

Aging skin, hyperpigmentation and enlarged pores benefit from microneedling. According to **Astoria**, "Microneedling technology uses multiple needles that vertically pierce the skin with an automatic vibrating function. When moved across the skin's surface it stimulates natural collagen reproduction." Microneedling treatments deliver topical nutrients deep into the skin, which stimulates repair and allows for faster resurfacing results. Skin may appear red for a day or so after treatment.

CRYO FACIALS

Just as lasers use heat energy to treat the damaged skin, cryotherapy, or freeze therapy, uses cold. Cryo facials reduce pore size, decrease wrinkles and lines, brighten dark spots, stimulate collagen production and improve blood flow. Cryo facials are quick, non-invasive and pain free. The skin is rapidly cooled using liquid nitrogen, which leads to tightening and then dilation of blood vessels and capillaries which helps to flush toxins and impurities from the skin.

Medspas offer ways to treat and reverse damage caused by the sun. Consult an aesthetician for the treatment that's best for your skin issues, your comfort zone, your wallet and the results you expect.

LASER AND LIGHT THERAPY

The different laser and light treatments out there can be confusing, often because medspas name their treatments after the brand name of the equipment they use.

Ablative lasers remove the outer layers of sun-damaged skin and stimulate the underlying skin to form collagen. These procedures are often called laser resurfacing. Non-ablative lasers work beneath the surface skin layer to stimulate collagen and tighten the underlying skin.

The more aggressive the laser treatment, the longer the recovery time. The skin may go through various stages of redness, crusting and peeling for about a week after a laser treatment, and the skin may remain pink for up to another two weeks.

"The body's natural healing process creates new healthy tissue to replace the areas of affected tissue, resulting in healthier, younger-looking skin," said **Kodandaramachandra**. You will experience a temporary darkening or lightening of the skin. Recovery time is minimal and the results are gradual. It can take several months to see the full effects. In some cases, a series of treatments may be recommended.

Some common light-based treatments are intense pulsed light, or IPL, photo facials and radiofrequency.

According to **Astoria Laser Clinic and Med Spa** in Vienna, "Acne, rosacea, and exposure to environmental pollutions and UV radiation can lead to inflammation and the production of free radicals in your skin. Ultimately, these can lead to scarring, premature aging and even skin cancer. IPL is highly effective at destroying free radicals and reducing inflammation while rejuvenating the skin. Desired results usually require multiple treatments. Each treatment takes approximately 30 minutes and requires little to no downtime."

New laser and light technologies are being developed all the time, and some of the newest promise minimal social downtime, shorter treatment sessions and decreased healing time.

SILK DERMALINFUSION

Silk Dermalinfusion is a noninvasive procedure with no downtime, and you will see immediate improvement in volume, hydration, tone and texture of the skin. The approximately 30-minute treatment exfoliates dry, damaged skin cells, deep cleans and infuses condition-specific serums deep into the skin. The skin continues to improve after the treatment as new, healthy cells rise to the surface.

Dudley explains that the process involves choosing the right serum to address a client's concerns, then using a diamond-tipped, hand-held appliance to shoot out and then vacuum up the solution and exfoliate the skin.

Skin may appear flushed or red immediately after the treatment, but this is temporary. Silk Dermalinfusion rejuvenates, smooths and evens skin tone while it hydrates, leaving skin up to 70 percent more volumized for up to 72 hours following the procedure. The results are instant and cumulative. Most skin care professionals recommend a series of four to six treatments for best results.

Analiese Kreutzer is a contributing writer to VivaTysons, VivaReston and Le Nouveau Moi. She can be reached at AnalieseKreutzer@gmail.com.



BY DIMA ALI, MD

YouTube



Ask DR. DIMA ABOUT FEMININE REJUVENATION WITH GENEVEVE

WellMedica would like to introduce the latest technology in non-surgical vaginal rejuvenation. It is called Geneveve—and it is a clinically proven treatment that is revolutionizing feminine wellness as we know it. Currently it is used in 52 different countries around the world and has benefited thousands of women improving their health and quality of life.

What is Geneveve?

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

What to expect?

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

Is there any downtime?

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

What does Geneveve treat?

Vaginal tissue ages over time. With age and childbirth, certain symptoms can occur such as vaginal dryness, urinary incontinence, sexual dysfunction, vaginal pain, air passing from the vagina, less satisfaction with intercourse, and increased self-consciousness. All of these symptoms are easily treatable with Geneveve and we have seen amazing results with our patients and around the world. In fact, 90% of the women who had the procedure in clinical studies, reported significant, sustained tightening, sensation, satisfaction and noticeably reduced bladder incontinence 12 months after treatment!

What makes Geneveve different?

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



WELLMEDICA AESTHETIC & ANTI-AGING MEDICINE

1801 Robert Fulton Dr., Suite 540,
Reston, VA 20191

703.457.9671

www.WellMedica.com

Geneveve for Urinary Incontinence

(Why 2/3 of Women are Afraid to Laugh)

Excessive stretching of the vaginal muscles is a common occurrence after vaginal birth or due to aging. Finally, there is a non-surgical, painless and effective treatment for vaginal rejuvenation and restoration. Geneveve treats vaginal laxity, dryness, enhances pleasure and even improves incontinence. Reclaim your pre-baby or post-menopausal body, restore your wellbeing and revive your relationships with Geneveve!*

If you're wearing one of these, you need Geneveve

You Tube



Geneveve uses clinically-proven cryogen-cooled monopolar radiofrequency (CMRF) to uniformly deliver gentle volumetric heating while cooling delicate surface tissue which treats incontinence as well as, vaginal laxity, dryness, sexual dysfunction and more.

***Geneveve treatments are performed by Dr. Dima**

No surgery, no downtime, no anesthesia | Noticeable improvement right after treatment
Only one 30 minute session | Comfortable in office treatment | Long lasting results



Dima Ali, M.D.

Come experience world class care with Dr. Dima, an award-winning board certified cosmetic laser surgeon. WellMedica Aesthetic & Anti-Aging Medicine is an internationally recognized Aesthetic and Anti-Aging treatment and training center focused on promoting, advancing and standardizing the field of Aesthetic Medicine. Known for treating many of Washington DC's political elite, Dr. Dima's patients praise her for her compassion, professionalism and artistic ability in restoring youthful beauty with natural looking results. She is dedicated to providing the latest effective technologies available and combines artistry with medicine and a deep commitment to your satisfaction. She believes that restoring inner health is as important as physical rejuvenation and customizes each individual's care in order to achieve true harmony and balance.



Painless, Non-Surgical Vaginal Rejuvenation with Dr. Dima



WELLMEDICA AESTHETIC & ANTI-AGING MEDICINE

1801 Robert Fulton Dr., Suite 540, Reston, VA
703.457.9671 | www.WellMedica.com

BREEZY Button Downs

BY JULIE HOLLAND

Button-downs are such a wardrobe staple, whether it's a work look or go-to for a casual social event. July can be a hot month to endure being buttoned up in one, though, so here are some breezy styles that make long sleeves more manageable during those hot summer months.

Off the shoulder tops—show off those bronzed summer shoulders and feel that breeze on your skin.

Thin and sheer—stay cool in breathable and quick-drying fabric.

The stars and stripes top (above) is from GANT and is so soft, thin and airy—just pop a cami underneath, and you're good to go. The white off-the-shoulder-top was found on Scattoclothing.com, and looks great paired untucked with leggings, too.



Looking for a summer day trip or mini getaway? These photos were taken at beautiful Longwood Gardens, an absolutely breathtakingly gorgeous historic Du Pont estate in PA, only about 2 hours outside of D.C. Be sure to catch one of the fountain shows set to music (during the day and also at night, with lights).



1



2



3

Similar tops to try:



4



5

1. Blue Striped Button Down
www.gant.com

2. Sheer Polkadot
www.Na-kd.com

3. Off the shoulder white
www.macys.com

4. Sheer black and white stars
us.asos.com

5. Off the shoulder pink
us.asos.com

6. Off the shoulder blue
www.lordandtaylor.com

7. Sheer white
www.forever21.com



6



7

ASK AN EXPERT

How to Control Symptoms of Sun Damage

**Astoria Laser
Clinic & Med Spa**

2106-B Gallows Road
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(703) 992-9290

www.astorialaserclinic.com



By Olga Solovienko
Licensed LME
Clinician, Medical
Laser Technician
at Astoria Laser Clinic
& Med Spa



NO CURE FOR MELASMA OR SUN DAMAGE, YET SYMPTOMS CAN BE CONTROLLED.

Summer is around the corner, but our epidermis may be thankful if we use sunscreen and try not to tan. The sun and its intense heat, in fact, can be the mortal enemy of the epidermis, that outermost layer of skin that is in the forefront in the war against sun damage and melasma, which is typically characterized by dark patches on the skin. According to the American Academy of Dermatology, 90 percent of those affected are women. No one knows exactly what causes melasma, however experts agree that exposure to sunlight is considered to be a major factor and have found certain commonalities among individuals with this condition which may explain why melasma is primarily found in women.

As skin problems go, melasma is pretty common. It mainly affects the face although it can be found on other areas of the body that were exposed to the sun. Estrogen, pregnancy, and birth control pills have also been associated with this condition. Individuals with darker skin tend to be more affected by melasma than those with lighter skin. It is that exposure to sunlight that affects the epidermis cells that control pigment.

In addition to protecting the skin by limiting its exposure to the sun with clothing and sunscreens, there are a variety

of procedures that have been prescribed, although the effects of some of these treatments may be questionable. To get rid of those brown patches caused by melasma, lasers may be used but the results are often temporary, having to be frequently repeated and, in some cases, may actually make matters worse. Your doctor can prescribe specially formulated creams containing hypopigmenting agents like hydroquinone and others that can lighten the brown patches on the skin. Other options include stripping away the top layers of the skin to help lighten the patches. These include chemical peels, dermabrasion, and microdermabrasions.

It is important to remember that there is no current procedure that guarantees the absence of melasma forever or that the patches will be completely lightened. And while you may need to return to your aesthetician for follow-up treatments, it is more important that you follow skin treatment guidelines, especially those regarding sun exposure, to minimize melasma's return. If you are pregnant, you should discontinue any of the above procedures because of possible risks to the fetus. Take the same precautions if you are breastfeeding. ❖

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Fractional Laser Pixel \$1,200.00 **NOW \$720.00**

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Lip or Chin reg. \$330/6 **NOW \$231/6**

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Full Back reg. \$1,080/6 **NOW \$756/6**

Upper or Lower Legs reg. \$1080/6 **NOW \$756/6**

Upper or Lower Arms reg. \$990/6 **NOW \$693/6**



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JULY/AUGUST 2018 STYLE

STAYING PROTECTED FROM THE SUN...

BY LAUREN SIMMONS

**TAN LUXE**Sephora.com

This quick and easy self-tan concentrate works with any moisturizer to create a natural looking, hydrated, and golden tan. Now you can adjust just how much tan you want...all without the sun!

DR. BRANDT—PORES NO MORE MULTI-PERFORMANCE STICK SPF 45Dermstore.com

On the go complexion perfecter that instantly blurs pores and lines, hydrates, smooths, provides SPF 45 protection and is water resistant for up to 80 minutes. Look your best while protecting your skin!

KLORANE SUN PROTECTION PROTECTIVE OIL WITH YLANG-YLANG WAXUlta.com

Your hair needs protection too from the sun. This lightweight protective oil with ylang-ylang wax that shields hair against the drying and damaging effects of UV rays, salt, sand, and chlorine.

COOLA® SUNCARE ENVIRONMENTAL REPAIR PLUS® RADICAL RECOVERY™ AFTER-SUN LOTIONNordstrom.com

Don't forget to moisturize your skin after the sun. Coola's deep-soothing lotion uses agave's natural moisture-binding mechanisms for environmental defense and calming sunburn. Formulated with 70%+ organic ingredients, this lotion will nourish, repair, and keep your skin youthful and naturally glowing all year long.

MURAD - CITY SKIN AGE DEFENSE BROAD SPECTRUM SPF 50 PA++++Macys.com

It's always wise to layer your sun protection. Murad created this revolutionary, ultra-light, 100 percent mineral sunscreen with environmental protection technology to shield skin from key causes of damage that accelerate visible signs of aging. With a slight tint it also evens your skin out.



GADGETS, GOODIES AND GIZMOS

BY LAUREN SIMMONS



SHARP SUPERHEATED STEAM COUNTERTOP OVEN

[Amazon.com](https://www.amazon.com)

Cook like they do in the restaurants. Sharp's superheated steam oven requires no preheating, no defrosting, has five versatile cooking modes. The combination of superheated steam and conventional, radiant heat in all cooking modes means that your food will be crispy and browned on the outside, moist and delicious on the inside.



THE AIRHOOK

TheAirHook.com

The AirHook uses the existing tray table on your plane seat when it's in the vertical locked position to provide a stable drink holder and a secure mount for your electronic device. Travelers no longer need to sacrifice space with the folding down trays. You can now anchor everything you need to the back of the seat in front of you, and have free hands and full range of motion. The bonus is that it's small and compact and takes up no room in your luggage.

THE FOODGUARD

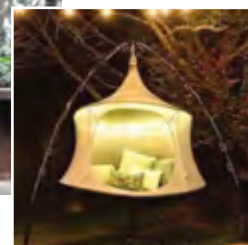
TheFoodGuard.com

The Food Guard is a heatproof, stretchable, stackable, washable, reusable, environmentally-friendly, time-and-money-saving food lid that stretches and molds to any sized food container, plate, bowl, dish, pan or storage medium. It eliminates the need to replace lost lids, waste time finding the right lid for the right container, or worry about finding a heat-safe lid when cooking.

TREEPOD

www.MyTreePod.com

Inspired by the Magis Spun Chair featured in the New York MoMA, the TreePod Cabana offers a sleek whimsical design, that is the ultimate in comfort. The mesh sided Cabana provides an open 360 degree view and airy place to relax, indoors or out! Available in a variety of colors as well as an optional metal stand if you don't have a tree handy.





GROWING BEAUTY TRENDS

By Marta Bota

Beauty trends come and go, but some stand the test of time and become beauty staples for the average female. Here are some trends you may or may not know about, only time will tell if they stick around!

CHARCOAL TEETH WHITENERS



Having a megawatt smile seems to be a standard beauty practice these days, but it can get pricey!

There are more and more options becoming available over the counter. One recent unique beauty trend is to use charcoal teeth whiteners to whiten your smile. Yes, it sounds crazy to put a black substance on your teeth to whiten them, but it does remove staining. There are powders and pastes available. Charcoal will help remove stains, but won't actually lighten your natural color, that should be done with whitening agents. Always check with your dentist before using anything on your teeth, as you don't want to weaken enamel.

TATTOO EYEBROW PENS



Full eyebrows has been a growing trend the past few years.

Not everyone is blessed with naturally full eyebrows. There are many cosmetic options (powders, pencils, gels) and there is also permanent makeup or microblading to create the illusion of fuller brows. These are all great options! Something new on the horizon are tattoo eyebrow pens. Some are felt tip markers that tint the skin and existing brows and they last for several days and are waterproof! Some have comb tips that create a microblade effect! This can give you the convenience of not having to do your eyebrow makeup every day! Just practice and keep a waterproof makeup remover handy, in case you make a mistake!

SNS NAIL DIPPING POWDER



Women have discovered gel nails in the recent years for the strength, durability, and long lasting effect of this beautiful manicure!

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We all love the healthy glow of a tan, but at what cost?

The sun damages the skin, causing skin cancer and premature aging. Sun beds are even worse! A very safe alternative option is sunless tanning. I have recently added organic airbrush tanning to my services. What I love about airbrush tanning is the ability to create a flawless tan that lasts anywhere from 5-12 days, depending on how well you care for it (using paraben free cleanser and moisturizer). The technology today in sunless tanning is AMAZING! Products are infused with vitamins, leaving the skin feeling wonderful with a beautiful glow! No orange glow here! Go to mbfacedesign.com to book your appointment!

DRY SHAMPOO & VOLUMIZING POWDERS



With our busy lifestyles today and our active social media lives it's hard to get in a daily shampoo, yet we need to look great!

I love products that can extend our good hair days! I love Keratin Volumizing Dry Shampoo! This powder lifts the hair at its root and lifts grease and grime from the scalp for a cleaner, more voluminous head of hair on days that we are just too busy! What's not to love about that?

