THE Wedding ISSUE

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Discover the area’s top oral and maxillofacial surgeons, dentists and orthodontists offering today’s most innovative treatments and solutions for beautiful smiles, health and wellness.

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Successful home ownership begins with working with experienced, dedicated individuals whose mission is your success on either side of the closing table. Whether searching for your next home or new and trusted adviser, start with this listing of Tysons Top Realtors.

< THE WEDDING ISSUE

Starting on page 28, get your wedding planning questions answered with articles from our experts about pulling off the perfect farmhouse-style wedding, getting rustic “right” at Clyde’s Willow Creek Farm, finding the best caterers and looking beautiful on the big day. You might even be surprised to discover how all those wedding traditions got started!

< TOP TYSONS REALTORS

Successful home ownership begins with working with experienced, dedicated individuals whose mission is your success on either side of the closing table. Whether searching for your next home or new and trusted adviser, start with this listing of Tysons Top Realtors.

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## Wine
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## Finance
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Camille Barry attested that the 8 pounds she lost while at Aria indeed stayed off: “I’m ecstatic! The weight I lost were pounds I had struggled to lose for several years. I can now wear clothes that hung in my closet during my ‘overweight period’ unused. Needless to say, I am quite pleased with the dramatic results.”

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*Individual results may vary.

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ON THE COVER:
Discover origins of wedding traditions, tips for an intimate farm-to-table dinner and more in this issue of VivaTysons Magazine.
Q. How can you tell spring has arrived here in Tysons?

A. Girl Scout Cookies on Sale at Pike 7 Plaza.

After a tremulous winter of record cold weather, anticipation on HQ2, and maddening politics, a few Peanut Butter Tagalongs and Savannah Smiles are spot on.

Welcome to Spring in the New American City, Tysons. It’s sure to be an exciting year with so much to wrap our arms around. New luxury living options, new communities like the Boro set to open, new restaurants, outdoor cafe's and entertainment venues, and that's just the start. It's exciting! We hope you’ll find time to get out and enjoy the concerts at Wolf Trap, festivals, and activities in our parks and recreation options.

Our editors have explored some of the wedding traditions we've experienced for years, and yet, know very little about why we do what we do and why. Fun reading. We've included some celebration options for those of you looking to tie the knot here in our area. From catering venues to creating a "rustic wedding" to questions to ask your wedding caterer by Michael Evans, you've got a lot of great information to help you.

And, our Health and Wellness sections includes some tips for living a more "effervescent" life. We hope you enjoy our editor's selections.

Searching for a Top Rated Dentist? Lucky us! We have some of the best options for dental health care in the area. We bring you a few names to include in your search.

Have you got, or know someone who has a "Special Needs Child? We asked Patricia Lee Hall to seek out some programs to give you and your loved one some quality time. Thanks, Patricia.

A "Meet-Up" for wine lovers. Sounds like fun! Linda knows where, and she shares the spots. And speaking of spots, Renee spent some time in St. Augustine and took us along with her. I'm going! Thanks, Renee.

Spring means "new" in our house-new doors, a new fence, new roof... you name it, we need it. Here are some profiles of area Top Remodeling Experts for your consideration.

Successful home ownership begins with dedicated, experienced advice...the kind of advice, consultations, and assistance you're sure to get from our Top Realtors profiled in this issue. We hope 2019 is a great year for Real Estate, and our Realtors are ready for your questions and at your service. It's a great time to buy or sell your home.

Just say Cheese? Then head to Jill Erbers's Cheesetique in Mosaic. Fun, delightful menu and great service.

So much more too...around town, Spotlight on Fairfax's Future Silverline Stations by Dusty Smith, "Clear Habits" by Robert Glazer, Teen Suicide Prevention by Susan Baldini and surprises throughout. We hope you enjoy the efforts of our team. Your continued readership and support of our advertisers give us a reason to "get at it" every day. Thank You.

Enjoy the changing season. See you in May.

Cheers!

[Signature]
OUT & ABOUT

THE MONTROSE TRIO
Chamber Music at the Barns
The Barns at Wolf Trap, 7:30pm, $40
The Washington Post commented after their 2015 Barns debut: “Absolutely top-notch music-making, as fine as one could ever expect to hear...” Martin Beaver, Clive Greensmith, and Jon Kimura Parker return to play Haydn, Brahms, and Dvořák.

LAURA & LINDA BENANTI: THE STORY GOES ON
The Barns at Wolf Trap, 3pm and 8pm, $40-$45
Join Tony Award-winner Laura Benanti and her mother, former Broadway star, Linda Benanti on a musical journey through the special relationship between a mother and daughter.

POPULAR VENUES

THE BARN AT WOLF TRAP
1635 Trap Rd., Vienna
703.255.1900 | www.wolftrap.org

JAMMIN’ JAVA
227 Maple Ave E, Vienna
703.255.566 | www.jamminjava.com

THE STATE THEATRE
220 N. Washington St. Falls Church
703.237.0300 | www.thestatetheatre.com

THE ALDEN
1234 Ingleside Ave. McLean, VA 22101
mcleancenter.org/alden-theatre

GEORGE MASON CENTER FOR THE ARTS
4373 Mason Pond Dr. Fairfax, VA 22030
cfa.gmu.edu

1ST STAGE
1524 Spring Hill Rd, McLean, VA 22102
www.1ststagetysons.org

March 8

March 9

March 9, 10, 16, and 17

March 12-14

WINNIE-THE-POOH
The Alden, 2pm, $15/$10 MCC tax district residents
It’s story time for Christopher Robin and Winnie-the-Pooh, but Pooh won’t hear just any story, he wants to hear a story about himself, because “he’s that sort of bear.” Pooh’s love of honey and his friendship with Piglet take him and the rest of the forest creatures, Owl, Eeyore and Rabbit, on a journey as they try to understand their new neighbors, Kanga and Roo. There is a reason this beloved story has become a classic for all ages—the themes are universal and the characters are silly, yet charming. This Alden features the performances of our talented McLean area youth.

SHEN YUN
George Mason University Center for the Arts, Concert Hall, Fairfax Campus, 7:30pm, Thursday 2pm, $80-$180
This epic production features one of the world’s oldest art forms—classical Chinese dance—along with patented scenographic effects and all-original orchestral works, opening a portal to a civilization of enchanting beauty and enlightening wisdom. Today, the New York–based Shen Yun is keeping this precious heritage alive on stage and it’s an experience that will take your breath away.

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Once you have that special person, the rest should come naturally.

When it's time to choose your wedding rings, let Princess Jewelers help you select or design the wedding ring of your dreams!
March 13-14
HABIB KOITÉ & BASSEKOU KOUYATE
The Barns at Wolf Trap, 8pm, $45-55
Habib Koité, “Mali’s biggest pop star” (Rolling Stone), is joined by “the Hendrix of his instrument” (Uncut Magazine), Ngoni player Bassekou Kouyate for two collaborative performances bringing innovation and a sense of togetherness to The Barns.

March 14
SHE-SUITE SUMMIT
Ritz-Carlton Hotel, 1700 Tysons Blvd., McLean 22102, 8:00am-5pm
March is Women’s History Month, so this is the perfect time to join the Northern Virginia Chamber and Velvet Suite as they address the most pressing issues of gender equity and advancement. The event brings together women from across the region and the nation to design solutions for advancing women at work, home and in the community. This is a unique experience for influential leaders to elevate a successful career and a significant life. Discover proven strategies and high-caliber connections to activate your own personal brand of leadership as your greatest competitive advantage. Attendees automatically become part of the newly formed She-Suite Community, where relationships built at The Summit can exist far beyond a single day. Visit https://theshesuitesummit.com to register.

March 14
STREET CORNER SYMPHONY
Jammin Java, 7:30pm, $20-22
Street Corner Symphony is a contemporary a cappella group based out of Nashville, Tennessee, founded to compete in the primetime all-vocal competition, “The Sing-Off.” These southern gents quickly won over Sing-Off judges and millions of viewers after demonstrating their unique, laid-back-yet-dynamic style of a cappella.

March 15
LARRY CAMPBELL & TERESA WILLIAMS
The Barns at Wolf Trap, 8pm, $25-30
Multi-instrumentalist and singer-songwriter Larry Campbell and singer-guitarist Teresa Williams (both of whom played in Levon Helm’s band) unite onstage for a performance filled with crackling, creative energy that only their brand of Americana music can provide.

March 16
BOBBY LONG
Jammin Java, 6:30pm, $15-18
British singer-songwriter Bobby Long emerged from London’s club scene with a reputation for creating memorable songs inhabited by hauntingly poetic lyrics. He brings his compelling collection of original songs to the area for one memorable night.

March 16
SEAMUS EGAN
The Barns at Wolf Trap, 8pm, $22-27
Seamus Egan, founding member of the band Solas, returns to The Barns with The Seamus Egan Project. Bringing along friends and musical guests, Egan will introduce fans to his immense and influential catalog of music, as well as some new music he’s never recorded or performed live as he continues to explore the further reaches of the Irish musical tradition.

March 17
2019 NOWRUZ FESTIVAL
8100 Tysons Corner Center, McLean, VA 22102, 10am-6pm, Free
Discover more than 3,000 years of tradition and customs at the Persian New Year celebration Tysons Corner Center. Enjoy music, dance, dramatic performances and meet with costumed characters roaming the festival. Shop in our bazaar or savor the flavors of Persia in our food court. Fun for the entire family.

March 17
DANÚ
George Mason University Center for the Arts, Concert Hall, Fairfax Campus, 7pm, $30-50
Celebrate St. Patrick’s Day with an authentic Irish music experience the whole family will enjoy! Take a musical journey across the Emerald Isle with one of today’s leading traditional Irish ensembles as they perform timeless Celtic works along with fascinating, powerful new melodies. The award-winning Danú features lush vocals and poetic lyrics sung in English and Gaelic and impressive virtuoso playing of traditional Irish instruments—flute, tin whistle, fiddle, button accordion, and bouzouki. Don’t miss this spirited celebration of Irish music and culture.

March 20-23
THE SECOND CITY
It’s Not You, It’s Me
The Barns at Wolf Trap, 8pm, Saturday shows at 7pm and 10pm, $3-35
Full of the live and in-your-face entertainment Netflix can’t provide, this must-attend show features improvised comedy, audience interaction, and off-the-moment sketches and songs from The Second City made famous by superstars like Tina Fey, Stephen Colbert, Steve Carell, Gilda Radner, Bill Murray, and more.
March 22

Father-Daughter Enchanted Evening Dance
McLean Community Center, 7-8:30pm, $25/person
Spend a magical evening at the McLean Community Center's first Father-Daughter dance! This new program is open to children and parents of all ages. Come dance and play games after your walk down the red carpet! Make sure you bring your camera for red carpet pictures. Light refreshments will be provided. Space is limited so register early! Each participant must register separately; use activity #4505.319. mcleancenter.org

March 22

Saved by the 90s—A Party with the Bayside Tigers
The State Theatre, 8pm, $17-20
2019 is sooo overrated, but you know what's all that? The saved by the 90's party! This party features live 90's music from a totally fresh band. Get ready for everything from Third Eye Blind to the Spice Girls, from The Backstreet Boys to The Beastie Boys. And after that get jiggy with the DJ spinning dope tunes all night!

March 22

The The Band Band
Tribute to The Band
Jammin Java, 8pm, $28-35
While The Band may be long gone from the stage, The Band is keeping their sound and spirit alive and well with authentic, true-to-form renditions of their legendary repertoire. This group of veteran musicians showcases the astounding breadth and depth of The Band’s distinctively original Americana music with classics as well as deeper cuts from The Band's vast catalog, bringing the songs to life with the energy and excitement of those legendary concerts.

March 23

Carrie Newcomer
Jammin Java, 7:30pm, $30-35
Carrie Newcomer’s music has always explored the intersection of the spiritual and the daily, the sacred and the ordinary. Over the course of her career she has become a prominent voice for progressive spirituality, social justice and interfaith dialogue. Her ability for sharp observation of the world lead the Dallas Morning News to rave, “She's the kind of artist whose music makes you stop, think and then say, ’that is so true.’"

March 23

Las Culturistas
Jammin Java, 8:30pm, $20
Las Culturistas is a weekly podcast (and live show, “I Don’t Think So, Honey”) hosted by Matt Rogers and Bowen Yang. Named one of Esquire’s “Top 10 Podcasts of 2017” and Time Out New York’s #1 Comedy Podcast, their live format, “I Don’t Think So, Honey”—featuring 30 comedians doing one-minute rants on any pop culture pest of their choosing—has been featured at the New York Comedy Festival.

March 23-24

Virginia Opera: Madama Butterfly
George Mason University Center for the Arts, Concert Hall, Fairfax Campus, 8pm, Sunday 2pm, $54-110
Virginia Opera closes its season with Puccini’s magnificent tragic masterpiece, Madama Butterfly. Revealing the depth of human emotion through lyrical duets and heartbreaking arias, this poignant and timeless tale of unrequited love and betrayal is riveting, gripping audiences right up to the intense, emotional finale. Set in Nagasaki, Japan, the opera tells the tale of Butterfly and the restless American Naval Lieutenant B. F. Pinkerton, whose arranged marriage during his visit leaves her clinging to the belief that their love is real and lasting, until she is forced to face the grim truth of their liaison. Sung in Italian with English supertitles.

March 23

Misl Stereo—Soda Stereo Tribute with Tres Minutos
The State Theatre, 9pm, $20
With millions of records sold worldwide, Soda Stereo was arguably the most influential Spanish Rock band from the 80/90’s era. Misil Stereo pays tribute to this amazing Argentinian band, bringing their sound back to life once again. Be part of the full experience performed by talented musicians of the best Soda Stereo tribute band in America.

March 24

Tape Face
The State Theatre, 8pm, $30-125
Every once in a while, something magical reminds us that we all have an inner child that must be fed. Through simple, clever and charming humor aimed at satisfying that hunger, Tape Face has created an incredibly accessible and enjoyable show. Mime with noise, stand-up with no talking, drama with no acting—Tape Face has to be seen to be believed. Delightful, wry, many-layered and hilarious, he transcends the barriers of language and culture. You’ll laugh, you’ll scream and ultimately end up like Tape Face—lost for words.
MARCH 24
SITKOVETSKY TRIO
SEAN LEE, VIOLIN
Vienna To Hollywood
Chamber Music At The Barns
The Barns at Wolf Trap, 3pm, $40
A number of Viennese composers successfully bridged the void between the concert hall and the movie theater: this performance explores the robust harmonies of two such composers, violinist Fritz Kreisler and Erich Korngold. Violinist Sean Lee and the Sitkovetsky Trio make their Barns debuts.

MARCH 25, 27-28
AN INTIMATE EVENING OF SONGS AND STORIES WITH GRAHAM NASH
The Barns at Wolf Trap, 8pm, $85-95
Legendary singer-songwriter and founding member of Crosby, Stills & Nash and The Hollies, Graham Nash is a two-time Rock & Roll Hall of Fame and Songwriter Hall of Fame inductee, Grammy Award winner, New York Times bestselling author, and an Officer of the Order of the British Empire (O.B.E.). With many Billboard-charting songs like “Teach Your Children” and “Chicago,” catch your favorite Nash tunes and stories from his illustrious career.

MARCH 26
PETER MULVEY
"There is Another World"
Record Release
Jammin Java, 7:30pm, $15-20
Mulvey is an iconoclast within the singer/songwriter world. Restless and inventive, he has made seventeen records, spanning rock and roll, folk, Jazz, spoken word, and Americana.

MARCH 27
MOUNTAIN MAN
The Barns at Wolf Trap, 8pm, $25-30
Reuniting after an unintentional eight-year hiatus, this folk trio composed of Sylvan Esso’s Amelia Meath along with Molly Erin Sarlé and Alexandra Sauser-Monnig makes its Wolf Trap debut on the heels of releasing its aptly-named 2018 album Magic Ship (2018). “…the members of Mountain Man share that rare, innate gift of almost supernaturally harmonizing” (NPR).

MARCH 30
ANTIGONE
The Alden, 2pm, $40/$30 MCC tax district residents
Sophocles’ drama from 441 BC
holds startling relevance today, examining divinity, obedience, and law—and how love overcomes them all. According to The Wall Street Journal, “All this would be of purely historical interest were it not for the high quality of the American Shakespeare Center’s fast-moving production, which is authentic (no sets, no scene breaks) but not antiquarian.” (150 minutes)

MARCH 31
THE WINTER’S TALE
The Alden, 7:30pm, $40/$30 MCC tax district residents
In this rollicking farce brilliantly brought to the stage by the American Shakespeare Center On Tour, Shakespeare elevates Roman comedy to dizzying heights. Two long-separated twins, their two tricky servants (also twins), a jealous wife, and her lovelorn sister romp through this fast-paced comedy. Filled with mistaken identities and slapstick humor, the audience will be laughing from the first confusion to the last. (150 minutes)

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THE WINTER’S TALE
The Alden, 7:30pm, $40/$30 MCC tax district residents
The American Shakespeare Center On Tour presents Shakespeare’s magnificent late play as a roller-coaster ride from romance to tragedy to comedy and finally to a place of transcendent beauty that few other works of art have ever gone. “A sad tale’s best for winter,” but after unleashing a wintry tempest onto his characters, Shakespeare ultimately conjures spring’s miraculous rebirth. (150 minutes)

“This Shakespeare moves... we feel the inexorable sweep of the action, but the poetry has a chance to breathe, too. And how wonderful to hear actors speak Shakespeare naturally. It is poetry come alive.” –The Boston Globe

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CONSIDERED FROM PAGE 18

MARCH 30

THE CHERRY PEOPLE—LAST CALL
Jammin Java, 7:30pm and 9:30pm, $20-40
The Cherry People—Last Call is exactly what it implies...the final show for “Washington DC’s most important rock band” (Richard Harrington—The Washington Post). Original members Chris and Doug Grimes and Jan Zukowski will be reunited, along with Corey Holland and Michael Fath completing this historic line-up.

MARCH 31

AQUILA THEATRE: A MIDSUMMER NIGHT’S DREAM
George Mason University Center for the Arts, Concert Hall, Fairfax Campus, 7pm, $26-44
Aquila Theatre returns with a magical and witty production of A Midsummer Night’s Dream. Shakespeare’s timeless tale of love with its many complications never fails to entertain and remind us of his literary genius. “The course of true love never did run smooth” is the prophetic line spoken just as one of The Bard’s most popular comedies begins. Aquila’s signature physical theatrical style is the perfect complement to Shakespeare’s iconic work. The New York Times applauds this renowned theater company for making “Shakespeare perfectly comprehensible,” and The New Yorker calls their Shakespeare interpretations “beautifully spoken, dramatically revealing and crystalline in effect.”

APRIL 3

DAMIAN MCGINTY
Young Forever Tour
Jammin Java, 7:30pm, $35
Irish singer-songwriter-actor Damian McGinty celebrates the debut of his new full-length album, Young Forever, with a show that features the vibrant, joyful, pop-infused music that takes you back to a time of living in the moment and yearning for the open road.

APRIL 4

TOM PAXTON & THE DONJUANS
The Barns at Wolf Trap, 8pm, $24-29
Grammy Lifetime Achievement Award-winner and folk icon, Tom Paxton, teams up with the Grammy-winning singer-songwriter duo The DonJuans: Don Henry and Jon Vezner. Within days of writing and playing together, they knew they were onto something. Now they’re taking it on the road!

APRIL 5-7

50TH ANNIVERSARY TREASURY OF ART
Vienna Community Center, 120 Cherry St. SE, Vienna, VA 22180. Show hours: Friday and Saturday 10am-9pm, Sunday noon-4pm. Free and open to the public.
The Vienna Arts Society showcases hundreds of original artworks from around the nation selected by juror Leigh Culver. Saturday night, April 6, features music by the Difficult Run String Band. The Awards Reception, Saturday, April 7 from 7-9pm, is an opportunity to meet the artists while enjoying light refreshments and music by the Fascination Strings.

APRIL 6

RUSSIAN NATIONAL BALLET: GISSELLE
George Mason University Center for the Arts, Concert Hall, Fairfax Campus, 8pm, $34-56
The Russian National Ballet performance of Giselle will hold you spellbound with its haunting romantic story, stirring score, sumptuous choreography, and exquisite dancing. This icon of the classical ballet repertoire is sure to captivate from beginning to end.

APRIL 7

THE NIELDS
Jammin Java, 7pm, $18-22
The Nields’ albums are often an eclectic mix of ideas and music styles, but clear themes emerge. Now in their 3rd decade as musical partners and at the top of their game, the folk duo of Katryna and Nerissa Nields turn to meditations on time and turning points during an evening that features songs steeped in hope and promise.

APRIL 7

WASHINGTON WEDDING EXPERIENCE
Dulles Expo Center, 4320 Chantilly Shopping Center, Chantilly 20151, 11am-4pm, $15
As you click through wedding websites and flip through bridal magazines, you will find hundreds of ideas. How will you choose those that will be part of your wedding day? How will you make sure that everything is really as amazing as it looks in print or online? The Wedding Experience is your opportunity to experience everything up close and in person. Chat with the area’s most talented and trustworthy wedding professionals while you taste delicious cakes, see beautiful flowers, and find your perfect look in our fashion show. Treat yourself to a signature drink, capture the beauty of your engagement ring in our Ring Selfie Station, add your married name on our New Name Wall, and visit our Flip-Flop Bar where you can create something fun to wear as you are getting ready for your big day. Plus, you’ll receive extra savings and special offers reserved exclusively for show attendees. Tickets and details available at www.

VIVATYSONS.COM
weddingexperience.com. Enter promo code DULLES to receive 50% off each ticket purchased online.

APRIL 7
RAISING VOICES
The Hylton Performing Arts Center, 4pm, $20 or free with a student I.D.
George Mason University’s College of Visual and Performing Arts (CVPA) in collaboration with the Washington National Opera (WNO) announce Raising Voices, a thrilling new program of opera and musical theater. Raising Voices will feature a joint program of operatic favorites, showcasing singers from both programs in a celebration of the power of the unamplified human voice.

APRIL 11
ROBYN HITCHCOCK
The Barns at Wolf Trap, 8pm, $25-35
Robyn Hitchcock is one of England’s most enduring singer-songwriters and live performers. A surrealistic poet, talented guitarist, cult artist, and musician’s musician, Hitchcock is among alternative rock’s father figures.

APRIL 12
STORM LARGE
The Barns at Wolf Trap, 8pm, $50-55
Cole Porter, Pat Benatar, and Black Sabbath—powerhouse singer-songwriter Storm Large can sing them all and more! Whether performing with Pink Martini, at a cabaret, or with a rock band, this sassy yet classy artist with an edge knows how to bring the house down.

APRIL 13-14
TODD RUNDGREN
The Individualist Tour
The State Theatre, 8pm, $55-299
A Wizard, A True Star. The title of Todd Rundgren’s 1973 solo album aptly sums up the contributions of this multi-faceted artist to state-of-the-art music. Rundgren has made a lasting impact on both the form and content of popular music. Don’t miss your chance to experience this music legend live.

APRIL 14
DAVID WILCOX
Jammin Java, 7pm, $30-35
Now 20 records into a career marked by personal revelation and wildly loyal fans, David Wilcox returns to the DC area with his lyrical insight expertly matched by a smooth baritone voice and virtuosic guitar that delivers a range and tenderness rare in folk music.

APRIL 17
KIM RICHEY (TRIO SHOW!)
Jammin Java, 7:30pm, $20-22
A modern country singer-songwriter with a penchant for earthbound lyrics and soaring roots and pop melodies, Kim Richey continues to deliver her beautiful compositions to eager audiences, often taking time to explain their meanings and origins. After years of sharing her emotions, Richey’s talents have only grown stronger, feeding off the connection she shares with her fans. If you’re looking for heart-felt acoustic music, there’s no one better than Kim.

APRIL 18
STEPHEN KELLOGG
The Barns at Wolf Trap, 8pm, $25-35
Singer-songwriter Stephen Kellogg’s Americana-tinged, folk, pop, and rock stylings have been featured in numerous films and TV shows and heard on tour with acts like Train, Jason Isbell, and Sara Bareilles. He’s the “best live act you’ve never seen” (CBS Radio).

APRIL 19
MINDY GLEDHILL
Rabbit Hole Tour
Jammin Java, 7:30pm, $18-20
Quirky and affable, singer-songwriter Mindy Gledhill refuses to be contained by a single musical category, instead allowing her beautiful voice to deliver her own brand of folk-kissed indie pop with inspiring lyrics and catchy tunes. She consistently captivates her audiences with outstanding performances. As she likes to say about herself she will “leave you floating like a scoop of vanilla ice cream in a strawberry soda.”

APRIL 20
SPRING FEST
McLean Community Center, 10am-12pm, $5 per person; 3yrs & younger: Free
Join your neighbors as we celebrate the changing of seasons with self-guided arts and
OUT & ABOUT

April 20

MIDDLEBURG SPRING RACES
36800 Glenwood Park Lane, Middleburg, VA 20117, Gates open at 10 am races start at 1pm to 6pm Tailgate and picnic with the fashionable Middleburg crowd all while watching the thrilling sport of horse racing. The Middleburg Spring Races is an exciting and fun event in our historic Virginia horse country.

PARSONS DANCE
George Mason University Center for the Arts, Concert Hall, Fairfax Campus, 8pm, $29-48

New York City-based Parsons Dance is internationally celebrated for creating and performing American modern dance that is positive, life-affirming, enriching, and accessible. Founded in 1985, this ensemble has spread the joy of dance in over 447 cities, 30 countries, and five continents in some of the most notable theaters, festivals, and concert halls in the world. Discover for yourself the exuberance of this renowned company.

April 23-24

OMARA PORTUONDO
One Last Kiss Tour
The Barns at Wolf Trap, 8pm, $50-65

Perhaps best known as the female voice of Buena Vista Social Club, this octogenarian is “one of the most popular Cuban female singers of all time” (Billboard). Portuondo transports audiences to another time and place with a performance style that has often been compared to the likes of Billie Holiday and Edith Piaf, but with a fiery Cuban flair.

April 24

AN EVENING WITH GUITAR WIZARD, PRESTON REED
Jammin Java, 7:30PM, $20-25
One of the greatest and most influential guitarists in the world, Preston Reed has been captivating audiences globally for almost three decades with the two-handed integrated percussive style he began developing in the 1980’s. Preston’s music combines chord-based grooves, soaring melodic runs and polyrhythmic percussion, fulfilling the orchestral potential of the guitar body. The power and depth of Preston’s timeless, imagery-evoking compositions are as unique as his execution. Blues, rock, metal, funk, jazz and classical styles are distilled into a breath-taking visual and sonic experience—a border-hopping musical language that tells stories without words.

April 25

JOHN MCCUTCHEON
The Barns at Wolf Trap, 8pm, $25-28
A master instrumentalist, powerful singer-songwriter, storyteller, activist, and author, John McCutcheon is folk music’s Renaissance man. “His storytelling has the richness of fine literature” (The Washington Post).

April 25-27

MAMMA MIA!
Saxon Stage in Langley High School
Langley High School ends it’s 2018-2019 season with the story-telling magic of ABBA’s timeless songs propels this enchanting tale of love, laughter and friendship, creating an unforgettable show. For tickets and more information visit www.saxon-stage.com.

April 26

WU HAN, PIANO
GLORIA CHIEN.

Vienna To Paris
The Barns at Wolf Trap, 7:30pm, $40
Artistic Advisor Wu Han brings two esteemed collaborators to explore and exploit that most versatile of instruments, the piano. The musical journey begins in Vienna and culminates in the rioting streets of Paris at the premiere of Stravinsky’s epic Rite of Spring.

April 26-28

OPERA: THE MEDIUM AND SUOR ANGELICA
George Mason University Center for the Arts, Concert Hall, Fairfax Campus, Friday and Saturday 8pm, Sunday 2pm, $5-20
Two one-act operas: Menotti’s The Medium and Puccini’s Suor Angelica.

April 27

JAMES FERNANDO
Jammin Java, 1pm, $15-20
James Fernando is a pianist and composer whose music lies at the intersection of jazz, classical, and electronic music. He relies on his genre-expanding original compositions to deliver thought provoking and exciting performances.

April 28

JANE SIBERRY
Jammin Java, 7pm, $30
Jane’s recent album Angels Bend Closer has been released to rapturous acclaim and she will be performing tracks from this alongside her classics and some new songs as yet unreleased.

A Canadian native, Jane’s songs have been covered by numerous artists, with particular success by k.d. lang on her stunning renditions of “Love is Everything” and the 23rd psalm-inspired ”The Valley.”

crafts, entertainment, and the opportunity for your children to get a photo with Bunny! Bring your camera or smartphone for photos. An MCC staff member will be on hand to take a photo of you and your family. Also remember to bring your Easter basket for our Parent/Child Easter Egg Hunt (10 eggs per child). Please register early! Space is limited and walk-ins will not be accepted. For ages 3-8. Registration in advance is required for all participants. Activity #4501319.

The Barns at Wolf Trap, 8pm, $50-65

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Vienna, Fairfax Campus, 8pm, $29-48

The Barns at Wolf Trap, 8pm, $30

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The Schantz Group

Steven & Brandy Schantz are excited to join TTR Sotheby’s International Real Estate in McLean. They come to TTR Sotheby’s with notable experience in the luxury market in Tyson’s Corner and throughout the DC metro area. Brandy and Steve are both former U.S. Army Intelligence Officers who specialize in the D.C. metro area luxury real estate market. After giving a significant portion of their lives to the service of this nation, they decided to help people directly!

They provide their clients with the same level of dedication and service that they provided to this great nation for a combined 40+ years. When selling a home with Schantz Group, they work as a partnership. They understand your tight timelines and help to relieve the stress associated with selling a home.
Long known as one of the great innovators of rock guitar, Robin Trower has been electrifying audiences with his axe playing for more than 50 years.

Now 74, the guitarist first burst on the national music scene with Procol Harum, appearing on the band’s first five albums from 1967-1971. He next formed his own power trio in 1973 and released more than 20 albums as the Robin Trower Band. He’s known for his trademark “soft psychedelia” and for being able to channel Jimi Hendrix’s blues-psych, Fender Strat-fueled playing style.

In March, Trower will release “Coming Close to the Day,” a new collection of songs that show why this master continues to shine. On April 2, the legendary guitarist will play the Birchmere and offer up some of these songs live for the first time.

As he prepared for the concert, Trower took some time to talk about the show and plans for the year ahead.

LORIA: What can your fans coming out to the Birchmere expect from you on the night?
TROWER: I’ll be doing a lot of the classic favorites as always. I have a number of new songs off of my new album, which are in the set as well. I’m stuck in my groove.

LORIA: How important is it for you to continue writing and playing new music?
TROWER: I think it’s crucial to have new stuff coming through all the time because that’s what keeps the whole thing alive really.

LORIA: Has your writing inspiration changed at all through the years, as you’ve gotten older and matured?
TROWER: It’s more or less the same. I love to play guitar and I pick up the guitar every day if I can, and ideas just come. It’s always been that way for me.

LORIA: When you’re on stage, do you interact with the audience much? Is that something that has evolved over the years?
TROWER: No. I’ve always just concentrated on the music and when I’m on stage, I like to just play.

LORIA: What is your guitar of choice in 2019?
TROWER: I’ve been using my Fender custom shop signature Stratocaster that the Fender custom shop made for me. I have a few of those and I tend to go through my three favorites of those when playing.

LORIA: What’s the secret of getting new music out to your fans today? What channels do you use?
TROWER: We have a website and we let people know it’s out. That’s really all we can do today. We can’t get on the radio anymore. The site will play snippets of new songs to let people get a feel for them.

LORIA: When you first started making a name for yourself, what were your goals? Did you think you’d still be playing all these years later?
TROWER: When I joined Procol Harum, I had no idea I would someday go on my own, and certainly had no idea of how successful it would be. But while I was in Procol Harum, I decided to write more songs that were guitar based, and eventually I had to break away and start doing my own stuff. That’s led me to where I am today.

LORIA: You’re 74 and have been playing live for more than 50 years. What keeps you coming back to the stage?
TROWER: I couldn’t come out and play live if it wasn’t fun. That’s the key to it. It may be a little selfish on my part, but that’s what keeps me going—the love of doing the music I am doing. I am enjoying it more now, and that comes from years of experience.

LORIA: How often are you touring these days?
TROWER: I do 30-35 dates in the U.S., and up to 20 in Europe, and the rest of the time I am working on new material and recording. I love my fans and wouldn’t be doing it if it wasn’t for them.

LORIA: What else have you been up to?
TROWER: I did a project with (reggae vocalist) Maxi Priest. He has one of the greatest voices in the world. It’s an interesting collaboration and we might do some live work. It’s a very different thing for both of us.

Robin Trower will play the Birchmere at 7:30 p.m. April 2. Tickets are $55. For more information, visit www.birchmere.com.
An Office Built for your Comfort

Dr. Bahar Bahrami of Tysons Elite Dental, specializes in the highest quality Cosmetic and Family Dentistry in Tysons Corner, Vienna, and surrounding areas. Following a strict Ethical and Patient centered approach, she makes sure each and every one of her patient's concerns are thoroughly addressed and detailed treatment plans are created for each patient. Dr. Bahrami designs and performs all treatments on an individual basis and no two smiles are created equal. Extreme attention to detail is always utilized to mimic natural teeth in order to enjoy life with a smile that lasts a lifetime!

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■ No Yearly Maximums
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■ No Claim Submittal Forms
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Regardless of your age, employment, or dental needs, you and your family are eligible to join the Tysons Elite Wellness Program today!

Save on all of our dental services, including fillings, crowns, dentures, root canals, implants—almost anything your family's dental care requires.
On a blustery Thursday this past November, over five hundred people gathered in a tent outside of the PenFed Credit Union headquarters in Tysons. With the smell of smoked pork perfuming the late fall air, the crowd, mostly PenFed employees joined by a sprinkling of local dignitaries and military VIPs, was there for more than a barbecue lunch. This was a celebration of the PenFed Foundation’s Veteran Entrepreneur Investment Program (VEIP) and its first beneficiary, Abe Kamarck, a naval aviation veteran and Founder/CEO of Virginia-based True Made Foods.

Out of the 250,000 veterans who transition from the military every year, one in five will start his or her own business — some in Northern Virginia. Because of their specialized training, tested leadership and varied skillset, many veterans leave military service personally empowered and goal oriented, uniquely suited to run successful businesses of their own. However, what these veterans often lack are the traditional business experiences and professional networks available to their civilian entrepreneurial peers. But PenFed Credit Union, with its long commitment to assisting the men and women who defend our country, is helping to close this gap through VEIP.