Carolyn Delaney

Name and occupation.

Sr. Account Executive, Arch Mortgage Insurance

What is your biggest beauty splurge that you deem necessary?

My passion is fashion and unique, quality clothing! Friends and customers joke and say, "I've know you for 25 plus years and have never seen you in the same thing twice!"

What is the beauty product will you would not leave the house without?

Lip gloss and a purse-size hairbrush

What is your workout pick?

I like body pump which is weight lifting, along with pilates, yoga and a long brisk walk to see and hear nature.

What did you formerly do that you realized wasn't worth the money?

Eyelash extentions. Now I use Lash Boost, and my real lashes are much longer and thicker! It's a product from a skin care company my niece works for—Rodan and Fields.

What is your view on diet?

It's very important for your health! I'm a two-year breast cancer survivor, so I'm careful what I put in my body. I stay away from fried foods, eat more veggies, seafood and make green shakes for a meal.

What's your spa fix?

I love a deep tissue massage to relieve stress!

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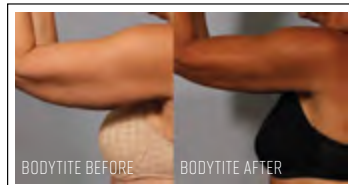
Dr. Magassy has helped thousands reach their cosmetic goals. He has performed every cosmetic surgical procedure many times over, and brings to each patient the ability to discuss and fully explain all the options possible to reach the desired result. The choice of technique and how far to take a procedure 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.

Dr. Magassy is a Fellow of the American College of Surgeons, an honor reserved only for the most distinguished surgeons. He also has Board certification by the American Board of Plastic Surgery & Surgery (the most meaningful certification for a plastic surgeon).

Dr. Magassy is also a member of the American Society of Plastic Surgeons, the American Society for Aesthetic Plastic Surgery, the Lipoplasty Society of North America and the American Society of Bariatric Plastic Surgeons. He is also the attending surgeon at Washington Hospital Center and Fairfax Hospital, and holds privileges at Suburban Hospital and Sibley Hospital.



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-ACTUAL PATIENT



Dr. Danah Harbi

MY EYE DR

Danah N. Harbi, O.D. is a native Northern Virginian who received her Bachelor of Science Degree in Biology with a minor in Psychology from The George Washington University. She later attended the Pennsylvania College of Optometry and received her Doctor of Optometry degree in 2012 with honors. During her four years in optometry school, she was active in organizations such as the Student Optometric Service to Humanity and joined a mission trip to San Salvador to provide free eye care to its citizens. After graduation, Dr. Harbi completed a coveted, one year Ocular Disease Residency at the Baltimore VA Medical Center.

She is heavily trained in the diagnosis, treatment, management, and co-management of ocular disease, including diabetes, glaucoma, macular degeneration, and ocular emergencies. She also specializes in a variety of contact lens fittings including multifocal and astigmatism contact lenses.

Dr. Harbi is also involved in domestic and international humanitarian efforts and has traveled to the Middle East to help set up optometry clinics and deliver eye care to the refugee population in Lebanon. Contact her at 703-269-9866 or email धारbi@myeyedr.com for more information.



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BY LAURA SHERIDAN

MUSICIANS, SAFETY PATROLS RECEIVE AWARDS

**Woman's Club honors middle- and
elementary-school students**

The musicianship of four students from Cooper and Longfellow middle schools was recognized by the Woman's Club of McLean at a ceremony on Tuesday, May 1, where the students also performed on their instruments. Students Anh-Thu-Pham and Muriel Wallach, of Cooper Middle School, played solo works by Fritz Kreisler and Art Dedrick on the violin and tuba, respectively. Students Melanie Chuh and Adele Park, of Longfellow, performed pieces by Paul Taffanel and Gabriel Fauré on the flute and cello, respectively. The four students each received an award of \$100 from the Woman's Club.

Ten students at McLean elementary schools were recognized for their significant contributions as safety patrol members. The honorees were: Andrew Von Elm and Melina Turnage, from Chesterbrook Elementary; Liam Schuette and Hailie Perry, from Churchill Road Elementary School; Connor Bo and Kirsten Long, from Franklin Sherman Elementary; Luke Hoffman and Camille Stephant, from Kent Gardens Elementary; and

Jase Fitch and Reem Halawi from Spring Hill. The students received trophies engraved with their names and those of their schools, and each school received an award of \$80 for safety program equipment.

The students' parents and the school principals, music directors and patrol sponsors attended the ceremony, as did Pfc. C. N. Gardner, safety patrol officer of the Fairfax County Police Department. The awards ceremony is an annual event of the Woman's Club of McLean. ♦



(Above) Woman's Club President Kathryn Mackensen (center) poses with honored student musicians. From left: Anh-Thu-Pham and Muriel Wallach, of Cooper Middle School; Adele Park and Melanie Chuh, of Longfellow Middle School.

(At left) From left: Fairfax County Safety Patrol Officer C. N. Gardner, Woman's Club President Kathryn Mackensen, and the 10 students from McLean elementary schools recognized for their safety patrol contributions.

Alex Levy



1ST STAGE TO RECEIVE \$10,000 GRANT FROM THE NATIONAL ENDOWMENT FOR THE ARTS

In Support Of The Logan Festival Of Solo Performance

National Endowment for the Arts Chairman Jane Chu has approved more than \$80 million in grants as part of the NEA's second major funding announcement for fiscal year 2018. Included in this announcement is an Art Works grant of \$10,000 to 1st Stage for the 2nd Annual Logan Festival of Solo Performance. The Art Works category is the NEA's largest funding category and supports projects that focus on the creation of art that meets the highest standards of excellence, public engagement with diverse and excellent art, lifelong learning in the arts, and/or the strengthening of communities through the arts.

"The variety and quality of these projects speaks to the wealth of creativity and diversity in our country," said NEA Chairman Jane Chu. "Through the work of organizations such as 1st Stage in Tysons, NEA funding invests in local communities, helping people celebrate the arts wherever they are."

"The NEA's recognition of 1st Stage through an Art Works grant is a tremendous honor," said Artistic Director Alex Levy. "To be recognized among the nation's most talented and integral art makers is a great privilege. We are dedicated to strengthening our community by providing excellent and diverse stories demonstrating a variety of perspectives to our regional audience. The Logan Festival of Solo Performance is a vital part of our dedication to presenting artistically excellent, socially relevant work."

The 2nd Annual Logan Festival of Solo Performance, presented with generous support from the Reva & David Logan Foundation and additional support from the National Endowment for the Arts, will run at 1st Stage from July 12-22, 2018. This innovative festival, acclaimed last year in the *Washington Post* with "three plays prove the power of one," will gather acclaimed solo performers from across the country for two-weeks of performances, workshops, discussions, and events. The main stage festival schedule features:

The Absolute Brightness of Leonard Pelkey written by James Lecesne. A brash New Jersey detective visits a vibrant seaside town to investigate the disappearance of teenager Leonard Pelkey. Through interviews with a withdrawn teenage girl, her abrasive but warmhearted hairdresser mom, the British proprietor of a dance-and-drama school, and at least half a dozen distinct characters, the truth of Leonard's disappearances unfolds to a luminous conclusion. The *New York Times* raved the production "leave[s] you beaming with

joy" and the *New Yorker* proclaimed it "a whodunit with a heart of gold."

Where Did We Sit On The Bus? written and performed by Brian Quijada. During a third grade lesson on Rosa Parks, a young boy asks, if white people sat at the front of the bus and black people sat at the back of the bus, where did Latinos sit? This Drama Desk-nominated production examines Latino identity in America through the eyes of a young man journeying from childhood through young adult life. *Where Did We Sit* is "a theatrical mixtape of [Quijada's] life, a mashup of looped rhythms, raps, songs, poems and spoken-word pieces that attempt to find the connecting threads of a life lived liminally" (*The Chicago Tribune*).

Brahman/i written by Aditi Brennan Kapil is an unusual and hilarious stand up routine exploring everything from Indian heritage to history, mythology, gender roles, and horrifying middle school experiences. *Brahman/i* is "a layered, insightful consideration of Indian-American cultural identity, gender and colonialism that happens to take the form of a stand-up comedy routine" (*The Hollywood Reporter*).

About 1st Stage

Celebrating its 10th anniversary season, 1st Stage Theatre is an award-winning professional theatre in the heart of Tysons, Virginia. The company serves as a cultural hub for the community producing first-rate theatrical productions as well as hosting professional musicians, orchestras, and visual artists, and providing educational opportunities for the community. Awards include the American Theatre Wing National Theatre Company award, Helen Hayes Awards for Outstanding Supporting Actress in a Play in 2017 and Outstanding Director of a Musical and Outstanding Lead Actor in 2015, and the John Aniello Award for Outstanding Emerging Theatre Company in 2010. 1st Stage artists and productions have been nominated for 10 Helen Hayes Awards in 2018. 1st Stage is a member of the Catalogue for Philanthropy class of 2016-2017. In September 2016, *The Wall Street Journal* called 1st Stage "one of America's most impressive smaller regional companies." The *Washington Post* named 1st Stage's production of *Jesus Hopped the 'A' Train* among their list of the "10 Best Washington Theater Productions in 2017."



TYSONS OPEN HOUSE FEATURED FREE TASTINGS, LIVE MUSIC

New homes, restaurants, shops, theaters, parks and roads—come to the Tysons Open House to learn what's happening in Fairfax County's dynamic "downtown." It's your chance to experience what it's like to live, work, shop and play in Tysons.

This free event was held Thursday, May 3, 2018, from 6 to 8pm at Basis Independent, 8000 Jones Branch Drive in Tysons. Fairfax County and the Tysons Partnership had teamed up to put on this community celebration.

The showcase featured free tastings from select Tysons restaurants, live music, information on the latest projects and plans from developers and county staff, coupons for a free ride on Capital Bikeshare, as well as how to get a 50 percent discount on an annual membership. The event included remarks from Congressman Gerry Connolly (VA-11) and Fairfax County Board of Supervisors, Sharon Bulova (Chairman) and John Foust.

In the last two years, there have been exciting new amenities announced for Tysons, including:

- Capital Bikeshare
- Jones Branch Connector, a new way to get across the Beltway
- 225-seat black box theater
- 15-screen luxury movie house
- Wegmans and Whole Foods

"Since 2014, the Tysons skyline has seen the addition of 13 new buildings, bringing to the market millions of square feet of mixed-use and transit-oriented development," said Fairfax County Chairman Sharon Bulova. "Twelve more buildings and 3.9 million square feet are under construction at this very moment. It is amazing how far we've come since the Tysons Plan was adopted just eight years ago."

This new development results from the ambitious plan to transform Tysons into a green, walkable urban center that will be home to 100,000 residents and 200,000

jobs by 2050. The plan provides for new local streets and bike lanes, parks, athletic fields and green spaces, affordable housing, a library, a performing arts center and more. These amenities and facilities will remake Tysons into the place where people will want to live, work and play.

"The pace of change in Tysons is astounding," said Sol Glasner, president of Tysons Partnership. "Along with our partners in Fairfax County Government, we were pleased with the attendance at our free open house to experience the many new additions to our community, while also previewing the assets set to arrive in the near future."

The Tysons Partnership is the association of business and community leaders working with county government to redevelop Tysons as a walkable, mixed-use, transit-oriented modern city. ♦



BY LINDA BARRETT

Buying vs. Renting a Home

Buying a home is the American Dream. And with interest rates low, there is a favorable climate for buying now. According to the Northern Virginia Association of Realtors®, home sales in 2018 are up by 4% over the same time last year.

But as interest rates climb, home prices rise, and inventory continues to be scarce, it may be difficult for people to purchase a home. Other considerations may also make renting the right option.

So how do you know if it is better to rent or own a home?

Consider your Longevity

BUYING: If you plan to live in your home for an extended period of time, then purchasing a house can be the best option, especially since home prices are rising (up by 2% over last year). Buying now will help you get into a desired neighborhood, whereas by waiting a few years, homes may be priced out of your range. You will also see the benefits of a higher selling price in a few years if you don't stay in the home long term.

The biggest benefit to owning a home is the ability to build equity; the longer you stay in your home, the greater the equity you build.

Accumulating equity can allow a homeowner to receive a larger profit when selling and offers the ability to use that equity for a home equity loan or a mortgage refinance once the equity amount reaches 20%. Improvements to the home can also increase a home's value.

RENTING: If you are planning to relocate within a short period of time, or your family or income circumstances are changing significantly, renting may be a better choice.

Consider the Costs

BUYING: Home buyers must qualify for a mortgage, which includes principal, interest and homeowner's insurance costs. If you don't have 20% to put down on a down payment, you will also incur PMI, or private interest mortgage insurance, which can range up to 1.5% of your original loan amount per year, depending on your mortgage amount and your credit score. You must have a decent credit score to qualify for a mortgage in the first place and even a small dip in your credit

score can lead to higher interest payments over the life of a loan.

On top of the mortgage payments, the homeowner is responsible for all the expenses of maintaining a home. If the HVAC system breaks or the roof needs to be replaced, those costs are paid out of your own pocket.

On the plus side, homeowners may qualify for tax deductions, as for mortgage loan interest, property tax payments and home business usage. When you sell your home, you can also take deductions for capital improvements and may exclude (up to the limit) capital gains on the sale.

Sample upfront costs to purchase:

- Earnest money deposit (1%-3% of the selling price)
- Down payment (preferably 20% of the purchase price or more)



- Appraisal (approximately \$300-\$500)
- Pre-sale home inspection (approximately \$300-\$500)
- Property taxes (reimbursement to previous owner or your own tax pre-payment)
- Homeowner's insurance (first year's payment up front)
- Closing costs (approximately 2%-4% of the purchase price)
- Possible homeowner association fees

RENTING: Renting a home relieves you of the costs of home maintenance, however, your monthly rent may be higher than a mortgage would be, and is subject to yearly bumps. As a renter, you do not have the advantage of tax deductions on property tax and mortgage interest.

Even with renting, there are up-front costs. Most landlords require at least one security deposit along with the first month's rent, and if you cause damage to the property, your landlord may withhold your security deposit to cover repairs.

Sample upfront costs to rent:

- First month's rent
- Refundable security deposit
- Renter's insurance
- Non-refundable security deposit (example: for pets)
- Possible last month's rent
- Possible pet rent

Consider the Freedoms

BUYING: As a homeowner you have options. You can rent out your home or part of your home, or take part in the short-term rental sharing economy through Airbnb, VRBO or similar services. You also have the freedom to decorate and remodel your home (within code restrictions) to suit your own taste and lifestyle. And once your house is paid off, you no longer have a mortgage payment.

The long-term security of knowing you own your home is appealing. Homeowners put down roots and become an integral part of the community in which they live. It is easier

to make friends in the neighborhood and participate in associations as a homeowner. Since renters are more transient, you don't see that type of community.

RENTING: As a renter, you can move on with much less trouble than if you had to sell your home. It may also be easier to qualify for a rental versus qualifying for a mortgage. Although your credit score and credit record are checked for both, requirements are less strict for renters in many cases.

Many rental properties offer amenities included in the rent, like swimming, tennis and fitness, laundry facilities and recreational areas. Some rentals can include part or all of your utilities in the rent. On the other hand, you may not have control over how long you can remain at a property. The landlord may or may not offer the option to renew a lease.

Talk to a Realtor

To explore your home-buying options, talk with a Realtor. A real estate professional can help determine whether buying or renting is your best option at this junction in your life and set you on the road to home ownership. ♦

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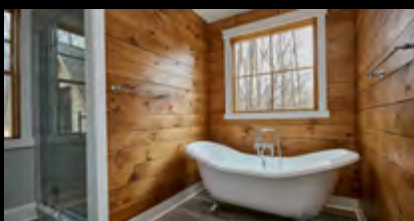


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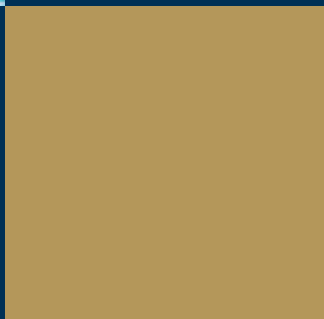
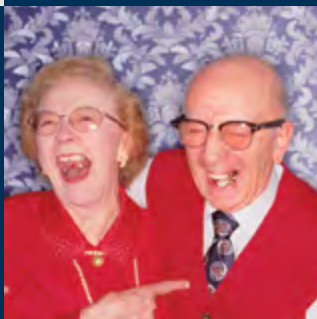
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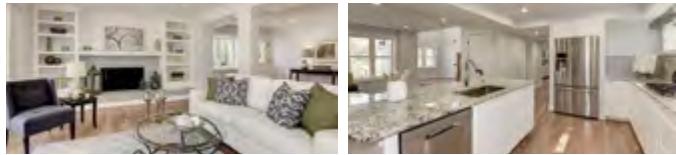


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10526 HUNTERS VALLEY RD \$1,185,000 VIENNA, VA

Nestled on a serene two acre lot in the heart of Vienna's Equestrian Area overlooking a stream and horse trails yet still within minutes to the Vienna Metro and Oakton Shopping. This home has been completely gutted, rebuilt and expanded with an energy efficient design. The open floor plan gives the home a large, flexible living area. There is a covered wraparound porch off the living room, a master suite with a fireplace and 3 other large bedrooms with hardwoods through the entire home.