First announced in April of 2018, the VEIP initiative promotes the success of veteran-owned businesses by providing the seed money needed to get started along with a support network of over 1,700 business partners. Returns received on VEIP investments go right back into the program to support future veteran-owned business ventures. With more than $1.4 million raised by year-end 2018 and made possible in large part by the enthusiastic backing of PenFed Credit Union, VEIP is able, as Kamarck says, “to help me and other veterans grow companies in ways we couldn’t do on our own—the support is invaluable.”

James Schenck, President and CEO, PenFed Credit Union and CEO, PenFed Foundation explains, “Abe Kamarck and True Made Foods—which produces a line of condiments that substitute vegetables for the sugar found in popular national brands—were chosen for the first VEIP investment because we believe in his mission and his product. Through his healthy food products, Abe is helping to attack a serious health issue: obesity among our youth. One in three young people cannot join the military today because they are obese. With its emphasis on healthy foods without sugar, True Made Foods helps make the healthy choice an easy choice for Americans.”

Attendees of November’s “Red, White and True Made Tailgate” got to taste “success” for themselves, sampling whole-hog chopped pork topped with True Made Foods’ signature vegetable-sweetened BBQ sauce.

The positive impact of the VEIP initiative is unmistakable: Kamarck has experienced remarkable success taking his business to the next level, with True Made Foods products now found in over 2,400 stores across the country, including major grocery chains like Safeway, Wegman’s and ShopRite.

PenFed and the PenFed Foundation are changing lives through financial education, credit building, home ownership and short-term assistance. Visit penfedfoundation.org to learn more.

PenFed Credit Union’s Tysons, Virginia headquarters hosts “Red, White and True Made Tailgate” to support the PenFed Foundation’s first Veteran Entrepreneur Investment Program (VEIP)


PenFed Credit Union Offers Veteran Entrepreneurs a Helping Hand

Abe Kamarck, Founder and CEO of True Made Foods was honored as the first PenFed Foundation Veteran Entrepreneur Investment Program recipient at the PenFed Foundation Army Navy tailgate event.
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Life at North Shore, Reston

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Beautiful Craftsman in the Heart of Vienna Woods - 4BR/4.5BA with open floor plan featuring two story entryway, stone fireplace, and main level master bedroom. Must See inside to appreciate the stunning finishes throughout. 1/3 Acre lot w/ huge fenced flat backyard, carport & separate 2 car garage.

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411 Midvale St, Falls Church
Charming Cape in Falls Church City. 4BR/2BA w/ tons of natural light & beautiful Hardwoods. Patio/ Deck overlooks large sunny backyard w/ privacy fence & oversize garage in quiet Broadmont Neighborhood - 6 blocks to EFC Metro.

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1703 Broadfield Ln, Vienna
Beautiful Colonial in sought after Hunter Mill Estates. 5BR/4.5BA w/ 5,000+ sq ft of living space & 3 car garage in heart of Falls Church City. Potential 7BR/5BA w/ rear deck & private fenced yard.

$999,900
410 Sherrow Ave, Falls Church
3 level Designer Craftsman Home w/ 4,000+ sq ft of living space & 2 car garage in heart of Falls Church City. Potential 7BR/5BA w/ rear deck & private fenced yard.

$456,000
Life at North Shore, Reston
Part of Reston’s original award-winning section, heralded as a perfect planned community, this spacious renovated townhouse is part of the Charter Oak’s enclave overlooking a magnificent park. It features radiant floor heating, a new European kitchen with chef’s stall-on-bar, a huge master suite, a European “Hub” with open laundry center, a 22’ leisure room, 22’ foot balcony, fenced brick patio, and more...much more.

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There’s a lot to consider when planning a wedding: the service, the reception venue, the flowers, the food, the cake, the honeymoon. While you want to make the day unique to you and your spouse-to-be, weddings are steeped in traditions, and family and friends tend to have a lot of opinions about what you should do. Whether you need some ammunition to fend off all the shoulds or you just want to know why we do some of these things, here are the stories behind five wedding traditions.
Attendants

The origins of bridesmaids and groomsmen may date to Ancient Rome. Law required 10 witnesses to be present at a wedding, but why they dress in similar clothing has a darker history. Bridesmaids and groomsmen dressed like the bride and groom to confuse evil spirits and rival suitors who might try to harm the couple. Bridesmaids also formed a protective shield around the bride while walking her to the groom's village or the church to protect her from being kidnapped.

Just as matching dresses were meant to create confusion about which woman was the bride, veils also were used to confuse those with evil intentions. Veils sometimes served their own evil purpose, such as when fathers tried to pass off a less-desirable daughter to a groom by hiding her under a veil until after the ceremony was over.

The best man tradition probably began in the 16th century with the Goths. When brides were often stolen from their communities and families, grooms chose as their “best” man not their close friend or brother but a man who was considered the best swordsman or fighter. His job was to fight off anyone who tried to keep him or the groom from kidnapping the bride or stopping the wedding and to make sure the bride didn't get away during the ceremony. Originally, the best man stood right next to the bride at the wedding to prevent her from escaping or being taken away by her family or another suitor.

Carrying the Bride Over the Threshold

Historians offer a couple different reasons for this tradition. As with other traditions, this one may have been a way to ward off bad luck and evil spirits. Ancient Romans believed that if a bride tripped while entering her new home, she would bring bad luck to her marriage and her home. The groom carrying her over the threshold avoided this risk. Another reason goes back to the kidnapping of the bride. It was either that the bride was still unwilling to go with her groom and was carried into his home by force or, if she wasn't so opposed to her groom, it was considered inappropriate to appear too enthusiastic about consummating her marriage. The groom therefore carried her into their home as a sort of mock kidnapping to make her appear reluctant and protect her reputation.
The Father Walking the Bride Down the Aisle

Although many see this as a sweet tradition today, it dates back to when “giving away the bride” was literally a transfer of ownership from the father to the husband. Young women could be used as collateral to settle debts or for the father to achieve a higher status by marrying his daughter off to a wealthy family. By escorting his daughter down the aisle and handing her over, the father was completing a business transaction.

Diamond Engagement Rings

The first recorded case of a man giving a woman a diamond engagement ring was in 1477 when Archduke Maximillian of Austria became engaged to Mary of Burgundy. Other members of royalty and the aristocracy followed Max’s lead, but diamonds didn’t become the enduring sign of love and togetherness for most married couples until 470 years later.

For the very unromantic reasons of manipulating the marketplace to sell more diamonds and to make more money, DeBeers began working with ad agency N.W. Ayer in 1938 to influence the public perception of diamonds and frame them as symbols of lasting love. As a result of their efforts, diamond engagement rings started to become more popular, but in 1939, only 10 percent of engagement rings had diamonds. Then in 1947, DeBeers began using the slogan “A Diamond Is Forever,” in its ad campaigns, and a tradition was born.

As for the finger on which the engagement and wedding ring are worn, that comes from ancient Romans who believed the vein in the third finger on the left hand connected directly to the heart. They called that vein the vena amoris or vein of love. Although the Romans’ suspicion has been disproved, the tradition endures in many places.

White Wedding Dresses

While not as recent a tradition as diamond engagement rings, the white wedding dress is still a relatively new trend. Before the mid-1800s, red was one of the most popular colors for brides, as it still is in some cultures. But that changed in 1840 when England’s Queen Victoria married Prince Albert in a white dress. Victoria wasn’t the first bride to wear white, but since white fabric was hard to get and difficult to keep clean, it was usually worn by the rich as a symbol of their wealth. As Queen of England, Victoria certainly was wealthy, but whatever her reasons for choosing a white dress with a fitted bodice, a full, floor-length skirt and lace trim, she started a trend that soon became an enduring tradition. Within a few years, Europeans had attached other meanings to the white dress, such as purity and innocence.

Analiese Kreutzer is a contributing writer to VivaTysons and VivaReston. As a long-time resident of the area, she is passionate about the communities, people and businesses our publications cover. She can be reached at AnalieseKreutzer@gmail.com.
A warm and friendly atmosphere with two American Board Certified Haircolorists (ABCH). The mother and daughter duo have created a unique environment with a team of dedicated staff that are passionate about giving each guest a customized aesthetic and memorable experience time after time with each visit.

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No matter whether you call it a farmhouse wedding or a barn wedding, a rustic wedding is natural, down to earth and often outdoorsy. It speaks to those couples who love the outdoors or feel a connection to a simpler country style. Yet a rustic wedding can be sophisticated too.

Although barn weddings are still popular, “We’re seeing a change over from truly rustic to rustic chic glam weddings,” said Jessica Ashley, owner and lead event planner at Jessica Ashley Events. “People are taking it up a notch with a touch of elegance by holding their weddings in an elegantly-refurbished barn.” The newer venues offer climate-controlled indoor and outdoor facilities, catering prep areas, brides’ chambers and grooms’ preparation rooms, as well as wedding and reception areas.

Thinking of holding a rustic wedding yourself? Here are eight great ways to pull it off.

1. Rustic Setting

Within easy reach of Northern Virginia there are numerous rustic venues, from authentic barns to the most elegant barn-inspired wedding and reception halls. Hold a simple farmyard ceremony and pig roast or go all out with a formal event in one of the newer barn buildings.

“Brides want something a little different than normal and many desire the best of both worlds without the formal feel of a church wedding,” said Lori Carlyle, co-owner of Shadow Creek Weddings & Events. “We give them the rustic feel with all the modern elegance.” Its barn was newly-built from the ground up to resemble a thoroughbred horse barn, complete with horses grazing in the fields beyond.

2. Fun and Romantic Attire

“Rustic weddings tend to have a lot of masculine elements to them, so brides can bring in feminine touches through their color palette, décor and very romantic, lacy dresses,” Ashley added. Go traditional or forego the formal train with a simple ankle-length gown. Cowboy boots and hats, and even bolo ties are not out of the question for men. “Have fun, but nothing too casual. Men should still wear closed-toe shoes.” Tip: guests should research the location to determine their appropriate footwear—some barn venues are very rustic!

3. Simple Flowers

“Flowers don’t have to be arranged; they can be plopped into a mason jar tied up with burlap and lace,” said Helen Taylor, owner of Windy Knoll Farm. Flowers can be selected by the season, like daffodils or sunflowers for the bride’s bouquet, and winter greens for colder months. Choose wildflowers for beautiful yet simple bouquets or boutonnieres. The less structured they are the better—like you just gathered them from the field.

4. Nature-Inspired Decorations

“If you pick the right place, the structure speaks for itself and you don’t have to do much decorating,” explained Jenn McBride, vice president of operations at Mount Ida Farms & Vineyard. “Both our Lodge and Barn venues were formerly working structures and although renovated now, still retain those authentic elements.”
Lots of natural elements offer style and grace to a rustic wedding. Place field flowers in containers, and use hay bales, lanterns and wooden directional signs to add whimsy. Your touch of elegance can come from a fancy chandelier or two, draping or dramatic lighting. Don’t forget the other natural elements found on a farm; cornstalks and vegetables can also create a down-home ambiance when decorating.

5. Down-To-Earth Menu

The sky’s the limit when it comes to choosing the menu. However, home-styled foods and simple service best capture the theme of a rustic wedding. Popular options include barbecues, buffets, pig roasts, outdoor whiskey and cigar stations, and s’mores melted over a firepit. Serve seasonally fresh, farm-to-table foods and choose your menu to match your wedding theme.

6. Signature Cocktails

Personalize your wedding with a signature cocktail named for a special memory or location. Stick with the theme, and just for fun, serve it up in mason jars!

7. Country-Style Love Songs

Think outside the box for unique musical styles that will highlight your personalities, and feel free to mix it up. Have a classical string quartet for the ceremony and kick off the dancing with country or bluegrass. Country music offers many great love songs; consider Taylor Swift’s “Love Story,” Trisha Yearwood’s “She’s in Love With the Boy,” and Rhett Atkins’ “She Said Yes.”

8. Extra Entertainment

Lots of venues offer fun entertainment options for your guests. Silverbrook Farm has an outdoor chess garden, and Windy Knoll offers hayrides. Shadow Creek Weddings & Events makes outdoor games like croquet, horseshoes, ladder toss and cornhole available, and can bring in a Palomino Quarter Horse to be part of the cocktail hour photos. Mount Ida Farm & Vineyard can coordinate a tethered hot air balloon and a fireworks display.

Final Advice

“We have such diversity here in Northern Virginia with rustic vineyards and refurbished barns. Whether you are going glam/rustic or pure rustic/cowboy, you can have it,” Ashley said. “Think about what is most authentic about you as a couple and create a bulleted list of the things that are important to you and where you would like to allocate your budget. Make a short list of venues, read reviews, do your research, and then go visit them. You’ll know the right one when you see it.”

“Most importantly, don’t try to do it all yourself (DIY),” Ashley concluded. “There is so much to coordinate to ensure a cohesive wedding. Make sure you have an event planner or coordinator who can help you with your vision and bring all the elements together.”

Rustic Wedding Venues

48 Fields Farm, Leesburg
www.48fields.com

The Barn at Edgewood, Stanardsville
www.barnva.com

Bowood Barn, Louisa
www.bowoodbarn.com

Brandy Hill Farm, Culpeper
www.brandyhillfarm.com

Cloverdale Barn, Winchester www.cloverdalebarn.com

Clyde’s Willow Creek Farm, Ashburn clydes.com/willow-creek-farm

Cross Keys Barn, Harrisonburg www.crosskeysbarn.com

East Lynn Farm, Round Hill eastlynnfarm.com

Faithbrooke Barn & Vineyards, Luray www.faithbrooke.com

The Glasgow Farm, Fredericksburg www.theglasgowfarm.com

Guildford Farm, Ruckersville www.guildfordfarm.com

Hermitage Hill Farm & Stables, Waynesboro www.hermitagehillweddings.com

Khimaira Farm, Luray eventsatthefarm.com

Melrose Caverns, Harrisonburg www.melrosecaverns.com

The Middleburg Barn, Middleburg www.themiddleburgbarn.com

Mount Ida Farm & Vineyard, Charlottesville www.mountidafarm.com

Pippin Hill Farm, North Garden www.pippinhillfarm.com

Shadow Creek Weddings & Events, Purcellville www.weddingsatshadowcreek.com

Silverbrook Farm, Purcellville www.silverbrookfarmbandb.com

Walden Hall, Culpeper www.waldenhall.com

Windy Knoll Farm, Nokesville www.windyknollfarm.com
When it comes to finding a venue for a charming rustic wedding, few places can rival Virginia. It’s a state blessed with both history and natural beauty and offers a profusion of wonderful wedding day sites. From vineyard wineries, to historic inns and manor houses, to stables and farms, our region overflows with unforgettable spots for a dream wedding.

But of the area’s many choices, an “insider” favorite for a polished farmhouse bash is located less than 25 minutes from downtown Tysons and 15 minutes from Reston. Situated in the Broadlands neighborhood of Ashburn in Loudoun County, Clyde’s Willow Creek Farm is a special place where the old has been made new again and which stands as a testament to the timeless power of new beginnings.

Part of Washington, D.C.’s storied Clyde’s Restaurant Group, and celebrated in its own right for its local, fresh and seasonal American fare, Clyde’s Willow Creek Farm is both a restaurant and year-round indoor/outdoor event site that overflows with rustic but chic charm. Comprised of four historic buildings from Vermont and Virginia (c.18th and 19th century) that were bought, dismantled and warehoused for nearly 30 years, they have been reassembled, connected, and restored to create a classic American inn and barn, extravagantly decorated with an impressive array of American folk art, Audubon prints, and antique carriages and sleighs, all located on a beautiful garden site.

What makes the Willow Creek Farm property such a magical experience (besides the brilliant reconstruction and exquisite landscaping) is that this “once-upon-a-time” farm not only provides the picturesque setting many couples desire for their big day, but it comes complete with a team of accomplished planners, caterers and staff who are committed to providing the exceptional cuisine and full service that allows every wedding guest to experience the best of Virginia’s renowned hospitality.

Rustic in all the right ways, the buildings at Willow Creek Farm have been fabulously adapted for use as venues with distinct personality, perfect in size for many weddings. There’s the Audubon Bar complete with original Audubon prints on the walls, as well as the outdoor Richmond Terrace—ablaze with color in the spring and fall and equipped with fire pits when the temperatures drop—which features a large fountain, wisteria arbor and a tiny Virginia farmhouse (c.1780) that has been relocated and restored as the Richmond House bar. The Chandler Barn is available...
for larger events and The Sanctuary is sized for the most intimate affairs. All spaces are perfect for tying the knot, then dining and dancing the day or night away with friends and family. Weddings at Clyde’s Willow Creek Farm exude a relaxed air of gracious hospitality that is inviting to all.

This variety of unique rooms and spaces—eight in all—offer many options for wedding planning and are ideal for everything from engagement parties, bridesmaid luncheons, rehearsal dinners and post-wedding brunches to ceremonies and receptions. Wedding parties that range in size from 20 to 175 guests can be comfortably accommodated.

But it’s the feedback from happy couples that tell the real story. Time and again the reports are same: ambiance, food, service, and all the wedding details have been flawlessly delivered, with a wedding day at Willow Creek Farm acknowledged to have far exceeded the expectations of even the most particular bride.

With its commitment to full service and full experience, Clyde’s Willow Creek Farm fosters a family feeling, not just among its employees, but also with its guests. The staff is honored to be working with multiple generations of individual families, often starting with the “big day” and then continuing through the years with baby showers, birthdays, anniversaries and even celebrations of life at the end of life.

So when it’s time to create your own bit of history, it’s as easy as contacting Event Managers Adrien Wagner or Tara Morris and sharing your vision of the perfect day. They’ll know exactly how to make that happen because Clyde’s Willow Creek Farm wants to make sure you experience that just-right feeling of finding “the one!”

Clyde’s Willow Creek Farm
Broadlands, VA 20148
571-209-1200
www.clydes.com/willow
You can find the perfect dress, book the ideal venue and determine the best color scheme for a picture-perfect wedding, but the one thing that your guests will most appreciate—and remember!—was whether or not the food was good. Finding the perfect caterer is a serious responsibility, so we’re starting you off with some of the best in the area to “wow” your guests and make your wedding day memorable and delicious!

RSVP CATERING

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One of the premier caterers in the Washington metro area, RSVP Catering adds a personal touch to every culinary event. Founded by owner and operator Larry Abrams over 25 years ago, RSVP Catering creates an exceptional culinary experience through excellence in food preparation, event design and customer service. They cater events on any scale, from intimate private dinners to grand galas in Washington’s most exclusive venues. They use the highest quality ingredients in fresh, new ways to match the perfect menu to your event. RSVP Catering sets the standard for elegant, innovative events.

703-573-8700
2930 Prosperity Avenue, Fairfax, VA 22031
www.rsvpcatering.com
HELGA’S CATERERS

Helga’s Caterers helps couples find and enjoy perfect settings and sensational celebrations that match their unique style and tastes, including:

- A Victorian feast at a historic site
- A casual buffet in a beautiful garden
- A formal banquet in a stately mansion
- A Country-Western barbecue in the backyard

Whether you’re thinking of a cozy wedding at home or a week-long celebration with hundreds of friends and family members, Helga’s experienced wedding planners will help you make everything absolutely perfect. Their more than 3 decades of experience with weddings enable them to show you many ideas and options for creating unforgettable showers, luncheons, rehearsal dinners and wedding receptions.

703-556-0780
8466-E Tyco Road, Vienna, VA 22182
www.helgascatering.com

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For more than 41 years, people all across the Washington Metro Area have experienced JR’s Fine Cuisine. Whether a casual or upscale event at your venue, the result continues to be the same — JR’s does it best! Guests rave about their delicious food and appealing presentation, which is equally delightful to the eye as it is to the palate. JR’s exceptional quality and variety of food make wedding planning easy. JR’s makes it easy to host your event and will orchestrate everything from the décor to the food to the entertainment to make your affair memorable and flawless.

703-707-8559
253 Sunset Park Drive, Herndon, VA
www.jrscustomcatering.com

BAZIN’S NEXT DOOR

“Old Bistro with Contemporary Twist”

Bazin’s on Church’s sister venue, Bazin’s Next Door, provides the perfect event space that is available 7 days a week for both lunch and dinner events. Evoking the feeling of an old bistro, yet with a contemporary twist, Bazin’s Next Door offers seasonal American menus that pair perfectly with an inviting neighborhood atmosphere, cultivated over nine years doing business in the town of Vienna. Our venue can accommodate up to 40 people for sit-down meals, or up to 70 people for standing cocktail receptions. This is the perfect space for rehearsal dinners, company parties, baby showers, and more! If you are interested in learning more about this space or booking a party with us, please contact melissa@bazinsonchurch.com.

703-255-7212
111 Church St NW, Vienna, VA 22180
www.bazinsonchurch.com
Congratulations on your engagement! The holidays are often a prime time to get engaged and share the good news with all of your friends and family. Now that the holiday buzz is behind us, we know you're ready to get started planning your special day!

Food and catering typically comprise one of the largest portions of a wedding budget. When it comes to finding a caterer for your reception, as with all wedding vendors, it is important to make sure that the company is a good match for what you are looking for. Whether it is a local vendor that provides cuisine specific to your wedding theme (think Hawaiian luau or backyard wedding barbecue), or a full-service caterer equipped to help make your day seamless, asking the following questions can help to ensure your wedding food and reception will be unforgettable for you and your guests!

**Do you specialize in a certain type of food or serving style?**

Whether you're looking for a certain serving style, or a specific cuisine to coordinate with your wedding theme, it's important to find out how your caterer typically handles receptions. Now would also be a great time to ask if the menu proposals they provide are set, or if there's the option for customization.

**Can you make a family favorite recipe for our reception?**

Have your heart set on serving Grandma's famous dish at your wedding? Some companies may be willing and able to recreate the dish on a large scale for all of your wedding guests if you provide them with the recipe.

**How are you able to accommodate for food allergies and/or religious preferences?**

If you (or your guests) have food allergies, are vegetarian/vegan, or have specific food preferences, be sure to check with the company to see how they can meet your specific menu needs.

**Have you worked at our wedding venue before?**

Many venues will provide a list of preferred or exclusive caterers to choose from due to their familiarity with the location and its amenities. However, other locations may not have any restrictions, which can allow you to bring in whichever caterer you choose. Just make sure they have at least done a walk-through at the site to know how the kitchen is set up, where their staging area will be, and how the reception will be laid out, so there are no questions on the big day!

Alternatively, if you're still on the hunt for the perfect wedding venue, your caterer may be able to point you in the direction of a location they've previously worked at that can
accommodate your guest list and wedding theme.

Are you licensed and insured in the state of ___?

Some venues will require proof of insurance for outside vendors and/or a liquor license if there is going to be a bar. You will want to make note of this early and discuss this requirement with your caterer prior to booking.

Will someone be there to oversee the event?

On the day of the wedding it will be important that someone experienced is there to coordinate the event from set up to break down to ensure that everything runs as planned!

Can you breakdown the anticipated costs of our reception?

Though this question may be obvious, it’s a big one. It is crucial to determine what is included in the cost per person, any staffing and/or set up expenses, and whether or not equipment rentals, etc. are included. When discussing rentals, be sure to inquire about color options for linens and place settings, etc. in order to customize your order to match with your color scheme.

What are your payment policies for deposits, cancellations, overtime, and gratuity?

Figuring out the company’s payment methods and policies will help to make sure you’re both on the same page when it comes to securing your wedding date, and financial expectations on or before the day of the event.

Do you provide any additional services to help coordinate on the day of the wedding?

Catering companies vary greatly in terms of their additional services. Some are associated with restaurants and/or specific cuisines, and thus, provide food service only. On the other hand, other companies may act as full-service caterers who provide optional services such as event coordination, event design, and can assist with finding and booking other vendors, such as florists, DJ’s or bands, and novelty vendors such as photobooths or chocolate fountains.

Is the wedding cake included in our pricing package? Can we provide our own?

Some catering companies provide beautiful and delicious wedding cakes, which may be perfect for the bride who appreciates a good “one-stop shop.” Other brides may have a specific baker in mind, so be sure to clear this up with the caterer early on. If you are providing your own cake, make sure to ask whether or not there is a cake cutting fee, so there are no last minute surprises!

What is the usual ratio of staff to guests?

The answer to this question will likely vary among vendors depending on the size of the event, serving style being used, menu demands, equipment needs, etc. However, it is good to ask up front so you have an idea of what to expect on the day of and so you understand how the caterer works to ensure a smooth dining experience for all of your guests.

Is it possible to set up a food tasting?

Most companies provide some sort of tasting experience for their clients either prior to booking or prior to the event to finalize your menu choices. When arranging your tasting session, inquire as to how many food options will be available, if there are any associated costs, and how many guests can participate.

Can we provide our own alcohol? Is there a corking fee?

While everyone wants to have the perfect wedding reception with great food and drinks, it is also normal to be budget conscious. If venues and/or catering companies allow you to provide your own alcohol, stocking your own bar can be a great cost-saving solution. Just make sure to ask about any corking fees, etc. that may drive up the cost.

When do you need a final head count?

This will help you to determine when you need your RSVP’s so you have time to contact any stragglers, and submit your final numbers to the caterer in time for preparation for your event.

What happens to the leftovers?

Unfortunately many brides and grooms do not get the opportunity to enjoy as much of the delicious food they’ve planned with their caterer as they would like because they’re so busy mingling with their guests. Having the catering team package any leftovers for you and your new spouse is a great way to make sure you get to have your cake and eat it too!

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.
The Perfect Bridal Makeup

Bridal season is in full swing from May through October! June is still the most popular month to get married but, in the 32 years (YIKES) that I've been a makeup artist, other months of the year are becoming popular as well!

In order for a makeup artist to design the perfect bridal makeup look it's important for the artist to get to know the bride's lifestyle, unique personality, as well as her everyday makeup style. Setting up a bridal makeup consultation, with plenty of time ahead of the wedding date, gives the bride and her makeup artist the opportunity to work through these details. Getting to know my bridal clients through this process allows me to serve them better!

“A picture is worth a thousand words” is an old expression, but it rings true when it comes to getting to know my bridal clients. I ask to see photos of everything! This includes the gown, headpiece, bridal party gowns, jewelry, and how she wears her makeup to special events, and in her daily life. This gives me plenty of visual feedback and I can create a bridal look that suits her unique personality, facial features, her comfort level, and theme of her wedding!
There are certain guidelines that I follow when creating the perfect bridal makeup. First, and most importantly, I apply makeup that has staying power! My makeup application needs to withstand all weather conditions, as well as looking fresh all day and evening throughout a very busy and active day! The makeup also needs to look just as good in person as it does in photos! I layer products, such as primers, setting sprays, according to her skin type, and utilize my many signature techniques, and trade secrets to keep her makeup looking fresh and flawless all day!

Bridal makeup should be balanced and well blended, with hints of color for a soft glowing effect. I do recommend keeping it classic and not too trendy, as the bride shouldn’t “date” her wedding photos! Wedding photos are the keepsakes of this monumental day, so the makeup should enhance her natural beauty, but not be the focal point! The BRIDE needs to stand out, NOT the makeup! To achieve this look I first apply corrective makeup and foundation to match her skin tone. This creates a flawless complexion. I use a combination of neutral matte and shimmer shadows on her eyes, creating depth as I accentuate the eyes! Applying lashes and intense eyeliner makes the eyes pop, especially in photos! Soft hues for added color to the cheeks and a hint of bronzer for contour gives a beautiful bridal glow! Lip color is so important, to pull it all together! For a dramatic effect reds or burgundy shades on the lips certainly do the trick! Keep them matte for a softer bridal look. If you want your eyes to be the focal point of your bridal makeup a soft rose, pink, or neutral nude lip will achieve that! Adding a light touch of gloss to these lighter lip shades gives the illusion of a more luminous complexion!

On such a special day it’s always best to leave it to the professionals to make you look your best. Coordinate your makeup and hair artist for your trial on the same day so that you can see how it all works together. Be sure that you LOVE your bridal look before your wedding day, it’s one less thing to stress over!

I love working with women on this milestone and monumental day. To me it is more than just a makeup application, it is about making my bride feel as special as the day itself. Congrats to all the beautiful brides out there!

Cheers!

MARTA BOTA
mbfacedesign.com
Historically, surgery was the only option for women for vaginal tightening and changing the appearance of the labia. I trained with Dr. David Matlock – of the E! network docu-series Dr. 90210 – in LA so that I could offer this procedure to patients. There is now an alternative and it is quite remarkable. It’s called ThermiVA.

**What is Vaginal Rejuvenation?**

Also known as female genital plastic surgery or aesthetic vaginal surgery. Vaginal rejuvenation usually combines vaginoplasty (“tightening” of the vagina) and/or labiaplasty or vulvaplasty (reshaping of the vulva or labia, the outer and inner lips of the vagina). It has become an increasingly popular option for women.

**What is ThermiVA?**

ThermiVa is a non-surgical radiofrequency procedure for vaginal and labial tightening. Both the internal and external tissues can be treated.

**What is the healing time after the procedure?**

There is no downtime with this procedure. Women report feeling tighter even after one treatment. After week two, you will notice an increase in vaginal moisture (the glands “regenerate”). Sexual activity can be resumed as normal. Improvement with incontinence is also noticed after the first treatment. The vulvovaginal tissues continue to tighten after each treatment. It is actually quite a remarkable difference physically, sexually and psychologically.

**What is the procedure like?**

The procedure is very comfortable and takes about 45 minutes. I do 3 treatments about 1 month apart. There is no need for anesthesia.

**Who is a candidate for ThermiVA?**

ThermiVA is an excellent treatment for women who suffer from urogenital atrophy/laxity and complain of painful intercourse. Giving birth vaginally, aging and obesity are some contributing factors to this condition. Other reasons to get ThermiVA may also include:

- If you have sexual dysfunction or problems reaching orgasm
- If you have urinary leakage (incontinence) when you laugh or cough
- If you feel that your vagina is dry and is not producing moisture like before
- If you simply don’t like the way your labia looks

**–DR. DIMA**

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WellMedica Aesthetic & Anti-Aging Medicine
1801 Robert Fulton Dr., Suite 540, Reston, VA
703.457.9671 | www.WellMedica.com

*ThermiVA treatments are performed by Dr. Dima

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. ThermiVA 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 ThermiVA!*

No surgery, no downtime, no anesthesia

Hoo-ra Healer

Dima Ali, M.D.
ASK AN EXPERT

Two Of The Best Combo Treatments To Kill Fat Cells

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

The two options described below are the latest and are considered to be both safe and effective with a high patient satisfaction rate as reported by patients themselves. CoolSculpting Cryolipolysis “fat freezing” with Vanquish Radio Frequency Adipose Tissue Melting is a perfect combo treatment to kill fat cells. These body contouring technologies are non-invasive procedures that require no surgery, no scarring and no downtime. These days many people do not have the luxury of being away from their work for many days.

CoolSculpting Cryolipolysis, also called “fat freezing”, is an FDA approved procedure that involves the non-invasive cooling of body fat to break down fat cells, resulting in a reduction of body fat without damage to other tissue. It has been one of the most researched and efficient procedures when it comes to stubborn areas of fat like flanks, abdomen, back bulges and thighs.

During the procedure a vacuum applicator is placed on the area, the tissue is drawn into the hand piece and two cooling panels cool down to freeze fat cells in about 35 minutes, followed by a 2-minute massage upon completion to improve the outcome. The patient then can go home and resume normal activities. Over a few months, fat cells will die and be naturally removed from the body.

Vanquish Radiofrequency adipose tissue melting is a treatment that harnesses the power of radio frequency energy to target fat cells. The applicator automatically produces radiofrequency energy, which is transmitted to fat cells without affecting skin or muscle tissue. As the energy is absorbed by the fat cells, they heat up and die.

Through a natural process called apoptosis the body flushes dead fat cells out of the body. This is a fascinating technology where there is no contact with the body, and the radiofrequency energy targets the fat cells. The unique contactless panel allows patients to treat a broad area at once, producing more results with no lines of demarcation.

Vanquish Radiofrequency adipose tissue melting is effective to help slim the abs, belly, love handles, and thighs. It is designed to treat and adjust to each of these areas where fat is unwanted. On your thighs, the system simultaneously slims both the inner and outer thighs, and saddlebags. This allows for enhanced patient outcomes and shorter treatment times.
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  Face and Neck reg. $780.00
- Vi Peel with Booster reg. $490.00
- Fractional Laser Pixel reg. $1,200.00
- IPL Laser reg. $450.00
Hers & Hers

BY JULIE HOLLAND

Let your style goals for the year focus on "the power suit" and menswear for women.

In recognition of International Women's Day (March 8th), suit up in a polished blazer and matching pants, ooze confidence, exude power, and celebrate women's many accomplishments. Anything he can wear, you can wear (better). Gone are the days of dresses and underthings specifically designed to restrict women's movement. There's no slowing us down now.

Ways to style this trend:

• Try belting a pantsuit with a silk scarf or bold buckle
• Mix up a blazer with mismatched pants for a purposefully clashing statement look
• Pair an oversized blazer with skinny pants
• Layer a vest over a crisp blouse (don't be afraid to shop in the mens' section)
• Accessorize the suit with a colorful pocket square
• Peek a frilly tuxedo shirt out of a tailored blazer
• Adorn a classic button down blouse with a tie necklace

Photo by Felipe Santander (@integrityline on Instagram)
The Power Suit

International Women’s Day
March 8th

Ralph Lauren blue pinstripe wool blazer: $598; Ralph Lauren pinstripe wool skinny pants: $268

Topshop; $153

Tahari at Macy’s; $300

Express; $128

Lisueyne on Amazon: $80

Ralph Lauren blue pinstripe wool blazer: $598; Ralph Lauren pinstripe wool skinny pants: $268

Tuxedo Shirt
HawesandCurtis.com; $89

Pocket square
Thetiebar.com; $10

Tie necklace
OgsploshAccessories on Etsy; $34.99

Vest
H&M; $59.99
Name and occupation.
Diana Villarreal,
Founder at Project Hope International

What is your biggest beauty splurge that you deem necessary?
Without a doubt, getting highlights and cut at Salon Tony with the beautiful Diana. (yes we share the same name)

What is the beauty product will you not leave the house without?
My moisturizer! I wash my hands all day long, and I like my skin to feel soft. Occasionally, I will apply some on my face when it’s been a long day too.