11109 TOMMYE LANE \$1,149,000 RESTON, VA

This former model home has been meticulously maintained and updated. The 0.83 acre landscaped lot is in a prime location to enjoy the convenience of Reston and feeds to Langley High School. There is a perfect blend of formal entertaining space and everyday living space. The home features a grand curved staircase and vaulted ceiling in the living room. The updated kitchen has a two level granite island that opens to a bright windowed family room. The lower level has recreation space and guest rooms that walkout to a private patio and a fenced backyard.



SUZANNE PARISI

Mobile: 571.214.9934

suzanne@c21redwood.com

WWW.SUZANNEPARISI.COM



3404 WAPLES GLEN CT OAKTON, VA

\$1,100,000

Stately 4BR, 4.5 BA brick colonial conveniently located is a prime Oakton location, ideal for commuters. So many upgrades: roof, siding, gutters, fence, septic pump and french drains all installed in 2015. HVAC, dishwasher and refrigerator in 2016. Special details include hardwood floors, double crown molding, and a soaring 2-story family room with a gas fireplace. Enjoy the beautifully landscaped, fenced backyard on the expansive back deck or 3 season living in the fantastic screened-in porch. Great Oakton school pyramid.



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WOODMONT, 8609 BROOK RD

\$1,888,000 MCLEAN, VA

This custom-built 7,000+ SQ FT home on almost two acres has an amazing private backyard views, pool, and tennis/sports court, 5-6 bedrooms, wood-paneled library, wine cellar, and 4 fireplaces.



THE GATES, COMMUTER'S DREAM LOCATION!

\$269,000 MCLEAN, VA

This main level end unit is quiet and peaceful but walking distance to new McLean Station Silver Line. It's also conveniently located next to the pool, basketball hoops, picnic area, tot lots, and walking path!



BELMONT COUNTRY CLUB, 43224 AUGUSTINE PL

\$805,000 ASHBURN, VA

So light and bright, this Philmont model has been renovated top to bottom offering stunning golf course views of the 4th hole, spacious trex deck, custom built-ins, amazing chef's kitchen, and newly installed hardwoods on the upper level!



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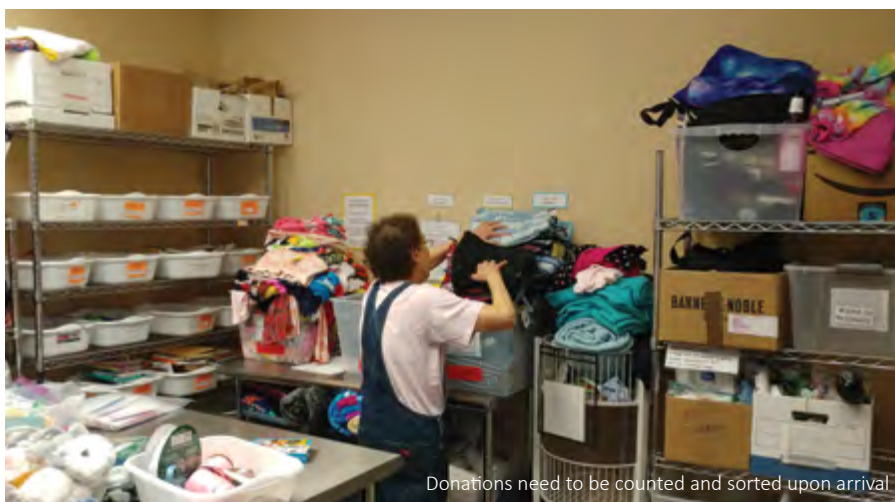


BY RICK MUNDY

"Don't call us foster children... And don't make us carry a trash bag."

We are often reminded: you never know what others are going through. For children living within the foster care system, this is especially true because they are often unnoticed. Rob Scheer, co-founder of Comfort Cases, says these children are sometimes almost "invisible...disposable." He should know because he himself was in the system as a child.

Attending high school, Rob knew one thing—if he was to make anything of himself, he needed to get an education so he read everything he could get his hands on. There was no guidance counselor showing him the way in spite of being an A/B student. When he graduated, he joined the military—just to survive. "I needed a roof over my head, and food," Scheer admits. "Hunger is something I can never forget." He persevered after the service, working his way up in banking.



Donations need to be counted and sorted upon arrival

When Rob and his husband, Reece Scheer, started talking about adopting, they discovered that foster-to-adopt was their best option. With their now-four children, they work to instill solid values of love and caring. At first that meant working on toy drives for children at the holidays. Then realizing that their efforts were largely forgotten by December 26, they changed focus and Comfort Cases was born.

"As people we have to be doers," says Rob. "Can you imagine what the world would be like if all of us were doers? You can make a big difference with just a little effort. Let's be doers"

When a child enters the foster care system, 90% of the time from the back of a police cruiser, the child's meager belongings are typically stuffed in a trash bag and that's how the child arrives at the foster home, and how they move from one foster home to another (The average number of moves per child is seven homes). That was Rob's experience as well.

The family started a campaign to create something better, something that showed that these children were valued. It would be a backpack with some essential items along with personal items. Starting the effort in Montgomery County, they planned to make about 200 Comfort Cases a year. However, after only 4 ½ years, the 98%-volunteer Comfort Cases team has shipped 35,000 packages to 34 states, plus D.C. and Puerto Rico.

Most days, several volunteers arrive at the ground floor of a Rockville office building to receive donations, count, inspect, sort, pack, and ship Comfort Cases to social service agencies across the country. Volunteers work days, sometimes weeknights or weekends, and schools will often do volunteer work as a school project. Donations have come from every state in the U.S. and every continent except Antarctica.

There are treasured items in each case. In addition to items like soap, shampoo, and other necessities, there is a book. As Rob relates, "A book is meant to be loved in the mind, loved in the heart, and then passed on. It can also offer a great escape sometimes." There are activity items—a coloring book and crayons for the young children, a journal with pens and pencils for older children. This is a favorite of many children because it gives them a chance to express themselves, write their ideas, illustrations, or music.

Pajamas make it into every case, with a tag, and wrapped with ribbon. Why a tag? Because one of the Scheers' own children received PJ's with a tag, smiled, and said, "I've never had a new nightgown before." The ribbon reminds them that it is a gift to someone special. And every case must have a stuffed animal because

everyone, no matter what age, loves a stuffed animal.

Comfort Cases also creates special packs for newborns–2-year-olds. Foster families do not necessarily prepare properly for very young children so the team has new baby cases which include baby wipes, binkies, diaper ointment, a changing table, and bottle warmer.

This outstanding organization, doing so much with so little, has attracted national attention, including coverage via local news outlets, Upworthy, the Hallmark Channel, and Ellen. Ellen, in cooperation with Samsonite, provided \$50,000 to expand their program. Comfort Cases discovered the Samsonite Comfort XL, a 32" duffel bag that is now included with every new case, further removing the stigma of the traditional trash bag "luggage."

Of course the extraordinary effort is not without significant costs. Even by using mostly volunteers, major expenses continue, such as all shipping costs entirely paid by Comfort Cases. "We're still looking for the right corporate sponsors," says Rob.

How has Comfort Cases been able to accomplish so much in less than five years? Rob believes, "It's a matter of passion. We all have a story to tell and fortunately our story has moved people to action. But it's our community and our volunteers that have built this charity and have made everything possible thus far. Look, there are only two things these children ask: "Don't call us foster children. We're just children like anyone else," and "Don't make us carry a trash bag again." It's about doing something for them because they matter."

Graduation rates among children living in foster homes are appallingly low—54% graduate from high school, 2% from college. Rob and Reece are making a difference here also. They have started sponsoring scholarships



Rob Scheer conducts a tour of the facility for new volunteers

to send children to college.

Listening to Rob, it's obvious that he has enormous passion for the foster community. At the same time, it is evident that he is also working toward a higher purpose—helping people see the value in reaching beyond themselves to care about their communities. Rob is also the national spokesperson for Riverbend College in Montgomery, WV, opening this fall for youth aging out of the foster care system. Riverbend, established by KVC Health Systems, will be "tailored to seamlessly support older youth from foster care into high-demand careers paying sustainable wages." As Rob reminds us, "education is the only thing that separates us."

Rob encourages everyone to "be a doer. If you can manage it, adopt. If you can't adopt, foster. If you can't foster, then volunteer, or donate, or simply start by educating yourself on your community's needs."

Be a doer. Learn more about Comfort Cases and how you can get involved as a volunteer or donor. Contact them at 301-605-7813. Website: comfortcases.org ♦



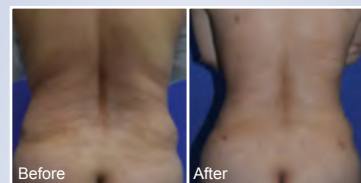
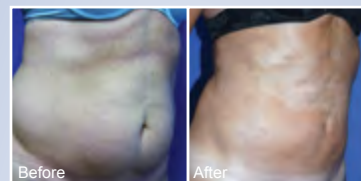
Final steps to ship Comfort Cases to children across the country

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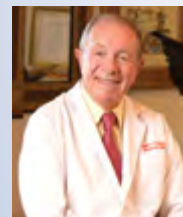
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BY RENÉE SKLAREW

Support Your Community BY CHOOSING LOCAL FOOD

Parents of George Washington University (GWU) students were worried. Their kids were often dining on fast food, because they had little time to cook and no access to a kitchen. That's when Shana Greenbaum saw an opening. The young fitness expert began her food delivery business, Healthy Fresh Meals, with those college students in mind. Three years later, the demand for Healthy Fresh Meals has increased dramatically, and her prepared meals are an option on GWU Campus dining card.

Formerly a competitive ice skater, Greenbaum knew nourishing food was critical to well-being and performance, but she also knew many people have no idea how to prepare such meals themselves. At first, her friends and family were the ones promoting her nutritious ready-to-eat dinners. "Then it took off," explains Greenbaum. "Everyone loved it. We grew very fast, and in months, I had hundreds of meal orders. Even players and their families from DC United and the Ravens wanted regular deliveries," says Greenbaum.

Healthy Fresh Meals is not a food-preparation delivery service like Blue Apron. The meals are delivered to your door ready to heat in the microwave. Each contains a well-portioned protein, complex carbohydrate and vegetables. The dishes aren't exotic, but they are modern. Her recipes include chicken kabobs, bison lasagna, Swedish meatballs, blackened salmon and turkey burgers. I ate a few when I had the flu, and they made my life so much better. "We use all clean ingredients, such as oatmeal flour rather than breadcrumbs, and agave rather than processed sugars," notes Greenbaum.

The meal options at Healthy Fresh Meals change weekly, and you can select from the

"clean menu" with meals containing 500 calories or less; low carb or dishes high in protein; or custom meals designed around the recipient's needs. "For example, in our fajitas, we use fewer oils, fresh vegetables and brown rice. It's basic food that tastes really good. We make it easy to control the portions, and we cater to people who have dietary restrictions such as gluten or dairy free."

I first met Greenbaum at the Metro Cooking Show in 2017. She was one of the featured vendors in the "Made in DC" section. Surrounded by an array of thoroughly delicious tasting opportunities, I had a few bites of Greenbaum's turkey chili and was hooked. Other local food producers, such as Nutrition Synergies by Nadine and Capital City Mambo Sauce, offered samples of their signature products. Nadine sold her scrumptious sweet and savory mini-pies, while the Maryland-based maker of Washington DC's official "wing sauce," encouraged visitors to taste their Mambo sauce in hot, medium and mild.

Another standout was Sasya, a company selling Indian dips, sauces and snacks. Founder Krishna Matturi missed the taste of his homeland so much that he started making Sasya Products in DC's Union Kitchen. Union



Kitchen is an “accelerator,” or food laboratory, designed to support budding entrepreneurs in the cooking business. Sasya makes gluten-free vegan chips and dips with distinctive Indian flavors like Mango Lentil and Peanut Coconut. You can purchase Sasya products at Whole Foods.

Also prepared at Union Kitchen, Capital Candy Jar was founded by Dave Burton, a DC resident who makes his acclaimed confections in small batches. These irresistible candies and chocolates are sold in local hotel gift shops and boutiques, and you can order them online. Burton will customize creations for special events like weddings and parties. Find Capital Candy Jar sweets at LoKL Gourmet in McLean, Vienna, and the Local Market in Falls Church.

Another Made In DC vendor that impressed was Stephanie Williams. The home cook always made her “scratch meals” using natural ingredients. She experimented with recipes until she created Oh-Mazing Granola and Snacks, and her products are nut and wheat free. As a granola connoisseur, I can attest to Williams’ outstanding Oatmeal Raisin version sold at Whole Foods.

Right in Tysons Corner Center, next to the Apple Store, check out Jinsei Juices & Tonics. The cold pressed organic juices are extremely popular with athletes, but regular folks will love them too. Jinsei offers a detox program as well as a collection of juices known to increase hydration and boost immunity. “Cold pressed” means the juices are extracted from fruits and

vegetables using pressure which retains their nutrient value for up to seven days. Jinsei Tonics contain detoxifying ingredients like kale, ginger and carrot and other superfoods. I tried them all at the show, and each tasted distinctively flavorful.

Also at the Cooking Show are local celebrity chefs like Jose Andres and Vikram Sunderam. Both James Beard Award winners demonstrated cooking techniques you can try at home. Enjoy watching them while you sample Virginia wines and beers from the Shenandoah Valley.

We all understand the benefits of buying produce and meats locally, but this goes beyond grocery stores and farmers markets. You can support small businesses in our community by buying products made locally. These producers are meeting the needs of a wide range of people, like seniors and busy families. “Today, many adult children order Healthy Fresh Meals for their elderly parents. People with cancer and other medical issues are finding these meals an easier way to eat nutritiously without having to shop,” says Greenbaum.

Next time you’re shopping, look for products made closer to home. To sample from dozens of local vendors, breweries, vineyards and restaurants, check out the Metro Cooking Show scheduled for December 1-2, 2018 at the Washington Convention Center. ❖



ARLINGTON

METRO 29 DINER

Arlington | American | \$

When two families came together to open a New York style diner in Arlington, the result was a delicious success. Metro 29 began serving its immense portions of American favorites in 1995. The idea was to create a menu that offered something for everyone, and an ambiance that welcomed families and couples, friends and colleagues. The mission continues to focus on providing quality food, prompt service and a warm, easygoing dining experience.

4711 Lee Highway | 703.528.2464 | metro29diner.com

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Falls Church | Italian | \$\$

For 40 years, Anthony's has offered real, homestyle cuisine. They offer Greek, Italian, and American specialties such as pizza, club sandwiches, burgers, over-stuffed subs, salads, and a wide range of entrées. Now serving breakfast on Saturdays and Sundays. Talk to them about any catering or banquet event.

3000 Annandale Road | 703.532.0100

www.anthonysrestaurantva.com

ARGIA'S

Falls Church | Italian | \$\$

Nestled in the heart of downtown Falls Church, Argia's is a family owned and operated restaurant that provides an opportunity to experience authentic, world class Italian cuisine in a cozy, relaxing ambiance. Always alive with friends and families enjoying both single and family size dishes, this is a Falls Church dining destination.

124 N. Washington St | 703.534.1033 | www.argias.com

BENTLEY'S

Falls Church | American | \$

Bentley's is known throughout Northern Virginia for their breakfasts. Famous eggs Benedict, omelets, waffles, pancakes, crepes and more are served every day... but still the weekends are the best time. Their banquet facilities accommodate 50 to 250 people and they offer American, Latin, and Southwest Asian cuisine and accompanying services.