What is your workout pick?
I have a holistic approach to stay for. I use the ab roller four times a week, intermediate yoga once a week, and long walks or hikes when I can.

What did you formerly do that you realized wasn’t worth the money?
That’s a tough one because I choose to work for nonprofits and they typically are on a really tight budget.

What is your view on diet?
Balanced diet for the most past. I treat myself to a slice of pizza or a hamburger once in a blue moon.

What’s your spa fix?
I love the Four Seasons in Georgetown, deep tissue massage.

Dianna Villarreal

SALON O TONY

Hair by Diana at Salon O Tony
Sometimes it seems like the world of health and fitness can be incredibly confusing. There are so many mixed messages, workout programs, fad diets, fitness products and people trying to sell to you, that it can be very hard to know what's right.

Believe it or not, being healthy doesn't have to be complicated. In fact, when you look around at people who are energized and living a healthy life, they often exhibit similar simple daily habits—all of which add up to make them successful.

Those habits include …

1. **Finding ways to move the body every single day, at regular intervals throughout the day.**

The healthiest of people don't just hit their daily 10,000 steps—they go over and above that mark every single day. That's because movement is part of their lives.

They go the extra mile to get in extra steps, no matter where they are. For instance, healthy people park in the back of the parking lot far away from the entrance, so they have to walk to the front door. They always take the stairs instead of the elevator. And they even plan active social get-togethers with their friends in order to catch up and move at the same time.

When you start to understand that the body loves natural movement, you crave it. And the fittest people are never standing (and definitely not sitting) still for too long.

2. **Eating mostly healthy foods that they love the taste of and leaving room for indulgences.**

If you don't like the taste of your food, you will never be satisfied. And healthy people know that, so they take time to learn how to cook delicious and healthy food or pay for a chef-based service to cook it for them. They want to enjoy every single bite, while getting in all the right macronutrients and micronutrients too.

The healthiest of people are not just eating plain chicken breasts with brown rice, they are creating soups, salads and bowls of roasted veggies, lean proteins, lots of healthy fat, nuts, seeds and seasonings, all of which fill them up and nourish their bodies. They like variety. They like veggies. They like fresh produce. And they look to whole unprocessed foods most of the time. They also hydrate, eat at regular intervals throughout the day, and they leave room for treats and sweets too, because they know that life is too short to avoid birthday cake, red wine and pizza.

3. **Doing workouts that they find fun and always trying new things.**

The healthiest of people are not hitting the gym every single day only to run for exactly 45 minutes at the same pace on the same treadmill as their workout and then packing up and heading home. Far from it. Healthy people work very hard to try new exercise moves, new programs, new classes, new sports and new activities so that they always have a rotation of a few things they can do that they absolutely love.

This doesn't mean that the healthiest of people don't have a regular workout routine and follow a program to meet certain goals or objectives, but it does mean that they have variety in some of their workouts, and many of those workouts bring them joy. That's why at Fitness Together, we support being your healthiest and fittest by offering a varied fitness routine with cardio, strength and flexibility, using new equipment and incorporating new challenges all the time for our clients — so the mind doesn't get bored, nor does the body. We know this helps to keep our healthy clients coming back for more.

Because fit people don't work out to punish their bodies, they find workouts that let them celebrate what their bodies can do, and they also seek just the right amount of challenge too. And they also know when to ask for help, especially from a qualified trainer, like we have at Fitness Together. If you want help putting together a workout program you can love, contact Fitness Together Tysons today!

Fitness is a lifestyle, and healthy people learn to incorporate these simple habits into their day, so they become second nature. And you can do it too! ✨

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According to recent research published in 2017 by the American Academy of Otolaryngology—Head and Neck Surgery Foundation, adults with OSA (obstructive sleep apnea) who have high arched palates, and little or no tolerance for CPAP treatment, have a very promising new treatment option: distraction osteogenesis maxillary expansion, or DOME.

Similar procedures have been very successful in treating pediatric patients with OSA and high arched palates both here in the US and abroad, but until recently had not been attempted in adult patients.

A joint study conducted at Stanford University (by the Division of Sleep Surgery, Department of Otolaryngology—Head & Neck Surgery, Stanford University School of Medicine; the Stanford University Sleep Medicine Division; the Department of Otolaryngology—Head & Neck Surgery, Carhag General Hospital, Taipei, Taiwan; the School of Medicine, Fu Jen Catholic University, Taipei, Taiwan and the Section of Pediatric Dentistry, Division of Growth and Development, UCLA School of Dentistry) selected 20 adult patients averaging 31.7 years old who had obstructive sleep apnea and high arched palates.

The patients were selected largely on their low or no tolerance for continuous positive airway pressure (CPAP) treatment or traditional oral appliance treatment, and their nasal floor width measurements that will be discussed more in-depth shortly.

The DOME treatment is a 4-part procedure:

1. The first step is usually done by your orthodontist in their office under local anesthesia. In this part, a custom-made maxillary expander and four to six mini-implants are installed in the roof of your mouth.
2. The second step is done by an oral surgeon, usually at an outpatient clinic under general anesthesia. In this part of the procedure, the surgeon deepens and widens the natural ‘suture’ of bone in the palate, causing a tiny gap between the two sides of the upper jaw.
3. The third step is the actual expansion phase, which takes about a month and is performed by you (the patient) at home. The patient simply turns the expander daily (usually just one ‘click’). The goal is to achieve a total expansion of 8-10mm in a month.
4. Step four is moving your teeth back into normal alignment and spacing, which is, of course, done by your orthodontist in their office using the oral appliance treatment deemed most suitable for you.

DOME TREATMENT SIDE EFFECTS?

It is normal and expected for you to experience tingling or prickling sensations in the roof of your mouth during the early weeks of treatment. It is caused by the stretching of the nerves in the roof of your mouth and does go away as new tissue grows and eases the tension on the cells.

Three people in the study experienced a small amount of bleeding inside their palates that slightly darkened their front teeth temporarily as they healed from the surgical portion of the procedure.

Overall, no cases of nasal infection, fistulas or malunion (of the bone ‘suture’) occurred in these 20 study patients. No one lost any of their teeth. (As horrific as that sounds, it has happened in some studies.)

HOW DOES DOME DIFFER FROM TRADITIONAL MAXILLARY EXPANDERS?

Due to their active growing, children with OSA usually respond to traditional maxillary expanders quite well. However, for most adults, this treatment only pushes their molars outward, and doesn’t actually widen their palate/nasal floor, as seen below.

WHAT IMPROVEMENTS CAN YOU EXPECT TO SEE WITH DOME?

The set of indices used in the Stanford study to compare before and after DOME treatment used the demographic, subjective and objective parameters of Body Mass Index, Epworth Sleepiness Scale, Nose Obstruction Symptom Evaluation, Apnea-Hypopnea Index, Oxygen Desaturation Index, Effective Resistance Inspiration of each lung, and Nasal Floor Width both at the front of the mouth and at the back.
Easier breathing (NOSE, AHI, Reff Insp), improved oxygen saturation (ODI) and improved sleep quality (ESS, AHI)—and, no doubt, an improved smile, too!—plus super low risks and side effects—makes DOME a very attractive treatment option for adults with OSA and high arched palates.

To find out if you or someone you know might benefit from distraction osteogenesis maxillary expansion treatment, contact us here at Sunrise Orthodontics, or share this article with your orthodontist.

SOURCES:
Distraction Osteogenesis Maxillary Expansion (DOME) for Adult Obstructive Sleep Apnea Patients with High Arched Palate by Stanley Yung-Chuan Liu, MD, DDS; Christian Guilleminault, MD, DBiol; Leh-Kiong Huon, MD; and Audrey Yoon, DDS.
https://www.researchgate.net/publication/318214932_Distraction_Osteogenesis_Maxillary_Expansion_DOME_for_Adult_Obstructive_Sleep_Apnea_Patients_with_High_Arched_Palate

*Figures 1 and 2 sourced from the study PDF cited above, courtesy and property of Stanford University.
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Whether you are looking for a dentist specializing in smile makeovers, dental implants, or oral & maxillofacial surgery, 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.
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H.R. Makarita, DDS, practices at the Dental Center of Tysons Corner, where his extensive experience and dedication to ongoing education ensure his patients receive exceptional dental care. While Dr. Makarita provides comprehensive dental care, he specializes in aesthetic reconstructive dentistry, offering people in and around McLean, Virginia, the most advanced procedures to improve their health and the appearance of their teeth. Dr. Makarita graduated from the Medical College of Virginia School of Dentistry, then went on to receive numerous awards and gain recognition by his peers. He achieved mastership status at the Academy of General Dentistry, which involved more than 1,100 hours of continuing education; 400 of those hours involved participation courses and case presentations.

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Dr. Ziad Ali, DMD, MD

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Dr. Ali grew up in Montreal, Canada, where he received both his Bachelor’s and Master’s degrees from McGill University. He then moved to Philadelphia, PA, where he completed his dental degree at the University of Pennsylvania. Realizing his strong interest in the field of Oral and Maxillofacial Surgery, he moved to Houston, TX, where he received his medical degree and certificate in Oral and Maxillofacial Surgery from the University of Texas, Houston. Currently, Dr. Ali is Clinical Director at Elevation Implant Services and Integrative Oral and Facial Surgery in McLean, VA. He also operates and teaches at the Department of Oral and Maxillofacial Surgery/Washington Hospital Center in Washington, D.C.

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Dr. Izzat Sbeih

NOVEL SMILES

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

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Dr. Lan Tran

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

At Novel Smiles, Dr. Tran and his team will put your needs first to achieve efficient and comprehensive treatment in a supportive, fun environment. Years of continuing education beyond residency has allowed Dr. Tran to integrate current research and technology to give you the best treatment possible. Knowing orthodontic treatment is an investment, the office provides comfortable financing options to ensure you get the smile you deserve!

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Dr. Geith Kallas has been a pioneer in modern dentistry for over 25 years and continues to pursue advanced training and continuing education at the Las Vegas Institute for Advanced Dental Studies [LVI], one of the world’s most renowned facilities for aesthetic dentistry. Dr. Kallas commands a multi-speciality dental center with three locations across N. Virginia and specializes in Smile Makeovers. His passion is giving patients a beautiful, healthy smile they are proud to share. Dr. Kallas believes in offering his patients the most advanced technology— investing in CBCT imaging [iCAT], digital impressions with iTero and the LightWalker hard-tissue laser. Dr. Kallas is distinguished in the US and internationally for excellence in dentistry and for his contributions to his community.

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Dr. Dina Edelbi, DDS

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Dr. Dina Edelbi is a native of Northern Virginia. She attended George Mason University for her undergraduate studies and was awarded her Doctor of Dental Medicine degree from Nova Southeastern University in Ft. Lauderdale, Florida. She is committed to providing convenient, concierge patient care and the finest dental services. Dr. Edelbi is excited to build relationships with patients based on personalized care, trust, and respect. She is a participant in the “Give Kids a Smile” program to which she donates her time to help underprivileged children receive care. In her spare time, she enjoys traveling, cooking, and visiting family.

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I am an exceptionally qualified practitioner of general dentistry with elite training from the Las Vegas Institute for Advanced Dental Studies (LVI) in the fields of cosmetic dentistry and neuromuscular dentistry. Along with my advanced training, I bring to my practice a passion for helping patients improve their quality of life with a stunning smile and lasting oral health. Our office is committed to using the most advanced dental technology and treatments in order to provide you with the exceptional levels of care you deserve.

I am a firm believer in the adage, “Every smile has a story,” and I strive to change the lives of my patients by delivering a beautiful smile that restores confidence and maintains optimal levels of oral health for years to come.

As a cosmetic dentist, I provide a wide range of family and cosmetic dentistry services to patients throughout Burke, Fairfax, Fairfax Station and the surrounding Northern Virginia communities. As a native Virginian, I am both proud and honored to be able to serve the community in which I have spent almost my entire life.

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When choosing a school for your child, many factors have to be considered. For example, the teaching style, the location, and the curriculum are important criteria to take into account.

Another crucial factor is class size. Many studies have shown that the lower the student-teacher ratio, the higher the student achievement. The article, "How important is class size?" published on www.GreatSchools.org, showed that there are many advantages to lowering class size to fewer than 20 students. This is especially true in the early grades and with children who come from disadvantaged or non-native English-speaking households. "Students are less likely to be retained, more likely to stay in school and more likely to earn better grades."

What are the Advantages of Small Class Sizes?, on www.methodschools.org, explains why small classrooms may have huge advantages over larger ones. For one thing, they are quieter. There are not as many students moving around, getting up to sharpen their pencils, going out to use the restrooms, or shuffling papers. For another, it’s easier for teachers to give more one-on-one attention to students, especially those who need more help as well as those who learn faster and need additional work to keep them from getting bored and restless.

Students in smaller classes also get to know one another better and are more likely to develop closer friendships with their peers. They may, therefore, be more inclined to reach out to them when they have questions or need help on a project or skill.

Discipline is also easier and disruptions more manageable with fewer kids, so instead of time being spent on behavioral issues, the focus can be on the actual teaching. In addition, smaller classes cut down on administrative duties. For example, taking attendance, passing out papers and grading assignments take less time, which allows the teacher to spend more energy on his or her students.

Don Ernst, director of government relations with the Association for Supervision and Curriculum Development (ASCD), said in the article Are Smaller Classes the Answer? on www.educationworld.com, that "smaller class size enhances learning for a basic commonsense reason — it helps teachers in getting to know the kids. You can get to know 19 kids better than you can get to know 30 kids." Teachers can then figure out what their strengths and weaknesses are and tailor their instruction to meet those needs.

Most states, such as Virginia, have standards of quality in place regarding class size in public schools. To give an example, for grades one, two, and three there should be a ratio of 24 students to one teacher with no class being larger than 30 students.

However, many private schools tend to keep class sizes even smaller. A study by The National Council of Teachers of English (NCTE) showed that “two of the top five reasons parents gave for choosing a private school are ‘smaller class sizes’ (46.9%) and ‘more individual attention for my child’ (39.3%). The other three reasons were better student discipline, better learning environment, and improved student safety, all of which are influenced by class size.”

Academic gains are not the only benefit of lowering class size. A recent study published in the American Journal of Public Health revealed that reducing class sizes in elementary schools may be more cost-effective than most public health and medical interventions. This is because “students in smaller classes are more likely to graduate from high school, and high school graduates earn more and also enjoy significantly better health than high school dropouts.”

The NCTE also stated in the article Why Class Size Matters Today, that “researchers have found that reducing class size can influence socioeconomic factors including earning potential, improved citizenship, and decreased crime and welfare dependence. The beneficial effects of being assigned to a small class also include an increased probability of attending college.”

Of course, there are many factors that determine a child’s educational success, such as the leadership of a school, the quality of the teachers and curriculum, the home environment, and academic aptitude. But research has shown time and again that keeping the class size on the smaller side is one way to make sure children get the attention and focus of the teacher that they need to succeed, in school and in life.
There’s a new technology that’s (literally) putting a smile on plenty of young faces: a system of clear, removable aligners made especially for teens! If you (or a teenager you know) are a candidate for this treatment, you might find it’s the best fit for your lifestyle—it lets you eat what you want, makes it easier to clean your teeth ... And best of all, it’s virtually invisible.

Is a clear aligner right for you? It all depends on what kind of orthodontic treatment you need. Traditional metal braces still work best in some situations — and you might be surprised to find that they’re still a popular option for many teenagers. But now that aligners are being designed specifically for teens, more are choosing them every day.

What is a clear aligner? Basically, it’s a thin plastic covering or “tray” that fits over your top and/or bottom teeth. You’ll wear a series of aligners that will gradually move your teeth into better positions.

Here’s how they work: each aligner is custom-made with the help of a computer program that takes into account exactly where your teeth are now; and how they need to be moved. You’ll wear each tray for two weeks or so, to shift your teeth slightly, and then you’ll go on to the next, which is slightly different. Over time, all of the small movements will add up to a big change!

A Clear Distinction

Your aligner is designed to be worn 22 hours a day, and allow you to take it off for meals or important social occasions. Yet even when you’re wearing it, it’s pretty hard for anyone else to tell it’s there — a big difference from metal braces! Plus, it offers other advantages that aren’t so easy to see.

One benefit of aligners over traditional braces is that they make your teeth easier to clean. Because they’re removable, there’s nothing to keep you from brushing and flossing everywhere in your mouth, just as you would without appliances. But brushing and flossing can be much harder to do around the brackets and wires of braces — and oral hygiene often suffers.

Some people also suffer irritation to the cheeks and gums from the metal parts of braces. Fortunately, the plastic of an aligner rarely causes that kind of problem. Plus, you won’t have to rush into the dental office to quickly fix a protruding wire or reattach a broken bracket. You won’t have to watch what you eat, either, because you’ll simply remove the aligner at mealtimes.

Clear Aligners

Luckily, technology has come to the rescue. The first problem is addressed by “compliance indicators” located on the aligners themselves. These colored dots fade over time as the aligners are worn in the mouth, and show whether or not you’ve followed the plan. To solve the second problem, aligners made especially for teens come with “eruption tabs” built in; they are designed to hold space for teeth that have not yet fully erupted. My practice at Garai Orthodontic Specialists (BracesVIP) provides clear aligners with two offices in Great Falls and Vienna, VA.

Not Sure? At Braces VIP:

- We promise to treat your teen with braces at no additional charge if they are non-compliant with clear aligners.
- iBracesVIP Centers (in Vienna and Great Falls)—offer clear aligners invisible lingual braces.
- Latest technology is available.
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- A board-certified orthodontic specialist diagnoses and creates an individual treatment plan for every clear aligners case.
- Complementary consultation available.

Today, more people than ever—both adults and teens—are finding that clear aligners suit their needs best. Are you one of them? Why not come in to our office and ask whether clear aligners could work for you.

BY DR. ALLEN GARAI

Smile Faster With Clear Aligners

Northern Virginia’s #1 Provider of Clear Aligners answers your questions on AcceleDent: Your ticket to a faster smile

An Aligner Just for You... Teens(Under 20)

Clear aligners for adults have been available for over a decade, but until recently they weren’t recommended for teens in most cases. Why not? Chiefly, for two reasons: It was thought that teens wouldn’t always wear them for the recommended 22 hours per day; also, since many teens have some permanent teeth still erupting (emerging from below the gums), the precisely planned movement of the teeth might be disturbed.
Here’s What’s Happening at MCC

The McLean Traveler
2019 Philadelphia Flower Show
Thurs., March 7, 6:45 a.m.-8 p.m.
$138/$133 MCC district residents

An Alden Production
“Winnie the Pooh”
Saturdays & Sundays,
March 9, 10, 16 & 17, 2 p.m.
$15/$10 MCC district residents

The Old Firehouse
5th & 6th Grader Party
The Glow Party
Friday, March 15, 7-9 p.m.
$35/$25 MCC district residents

Presented by The Alden
TedxTysons Open Mic
Wednesday, March 20, 7 p.m.
$16/$12 MCC district residents

Father-Daughter
Enchanted Evening Dance
Friday, March 22, 7-8:30 p.m.
$25 per person

Presented by The Alden
“What Joshua Show”
Saturday, March 23, 1 p.m.
$15/$10 MCC district residents

The Old Firehouse
Spring Break Trips
April 15-19
Prices vary, check website for details

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Summer camps, recreational activities, special events... For most parents seeking fun programs for their children, opportunities abound in Northern Virginia. Hundreds of camps, enrichment programs, indoor playgrounds, sports teams, leadership organizations, and more are available to them. Some other parents are not so lucky, especially when it comes to summer camps. For these families, finding a program that properly serves their children is a rarity.

Such was the case for Jen Reese of Sterling when she sought a summer camp for her young daughter—until she discovered Loudoun County's adaptive camps. "There are no other camps around that will accept my daughter due to a complex medical diagnosis," Reese says. But thanks to the county's Adaptive Recreation camps, her daughter Cailyn, now age 10, has enjoyed fun summer days as much as other children do, participating in drama, water play, games, and more. "Adaptive Rec Camp has always been accessible to her and other kids in the area," Reese says. Her daughter, who has attended these camps for six years, "gets to participate in 'regular' camp activities: field trips, pool days, and even a talent show. Her summers would be very boring if we didn't send her to camp. Her dad and I both work full time and she'd be sitting at home with a nurse all day."

Providing everyday fun experiences for kids—without overwhelming them—can be an issue for other parents such as Anjali Gulati. "When my son (now 14) was younger, we never had a place to take him that wasn't overstimulating or athletic-based. So, it soon became my mission to open a place for ALL kids of ALL abilities," she said.

Anjali is the owner of We Rock the Spectrum, a sensory-friendly gym in Loudoun County that provides a place for all children of all abilities to play and grow together. "As the only sensory kids gym that offers an all-inclusive philosophy, we have found that children can benefit greatly from this inviting multi-sensory environment offering a zip line, a variety of swings, wall and rope climbing, a pretend-play area, and opportunities for fine motor play, crafts, and much more," Gulati says.

"We opened We Rock the Spectrum because we knew the need for a safe and inclusive place for all kids to have fun," she says. And indeed, the facility serves all children with physical limitations, those who are emotionally or developmentally challenged, and fully abled kids.

"We Rock the Spectrum" is the local franchise of a national company serving kids of all abilities, with a focus on those on the autism spectrum. This summer, the children's gym in Sterling will offer camps on certain weeks with different themes. Camps are open to all kids, and parents or aides are welcome to attend the camp for free along with their child. Children must be at least five years old and potty-trained (or have an aide attend with them). Camps are usually half days from 9 am-noon and consist of games, arts and crafts, sensory play, snack time, and open play in the gym with zip lines, trampolines, tunnels, and more. Sterling, VA 571-313-0335
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FAMILY

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Fairfax County Therapeutic Recreation Services
www.fairfaxcounty.gov/neighborhood-community-services/therapeutic-recreation

Fairfax County’s Therapeutic Recreation Services (TRS) provides opportunities for children and adults with disabilities to develop the skills that enable them to participate in recreation and leisure programs. TRS offers summer camps for kids ages 5-12 and for young adults ages 13-22. For kids ages 5-12 (five-year-olds must have completed kindergarten), camps are full of special events, art activities, sensory play, games, sports, field trips, and music activities geared to their abilities. All camp sites are open to participants who are on the autism spectrum, who have attention deficit disorders, or who have developmental, intellectual, emotional, physical, or learning disabilities. Multiple locations in Fairfax County 703-324-5532 NCS-TRACERS@fairfaxcounty.gov

Loudoun County Adaptive Recreation
www.loudoun.gov/adaptiverec

Each summer Loudoun County offers a six-week adaptive camp. Camps are full-time and offered on a first-come, first-served basis, and the price is the same for county and non-county residents. Camps provide all individuals the opportunity to participate in recreational programs to enhance their quality of life while fostering a community of respect, acceptance, and inclusion. Summer day camps have weekly themes and activities including games, sports, crafts, swimming, field trips, and special events. Campers enjoy activities that foster independence, self-awareness, community leisure education, and positive interpersonal relationships. The camps are open to children and young adults ages 5-21 of various disabilities or diagnoses, including attention deficit disorders, autism disorders, and intellectual disabilities across all levels, from mild to severe or medically fragile. Multiple locations in Loudoun County adaptiverecreationcamp@loudoun.gov

Camp Aristotle at The Auburn School
www.theauburnschool.org

The Auburn School’s Camp Aristotle serves children with autism spectrum disorders, attention deficit disorders, and receptive, expressive, or pragmatic language challenges. Not all campers have a formal diagnosis, however, and the camp welcomes students who simply may have trouble with peer relationships and/or impulse control. Camp staff understand that regular camps often won’t work for these children, since those programs often lack sensory breaks or the right tools. Camp Aristotle instead tries to provide a stress-free, fun environment where participants still can be highly engaged, rotating through activities designed to improve social skills and foster discovery. The fun includes creative arts, drama, cooking, music, movement and dance, team-building games, science experiments, construction and design, water play, and computer activities. Camp Aristotle accepts rising kindergarten through rising ninth-grade campers for both half-day and full-day options. Chantilly, VA 703-793-9353

Camp Splish-SPLOSH
buildingblockstherapy.com/splishsplosh-summer-camp

Camp Splish-SPLOSH is a speech, language, and occupational therapy camp for kids ages 4-10. The therapeutic summer camp run by speech language pathologists and occupational therapists is a joint project of Building Blocks Therapy and Fairfax FUNdamentals. While serving mostly as a therapeutic camp, fun plays a big role, with participants spending half the day outdoors enjoying varied activities. There are daily themes, with scheduled activities and ample time for free play and socialization. Children participate in sensory play, crafts, or games targeting fine motor, language, or gross motor skills. Falls Church, VA 703-533-8819

A Place to Be
www.aplacetobeva.org

A Place to Be helps people face, navigate, and overcome life’s challenges using the clinically-based practices of music therapy and expressive arts therapy. The organization serves people of all ages with any challenges related to physical, medical, behavioral, learning, intellectual, developmental, social, and life issues. Through summer camps, participants may create music, produce a full-scale musical or dance routine, work on improvisational skills, or explore nature to nurture creativity. Middleburg, VA 540-687-6740

PLAYGROUNDS

The quintessential gathering spot for children, the playground is one place that should be available to all kids. Even in our gadget-obsessed age, playgrounds remain popular places where children can explore, have fun, and enjoy life’s simple pleasures. Unfortunately, many parks are not equipped to serve children with disabilities. But luckily for Northern Virginia families, there are some parks whose playgrounds cater to children of all abilities.

Clemyjontri Park
www.fairfaxcounty.gov/parks/clemyjontri

This beautiful, brightly colored, and cheerfully designed Fairfax County Park Authority (FCPA) property may be the best-known of the local fully accessible parks. A unique playground where children of all abilities can play side by side, the park was founded as a place “where children who use wheelchairs, walkers or braces, or who have sensory or developmental disabilities, can have a parallel playground experience of fun and exploration.” The park also has Virginia’s first Liberty Swing, which lets wheelchair users the experience of swinging without having to transfer from their wheelchairs. Other features include a carousel, trackless train, and picnic pavilion. McLean, VA 703-388-2807

Chessie’s Big Backyard, Lee District Park
www.fairfaxcounty.gov/parks/recenter/lee-districts/family-recreation-area

Chessie’s Big Backyard at Lee District Park (another FCPA property) also serves children of all abilities. This playground with a Chesapeake Bay theme for kids 5-12 incorporates slides, swings, and other equipment designed for use by all children, including those with special needs. It has padded rubber floors and many features to crawl through or climb over, and ramps wide enough for wheelchair access. Children can enjoy slides, swings, and other specially designed equipment. The park also has the “Our Special Harbor,” a fully accessible sprayground. Franconia, VA 703-922-9841

Adjacent to the Warrenton Aquatic and Recreation Facility, the Claude Moore Fun for
All Playground was designed for all children, with a focus on accessibility for kids with disabilities. The park serves to help children with their physical, social, and psychological development and provides a place where kids of differing abilities and their families can have fun together. The park has a soft rubber surface, ramps and low platforms, and special equipment including a harness swing. Sensory components include Braille panels and interesting textures. Warrenton, VA  540-347-1101

**Hadley's Main Street USA Playground**

[shopdulles-towncenter.com](http://shopdulles-towncenter.com)

Located right across from the Dulles Town Center, this playground has a shopping theme of “Main Street USA,” with structures such as a local bank, car wash, fire station, and post office. The modern, brightly colored park provides accessibility so everyone, with or without disabilities, can play together. The park has rubberized, wheelchair-friendly surfaces, Braille signs, and accessible play equipment. Dulles, Virginia

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**INDOOR RECREATION**

No matter the season or the weather, kids of all abilities still can get exercise and play time at an indoor recreation facility. Whether it’s for a weekly class or just a drop-in session, visiting one of these children's gyms gives kids a chance to work on their motor skills, learn and play games, socialize with others, and challenge themselves to try new skills.

**We Rock the Spectrum**

[www.werockthespectrumloudoun.com](http://www.werockthespectrumloudoun.com)

Open year-round for indoor fun, We Rock the Spectrum is an indoor gym open to kids of all abilities, with special attention on those on the autism spectrum. The facility is designed as a place for children of all ability levels to play and grow together for a truly inclusive experience. Its specially designed sensory equipment helps children with sensory processing disorders but enables children of all ability levels to play together. Kids get exercise, have fun, and play games on equipment that includes climbing structures, a crash pit, a bolster swing, tunnels, slides, a trampoline, and a zip line. Classes include programs on social skills, yoga, and creative dance. We Rock the Spectrum also hosts birthday parties and special events. Sterling, VA  571-313-0335
Wings to Fly Therapy and Play Center
www.wingstoflytherapy.com

Wings to Fly is an integrated therapy and recreational center that "empowers families to become their own experts of their children's potential." Along with therapy programs (occupational, speech and language, music, and art) and other services, it offers clients, their siblings, and the public a chance to enjoy the occupational therapy equipment and other spaces for a fun and sensory exploration during open play times. Chantilly, VA 703-466-5533

Monkey Joe’s Dulles Exceptional Kids Night
www.monkeyjoes.com/locations/dulles

This huge inflatable play and party center features wall-to-wall slides, jumps, and obstacle courses, plus a separate toddler play area, arcade, café, and lounge with free Wi-Fi. It’s open daily for walk-in play, and on the fourth Wednesday of each month it hosts Exceptional Kids Night for families. On these nights, 5-7 pm, all kids with special needs are invited to enjoy the bounce structures for free, and admission for siblings is just $5 each. Sterling, VA 703-966-8300

My Gym Chantilly
www.mygym.com/chantilly

My Gym, a renowned chain of children’s fitness centers with more than 600 locations worldwide, teaches children in a fun and physically engaging environment. At these cheerful and safe gyms, young children learn about fitness, group play, and self-confidence. To give this opportunity to all children, My Gym Chantilly hosts a once-weekly class for kids ages 2-8 with special needs. The program concentrates on gross motor skills and socialization with students progressing at their own pace. Parents or an aide are required to be present at these sessions. Chantilly, VA 703-378-3100

**SPECIAL PROGRAMS AND EVENTS**

Children and young adults who need or want just an occasional day out have options in Fairfax and Loudoun. Both counties offer therapeutic programs to people with special needs throughout the year for socializing and learning new skills.

**Fairfax County Therapeutic Recreation Services**
www.fairfaxcounty.gov/neighborhood-community-services/therapeutic-recreation

Fairfax County’s Therapeutic Recreation Services gives children and adults with disabilities the chance to enjoy recreation and leisure programs of their choice. Its multiple yearlong programs (in addition to summer camps; see section above) cater to various interests. There are water safety sessions, wheelchair sports, and multi-purpose programs for exploring art, sport, sensory, dance, and music opportunities, all adapted to meet their individual needs in a structured environment. For preschoolers there is also the Saturday Morning Integrated Leisure Experience, offering arts and crafts, sports, games, and more for children with and without disabilities. Multiple locations in Fairfax County 703-324-5532 NCS-TRACERS@fairfaxcounty.gov

**F.A.N.astic Times**
www.fairfaxcounty.gov/neighborhood-community-services/therapeutic-recreation/fantastic-times

Caring for a special-needs child can take its toll, often resulting in physical and mental fatigue for caregivers. Respite programs give parents and other caregivers much-needed recuperative rest or extra time, while their kids have fun and are cared for by compassionate professionals.

**Jill’s House**
www.jillshouse.org

Jill’s House provides care and support to children with special needs and their families through overnight respite care and therapy programs all throughout the year. The Christ-centered non-profit organization, established in 2003 in Vienna, serves children ages 7-18 with special challenges, be they physical/medical or emotional/intellectual. Lon and Brenda Solomon created the 42,000 square-foot respite lodge in Vienna in honor of their daughter Jill and in gratitude for their own experiences with respite for her care. Jill’s House now gives children an unforgettable overnight experience under the loving and skilled supervision of highly trained staff and nurses. Parents can sign up for school-night or weekend programs. For the overnight program, Jill’s House picks up kids from a

**Fairfax County TRS also offers Family Autism Night (F.A.N.), a free drop-in program for individuals on the autism spectrum ages 2 to 22 years old and their families to have fun playing, socializing, and interacting with other families. F.A.N. events throughout the year enable participants to play, socialize, and interact with other families. Each evening includes a spotlight activity such as arts and crafts or swimming. Multiple locations in Fairfax County 703-324-5532**
participating school, provides them with dinner and fun activities, and returns them to school the next morning to give caregivers a full night off. With the weekend program, caregivers drop off kids at Jill’s House on Friday and pick them up on Sunday. While at Jill’s House, children can enjoy crafts, music, activity rooms, a swimming pool, pet therapy, a library, and outdoor fun including rowing, a zipline, and campfires. Vienna, VA  info@jillshouse.org

Fairfax County Therapeutic Recreation Services
www.fairfaxcounty.gov/ncs/tracers/UP/ProgramListing.aspx

On select dates throughout the year, the Fairfax County TRS offers a Caregiver Night Out. The program enables participants ages 6-22 to enjoy leisure activities so parents or caregivers can have an evening out. Activities include art, cooking, or fitness in a fun and structured environment, or may involve a fun outing such as a visit to a nature center. Fairfax, VA  703-324-5532

Other respite programs
thearcofnova.org

The Arc of Northern Virginia is a local chapter of the largest non-profit organization supporting people with intellectual and developmental disabilities and their families. As part of its work to connect families with useful resources, The Arc of maintains a list of other nearby facilities where parents can experience respite retreats. Falls Church, VA 703-208-1119

SUPPORT ORGANIZATIONS

Many non-profit organizations exist to support families with children with disabilities, most of which are well-known. One local one that is new, however, is Fairfax County Special Education PTA, or SEPTA (see https://fairfaxcountysepta.org). Officially launched in April 2017 by parents of special needs students, SEPTA provides education, advocacy, and support groups for both students and parents. No diagnosis is required to participate in the groups, which include peer support sessions and opportunities for educational sessions and social outings.

Patricia Lee Hall is a freelance writer and communications consultant who began her journalism career at The Miami Herald. She is the founder of FairfaxFamilyFun.com and lives in Fairfax County. She can be reached at editorialpro@gmail.com.

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TYSONS MAGAZINE
MARCH // APRIL 2019
The Sylvestery Makes Each Interaction More Personal and Meaningful

In our maintenance-free environment, your loved ones enjoy life at their own pace through engaging activities promoting physical and spiritual well-being based on individual abilities and group interests.