6654 Arlington Boulevard | 703.532.4100

www.bentleysfallschurch.com

CELEBRITY DELLY

Falls Church | American | \$

Founded more than 38 years ago, this New York-style deli offers an extensive menu with triple-decker sandwiches, subs, and homemade potato knish. Chuck Rossler knows his corned beef. Look for genuine New York-style deli sandwiches, half-done pickles, Dr. Brown's sodas, and Fox's U-Bet syrup. The Real McCoy.

7263-A Arlington Blvd. | 703.573.9002

www.celebritydeliva.com

CLARE AND DON'S BEACH SHACK

Falls Church | American | \$

Located next to the State Theatre in the heart of the City of Falls Church, Clare and Don's brings the beach to landlocked Northern Virginia. This hot spot offers trivia on Wednesdays, live music on weekends, and a menu with summer favorites like gator tail and jambalaya.

130 North Washington St. | 703.532.9283

www.clareanddons.com

DOGFISH HEAD ALE HOUSE

Falls Church | American | \$\$

Dogfish Head Ale House has comfortable, casual surroundings and service, tasty and unique wood-grilled food, and craft-brewed Dogfish ales. Great selection of year-round beers plus all the seasonal and special release beers. For food selections, you'll find half-pound burgers, steaks, pizza, and salmon.

6220 Leesburg Pike | 703.534.3342

www.dogfishalehouse.com

DOGWOOD TAVERN

Falls Church | American | \$\$

The creators of Ragtime and William Jeffrey's Tavern is described as a "celebration of the Old Dominion," which offers steaks, seafood, pasta, and burgers. The tavern offers live music on weekends.

132 West Broad St. | 703.237.8333

www.dogwoodtavern.com

DUANGRAT'S

Falls Church | Indian | \$

For more than 25 years, co-owners Ed and Pookie Duangrat have been serving signature Thai dishes. Some of these dishes include chicken and Chinese sausage gumbo and lemongrass chicken. Their Thai Tapas Lunch offers Thai and Asian small plates on weekends.

5878 Leesburg Pike | 703.820.5775

www.duangrats.com

EDY'S CHICKEN AND STEAK

Falls Church | American | \$

Edy Durnovsek's secret recipe combines flavors of Thailand with those of Peruvian rotisserie spices to create a delicious chicken. The Peruvian chickens, steak a la brasa, and sandwiches are just a few items to try on the menu.

5420 Leesburg Pike 703.820.5508

ELEPHANT JUMPS THAI RESTAURANT

Falls Church | Thai | \$\$

Elephant Jumps offers an extensive menu with more than 100 dishes including croissant green curry chicken sandwiches, burrito satay chicken, and crispy salmon salad. Diners are sure to find classic as well as hard-to-find Thai dishes.

8110-A Arlington Blvd. | 703.942.6600

www.elephantjumps.com

HAANDI FINE INDIAN CUISINE

Falls Church | Indian | \$\$

Northern and Southern cooking traditions incorporated into fragrant kabobs, curries, biryani, and vegetarian classic dishes make Haandi one of the region's stars of Indian cuisine. A lunch buffet is offered from

11:30 a.m. to 2:30 p.m. daily.

1222 West Broad St. | 703.533.3501

www.haandi.com

IDYLWOOD GRILL & WINE BAR

Falls Church | American | \$\$\$

There is always something special about a good neighborhood restaurant. Idylwood Grill's welcoming atmosphere, attentive staff, and fine cuisine are a welcome addition to our area's casual dining scene. It may be hard to choose from their menu of seafood, pastas, steaks, veal, salads, and more.

2190 Pimmit Dr, Unit B | 703.992.0915

www.idylwoodgrill.com

IRELAND'S FOUR PROVINCES

Falls Church | Irish | \$\$

Award-winning Ireland's Four Provinces offers as genuine an Irish experience as you can get on this side of the pond. Guinness as it's meant to be poured with traditional Irish fare such as fish n' chips, corned beef and cabbage, Irish bangers, plus Gaelic entertainment.

105 West Broad Street | 703.534.8999

www.4psva.com

JV'S RESTAURANT

Falls Church | American | \$\$

Local institution JV's has been around for 60 years. JV's is the place to be for live music, homemade chili, and cold beer.

6666 Arlington Blvd. | 703.241.9504

www.jvsrestaurant.com

LITTLE SAIGON RESTAURANT

Falls Church | Vietnamese | \$

Little Saigon brings a taste of Vietnam to Falls Church. This restaurant has an extensive menu of Vietnamese classics as well as a solid wine list.

6218-B Wilson Blvd. | 703.536.2633

www.littlesaigoncuisine1.com

THE LOCKER ROOM SPORTS BAR AND GRILL

Falls Church | American | \$

The Locker Room lunch/dinner menu features everything from burgers and sandwiches, to pizzas, steaks, and fish. They offer a full menu seven days a week plus daily specials, and weekday happy hour from 3-7pm. Locker Room also has pool tables and darts! Brunch is served Sundays, 11am-3pm.

502 West Broad Street | 703.854.1230

www.thelockerroomfc.com

MAD FOX BREWING COMPANY**Falls Church | American | \$\$**

Enjoy upscale casual dining in an English-style gastro brewpub with an emphasis on high-quality food and house-brewed beers. Beer lovers and foodies unite to relish in the chef-driven, locally-sourced seasonal menu along with the seven to ten standard, house-brewed beers on tap as well as a rotating selection of seasonal brews.

444 West Broad St. | 703.942.6840

www.madfoxbrewing.com**PANJSHIR RESTAURANT****Falls Church | Afghan | \$\$**

Named after an Afghan province, this restaurant offers genuine Afghan cuisine. The Niazy family serves native dishes from Afghanistan including kadu chalow, a sautéed pumpkin topped with seasoned yogurt and tomato sauce, and a variety of kabobs.

924 West Broad St. | 703.536.4566

www.panjshirrestaurant.com**PISTONE'S ITALIAN INN****Falls Church | Italian | \$\$**

Pistone's is an area landmark and full service Italian restaurant. They have been in business since 1974. Chef/Owner Telemaco Bonaduce focuses on nutritious local foods and authentic preparation - a "rustic yet elegant" style that fits all occasions. They also offer first-rate entertainment. Check out the bar lounge where you are invited to sing with talented pianists and vocalists from the area.

6320 Arlington Boulevard | 571.388.3910

www.pistoneitalianinn.com**PIZZERIA ORSO****Falls Church | Italian | \$\$**

This casual, family-friendly restaurant features a handmade volcanic brick oven by Forno Napoletano, where pizzas are made in the traditional Neapolitan style.

400 South Maple Ave. | 703-226-3400

www.pizzeriaorso.com**SAFFRON****Falls Church | Indian | \$**

Tucked away in Falls Church by the Washington & Old Dominion Trail is Saffron, widely known for its authentic Indian cuisine. Their signature dishes include rich tandoori lamb chops and freshly-crafted naan, seasoned with hand-ground spices. Check out their menu for dine-in, carry-out, and catering options.

1077 West Broad Street | 703.992.0077

www.saffronfc.com**SWEETWATER TAVERN****Falls Church | American | \$\$**

Sweetwater, the Merrifield outpost of this microbrewery, serves handcrafted seasonal brews, burgers and ribs, and fresh seafood, chicken, and pasta. The restaurant offers seasonal outdoor dining.

3066 Gatehouse Plaza | 703.645.8100

www.greatamericanrestaurants.com**TARA THAI****Falls Church | Thai | \$**

The word "Tara", commonly found in Thai folk literature, means water. Thus, the restaurant offers a unique and relaxing atmosphere, featuring a variety of underwater art for your dining pleasure. The menu consists of authentic Thai cooking, using family recipes that have been handed down for generations.

7501 Leesburg Pike | 703.506.9788

www.tarathai.com**FAIRFAX****THE AULD SHEBEEN IRISH PUB & RESTAURANT****Fairfax | Irish | \$**

For traditional Irish fare, look no further than Fairfax's Auld Shebeen. This local favorite brings the spirit of Ireland to Virginia by combining great food with a great time. Swing by for some fantastic selections such as fish and chips, braised lamb shank, or even shepherd's pie. With a

full bar, live music on the weekend, and a special events space for up to 200 people in "The Cellar," the downstairs portion of the restaurant, Auld Shebeen has everything you need to celebrate any occasion.

3971 Chain Bridge Rd | 703.293.9600

theauldshebeenva.com**CHUTZPAH DELI****Fairfax | American | \$**

Matzoh ball soup like your grandma used to make? Chutzpah Deli has that, and more. This New York Jewish deli in Fairfax offers your favorites like rugalach, hamantaschen, linzer tarts, sandwiches, burgers, and more. You can top off your meal with real New York cheesecake and an egg cream made with Fox's Ubet.

12214 Fairfax Town Center | 703.385.8883

www.chutzpahdeli.com**DOLCE VELOCE****Fairfax | Italian | \$**

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

10826 Fairfax Boulevard | 703.385.1226

dolceveloce.com

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 McLean 1433 Center Street McLean, VA 22101 703.790.1910
 Great Falls 9835 Georgetown Pike, Great Falls, VA 22066 703.272.7718
 Washington, DC 3345 14th St, NW, Wash, DC 20010 202.450.5620

Private Party Room Available
www.eltiogrill.com

SISTERS THAI

Fairfax | Thai | \$\$

Sisters Thai offers the best authentic Thai food in the area—their original Old Town Fairfax location is a cult favorite among the locals. Every dish has some heat, often from colorful sauces. Besides bursting with potent flavors, the dishes are balanced and attractive to the eye. Enjoy fun drinks and homemade desserts in a whimsical living room atmosphere. The service matches the style—friendly and upbeat. Check out the new location of this local favorite at Mosaic. You'll leave with feelings of nostalgia of the good ol' days.

2985 District Ave, Fairfax, VA | 703.280.0429
www.sistersthai.com

GREAT FALLS

BOLLYWOOD BISTRO

Great Falls | Indian | \$

After finding success in Fairfax, Bollywood Bistro opened its second restaurant in Great Falls just last year. A modern and fresh take on Indian cuisine, this restaurant offers selections such as tomato-cheese naan, tender chicken korma, and decadent Bombay shrimp. With reasonable pricing for both catering and in-house dining, Bollywood Bistro is perfect for any occasion.

9853 Georgetown Pike | 703.865.0450
www.bollywoodbistrofairfax.com

DANTE RISTORANTE

Great Falls | Italian | \$\$\$

Italian born chef Giuseppe Di Benigno serves comfort foods from his hometown in Italy. The menu includes Italian favorites like pastas, osso buco alla Milanese, and Giuseppe's signature seafood soup. Dante offers an extensive wine list with plenty of reds and whites to choose from.

1148 Walker Rd. | 703.759.3131
www.danterestaurant.com

L'AUBERGE CHEZ FRANÇOIS

Great Falls | French | \$\$\$

Located in Great Falls, L'Auberge offers a flavorful and beautiful array of French cuisine. Choose from their delectable french onion soup, or a sampling of their classic appetizers. Enjoy the quaint and cozy atmosphere where you'll feel like you just stepped into the heart of France.

332 Springvale Rd | 703.759.3800
www.laubergechezfrancois.com

THE OLD BROGUE

Great Falls | Irish | \$\$

Classic Irish pub and restaurant near Great Falls Park featuring award winning food and drink, Katie's Coffee Shop, great Sunday brunch and live music Thursday-Saturday. A Great Falls institution with outside seating and enclosed patio.

760 Walker Rd | 703.759.3309
www.oldbrogue.com



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2985 District Ave., Suite #130
 Fairfax, VA
 (703) 280-0429
www.sistersthai.com



MAGNOLIA
DESSERT BAR & COFFEE

431 Maple Ave. W.
 Vienna, VA
 (703) 268-5481

MCLEAN

AMOO'S RESTAURANT

McLean | Persian | \$\$

Amoo's offers Persian cuisine in the heart of McLean. Amoo's specialties include baghali polo, with lima beans and rice tossed in a dill and lime reduction, and zereshk polo, which is also called "the dish of kings." Amoo's also offers a variety of kabobs and Persian dishes. Carry out is available for larger orders.

6271 Old Dominion Dr | 703.448.8500

www.amoosrestaurant.com

ASSAGGI OSTERIA

McLean | Italian | \$\$

Domenico Cornacchia, chef/proprietor of Assaggi Osteria, taps into ages of ancestral Italian cooking each time he steps into his kitchen and brings a rich love of the cuisine that he so skillfully nurtured through the years. For those who love Italian cuisine, Assaggi Osteria features numerous appetizers, large salads, homemade pastas, fresh seafood, veal, and scrumptious beef. Assaggi Osteria sources whole fresh fish from worldwide sustainable sources, offering the finest bounty the sea has to offer. Produce is purchased from local farms, and all desserts are homemade.

6641 Old Dominion Dr | 703.918.0080

www.assaggiosteria.com

BARREL AND BUSHEL

McLean | American | \$\$

This contemporary American-style restaurant and bar is located on the Plaza level of Hyatt Regency Tysons Corner Center. Barrel and Bushel offers regionally-inspired handcrafted American food, 22 local and regional craft beers on tap, and more than 40 select bourbons that round out a selection of handcrafted cocktails and unique wines to satisfy nearly anyone's palate. Barrel and Bushel is open for breakfast, lunch, dinner, and times in between.

7901 Tysons One Pl | 703.848.6340

www.barrelandbushel.com

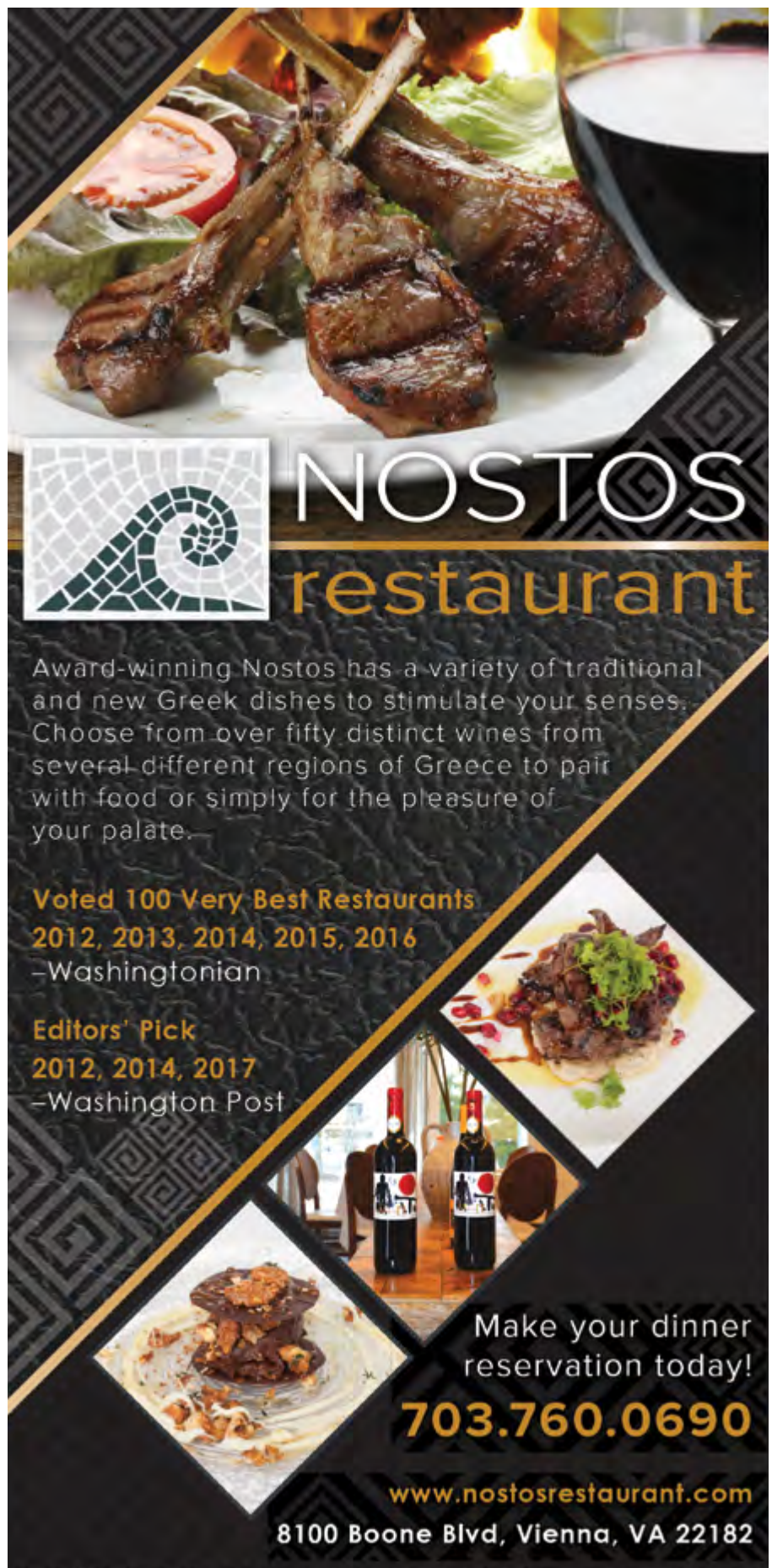
BOULEVARD CAFE & CATERING

McLean | American | \$

Think of Boulevard when planning office celebrations, sales, breakfast meetings, office holiday parties, home celebrations, and last-minute occasions. Breakfast, cold luncheon buffets, entrée salads, hot entrées, hors d'oeuvres, and desserts.

8180 Greensboro Dr. | 703.883.0557

www.boulevardcafecatering.com



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—Washingtonian

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2012, 2014, 2017
—Washington Post

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703.760.0690
www.nostosrestaurant.com
8100 Boone Blvd, Vienna, VA 22182

BUSARA THAI CUISINE**McLean | Thai | \$\$**

Busara is an inviting place to enjoy Thai cuisine made with fresh ingredients prepared by experienced chefs. Diners can enjoy their lunch or dinner in a modern dining room. Entrees like ka pow chicken and pad thai, and soups and salads comprise their extensive lunch and dinner menus.

8142 Watson St. | 703.356.2288

www.busara.com/ty-main**Café DELUXE****McLean | American | \$\$**

Café Deluxe combines the charm of a neighborhood restaurant with the energy of a European eatery. This restaurant offers brunch, lunch, and dinner menus combining traditional fare with menu favorites.

1800 International Drive West | 703.761.0600

www.cafedeluxe.com**Café OGGI****McLean | Italian | \$\$**

For over 22 years, Café Oggi has reflected a pure and newfound combination of Italy's old world sophistication with McLean's contemporary novelty. With authentic preparations in an inviting and warm atmosphere, Café Oggi aims to please. Pasta, fresh fish, succulent veal, a notable wine list, and more.

6671 Old Dominion Dr | 703.442.7360

www.cafeoggi.com**CAFÉ TATTI FRENCH BISTRO****McLean | French | \$\$**

This French bistro brings diners classic French dishes including vichyssoise, quiche lorraine, filet with béarnaise sauce, and Flounder Belle Meuniere. Closed Sundays.

6627 Old Dominion Dr. | 703.790.5164

www.cafetatti.com**CAPRI****McLean | Italian | \$\$**

Chef Beatrice Zelaya serves classic Italian dishes just like Nonna used to make. This family-friendly restaurant offers a cozy dining atmosphere. Sip on a glass of red or white wine as you enjoy insalata caprese, gnocchi, or vitello alla parmigiana.

6825-K Redmond Dr. | 703.288.4601

www.caprimcleanva.com**EDDIE V'S PRIME SEAFOOD****McLean | American | \$\$\$**

A fine dining restaurant offering fresh, culinary-forward seafood creations and premium hand-carved steaks. The award-winning wine list features more than 300 selections. The atmosphere is refined yet relaxed, with live jazz and blues, featuring local jazz trios, playing nightly in the V Lounge.

7900 Tysons One Place | 703.442.4523

www.eddiev.com**EL TIO****McLean | Mexican | \$**

Try tasty Tex-Mex with Mexican rice, refried beans, lettuce, pico de gallo, sour cream, and guacamole on every plate. El Tio features grilled chorizo enchiladas, sizzling camarones, brochette fajitas, and a wide selection of chimichangas.

1433 Center Street | 703.790.1910

www.eltiogrill.com**DA DOMENICO RISTORANTE ITALIANO****McLean | Italian | \$\$\$**

Enjoy homemade pasta, delicious sauces, and traditional meals that are exquisite. If you are craving some scrumptious seafood or fish, you will be more than happy with any of the choices. Arias are on offer (Friday & Saturday night) at this candlelit Southern Italian staple (since 1980).

1992 Chain Bridge Rd | 703.790.9000

www.dadomenicova.com**FLEMING'S PRIME STEAKHOUSE AND WINE BAR****McLean | American | \$\$\$**

Inspired by the passion for steak and wine dinners, Fleming's offers a list of 100 wines by the glass and an extensive selection of USDA prime steaks and fresh seafood. Seasonal ingredients are showcased on the menu.

1960 Chain Bridge Rd. | 703.442.8384

www.flemingssteakhouse.com



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LUNCH: Mon. - Fr. 11.30AM - 2.30PM BRUNCH: Sunday 11AM - 2PM

DINNER: Mon. -Sat. 5.30PM - 10.00PM, Sun. 5PM -9.00PM

FOGO DE CHAO

Tysons | Brazilian | \$\$\$

Fogo de Chao offers 16 different cuts of beef, pork, lamb, and chicken. The choices rotate, so some nights you won't have lamb, but you might have one of their tender linguica sausages instead. Other worthwhile cuts to sample include the filet mignon and beef ancho, or rib eye. The restaurant's signature meat is called picanha, prime sirloin marinated in sea salt and garlic. You will also find tasty frango, tender chicken legs in a savory sauce and chicken wrapped with bacon. The lombo cutlets consist of pork loin encrusted with parmesan cheese.

1775 Tysons Blvd Suite 50 | 703.556.0200

fogodechao.com/location/tysons

GREENBERRY'S COFFEE CO.

McLean | American | \$

This Charlottesville-based coffee roaster's local outpost is a popular spot for McLean residents. Friendly staff members serve a variety of coffee blends like sumatra mandheling and java blawan estate alongside delicious pastries.

6839 Redmond Dr. | 703.821.9500

www.greenberrys.com

HÄRTH AT HILTON MCLEAN TYSONS CORNER

McLean | American | \$\$

Executive Chef Luc A. Dendievel has his own rooftop beehive producing 200 pounds of honey each year and an organic garden that supplies Härth with a variety of herbs, fruits, and vegetables. Härth serves comfort foods with a modern, fresh twist. Extensive wine, beer, and cocktail list.

7920 Jones Branch Dr. | 703.761.5131

www.Harthrestaurant.com

J. GILBERT'S

McLean | American | \$\$\$

For nearly 15 years, J. Gilbert's has offered premium wood-fired steaks and seafood. Although this American restaurant has plenty to offer in beer, wine, steaks, and seafood, J. Gilbert's also offers a vegetarian menu and gluten-free menu.

6930 Old Dominion Dr. | 703.893.1034

www.jgilberts.com

JOE'S SIMPLY AMAZING BURGERS

McLean | American | \$\$

Burgers are made with all-natural and locally sourced black Angus beef, lamb, bison, and Spanish chorizo sausage. Their specialty burgers are for the truly adventurous.

6710 Old Dominion Dr. | 703.288.0288

www.joesburgersmclean.com

LA SANDIA

McLean | Mexican | \$\$

Chef Richard Sandoval, internationally recognized as the Father of Modern Mexican Cuisine, elevates Mexican cooking to new heights at La Sandia, serving up authentic Mexican specialties alongside over 200 fine Tequilas. Inspired by his culinary mantra of 'old ways, new hands,' Chef Sandoval reinterprets traditional dishes with innovative techniques and skillful presentation.

7852 Tysons One Pl. | 703.893.2222

www.richardsandoval.com/lasandiavirginia/

LEBANESE TAVERNA

McLean | Lebanese | \$\$

Lebanese Taverna offers the best in Middle Eastern cuisine. Sample kalamar, falafel, and baba ganoush small plates, or try one of the seven types of hummus in their hummus bar. Lebanese Taverna offers seating for parties small and large, as well as an outdoor café with a fountain and plenty of al fresco dining.

1840 International Dr. | 703.847.5244

www.lebanesetaverna.com

MOBY DICK HOUSE OF KABOB

McLean | Persian | \$

Moby Dick's has terrific, healthy, wholesome, and fresh fast food—perfect for a quick lunch or dinner fix. Try their "kabob-e-kubideh," which is ground sirloin seasoned with onion and herbs and wrapped around a skewer for grilling. Succulent, juicy meat with rice served with your choice of yogurt cucumber sauce, shirazi salad, or fresh herb as well as a piece of bread.

1500 Cornerside Blvd | 703.992.7500

mobysonline.com

O'MALLEY'S PUB

McLean | Irish | \$\$

O'Malley's Pub is the perfect place to watch the Redskins games on one of their 12 TVs and grab a beer with your friends. Diners can snack on pub favorites like spinach and artichoke dip, calamari, chicken tenders, wings, and nachos.

1960 Chain Bridge Rd. | 703.893.2100

www.omalleyspub.com/tysons

PAUL BAKERY TYSONS GALLERIA

McLean | French | \$

PAUL Bakery brings a taste of France to Tysons Galleria. This upscale bakery offers French breads, sandwiches, pastries, and of course, tea and coffee.

2001 International Dr. 1856G | 571.447.5600

www.paul-usa.com

PULCINELLA

McLean | Italian | \$

At "The Italian Host," dining is more than great food. You can feel the true spirit of Pulcinella, the lovable character with a zest for life. In the southern Italian tradition of family dining, we celebrate every meal with music and laughter.

6852 Old Dominion Drive | 703.893.7777

www.pulcinellarestaurant.com

ROCCO'S ITALIAN RESTAURANT

McLean | Italian | \$\$

An institution in McLean, family owned and operated, Rocco's has been serving up Italian delights and the area's best pizza for over 30 years. From fried calamari to genuine "brick-oven pizza", you can find your favorites at Rocco's. Open for lunch and dinner seven days a week. Catering too!

1357 Chain Bridge Road, Suite A | 703.821.3736

www.roccositalian.com

SEASONS 52

McLean | American | \$\$

Seasons 52 gives diners a fresh dining experience using natural cooking techniques to let the flavors shine. With all of their menu items being under 475 calories, it's a great place to dine if you're eating a healthy diet. Menus based on the flavors of the seasons, flavorful wines, and delectable mini desserts are a real treat for diners.

7863L Tysons Corner, McLean | 703.288.3852

www.seasons52.com

SILVER DINER

McLean | American | \$

This location gives back to the community with its partnership with WolfTrap Elementary. Curbside carryout available.

8101 Fletcher St. | 703.821.5666

www.silverdiner.com/restaurants/tysons

STAR NUT GOURMET

McLean | American | \$

The most exquisite fancy food gift store in the Washington, D.C. area, Star Nut Gourmet's high standard of quality products and unique packaging has given them a very special reputation. Their comfortable café exudes old world charm and casual elegance. The menu reflects international flavors and offerings including Europe's #1 coffee.

1445 Laughlin Ave | 703.749.9090

www.starnutgourmet.com

THE CAPITAL GRILLE

McLean | American | \$\$\$

The Capital Grille at Tysons Corner offers classic steakhouse fare like the Filet Oscar, served with lump crabmeat and drizzled with house-made bearnaise sauce, and fresh seafood dishes. Grab a drink at the bar and try the Grille's signature cheeseburger with parmesan truffle fries.

1861 International Dr. | 703.448.3900

www.thecapitalgrille.com

THE PALM RESTAURANT

McLean | American | \$\$\$

The Palm is notorious for its prime aged steaks, jumbo Nova Scotia lobsters, and Italian classics. For those who want a nibble, The Palm offers bite-sized gourmet comfort food in their Prime Bites Menu, including mini broiled crabcakes with mango salsa and remoulade and calabrese flatbread.

1750 Tysons Blvd. | 703.917.0200

www.thepalm.com/Tyson-Corner

PADDY BARRY'S

McLean | Irish | \$

Brendan Barry has opened an authentic Irish Pub in the heart of Tysons—classic Irish fare and hospitality, TV's to watch the game, and of course, classic Black and Tans.

8150 Leesburg Pike | 703.883.2000

www.paddybarrys.com

MERRIFIELD

BLACKFINN AMERIPUB

Merrifield | American | \$\$

Located two blocks south of the Dunn Loring Metro, Blackfinn Ameripub specializes in craft beers, signature cocktails, and American food with a twist. Flatbreads, salads, burgers, and sandwiches (called "handhelds") are among the fare offered at this great place to meet with friends, family, or coworkers.

2750 Gallows Road | 703.207.0100

www.blackfinnameripub.com

CYCLONE ANAYA'S

Merrifield | Mexican | \$\$

Located in the Mosaic District, this is the first D.C. area outpost of this Texas legacy. Founded by world-class wrestler Cyclone Anaya and his wife Carolina, this restaurant offers homemade Mexican food, margaritas, ceviche, and all types of tacos. You can be sure to find something for everyone on their menu.

2911 District Ave. Ste. 170 | 703.992.9227

www.cycloneanaya.com

FOUR SISTERS RESTAURANT

Merrifield | Vietnamese | \$\$

For 20 years, the Lai family has been serving an extensive menu of home-style Vietnamese dishes. The restaurant offers a gluten-free menu and MSG-free menu, with favorites like pho, Vietnamese rice crepes, and a wide range of vegetarian selections.

8190 Strawberry Ln. | 703.539.8566

www.foursistersrestaurant.com

MATCHBOX VINTAGE PIZZA BISTRO

Merrifield | American | \$\$

This outpost of the popular D.C. pizza chain is located in the Mosaic District, close to the Dunn Loring Metro. Fresh ingredients comprise their salads, appetizers, sandwiches, pizza, and entrees. The cool, laid-back atmosphere with exposed brick walls and beams makes you feel as though you're in a loft.

2911 District Ave. | 571.395.4869

www.matchboxmerrifield.com

OPEN ROAD GRILL AND ICEHOUSE

Merrifield | American | \$\$

Owned by the group that brings you Circa, Trio Grill, and The Italian Market and Deli, Open Road Grill and Icehouse is inspired by the owners' love of cars, trucks, motorcycles, and Americana. A relaxed atmosphere with live music and an extensive beer list awaits you.

8100 Lee Highway #300 | 571.395.4400

openroadmerrifield.com

PASSION FIN ASIAN BISTRO & SUSHI BAR

Merrifield | Asian | \$\$

In the Halstead District, elegant yet comfortable Passion Fin possesses a full Asian inspired menu, sushi, sake, and full stocked bar for getting together with friends. Open daily for lunch and dinner.

2750G Gallows Rd. | 703.204.2969

RAOUCHE CAFE

Merrifield | Middle Eastern | \$\$

Don't be fooled by the store front, this is one of the best restaurants if you are a Middle Eastern dining enthusiast. grape leaves, lebnah, falafel, just about everything is terrific. One our favorite spots—(a favorite for grape leaves!) Say "hi" to Hussein!

2839 Gallows Road | 703.205.9099

www.raouchecafe.com

SISTERS THAI

Merrifield | Thai | \$\$

Sisters Thai offers the best authentic Thai food in the area—their original Old Town Fairfax location is a cult favorite among the locals. Every dish has some heat, often from colorful sauces. Besides bursting with potent flavors, the dishes are balanced and attractive to the eye. Enjoy fun drinks and homemade desserts in a whimsical living room atmosphere. The service matches the style—friendly and upbeat. You'll leave with feelings of nostalgia of the good ol' days.

2985 District Ave | 703-280-0429

www.sistersthai.com

TED'S BULLETIN

Merrifield | American | \$\$

A family restaurant in the heart of Merrifield, Ted's Bulletin offers conventional and classic American fare, including breakfast all day. Great bakery items to go, especially the pop tarts. The latest from the Matchbox Food Group.

2911 District Ave | 571.830.6680

tedsbulletinmerrifield.com

TRIO GRILL

Merrifield | American | \$\$

A signature cigar lounge, outdoor patio, and dining room await you at TRIO Grill. TRIO combines urban sophistication with the casual cool of a neighborhood grill.

The menu offers delicious options from signature steaks to seasonal seafood, classic cocktails, and an extensive wine list.