Our award-winning layout provides the safety, comfort, and freedom which allows residents to move freely through continuous walkways and numerous courtyards to enjoy safe outdoor experiences.

With a highly-trained, personable staff and a calendar of events, you can be sure our residents get the most out of life. Residents of the Renaissance Program can enjoy home-cooked lunches and dinners in our Compass Rose Café.

Our robust life enrichment calendar includes visits from professional entertainers, parties and cookouts, and off-campus outings to restaurants and local attractions.

We designed the Renaissance Program at The Sylvestery specifically for those in the early phases of memory impairment.

The Sylvestery Memory Support
Vinson Hall Retirement Community
1728 Kirby Road, McLean, VA 22101
WWW.VINSONHALL.ORG

The Sylvestery Memory Support is open to the community and does not require any military affiliation.
In our maintenance-free environment, your loved ones enjoy life at their own pace through engaging activities promoting physical and spiritual well-being based on individual abilities and group interests. Our award-winning layout provides the safety, comfort, and freedom which allows residents to move freely through continuous walkways and numerous courtyards to enjoy safe outdoor experiences. With a highly-trained, personable staff and a calendar of events, you can be sure our residents get the most out of life. Residents of the Renaissance Program can enjoy home-cooked lunches and dinners in our Compass Rose Café.

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The Sylvestery
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We designed the Renaissance Program at The Sylvestery specifically for those in the early phases of memory impairment. Contact us for a tour today!

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Bards Alley Aims to Ignite the Love of Reading for Everyone

If, in a world of tweets and algorithms, you wish you could wander aimlessly through the aisles of a local brick-and-mortar bookstore, you’re in luck.

Bards Alley, a cozy independent bookstore and café on historic Church Street in Vienna, boasts not only a hand-curated inventory of over 5,000 fiction, nonfiction, and children’s titles, but also a unique collection of cards and gifts. Their robust menu includes locally sourced foods, beers, and wines by the glass and bottle, which can be enjoyed at the bar, outside on the patio, or taken home.

The store’s tranquil and inviting ambiance appeals to readers of all ages. Jen Morrow, a Vienna resident who founded Bards Alley in July 2017, aims to create an experience personalized to every customer’s needs.

“Reading a print book is a powerful and world-building activity that technology just can’t beat,” Morrow says. “In that spirit, Bards Alley’s mission is to unite the community around the love of reading. We do this by spotlighting book reviews by young customers and our staff, hosting book clubs and author talks, and putting on events for the whole family.”

What’s more, you can count on Bards Alley to be a “match-maker” of books and wine through their new “Books and Wine Are Kindred Spirits” program—a monthly book-and-wine pairing of the month sold in-store. (The program’s name is a play on their tagline, “books, wine, kindred spirits.”) Books are specially paired with bottles of wine available on their menu.

Learn more about Bards Alley on their website: www.bardsalley.com.
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www.vinsonhall.org

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Believe it or not, there are lots of people who enjoy tasting and drinking wine. And that is evident in the many wine-based Meetups in our area.

For those not familiar with Meetup, you can search online by topic for groups sharing any common interest, like “wine.” Once you’ve identified a group you’d like to join, most require you to fill out a brief online survey and submit a photograph. Your membership is subject to approval by the group organizer.

Once a member, you have access to the membership list and calendar of events. RSVP to events you’d like to attend and then simply show up. You don’t need to know anyone in the group because you’ll quickly make friends because of your common interests. Some groups require attendance and small membership fees to help offset the cost of managing a Meetup group; others host events where tickets are required. But most just ask you to RSVP so they can get a good head count.

The number of members indicates how many people have joined the group, but not how many will show up for each event. You can see how many people are signed up by event on each group’s calendar. Be aware of attendance limits and waiting lists for some events.

Ready to join? Let’s look at some of the ways you can gather with other wine enthusiasts through area Meetup groups and clubs.

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**Herndon/Reston Wine Meetup**


**Northern Virginia Deductive Wine Tasting**

Members enjoy blind tastings and build up the skills to understand how to identify and enjoy wines without knowing what they are until the end. Playful humor and coaching help ensure future success and camaraderie for wine drinkers from novices to pros. 148 members, but limited to 15 per event. [www.meetup.com/Northern-Virginia-Blind-Wine-Tasting](http://www.meetup.com/Northern-Virginia-Blind-Wine-Tasting)
Centreville Area Happy Hour Group

You don’t have to live in Centreville to join this active group that holds weekly Friday night Happy Hours. Visits to wineries, breweries and distilleries are also on the calendar for various Saturdays and Sundays. 147 members. www.meetup.com/CentrevilleAreaHappyHourGroup

Wine Lovers in the DMV

Enjoy the fun of exploring new wines at beautiful wineries throughout the DMV area. This group explores a new (to the group) winery the 2nd Saturday of each month and occasional other wine events. 394 members. www.meetup.com/Wine-Lovers-In-The-DMV

Northern Virginia Wine Lovers

A group to experience wines and wineries in Northern Virginia and the surrounding area at monthly meetups. 50 members. www.meetup.com/Northern-Virginia-Wine-Lovers

Play Games

Strategy Board Games & Wine at Whole Foods Fair Lakes, Fairfax, VA

This group meets in a quiet wine bar located at the very rear of the Whole Foods store and up the back stairs. You’ll find wine vending machines, bottles, and can even bring your own wine to enjoy while playing board games with others. 91 members. www.meetup.com/Board-Games-and-Wine-At-Whole-Foods

ENJOY ACTIVITIES

South Riding Wine with Wonderful Women

This neighborhood group invites women to relax, unwind and meet new friends while sharing good wine, good food and good times. 213 members. www.meetup.com/South-Riding-Wine-with-Wonderful-Women

Loudoun County Women’s Wine and Books Meetup

If you have an interest in wine, especially Loudoun County wineries, and enjoy talking about a good book and hanging out with other women, this group might be for you! A relaxed and fun Meetup. 345 members. www.meetup.com/Loudoun-County-Womens-Wine-and-Books-Meetup

Hindi Karaoke & Wine Meetup

A mix of professionals from all walks of life who enjoy Hindi music mainly from India, Pakistan, Nepal and other nearby countries. Members can participate as singers, instrument players or both, and members host events at locations where music can be played loudly! They are asked to bring a bottle of good wine and a dish to share. 25 members. www.meetup.com/Hindi-Karoke-Wine-Meetup

WASHINGTON, DC WINE MEETUPS

DC Wine Tasting Group

Fellow wine enthusiasts gather to learn about wine through wine events for every kind of taster, from beginners to experienced palates. Wine events include Super Tastings, and meetings with winemakers, wine importers and wine journalists. 8,672 members. www.meetup.com/The-DC-Wine-Tasting-Group

Blind Wine Tasting DC

This group focuses on improving your skills at guessing what a wine is without seeing the bottle. The more you do it, the better you get at identifying the distinctive qualities of various wines. 322 members. www.meetup.com/Blind-Wine-Tasting-DC

Food & Wine

A Meetup looking for foodies who love to go out to enjoy good food and wine at organic, farm-to-table restaurants in the DC area. 323 members. www.meetup.com/meetup-group-KysuTUGc

Classical Music Listening and Wine Appreciation

Meets at members’ homes to listen to a classical work while sampling wines; the work and the wine styles are preselected. Past meetups have featured CPE Bach’s Orchestral and Keyboard Works along with Dry Germ Whites, and Schumann’s Orchestral Works along with South African Reds. 202 members. www.meetup.com/Classical-Music-Listing-and-Wine-Appreciation

DC Wine & Words Book Club

Women ages 21-34 are encouraged to join this group that opens members up to new genres and authors, creates challenging and engaging discussions, and provides opportunities to meet new people. Group guidelines and an attendance policy enforced. 66 members. www.meetup.com/Wine-Words-Book-Club

2019 Virginia Wine Expo®

FEBRUARY 26–MARCH 3, 2019

A six-day destination wine and food event held at Main Street Station in Richmond, Virginia. Presented by Publix, this year’s event features the International Guest Region of Chile and the National Guest Region of Central Coast, Santa Cruz & Southern California, along with wine, spirits, cider and local artisan cuisine.

www.virginiawineexpo.com
When I started my career, I was part of a dual-income household. Three children and one debilitating back injury later, I have become the sole provider for my family. I know I am not alone, 40% of American households have a woman as the primary breadwinner. This shift from the traditional homemaker role has left many women to perform the non-stop juggling act of working, running the household, and managing the family’s finances. With so much to deal with, many women put saving for retirement on the back burner.

Prioritizing self-care is always tricky for women, but planning for the day you can finally stop working should be at the top of every woman’s to-do list. I know how hard it can be to put yourself first, but the list below provides three things every woman should think about when it comes to retirement:

**Competing priorities do complicate retirement planning** – but **does not make it impossible**

If you’re responsible for your household’s income, children’s education, and/or the care of your aging parents, it can be difficult to prioritize saving for your own retirement above the needs of your loved ones. It may even seem selfish to put money away for you own future, but your ability to take care of others is also dependent on your ability to take care of yourself.

Studies show that working women continue to perform the majority of housework and child-care duties. So it’s not surprising that female breadwinners prioritize immediate financial matters (i.e. paying tuition and utility bills), but struggle to find time for longer-range financial planning. That’s where working with a professional can have a big benefit.

A good advisor will help you 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 pursue those goals. Building a plan will help you pinpoint key opportunities and weaknesses in your finances and then take action.

**Trying to “have it all” might leave you with less**

We all want the best of everything for our loved ones and we all want to have a financially secure retirement, but “having it all” might not be possible. It’s important to put spending and savings decisions you make today in context, and understand how those decision may have long-term effects on your future.

One common tradeoff I see women struggle with is prioritizing funding their children’s college over their own retirement saving. I think it is important to remember that your children can get scholarships or loans to help fund their college, but neither of those options is available for your retirement.

**You need to plan for the long long-term**

With advances in overall health and healthcare technology it’s extremely likely that if you retire at age 65, you will live another 20 years or more. Your assets will need to generate enough growth to accumulate a nest egg, outpace inflation, and provide income for the long term. Part of the ability to grow your wealth is assessing the tradeoff between risk and reward.

Many women have a tendency to be risk-adverse when it comes to investing, but you need to understand the hazards of being too conservative. With the recommendations and support of a good Advisor, who can help you assess the risk/reward trade off, you should have the confidence to step a little out of your comfort zone.

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 financial planning 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.

* Pew Research Center analysis of Breadwinner Moms

**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 complementary initial consultation to anyone interested in investment advice and/or creating a financial plan.

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The Fairfax Salvation Army Women’s Auxiliary will hold their 39th Annual Fashion Show/Luncheon Friday, April 13, at the Waterford at Fair Oaks. Fashions will be presented by Lord & Taylor of Fair Oaks. Featured will be children, ladies and men’s fashions.

Modeling for the first time will be Bonnie G. Smith, local author of six novels and a book of short stories. After spending a lifetime reading history, biography and historical fiction, she decided to write her own novels, which include The Tudor Chronicles, and Ms. Smith’s crime novel series, "Only the Heart Knows Why" and "The Secret Lives of Inanimate Objects."

There will also be a silent auction of more than 100 items to bid on to support the fundraiser. Also featured will be a Jewelry Corner, Attic Treasures and a hat contest. Prizes awarded to three of the ladies wearing the most original holiday theme hat. Door prizes will be awarded.

The event will begin at 11:15 with entertainment by Jason Paul Curtis, a local singer and recording artist, who has performed at the White House, Mt. Vernon, the Gaylord (National Harbor), McLean Symphony, Blues Alley, the National Women’s Museum and the National Building Museum.

A luncheon will be served at noon followed by the fashion show at 12:50.

The funds raised will support the programs of the Salvation Army in Fairfax County. The fundraiser helps the auxiliary run its annual back-to-school program of donated school supplies and back packs in August and supports its annual stocking stuffer program for Christmas distribution in December.

Funds raised also support the Salvation Army’s summer program at Camp Happy Land in Richardsville, VA, where children and young adults from the Fairfax area attend a week-long camp. Additionally, the after-school program, the music program and two children’s homes in Mexico are supported.

Tickets for the Fashion Show/Luncheon are $40. Reservation deadline is March 27. Call Jo Porter, Ticket Coordinator, at 703-690-5245 or email jporterva@aol.com or Sarah Capponi at 703-323-7822 or email swcapponi@gmail.com.
GARDENS, HOMES & HISTORY!
86th Historic Garden Week in McLean
Tuesday, April 30, 2019
Hosted by the Garden Club of Fairfax

On Tuesday, April 30, 10 a.m. to 4 p.m., The Garden Club of Fairfax hosts this year’s Historic Garden Week Tour in McLean, Virginia. Explore five picturesque gardens and four exciting private homes spanning four centuries. History buffs and garden enthusiasts will delight in the mix of historic, traditional and contemporary properties, including a home built in 1754 with ties to the Revolution and later used as a hospital during the Civil War, an “Ordinary” built in 1842 with all its Star Spangled glory, a Tuscan inspired villa, and a contemporary Japanese influenced home built on a hillside with amazing terraced gardens and fun child’s playhouse. The magnificent Garden Only property is an oasis that visitors will never want to leave. Enjoy the exquisite floral arrangements designed by club members showcased in each home. What a great way to spend a Spring Day…and get lots of ideas!

As part of the Garden Club of Virginia’s 86th Historic Garden Week, our tour will be one of thirty-one statewide tours held April 27-May 4, 2019, featuring nearly 200 of Virginia’s most picturesque gardens and private homes. Historic Garden Week is the nation’s only statewide home and garden tour and is touted as “America’s Largest Open House”. Proceeds from this celebrated event fund the restoration and preservation of more than 50 of Virginia’s historic public gardens, landscapes and more. Iconic landmarks such as Mount Vernon, the Woodrow Wilson Presidential Library, and Green Spring Gardens, locally, have been restored to their original splendor due to the hard work of thousands of volunteers, the generosity of countless home and garden owners, and the nearly 25,000 visitors from around the world who enjoy the tours each year. For 86 years, Historic Garden Week tours have contributed to both Virginia and regional economies as well.

Tour headquarters are at Trinity United Methodist Church, 1205 Dolley Madison Boulevard, McLean, VA. Complimentary refreshments will be served from 10 a.m. to 3 p.m.

For more information about our McLean Tour, and to buy tickets on-line, go to www.vagardenweek.org. Advance tickets are available on-line or by mail for $40 or $50 the day of the tour. Tickets may be purchased on the day of the tour at Trinity United Methodist Church in McLean using a credit card, cash or check. Tickets at individual houses are cash or check only. Go to www.vagardenweek.org for information on all the exciting Historic Garden Week tours statewide, including other local tours such as the Old Town Alexandria tour April 27.

Google The Garden Club of Fairfax for more information and tickets or e-mail Fairfax@vagardenweek.org.

INCA SOCIAL
NOW OPEN

Inca Social, Latin Kitchen & Craft Beer opened its doors on Friday, February 1st, 2019. At Inca, you can enjoy Latin American cuisine paired with local craft beers from amazing breweries. You will find that their rotating craft beer selection is seasonal and sometimes exclusive. Inca Social has a great menu to choose from to dine in, carryout or “To go” for those that are on the go. The menu is filled with Latin American classics like Ceviche, a South American favorite seafood dish made from fresh raw fish cured in citrus juices and spiced with aji giving it an amazing flavor. Some other classic dishes that you will enjoy at Inca are Empanadas, Lomo Saltado, Arroz con Pollo (Chicken & Rice), Inca wings, chicharron and many more delicious options. If you are on the go, our Inca (Butifarra) sandwich along with the Chicharron sandwich are perfect “to go” options, excellent hand-held choices to eat quickly when going to or from the metro. Uber Eats, Grubhub and the Inca Social App are also great ways to order food to go for those that don’t want to leave their home.

Inca Social offers an energetic atmosphere for happy hour or dinner with the co-workers, family and friends or for a first date to get some spice to your life. Spicing up the nightlife in Dunn Loring, they offer a DJ featuring high energy Latin music every Thursday night starting at 9pm, with live music starting at 8pm on Fridays and a DJ focusing on international music every Saturday starting at 10pm. Beginning the third week of February, Inca will launch its weekend brunch every Saturday and Sunday along with any Monday holiday, inviting diners to relax on the weekend and enjoy refreshing mimosas, bloody marys, and flavored pisco sours. Trivia will be featured starting the beginning of March every Wednesday.

There is ample parking by Inca Social, FREE two hour parking at Harris Teeter Parking lot and surrounding parking lots and FREE parking on the weekends and after 7pm on weekdays at the Metro lots. Street parking is free after 5:30pm and there is FREE parking at the metro parking garage by district taco.

Check them out on Facebook, Instagram at @incasocial and Twitter at @incasocialva.

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BY CLAUDIA LEWIS
St. Augustine: A Getaway in America’s Oldest City

By Renee Sklarew
During winter’s cold, dark nights, my thoughts turn to beaches and palm trees. But when I travel, I like visiting places with culture, history and memorable food too. That’s why I selected St. Augustine, Florida for my winter getaway.

St. Augustine is located on Florida’s northeast coast, under an hour south of Jacksonville. The spirited coastal community is best known as “America’s Oldest Continuously Inhabited City” and this historic town contains an abundance of notable landmarks, like Castillo de San Marcos Fort, a 340-year-old citadel, and Flagler College, formerly the Hotel Ponce de Leon, a breathtaking Spanish Renaissance building constructed in 1888.