8100 Lee Highway | 703.992.9200

www.triomerrifield.com

TRUE FOOD KITCHEN

Merrifield | American | \$

With a wide selection of vegan, vegetarian and gluten free options, everyone can enjoy True Food Kitchen. The basis for the anti-inflammatory diet they advocate is to make you feel better, live longer and be happy while enjoying the salads, pizza, seafood entrees, and those to-die-for "Natural Refreshments."

Mosaic District 2910 District Avenue, #170

571.326.1616 | www.truefoodkitchen.com

VIENNA

AMPHORA

Vienna | American | \$\$

For over 40 years Amphora Restaurant, a landmark in Vienna, has been serving an extensive menu featuring authentic European and American flavors and offerings along with award-winning desserts and pastries. Open 24-7, you can enjoy breakfast, lunch, and dinner any time of day as you comfortably meet with friends, family, or coworkers.

377 Maple Avenue West | 703.938.7877

www.amphoragroup.com

ANITA'S

Vienna | Mexican | \$\$

This local chain has offered New Mexico style Mexican food in the D.C. area for nearly 40 years. Anita's offers breakfast, lunch, and dinner.

521 E. Maple Ave. | 703.255.1001

www.anitacorp.com

BAZIN'S ON CHURCH

Vienna | American | \$\$\$

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

111 Church St. | 703.255.7212

www.bazinsonchurch.com

BJ'S BREWHOUSE

Vienna | American | \$\$

Located in the heart of Tysons Corner, BJ's is the ultimate place to unwind after a long day. Start off with avocado egg rolls, Thai shrimp lettuce rolls, calamari, or try their wings or flatbread pizzas. BJ's is known for their variety of signature deep dish pizzas, burgers, sandwiches, and light menu. Of course, you can't forget their handcrafted beer.

8027 Leesburg Pike | 703.356.7305

www.bjsbrewhouse.com

BRIX & ALE IN THE SHERATON

Vienna | American | \$

Diners can choose an old-school favorite or try a modern take on classic comfort food, while wine enthusiasts will marvel at their state of the art wine preservation system that allows guests to sample different wines from numerous vineyards. Brix & Ale also features handcrafted cocktails which are artfully prepared with the freshest ingredients.

8661 Leesburg Pike | 703.448.1234

www.brixandale.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 that is Vienna's most sophisticated dining experience. An old-world destination with an enormous wine list & ornate, gilded rooms, its cuisine is classical French with a modern twist and an Italian accent.

163 Glyndon St SE | 703.938.3311

www.caferenaissance.com

CHEF GEOFF'S

Vienna | American | \$\$

The Tyson's Corner location of Chef Geoff Tracy's restaurant chain offers a gluten free as well as regular menu, plus a bacon bar with bacon nachos and chocolate pretzel cake with salty bacon. Chef Geoff's also offers a Sunday brunch and kids' brunch.

8045 Leesburg Pike | 571.282.6003

www.chefgeoff.com

CHIMA BRAZILIAN STEAKHOUSE

Vienna | Brazilian | \$\$

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8607 Westwood Center Dr. | 703.992.7921

www.i-thairestaurant.com

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21 Maple Ave E | 703.938.7777

www.maggiosvienna.com

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431 Maple Ave W. | 703.268.5481

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47 Maple Ave W. | 703.319.2177

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262 D Cedar Lane | 703.698.8010

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8027 Leesburg Pike #110 | 703.883.3588

www.neisha.net

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8100 Boone Blvd. | 703.760.0690

www.nostosrestaurant.com

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1934 Old Gallows Rd, Suite 110 | 703.854.1728

www.paladarlatinkitchen.com/locations/tysons-va

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118 Branch Road SE | 703.281.7777

pazzopomodoro.com

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428 Maple Ave E. | 703.281.7550

www.bonarotirestaurant.com

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Vienna | Japanese | \$\$

Steak, seafood, and sushi are the name of the game at this Japanese steak house. The hibachi grill produces seafood, chicken, and steak entrees and sides. There is a separate section for those only ordering sushi. For a traditional Japanese steakhouse experience, go here.

8369 Leesburg Pike #10 | 703.356.6444

www.sakurasteakhouse.com

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Vienna | Persian | \$\$

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8607 Westwood Center Dr. | 703.448.8883

www.shamshiry.com

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Vienna | Vegetarian | \$\$

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www.crystalsunflower.com

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www.tysonsbagelmarket.com

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www.woolaeoak.com

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Hunter Mill Plaza, 2946 Chain Bridge Road

703.281.1748 | lucianoitalianrestaurant.com

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Hunter Mill Plaza, 2952 Chain Bridge Road
703.255.9444 | www.oldpeking.com

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Oakton | American | \$

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2975 Chain Bridge Rd. | 703.766.6666
www.mysantinis.com

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Oakton | Middle Eastern | \$

Tigris offers all natural charcoal-grilled Middle Eastern cuisine with a Halal menu. They offer a wide variety of appetizers, salads, sandwiches and platters. All recipes are originals by Owner/Chef Mofi, in particular the falafel, which is his own secret recipe.

Hunter Mill Plaza, 2946 Chain Bridge Road
703.255.5950 | www.tigrisgrill.com

YOKO SUSHI

Oakton | Japanese | \$\$

This traditional sushi house serves rolls, noodles, and other Japanese staples. Their lunch and dinner menus offer a huge sushi selection, plus appetizers, tempura, teriyaki, katsu, and more.

Hunter Mill Plaza, 2946 Chain Bridge Road
703.255.6644 | www.yokosushi1.com



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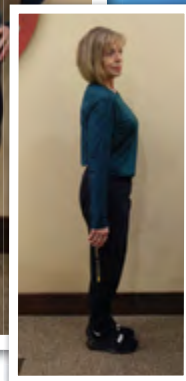
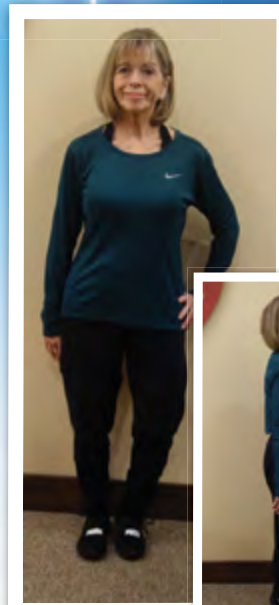
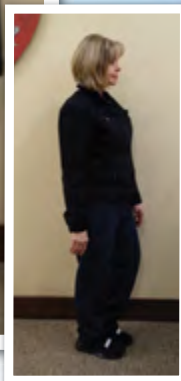
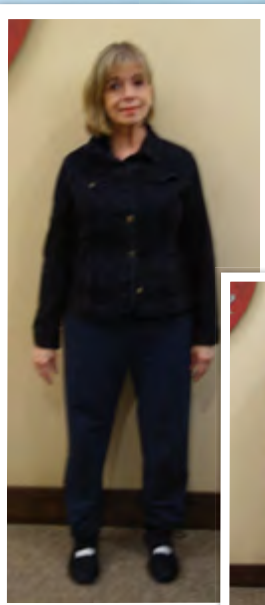
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Now That's Italian!

DOLCE VITA CUCINA ITALIANA & WINE BAR

BY RENÉE SKLAREW



Dolce Vita is actually multiple restaurants in one. The Wine Bar hosts tastings, wine pairing dinners, and sells flights of wine. They carry four local craft beers on tap and can do private parties and catering.

“Dad’s going to inhale this pizza,” commented my daughter Danielle, as the “Darius” pie, adorned with baby clams, pancetta, slices of parmigiana cheese and baby greens trickled with lemon-infused olive oil arrived on the table. “If there’s any left,” I said. Danielle and I were dining at Dolce Vita Cucina Italiana, one of the most popular restaurants in Fairfax County, ranking in the Top 10 in Fairfax Restaurants. Voted best happy hour by readers of *Northern Virginia Magazine* in 2017, the restaurant recently added a wine bar. The new establishment thrust this place from a neighborhood favorite to a local obsession.

Danielle was freshly home from her study abroad program in Rome. There, she consumed more Italian food in five months, than most of us could in several years. My husband and I visited her, so naturally, we too sampled vast amounts of “real” Italian cuisine. This experience had set a high bar for measuring authenticity and taste in Italian food.

Fortunately, Dolce Vita’s chef Anthony Grasso is running a kitchen where Italian food is more than pleasing. He and owner Cyrus Coleman are constantly working to up their game. “We make a lot stuff from scratch here,” explains Coleman. “We use our brick oven for everything.” The restaurant’s ceramic oven resembles Augustus Caesar

with his mouth open, fiery orange coals and charred wood tunneled inside the emperor’s pink lips. “It’s not just the pizzas, we put the lasagnas in there, finish steaks, fish, and other meats in there; we use that oven all the time,” Coleman adds.

Although the restaurant opened in 1993 as Dolce Veloce, Coleman bought it three years ago and made a few changes along with the name. “We bought this restaurant because it was so successful, but we have added some new touches,” states Coleman. “Like making scratch pastas, and we do some sauces slightly differently. Where we have the most flexibility is on the wine bar side. This menu {on the dining room side} is a typical Italian menu. In the wine bar, we are allowed to do modern Italian fusion.”

The restaurant’s pasta is made entirely in house. “All our pastas are also scratch. Every single one,” states Coleman. “All the string pastas and even the ziti; we have a pasta machine that helps us. The ziti mechanism makes tubes, and then has a knife that cuts it. That’s one of the biggest things we changed when we bought the place.” All the dishes are made to order, or “cucinare da zero” in Italian. Several ingredients and nearly every garnish is grown in Dolce Vita’s indoor and outdoor gardens—they use their own tomatoes, herbs, zucchini, baby greens and even handmade mozzarella at the restaurant.



When Grasso became head chef two years ago, he joined a few Dolce Vita employees that had been there since the restaurant opened. "It's a great place to work," the hostess tells me when she overhears how impressed I am at their longevity. Coleman and Grasso had worked together in the past, and had often discussed doing something together. Clearly, this group seems sympatico, and the restaurant has countless regulars who would prefer that I keep this treasure quiet.

We watch as plate after colorful plate sails by, and our anticipation grows. Mercifully, our server soon delivers two artistically rendered appetizers; one is a tower of fried tomatoes, homemade mozzarella and sprigs of basil drizzled with handcrafted basil oil. Coleman calls this "cicchetti," or Italian-style tapa. The second is an avocado stuffed with a broiled crab cake topped with lemon buerre blanc. These dishes are from the Wine Bar menu. Currently, you can order from the restaurant menu in the Wine Bar, but not chicchetti on the restaurant side. "The wine bar is about 6 years old," says Coleman, as he motions around the room filled wall to wall with wine bottles. "We are going to make it all one restaurant. We aren't open for lunch on the wine bar side now, but we are working to consolidate them." They hope to have this completed by the end of 2018.

Danielle and I dig in, commenting on the combination of sweet, sour, crisp, soft and creamy textures that Dolce Vita Wine Bar has assembled. Next up was our beloved Darius pizza, named after Coleman's young son, who must be an adventurous eater if he likes clams and pancetta. We bite into the oven roasted crust, and both agree, this is a match for any pizza we sampled in Rome. Other options on



the wine bar menu include arancini, or fried risotto balls, and long stem artichoke hearts. Chef Grasso knows both his contemporary and traditional Italian food.

We couldn't leave without tasting the homemade pasta, so we shared a Penne Arrabbiatta, short tubes bathed in rich tomato sauce, embellished with Kalamata olives, flaming cherry peppers, capers and sweet cherry tomatoes. The fresh noodles absorb the essence of sauce and spices considerably better than store-bought pasta can.

You would think after all this food, we would have abstained from dessert, but I'm glad we went for it. We ordered their chocolate lava cake—the molten ganache contrasted seductively with the raspberry coulis sauce. We also tried vanilla ice cream in a homemade tulip-shaped Madeline cookie.



After I share how much we enjoyed the meal, Coleman humbly comments, "We have very loyal guests. We've done very well the last two years. We even won a Wine Spectator award. So, it's fun." As two women who adore Rome, we can attest, Dolce Vita is especially fun for lovers of traditional and modern-day Italian cuisine.

Dolce Vita Cucina Italiana & Wine Bar is located at 10824 Fairfax Blvd, Fairfax, VA 22030. ❖



Fitness Together owner Sean Sullivan making some healthy food choices.



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So, if you’re in that group of people concerned with physical health, the more difficult part of the losing-weight equation may be eating less. We think that mindful portion control is a key factor in reducing your caloric intake. Since this is much easier said than done, we’ve got a few portion control tips to send your way.

■ READ THE WRITING ON THE WALL.

Or, in this case, on the ice cream container. Start being an avid reader of food packages, and you’ll gain a much clearer sense of what is considered the right amount of food to eat. If you’ve never really paid attention to these serving sizes, you’re bound to be in for a surprise. You’ll be shocked at what a 200-calorie serving of cookies or cheese really looks like.

■ MEASURE UP.

Once you’re familiar with how much of each food you’re really supposed to be eating, grab your food scale, measuring cups, tablespoons and get busy. Don’t discriminate – measure everything from the oil you use to sauté your veggies, to your salad dressing, to the ham on your sandwich. Only by being meticulous will you get a very realistic picture of your actual caloric intake. This gives you more control over your weight management.

■ BULK UP.

Your food, that is. If the thought of a 1-cup serving of pasta and sauce is a little depressing, then you’ll do well to learn the art of bulking up with greens and other low-calorie options. By simply incorporating foods that have few calories with more calorie-dense foods, you can increase your allowable serving size immensely, leading to less hunger and more overall food satisfaction.

■ BUT FIRST, WE DRINK.

Always start, and interrupt, each meal with a large glass of water. You’ll be surprised at how water can fill and satisfy your stomach when you’re hungry, and how it seems to expand the food that you’ve just eaten.

■ ROCK THE SKINNY JEANS.

It turns out that wearing form-fitting clothing can help keep your mind focused on not eating too much. Think about it – aren’t you more likely to say ‘yes’ to seconds when you’re wearing sweatpants?

■ CHANGE THE MAIN ATTRACTION.

Planning on serving bowls of pasta with a little bit of protein and veggies on top? Flip the script and feature a meal that has a veggie and protein base and use carbs as a topping. Here’s an idea we love: roasted portabella mushroom cap topped with a few whole-grain noodles covered with lots of marinara sauce and melted cheese.

Whether you’ve been waiting for that perfect time to take control of your portions or your overall health, we are here to help you! ❖

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BY MICHAEL EVANS

Not Your Average SUMMER BBQ

Summer is here in full swing! The kids are out of school, allowing more time for family fun. The weather is warm, providing ample opportunities to be outside. And people's schedules seem to be just a bit more flexible and relaxed, so what better way to spend some quality time than to throw a party to bring all of your favorite people together?

While nothing says "summertime" better than burgers and hot dogs or steaks and baked potatoes on the grill, we've put together some inspiration for alternative cookout menus from around the world since everyone loves a good barbecue!



AUSTRALIAN BARBIE

Fresh from the grill: Sausage sangers (sandwiches); Chicken sangers with Barbie sauce

Sides: Grilled veggies

Dessert: Anzac biscuits

Drinks: Foster's beer, Australian wines



HAWAIIAN LUAU

Fresh from the grill: Hawaiian beef kebabs and Mahi Mahi kebabs with green peppers and pineapple

Sides: Tropical fruit salad; Pacific Coast cole slaw

Dessert: Coconut cream pie

Drinks: Tropical Rum Punch



SOUTH OF THE BORDER FIESTA

Fresh from the grill: Chorizo sausage; Chicken quesadillas

Sides: Mexican rice with peppers and onions; Blue corn and tortilla chips with seven-layer taco dip and guacamole

Dessert: Tres Leches cake

Drinks: Margaritas, Dos Equis



LATIN CELEBRATION

Fresh from the grill: Carne Asada; Fish Tacos

Sides: Black bean and corn; Paella

Dessert: Flan

Drinks: Mojitos



BIG FAT GREEK COOKOUT

Fresh from the grill: Chicken Souvlaki and Veggie Souvlaki skewers; Shish kebabs

Sides: Spanakopita; Greek salad

Dessert: Baklava

Drinks: Ouzo Lemonade



ASIAN FUSION

Fresh from the grill: Chicken yakitori, Steak teriyaki

Sides: Sesame noodles with peanut dressing, Sushi

Dessert: Vanilla ice cream with lychee fruit

Drinks: Sake



OKTOBERFEST

Fresh from the grill: Bratwurst with Dijon mustard and rolls; Roasted suckling pig and pulled pork

Sides: German potato salad; Red cabbage salad with apples and onions; Potato pancakes with applesauce

Dessert: Apple strudel

Drinks: Gluhwein, Lowenbrau beer ♦



Michael Evans is chef-owner of Helga's Caterers, a family-owned, full-service catering company with over 35 years of experience in providing fine food and excellent service for all of your catering needs throughout the D.C. Metro Area. www.helgascatering.com



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BY JOHN BYRD

Garage for All Seasons

Residential Detached Structure Wins COTY Grand for Sun Design Remodeling

A detached garage and breezeway added to a 25-year-old Georgian-style residence in Clifton has won a "Contractor of the Year" (COTY) Grand award for Sun Design Remodeling Specialists.

The three-part design-- which combines a new "carriage house" detached garage, a double-gated arched breezeway and a blue-stone garden walkway -- reconciles the side elevation of a 6,000 square foot house with an existing rear deck and gazebo.

The remodel to the home of Richard and Carolyn Stiener was named best "Residential Detached Structure" by the National Association of the Remodeling Industry (NARI) metro DC chapter.

Combining a skillful architectural elaboration with improved functionality, the multi-component solution was designed to strengthen the relationship between a circa 1990s brick-facing house and a rear deck and outdoor entertainment area. The makeover reduces the unnecessarily broad parking mat for a three-bay garage and reconfigures the relationship of house and grounds by introducing an appropriately massed outbuilding linked to the house by an arched hyphen.

"I wanted a garage to house two vehicles I had been storing off-site," says Richard Stiener, who is retired. "We had sold an out-of-state residence and I needed a new place for my Jeep Scrambler and my Harley-Davidson-- both of which are sources of a lot of personal pleasure"

In the end, the remodeling appreciably responds to Stiener's passion for classic vehicles and better rationalizes an existing plan, as follows:



(At Top) **Best of category.** A 3-component outbuilding solution designed for a Georgian-style home in Clifton has won a "Contractor of the Year" Grand award for Sun Design Remodeling. The period design was judged the top "residential detached structure" in the Washington metro area by local chapter of the National Association of the Remodeling Industry (NARI). The plan includes an arched breezeway and an a bluestone garden walk linked to a rear gazebo

(Above) **Before** Extending the existing 3-bay garage ran the risk disrupting the symmetry of existing elevations.

(At Right) After close-up

The plan seamlessly integrates into an existing backyard deck and gazebo. The new bluestone walkway sets up a garden walk brimming with flowering trees and plants.

✓ 18' x 25' garage designed to house a Jeep Scrambler and Harley-Davidson motorcycle brings Stiener's hobbying interests within a convenient reach of the house;

✓ a 9'x3' breezeway with a wrought-iron double gate links garage and house; the gate is a security measure but also appropriately articulates existing design detail;

✓ a 3' wide contoured blue-stone pathway now connects the garage side of the house to a back deck and gazebo forming a garden walk that visually unifies house and grounds.

To create a cohesive architectural statement, Sun Design's Katie Coram proposed the carriage house design as a unifying motif. Doors to three existing garage bays were changed to carriage house style to match the new detached garage.

Decorative keystones, brick soldier course, and corner quoin treatment borrowed from the house were introduced to achieve a sympathetic elaboration.

The roof line and cedar shake roofing materials also match details in the main house, which is consistent with architectural tradition.

As a practical matter, windows on both the side and rear elevations of the new garage provide Stiener with the natural light needed to work on his Jeep or motorcycle as needed. New storage closets on either side of the breezeway now house motorcycle gear, and garden tools.

Ironically, the COTY-grand winning project did not start as the main event. Sun Design had been contracted to upgrade the existing kitchen. In the course of executing the first assignment, Stiener decided he might be interested in bringing his Jeep and motorcycle on to the property. The first thought was to extend the existing 3-bay garage, but drawings revealed that this would not be a practical solution.

"Extending the garage invited too much massing," Coram says. "It made more sense to re-define the space between the garage and the backyard play area-- which was open and largely nondescript. The detached garage and archway add a compelling new elevation that completes an unfinished picture."

Coat hooks inside the breezeway make it easy for the Stieners to retrieve garden togs or attire appropriate for auto mechanics.

Asked if he was surprised that the project had been singled-out for top honors, Stiener noted that the remodeler had really been steps ahead of his needs at every turn.

**(Above) After close-up**

The crisply articulated brickwork includes decorative keystones, brick soldier course, and corner quoin treatment designed to match existing exterior detailing. Roof line and cedar shake shingles also match main house detailing. The custom-designed wrought iron double gate in the archway draws on period style, but also provides security.

"Sun Design provided brilliant ideas and-- better yet-- the whole crew was fun to work with. In my view, they certainly deserve to be recognized in this way."

Sun Design Remodeling frequently sponsors design and remodeling seminars as well as tours of recently remodeled homes. Headquartered in Burke, Sun Design also maintains an office in McLean, VA. For more information: visit www.SunDesignInc.Com, or call 703/425-5588. ♦

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



BY ALLISON CHASE SUTHERLAND

THE HOPE & GLORY INN *Chesapeake Haven*

The fabled Hope & Glory Inn occupies a former schoolhouse built in 1890 in the quaint village of Irvington in Virginia's Northern Neck of the Chesapeake Bay. A neat white picket fence encloses a botanical gardener's dream, bursting with fuchsia peonies, where you will be met with many a whimsical word that remind you to relax and just breathe – breathe in the scent of a thousand blooms. Delightful owners Dudley and Peggy Patteson have designed a living dream, an inimitable romantic escape with seven beautifully appointed rooms, six charming cottages, and seven unique vineyard tents alongside the vines of their Dog & Oyster Winery.

Well look, it's already time for recess at the Recess Spa, just one flight up, with massage therapist Lori. There's even a lovely pool with cascading waterfalls just down the garden path if you're up for an energizing swim, or sail on the Inn's 'Faded Glory' oyster boat at a nearby marina—like summer camp!

A sumptuous candle-lit, white-tablecloth dinner awaits in the Dining Hall, as

Executive Chef Meseret Crockett regales you with a garlicky pesto bruschetta, locally sourced seafood, or medium-rare filet mignon with a perfectly hot center, tender asparagus shoots, savory potatoes au gratin, and candied carrots, all nicely paired with a Côtes du Rhône.

Be on your best behavior or you may just get sent to Detention, the darling little bar in

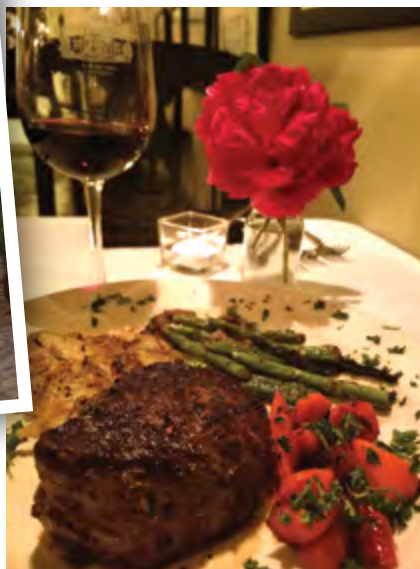


the back where guests fess up to their misdeeds of the day. Perusing the composition books of confessions can be most entertaining. Chef Meseret, fluent in English, Amharic from her native Ethiopia, French, and Italian, sang us the "Coquelicot" song in French, and we all joined in for "Le Pont d'Avignon." This Detention is most enjoyable – with wines by the glass and other spirits. I was sent there twice.

You'll know when it's time to slip into your robe and tiptoe over to the secluded garden bath surrounded by a high wooden fence. Dip into your bath in the clawfoot tub in the moonlight among the braided hibiscus and twinkling lights.

Upon awakening from opulent slumber the next morning, sip tea on the terrace—or perhaps chilled water infused with fresh mint. During my al fresco shower in the garden bath, I was serenaded at once by songbirds, the soothing sound of the water from the rainforest showerhead, the ping of tennis balls just across the way, and the soft peal of church bells. These are a few of my favorite sounds.





Tangier Island

Historical Treasure, Linguistic Phenomenon

For a voyage back in time, on summer weekends, hop aboard the Chesapeake Breeze at Buzzard's Point Marina in Reedville for the hour-and-forty-minute cruise to Tangier Island, discovered by John Smith in 1608. The friendly captain invites you to explore the pilot house. The island remarkably retains speech patterns reminiscent of the Elizabethans who first settled the island, which we were fortunate enough to behold at the Tangier Museum, which documents the history of the watermen who have plied these ancient waters for crab, fish, and oyster for centuries, making it the softshell crab capital of the world. Island transport consists primarily of golf carts, bicycles, or scooters – and children run freely under the sun. They have a mayor, but no need for a jail. People wave at you as you pass by.



and enjoyed a leisurely bike ride to the Dog & Oyster Winery, where happy little rescue dogs run about the fields. They rescue them from the deer! Sip wines that harken back to the beginning of American viticulture as Dudley will recount, and slurp at Stuart Tyson's Slurp Oyster Stand right at the vineyard—a most tranquil place to linger as the sun sets.



Just close your eyes and listen. You might just think you're in heaven.

No nuance is overlooked, down to the marine-inspired Gilchrist & Soames Spa Therapy detoxifying sea kelp shampoo, moisturizing sea moss conditioner, relaxing sea fennel body lotion, and exfoliating sea salt soap.

Indulge in Bananas Foster with strawberries and blueberries by the breakfast fountain. Or perhaps scrambled eggs, crisp cherry-smoked bacon, and grits with fresh herbs—with a little butter and cream for extra decadence. Remember, you're on vacation. Mary, the breakfast lady, will send you off on your day with a sincere smile and wish you a "good and blessed day."

Nancy and Mike Lincoln from the Tidewater area were in for a 60th birthday celebration

Nancy noted, "Everyone is very welcoming. I love it. It's just fabulous!" she gushed, already plotting their next visit. A group from the UK, in for a corporate retreat, chimed a similar refrain. "Oh, it's a beautiful place, great weather, can't beat it." After all, they crossed the pond for it—not just the bridge like we did!

Mary said it best. "I love to see the guests come, but I hate to see 'em leave." Well fret not, dear Mary, just like the migratory coastal birds that fly back to the Bay each spring, everyone is certain to return to the Hope & Glory. If not, they may well be given Detention. And we wouldn't want that, now would we?

Grade: A+ ♦

Bayside Picnic at Belle Isle

Back on the mainland, stop in at the World-Famous Corner Bar & Grill, simply known to the locals as 'The Corner,' in Lively, Virginia. Say hello to Connor, self-described glorified busboy, barkeep, bouncer, and long-suffering Redskins fan. A country store since 1977, The Corner now has a pool table and pinball. Grab yourself some buttermilk biscuits with Padow's country ham and head over to scenic Belle Isle State Park, with its pine stands along the Rappahannock River, which offers camping, hiking/biking trails, kayaking and canoeing. Bathe in the beautiful tranquility of the gentle bay breezes. And if you time it just right, it might just be you and the ospreys reveling in the magnificent estuary of the Chesapeake



BY DUSTY SMITH

Herndon Station

Work is progressing rapidly at Herndon Station, where work on the canopy is nearly complete. Recently, the ramp from the Dulles Toll Road to Fairfax County Parkway was reopened after a lengthy closure to allow project work in the area around the Herndon-Monroe Park and Ride bus bays. The south pavilion for the station will be located nearby.

Virginia Secretary of Transportation Tour Project



Virginia Deputy Sec. of Transportation Nicholas Donohue, MWAA President and CEO Jack Potter, Dulles Corridor Metrorail Project Construction Manager John Kearney, Dulles Metro Executive Vice President Charles Stark and Virginia Secretary of Transportation Shannon Valentine toured the Phase 2 of the Silver Line project in early May.



Virginia Secretary of Transportation Shannon Valentine joined project officials for a tour of the Silver Line Phase 2 in May. Here the group has stopped to take a look at the Rail Yard and Maintenance Facility under construction on Dulles International Airport property along Route 606 in Loudoun County.

All photos courtesy of the Dulles Corridor Metrorail Project

Recent construction photos of the Yard Leads

Much of the track work on the yard leads, the tracks that join the Silver Line Phase 2 to the nearby Rail Yard and Maintenance Facility on Dulles Airport property along Route 606, has been complete. While one photo shows straight lines of track along the aerial guideway, the other photos show the beauty and complexity of a double crossover along the tracks. A double crossover permits moving in either direction to switch to the other track. The tracks also had to pass over Horsepen Pond on Dulles Airport Property.



Proximity of the Silver Line to the Airport

Taken at the yard leads on Dulles International Airport property, this photo demonstrates the proximity of the Silver Line to the airport.



Work along roadway

What's going on down there? Commuters traveling along the Dulles Toll Road see construction cones and jersey barriers daily, but they do not always see the work that is going on just beyond those barriers. These photos demonstrate the proximity of rail-related work to the toll road. These photos, taken near the future Innovation Center Station north pavilion, show the installation of a soundwall between the toll road and a nearby stream. The work is taking place just below the pedestrian bridge leading from the pavilion.





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Let's Go Outside!



A variety of musical guests, from Grammy Award winners, singer-songwriters, boy bands and a local '80s cover band, will perform on the Tysons Corner Plaza this summer.

Tysons Corner Center, a popular and dynamic shopping destination in Northern Virginia, will host their 2018 Summer Concert Series in conjunction with 94.7 Fresh FM and WGTS 91.9, June 1 through July 27, 2018 at 6:30pm on the outdoor Plaza, and will feature a variety of all-star musical acts.

The lineup for Tysons Corner Centers 2018 Summer Concert Series includes singer-songwriter acts **Mat Kearney**, **A Great Big World** and **Matt Nathanson**; Grammy Award winner and American Idol finalist, **Mandisa**; popular boy band **O-Town**, MTV star, **Ryan Cabrera** and will include groups **Sidewalk Prophets**, **Ocean Park Standoff** bringing back for the third year, local 80's super group **The Legwarmers**.

Tysons Corner Center's 5th annual free Summer Concert Series aims to satisfy a wide array of concertgoers' tastes and has proven to be a popular event for families, couples and teenagers, serving a pivotal role in bringing the community together since The Plaza's inception in 2014.

Steve Davis, the Vice President/Programming for Entercom: Washington, DC, stated, "94.7 Fresh FM is very happy to once again be a part of the Summer Concert Series at Tysons Corner Center! For the past few years, the Summer Concert Series has been a showcase for some of the biggest names in music as well as new artists you will be hearing for years to come. This year's incredible lineup is no exception!"

Jerry Woods, the morning show host/director of promotions for WGTS 91.9 stated "WGTS 91.9 is so excited to partner with Tysons Corner Center again this summer. We think our shows...are going to be a great way for the DMV to come together and celebrate summer fun on the Plaza. We can't wait to meet old friends and make new ones."

Tysons Corner Center's property manager, AVP Geoff Mason stated "As one of the country's preeminent mixed-use facilities we strive to provide high-quality and free entertainment for our shoppers, residents, office tenants, and Hyatt Regency guests. This year is going to be bigger and better than past years, as we are celebrating our 50th year as the region's primary retail destination. We welcome the community to come out to the Plaza with thousands of others and celebrate the summer in style."

The Plaza is conveniently located off of the Tysons Corner Metro station, just off the Silver Line. Due to the popularity of the shows, guests are encouraged to arrive early to secure their spots. ♦

BRIDGE CLUB

MEDDLING AROUND

♠ K 10 5 3

♥ A Q 3 2

♦ K 8 7 6

♣ 5

♠ 4 2

♥ 6 5

♦ A Q J 10 9 5 4

♣ A 7

| West | North | East | South |
|----------|-------|------|-------|
| | | | 1 ♠ |
| pass | 1 ♥ | dbl | 2 ♠ |
| 3 ♣ | 4 ♦ | pass | 5 ♠ |
| all pass | | | |

West leads the nine of spades: ten, jack, deuce. East shifts to a low club. Plan the play. See page 128 for the answer.

Excerpt taken from: *Frank Stewart's Bridge Club*. Page 58.

BIDDING QUIZ

YOU HOLD:

♠ A J 8 7 ♥ Q 4 ♦ A 10 9 ♣ J 10 9 5

Your partner opens one heart, you bid one spade and he rebids two hearts. The opponents pass. What do you say?

ANSWER: The time is right for aggression. Your tens and nines add value to your hand, especially for play in notrump, your queen of hearts will fill in partner's promised six-card suit, and you have aces on the side. Bid 3NT. If partner returns to four hearts, you won't be displeased.

Excerpt taken from: *Frank Stewart's Bridge Club*. Page 61.

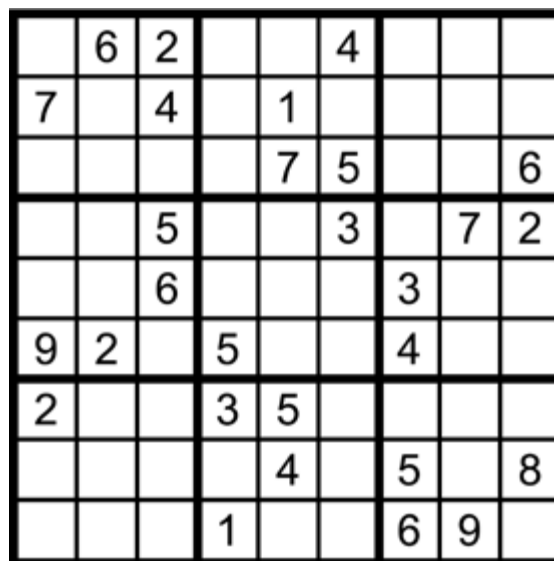
THE PURPOSE OF
LIFE IS FINDING THE
LARGEST BURDEN
THAT YOU CAN BEAR
AND BEARING IT.

—Jordan Peterson

HOW TO SOLVE SODOKU PUZZLES

No math is required to solve a sudoku. You only need logic and patience.

Simply make sure that each 3x3 square region has only one instance of the numbers 1-9. Similarly, each number can only appear once in a column or row in the larger grid. The difficulty on this puzzle is easy.



I DON'T THINK THAT YOU HAVE ANY INSIGHT
WHATSOEVER INTO YOUR CAPACITY FOR GOOD
UNTIL YOU HAVE SOME WELL-DEVELOPED
INSIGHT INTO YOUR CAPACITY FOR EVIL.

—Jordan Peterson

CUSTOMARY WAY

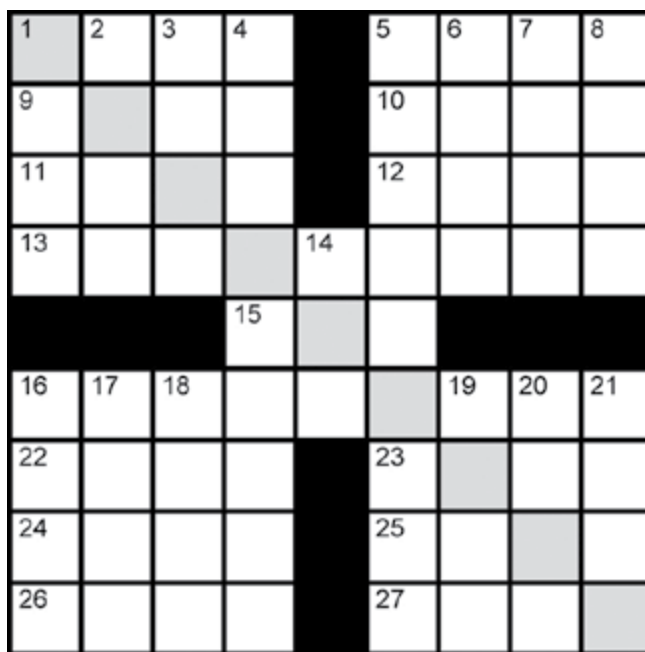
CROSSWORD CLUES

ACROSS

1. Locker room supply
5. Facts and figures
9. Hydrox alternative
10. Land of leprechauns
11. City in central China
12. Give a darn
13. Pommel
15. Sundial number
16. Self puller-upper
22. Not pro
23. Dandy
24. Chorus member
25. ___ reflection
26. Capital of Rhone
27. Incline

DOWN

1. Fling
2. "Tosca" tune
3. Its symbol is Pb
4. Out of ___ (in poor shape)
5. Misleading
6. Kuwaiti, e.g.
7. Novice
8. Again
14. Sue Grafton's "___ for Lawless"



16. Canaanite deity
17. Nothing but
18. "Beetle Bailey" dog
19. Ready for picking
20. Wild ox
21. Ivy League team



BRIDGE CLUB SOLUTION

MEDDLING AROUND

| | | |
|--|--|--|
| <p>♠ 9 8 7</p> <p>♥ J 10 9</p> <p>♦ 3</p> <p>♣ K Q J 9 4 3</p> | <p>♠ K 10 5 3</p> <p>♥ A Q 3 2</p> <p>♦ K 8 7 6</p> <p>♣ 5</p> | <p>♠ A Q J 6</p> <p>♥ K 8 7 4</p> <p>♦ 2</p> <p>♣ 10 8 6 2</p> |
|--|--|--|

| | | | | | | | | | | | |
|--|--|---|---|--|---|--|---|--|---|--|--|
| <p>♠ 4 2</p> <p>♥ 6 5</p> <p>♦ A Q J 10 9 5 4</p> <p>♣ A 7</p> | <table border="1" style="margin: auto;"> <tr><td></td><td>N</td><td></td></tr> <tr><td>W</td><td></td><td>E</td></tr> <tr><td></td><td>S</td><td></td></tr> </table> | | N | | W | | E | | S | | |
| | N | | | | | | | | | | |
| W | | E | | | | | | | | | |
| | S | | | | | | | | | | |

| West | North | East | South |
|----------|-------|------|-------|
| | | | 1 ♠ |
| pass | 1 ♥ | dbl | 2 ♠ |
| 3 ♣ | 4 ♦ | pass | 5 ♠ |
| all pass | | | |

Opening Lead: ♠ 9

Cy the Cynic has defined the difference between helpful advice and out-ant-out meddling: when he tells someone what they should have done, it's advice; when someone tells him, it's meddling.

In this deal, South played dummy's ten on the first spade, and East took the jack and led a club. South won, ruffed a club and drew trumps. He next led a low spade from dummy, and East rose with the queen—and endplayed himself: whether he led a club (conceding a ruff-sluff), a heart or the ace of spades, South would take the rest.

Then came the helpful advice—or the meddling, depending on where you sat. East was really annoyed with himself, and Cy, who had been West, poured fuel on the fire by telling East he should have played low on the second spade. East informed Cy he should have led the jack of hearts at Trick 1. It was quite a while until the next deal.

When South led the second spade from dummy, East knew he'd started with seven diamonds and two clubs. If South had three spades and one heart, he might have tried a heart finesse with the queen, a legitimate chance, instead of leading a second spade. Or South could run all his trumps, putting pressure on East.

In fact, South can always make five diamonds after a spade lead. After taking the ace of clubs at the second trick and ruffing a club, he runs the trumps. With three tricks to go, dummy has the king of spades and the A-Q of hearts. If East keeps the K-8 of hearts and the ace of spades, South exits with a spade to endplay East.

Excerpts taken from: Frank Stewart's Bridge Club. Pages 60.

SODOKU Answers

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 8 | 6 | 2 | 9 | 3 | 4 | 1 | 5 | 7 |
| 7 | 5 | 4 | 6 | 1 | 2 | 8 | 3 | 9 |
| 3 | 1 | 9 | 8 | 7 | 5 | 2 | 4 | 6 |
| 1 | 8 | 5 | 4 | 6 | 3 | 9 | 7 | 2 |
| 4 | 7 | 6 | 2 | 9 | 1 | 3 | 8 | 5 |
| 9 | 2 | 3 | 5 | 8 | 7 | 4 | 6 | 1 |
| 2 | 9 | 8 | 3 | 5 | 6 | 7 | 1 | 4 |
| 6 | 3 | 1 | 7 | 4 | 9 | 5 | 2 | 8 |
| 5 | 4 | 7 | 1 | 2 | 8 | 6 | 9 | 3 |

CROSSWORD Answers

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| T | A | L | C | | D | A | T | A |
| O | R | E | O | | E | R | I | N |
| S | I | A | N | | C | A | R | E |
| S | A | D | D | L | E | B | O | W |
| | | | | I | I | I | | |
| B | O | O | T | S | T | R | A | P |
| A | N | T | I | | F | I | N | E |
| A | L | T | O | | U | P | O | N |
| L | Y | O | N | | L | E | A | N |



NOTHING IS AS ATTRACTIVE AS THE POSSIBILITY OF HOPE. NOTHING IS
AS LIFE CHANGING AS THE MOTIVATION OF HOPE. NOTHING IS MORE
TRANSFORMATIVE THAN A HEART FILLED WITH HOPE.

—Rick Rigby



BY JAN KING

Don't Make Me Over

More than any other animal on the planet, humans are probably the biggest creatures of habit. We find comfort in eating certain foods, hanging out with our close circle of friends, and shopping at familiar stores. Even the latter day prophet, Billy Joel, warned us “Don’t go changin’.” He knew how our little routines eliminate stress and make us feel safer. But then one day—WHAM! Cruel outside forces appear out of nowhere and alter our routines so drastically, we’re left shaking in our Mary Janes.

These are just a few of the tragic conspiracies we’ve all fallen victim to:

STARBUCKS—Here in San Diego we’re used to sitting outdoors pretty much all year round, sipping our hazelnut mocha lattes while contemplating our next pair of flip flops. If we had to sit indoors, we’d perish within days from low Vitamin D levels and psychotic episodes triggered by losing our tans. Rain? Don’t even go there. The entire state freaks out. Normally, we bask in this complacency every day, but a month ago our Shangri-la was catastrophically destroyed when some herbally impaired dude tried to park in front of our Starbucks. Driving a behemoth Range Rover, he hit the gas instead of the brake, ending our world as we knew it. Chaos ensued when the car blasted over the curb onto the patio, taking out 3 supporting beams plus most of the tables and umbrellas. Thankfully, nobody was injured, but management closed off the patio area for six weeks of repairs. This left the regulars suddenly homeless with no purpose in our lives. Twenty-two of us seniors, surfers, and slackers were forced to roam the wasteland of an asphalt parking lot for 40 days and nights like the Jews of Israel in the desert. Couldn’t we have just gone to another Starbucks? Unthinkable! We have patronized that Starbucks for so long, we’ve acquired squatter’s rights.

SOUPER-MARKETS—I admit that I’ve been hooked on Campbell’s chicken noodle, tomato, and vegetable soups since the Eisenhower administration. And even though there are 10 times more choices on the shelves nowadays, they’ve been altered by a diabolical group of FDA nutritionists rendering these favorites unrecognizable. They concocted new recipes filled with foreign substances like kale, quinoa, fava beans, chorizo, and black barley. What exactly are these ingredients? Are they grown on our planet? I don’t think they even belong in soup, because I seem to recall them being used to make adobe brick. Well, I don’t care how healthy these Soup Nazis claim their new recipes are; as far as I’m concerned those soups are killers. Unless they change back to the original recipes, we’re all going to die from starvation or lose the will to live.

COSMETICS—After years of trying out dozens of brands, most women have finally found their perfect shade of lipstick, foundation, and mascara and stuck with them for years. Then one day, we go to the drugstore only to find that all our favorite brands have been “discontinued”.....

what???? Say it isn’t so! I started wearing Maybelline’s “Pink Poodle” when I was still starching my crinolines. And now I can’t even find one tube on the shelves or even in the Dollar Store, the graveyard for all discontinued brands. Drugstores are now crammed with at least 250 shades of moisture-infused shimmering glosses that make our lips look like they’ve been lubed with Havoline Motor Oil. When a guy tries to kiss you, he’ll slide right off those lips and could sustain a nasty whiplash. And, one more thing. Don’t ever buy one of those “indelible” brands guaranteed to last 24 hours, either. They cannot be removed with anything except turpentine.

Even my favorite foundation is now being infused with ceramides, hyaluronic acid, and a string of unpronounceable polypeptides. Sounds pretty unsafe to me as evidenced by the fact they won’t even test them on lab rats anymore. What’s more, the chemists inventing these new formulas work under the radar in stealth testing labs wearing hazmat suits. Who knows what we’re putting on our faces? As far as I’m concerned, it’s just a big money-making scam. Many even include a micro-sponge applicator which replaces traditional fingertip application, claiming it’s more economical. What a joke. These sponges suck in ¼ of the bottle every time you use it.

And what’s up with mascara? They’ve rendered it unrecognizable! Some are even being packaged in creepy vibrating applicators. I’ll take my old Maybelline cake mascara any day. All you had to do was spit on it before applying with that little brush. At least we knew what was in our own saliva. I’ll tell you one thing. Whatever was in there had to be a lot safer than the sodium laureate sulfate and siloxanes we’re applying on our eyelashes nowadays. One of the newest mascaras actually envelops each individual lash in a black rubbery tube, which looks like shag carpet on your eyelids. Others are full of micro fibers which are supposed to build up individual lashes that give a feathering effect. However, just like a molting bird, the micro-fibers shed and float around your corneas like a caterpillar crawling around your eyes. Then there’s always the issue of walking into walls from blurred vision.

Please—somebody make it stop! I want to go back to the days when there were only one or two brands we could count on. All these new choices are causing stress-induced worry lines around our eyes, lips, and forehead which will require another deadly toxin, Botox, to smooth them out. At this rate, our faces will be embalmed by the age of 35.

Let’s return to the good old sixties when everything was so sweet! Come to think of it, what ever happened to Marshmallow Fluff? ♦

HOROSCOPES

JULY



CANCER 6/21 - 7/22: The Fourth of July brings a touch of romance. Expect friendship but look for fireworks.



LEO 7/23 - 8/22: Years of effort may lead to more effort, not relaxation. But remember success is nearer than you think. Stay the course.



VIRGO 8/23 - 9/22: Your summer will soon shape up to be busier than you expected. A large gathering is on the horizon. Whatever you do, get help with the details.



LIBRA 9/23 - 10/21: You might find yourself mingling in an unlikely group. Assume the best of people then talk about the weather.



SCORPIO 10/22 - 11/21: The darkness of the new moon on the 13th brightens significantly when you touch base with a friend.



SAGITTARIUS 11/22 - 12/21: Be open to new connections. You find allies in unexpected places but you'll have to allow them into your bubble.



CAPRICORN 12/22 - 1/19: You make a link with someone who speaks your language, but not with your vocabulary. Stay away from jargon and speak simply.



AQUARIUS 1/20 - 2/18: It's tempting to try to change others, but first ask yourself what you could change to put your home and relationships in order.



PISCES 2/19 - 3/20: The stars say your convictions soon will be challenged. Be gracious and move on to other conversations.



ARIES 3/21 - 4/19: Think ahead before you go on vacation this year. An annoyance turns into a major affair if you are not prepared.



TAURUS 4/20 - 5/20: Avoid an impulse buy that will cost a lot but not actually solve the problem. Home repairs may be on your mind.



GEMINI 5/21 - 6/20: An associate is more of a friend to you than you realize. Gossip is a temptation but steer away from this trap.

AUGUST



LEO 7/23 - 8/22: Patience is key this month as your goals and relationships go from valley to mountain and back again.



VIRGO 8/23 - 9/22: Focus on what is doable. Road blocks make goals look difficult. When you see one, look for another path that works.



LIBRA 9/23 - 10/21: Lucky Libra! Smooth sailing comes your way with a minimum of waves. Enjoy the peace and share it with others.



SCORPIO 10/22 - 11/21: News comes your way that seems dramatic. But use your intuition to decide how it genuinely will affect you and for how long.



SAGITTARIUS 11/22 - 12/21: Your mind wanders from work to personal issues and back again. Remember whatever happens, you can handle it.



CAPRICORN 12/22 - 1/19: Please your coworkers or boss with a special contribution, if you have the time. Extra effort pays off.



AQUARIUS 1/20 - 2/18: A family story gives someone a boost. Find time to tell the children the story of your struggles and triumphs.



PISCES 2/19 - 3/20: A loved one turns into a big jerk, but before you react, candidly consider how you contributed to the problem.



ARIES 3/21 - 4/19: Act unselfishly when presented with the chance to help someone. You get an unexpected boost from the moment.



TAURUS 4/20 - 5/20: An important health decision becomes more critical. You've been putting it off. Now is the time to do something about it.



GEMINI 5/21 - 6/20: You have put a lot of energy into a project or relationship. You may think the problem is solved, but be ready for a flare up.



CANCER 6/21 - 7/22: If you have been disappointed by people or events this month, look to the people at the edge of your life. They are ready to help.

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