Like many Florida towns, St. Augustine is blessed with mild winters, allowing visitors to spend time year-round relishing the town’s sparkly outdoor gardens, strolling St. George Street’s pedestrian promenade, and sipping spirits from the rooftop of the St. Augustine Distillery. In the months of December and January, the city adorns the downtown buildings and streets with more than three million lights for the annual Night of Lights Festival.

St. Augustine also has an extraordinary collection of restaurants known for sourcing ingredients from the Atlantic Ocean, intercostal waterways, local orchards and farms. Chefs like to add their city’s signature Datil pepper to many of their dishes—it spices everything from dark chocolate, to popsicles, to seafood chowder. One way to sample from multiple restaurants while learning the history and culture of St. Augustine is to take City Walks’ Savory Faire Food Tour.

Step Back in Time

St. Augustine’s story begins with the Timucua Indians who first occupied the region; that’s until 1513 when explorer Juan Ponce de Leon landed his Spanish galleon in search of the legendary Fountain of Youth. Ponce de Leon was the first European to document his discovery, which he named “Florida,” the Spanish word for “being flowery.” It was 42 years before the Jamestown Settlement.

Ponce de Leon heard rumors there was a spring possessing magical powers and went in search of “the fountain of youth,” hoping to restore his youthful vigor. Smithsonian’s historians recently debunked Ponce de Leon’s mythical pilgrimage, but when you visit St. Augustine’s Fountain of Youth Archeological Park, you too can drink from the mineral-rich stream said to be Ponce’s wellspring. At this 45-acre waterfront park, you’ll meet actors recreating St. Augustine’s intriguing history, like Pedro Menendez de Aviles, a Spanish warrior known for massacring French Huguenots who settled here to escape French persecution.

Another significant milestone in St. Augustine occurred when, in 1672, the Spanish began building Castillo de San Marcos. They used native coquina shells, which allowed the structure to withstand hurricanes and pirate attacks. Make sure to tour this fortification operated by the National Park Service.

Following the French and Spanish, English settlers came to St. Augustine after the Treaty of Paris was signed in 1763. In the exchange, British leaders traded Cuba to Spain. The remains of British colonial occupation in the 1700’s is seen in pubs like the Bull & Crown Publick House. America gained control over this region by winning the War of 1812. But it wasn’t until Henry Flagler constructed his famous hotel that it became a popular resort town for aristocrats escaping cold North American climes.
St. Augustine is a Youthful Party Town

If Ponce de Leon visited St. Augustine today, he would be impressed with the city's youthful vibe. St. Augustine is a college town, and many students from Flagler College stay here after graduation. Walk down any street in downtown St. Augustine, and you'll see millennials enjoying outdoor restaurants, shops and bars. Stop for refreshments at Colonial Oak Music Park, with free live music every weekend under its lantern-lit oak tree.

Currently, Flagler students live, dine and study in the Ponce de Leon Hall, an architectural masterpiece with exquisite Tiffany windows. Railroad magnate Henry Flagler erected what is now Flagler College's main building as a resort for wealthy snowbirds like himself. The design was inspired by Flagler's visits to Spain's Moorish palaces. Don't miss a tour of this remarkable building to learn about the Flagler family and their vision for their picturesque city.

Back when Flagler first arrived, St. Augustine was mostly marshland. When asked why he built a luxury hotel in the middle of a swamp, Flagler said, “The hardest problem a man has is to help people. This desire comes when a man has more than enough for his own needs. I have come to the conclusion the best way to help others is to help them help themselves.” His dream was to produce a wellness destination for the wealthy, while providing occupations for others. “In years to come, I hope my works will provide happy employment for millions,” Flagler said, and it has.

Along with the Ponce hotel, Flagler built a second hotel called The Alcazar which now serves as the Lightner Museum. Be sure to tour the curious exhibits, and don't miss the Café Alcazar with its strangely sloping floor—it was the largest indoor swimming pool in the world. After investigating the city's museums and historic sites, consider exploring the barrier islands with their numerous parks and beaches, including the St. Augustine Lighthouse & Maritime Museum.

St. Augustine is a winter getaway that checks all the boxes: temperate weather, outdoor adventure, holiday magic, music, food and culture. Best of all, remnants of its vibrant history await you on every street corner.
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The core problem with a production house kitchen may simply be that it’s “too corporate”—or put another way: “lacking personality”, “arguably functional, yet pretty bland”, “generic.”

Such are the sentiments of Michael and Nancy Gleysteen, who had purchased a nearly 4,000 square foot two level Colonial in Haymarket in the late 1990’s and set out to make it their own.

Featuring a course of floor-to-ceiling windows lining a triangle-shaped extension on the rear elevation, the kitchen offered abundant indoor-outdoor continuum. At 400 square feet, it was plenty large enough as a causal dining spot for two parents, three kids and two dogs. There was a walk-in pantry, even a butler's pantry that segued to the formal dining room.

Despite a high price tag that included many amenities, however, the home's interior was blatantly “builder-grade”.

“In a typical production house, there's an excess of details that don't really complement each other,” says Craig Durosko chairman and founder of Sun Design Remodeling, the design/build firm the Gleysteen’s hired to help them develop their dream kitchen.

“Regardless of the home's size or the quality of the appliances, the kitchen has been conceived without an owner's input, or even any experience of it. That said, our job is to transform a shelter into a personal residence that uniquely satisfies an owner's lifestyle and personal passions.”

The starting point in Haymarket was forming a space plan that really worked for a busy stay-at-home mom. The existing kitchen wasn't efficiently organized relative to work flow requirements. Counter space was restricted; storage capacity limited. The primary cooktop was in the middle of the food prep island—which quickly proved inconvenient. There was room for a breakfast table, but no place to stage meals.

With mostly nondescript, underdeveloped wall elevations, the kitchen often felt cavernous and empty. Objects with no designated place for storage accumulated, clutter-like, on any available surface. Dogs at their bowls were frequently underfoot.
A family meal in the kitchen tended to be a haphazard affair that entailed moving whatever happened to be there off one’s chair or place setting.

Enter Ericka Williams, one of Sun Design’s top lead designers, and the professional charged with directing the comprehensive makeover:

“The owners wanted to explore Mediterranean-style design sensibilities,” Williams recalls. “They had attended some of our seminars and were keen on creating wall elevations that not only solved function, storage and meal prep problems—but also presented a cohesive aesthetic. A good deal of the project was collaborative. My goal was to create and elaborate the context. Some of the original built-ins required five or six iterations.”

Interior elevations were configured to expedite traffic and simplify meal preparation.

The six-burner cooktop range and stainless steel refrigerator/freezer abutting an undermount farm sink, for instance, are two legs in the cook’s work triangle. The granite-surfaced food prep island—which also functions as a dining counter—is the third.

The 10’ x 10’ walk-in pantry is between the cooktop and the refrigerator—an arm’s length from the island, and also accommodates a microwave oven. Since the island provides seating for four, it’s the logical place for kids to start homework while mom is preparing the family meal.

Meanwhile, a farm sink weighing over 100 pounds is ensconced within 15 linear feet of granite counter surface, a mere pivot from the 8’ x 5’ island. To secure the extra load, Williams and team introduced corner braces that support the weight, yet preserve under-sink clearances.
Embossed with an acanthus leaf motif, the sink is one component in an appealing farmhouse ambiance further reinforced by tightly grouted subway tile, a rubbed bronze faucet and rustic pendant lights.

The cooktop backsplash—a travertine mosaic in a harlequin pattern—is another such design element. Along these lines, Sun Design fabricated the cooktop’s hood—a kitchen focal point—by redeploying customizable plans obtained from a cabinet maker.

With porcelain flooring, and an abundance of marble and granite, the designer’s art is revealed in the softly textured ambiance that materializes in all directions. On this score, Williams chose neutral wall colors selected from tones in the flooring to help balance a composition comprised of many fine details.

“We wanted a kitchen that would be both functional and beautiful, and this makeover meets all our requirements,” Nancy Gleysteen says.

Moreover, when the afternoon light comes streaming-in, the whole room suddenly feels like something in an old master’s painting.

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 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 at 703/715-8006, www.HomeFrontsNews.com or byrdmatx@gmail.com. Send photos of interesting remodeling projects to: b2b@homefrontsnews.com.
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**BRANDY SCHANTZ**
Licensed in District Of Columbia, and Virginia

Brandy is a former U.S. Army Intelligence Officer who brings the same level of commitment and integrity to real estate as she did to her military duties. She is dedicated to bringing personalized service and expertise to each and every client. Brandy has a consultative approach to real estate, offering the best advice on each particular situation—some which may lead to a home purchase, selling your home, or a change in trajectory all together. It’s not about “the sale”, it’s about the client. Brandy has a B.A. in International Relations from the University of Central Florida and an M.B.A. from Virginia Tech. She lives in Vienna, VA and serves on the board of Women in Housing and Finance Foundation and enjoys volunteering at various local organizations. She speaks Persian-Farsi and is an avid runner and triathlete.

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You can hardly turn on the television without finding a show about tiny houses. *Tiny House, Big Living, Tiny House Hunters,* and *Tiny House World* are just three of them. Sometimes called Accessory Dwellings, tiny houses are starting to catch on in our area too.

According to the Alliance for Housing Solutions, accessory dwellings are “Additional, often small, housing units located within or adjacent to single-family homes. They are more frequently known by more descriptive names such as basement apartments, granny flats, backyard cottages, in-law suites, and carriage houses.” These tiny houses offer ways to offer additional housing opportunities in single-family neighborhoods without altering the character of the area, and can be offered at rents affordable to those with low-to-moderate income levels.

“A lot of people are looking at tiny houses as a way to get affordable housing for seniors, kids or for those who just want to live that way,” said Robin Hayes, owner/builder at Build Tiny. But although tiny houses are available, they may or may not be legal in all jurisdictions. “Local zoning administrations have a big impact on whether they are legal or not. I suggest that before you do anything, find someone who can help you with your terminology.”

Being legal can mean the difference between calling it a tiny house or an accessory dwelling, for example. Certain requirements must be met in each jurisdiction as well.

**Arlington County**

As of November 27, 2017, accessory dwellings (ADs) serve as an important component of Arlington County’s Affordable Housing Master Plan. “Considered an accessory (or subordinate use), ADs promote a greater diversity of housing and household types in single-family neighborhoods, while maintaining neighborhood character and underlying zoning. Whether ADs are located within an existing one-family detached dwelling or a detached accessory building, ADs function as an independent dwelling unit, with their own entrance, kitchen, and bathroom facilities, and are intended for occupancy by no more than three (3) persons.”

Those desiring an accessory dwelling must undergo a submission and review process with the Arlington County Zoning Division to meet minimum eligibility requirements. For an application to be approved, it must also comply with the requirements for their creation, approval and
use. Consideration also needs to be given for zoning ordinances, historic preservation rules for historical districts, and environmental services.

**Fairfax County**

Per Section 2-501 of the Zoning Ordinance of Fairfax County, “An Accessory Dwelling Unit can be applied for but shall only be permitted in association with a single family detached dwelling unit if a special permit is approved by the Board of Zoning Appeals. A dwelling unit being defined as, ‘A self-sufficient living space, which provides for living, sleeping, cooking, and restroom facilities.’ Conditions must be met, including but not limited to, one of the dwelling units must be occupied by a person who is elderly and/or disabled and there shall be no more than one accessory dwelling unit per single family detached dwelling unit.”

The Department of Planning and Zoning’s Older Adult Housing in Fairfax County Zoning Ordinance Provisions goes on to state that an accessory dwelling unit 1) must be subordinate to the single family detached dwelling unit; 2) either dwelling must be occupied by a person 55 years or older or by a person permanently or totally disabled; 3) is allowable only with the approval of a Special Permit; 4) on lots two acres or larger it may be located in a freestanding accessory structure; 5) are limited to a maximum of 35% of the gross floor area of the principal dwelling; 6) at least one of the dwellings must be owner occupied; and 7) accessory dwelling units are approved for a period not to exceed 5 years, with succeeding 5 year extensions requested.

**Fauquier County**

Tiny houses in Fauquier County are allowable and considered principal dwelling structures as long as they are connected to water and sewer, and are tied down or on a permanent foundation. Electricity is optional, but documented building standards must be met in order to comply with regulations for things like emergency escape and rescue. Homes as tiny as 88 square feet are legal but must include a living and kitchen area of at least 70 square feet and a bathroom area of 18 square feet.

**Building a Custom Tiny House**

“In my opinion, a tiny house is more of a state of mind than a physical description. It’s taking your life down to its most simplistic form to where you can enjoy it most by maximizing your peacefulness and financial obligations,” Hayes observed.

Every tiny house is custom designed and hand-built by Build Tiny to meet each client’s specific needs. “We start by asking them a series of questions, just as with building any custom home.”

- Do you want it on a conventional foundation or a trailer?
- How do you want to live?
- Is this for a special purpose like health reasons or handicap access?
- Do you want any special features?
- What kind of aesthetics do you want? Should it match the house or be a cabin style?
- Do you want to be on the grid or off with solar power, rainwater collection and a composting toilet?

“The difference between a tiny house and a trailer or camper is that regular RVs and campers are meant for you to stay in them a couple of weeks each year. They are made with lighter-weight, less expensive materials and not meant to be used for extended periods of time. But they travel better,” Hayes explained. A tiny house is built just like a house by a Class A contractor, with regular framing to codes and thick insulation to make it warm and quiet. It is very stable and can include real hardwood floors and drywall, tall ceilings, and full-sized appliances. It can also include indulgent features like a rooftop hot tub, glass roof, accordion glass doors that can open the entire side of the house, radiant floor heat, wrap-around shower sprays, a workout facility, beautiful lighting, and anything else you can imagine.

“It takes us about three months to build a tiny house, with bare bones price starting at around $35,000,” Hayes said. “What costs the most is the foundation (concrete or trailer) followed by the insulation and custom built-ins.” Build Tiny is a Green Advantage Certified Builder.

**You Can Build a Tiny House!**

Twice a year in April and October, Build Tiny offers three-day, hands-on “Build Your Tiny House Workshops” (www.build-tiny.com/workshops) where you can learn more about what goes into building a tiny house from construction experts. “Thursday, we offer a beginner’s tool workshop, and Friday through Sunday, we do a hands-on build on an actual tiny house,” Hayes said. Meals are included and participants can camp on site or stay at the local B&B.
“Every cheese tells a story,” says Andrew Corbley, Head Cheese Monger at Cheesetique in the Mosaic District.

I’m asking about a cheese I see in the bright Cheesetique refrigerator case. Corbley describes Morbier, a creamy cow’s milk cheese from France with a mysterious black line in the middle. “Morbier is separated with a line of ash made from leftover grape solids. They put this ash over a layer of morning milk and add a layer of ash. Then, they layer the evening milk on top.”

As head cheese buyer for the Mosaic District’s Cheesetique restaurant and shop, Corbley relishes helping his customers learn about and purchase cheeses to take home or sample on Cheesetique’s cheeseboards. Just 25 years old, Corbley passionately studies every aspect of cheese making—from its terroir, to its heritage, flavor, consistency and aroma. “Wine grapes can exist in a few environments, whereas cheese can exist in any environment. So, the number of compounding factors in how you can make a cheese taste is kind of ludicrous. Every cheese is a tool for me to travel the world.”

Cheesetique is the brainchild of entrepreneur owner Jill Erber. In 2004, she opened her first location in Alexandria’s Del Ray neighborhood. “At first, Jill sold cheese alone in her shop,” explains Corbley. “She felt cheese and wine were European traditions, but she wanted to make them easily accessible and available to people in a way they can learn.”

That cheese shop expanded into a small empire with four busy locations—Del Ray, Shirlington, Ballston and the Mosaic District in Fairfax—and each has three distinct sections. There’s a gourmet grocery section with wines and condiments, showcasing products like Savannah Bee Honeycomb and Divina Fig & Cocoa Spread. The cheese shop features curated cheeses, including goat, sheep and cow’s milk cheeses. The restaurant section is an ideal place to sample those cheeses on a colorful cheeseboard that includes flatbread crackers and baguette slices, strawberry jam, peppadew peppers, apricots, grapes and cornichons.

Currently, Erber produces a weekly blog where she muses on a variety of subjects—like how to make the perfect grilled cheese sandwich; how to put together a cheeseboard at home; and techniques for pairing cheese with wine and meat. “Jill’s blog is called Cheeseboard Weekly. She also posts a weekly story on Instagram called Friday Night Cheese,” mentions Cheesetique assistant manager Cannaith Thomas.

Diners can also enjoy wine tasting with Cheesetique’s flights of wine—reds, whites, and during the holidays, bubbly. The experience is festive, yet Cheesetique retains a neighborhood feel where people gather...
together to relax and chat. On Tuesdays, diners come to play the restaurant’s Pour House Trivia game while indulging in Cheesetique’s cheese-oriented menu.

I stopped in for the lunch special which includes any grilled cheese sandwich, a bowl of tomato soup and mixed greens for $10. I ordered The Grown-Up featuring artisan Prairie Breeze Cheddar on grilled sourdough bread. It was exactly how I imagine the perfect grilled cheese sandwich should be. My server told me the Pimiento Grilled Cheese Sandwich, concocted with Dragon’s Breath, Dubliner, Adam’s Reserve Cheddar and pimiento peppers is another top seller and I should try that one next time.

Cheesetique may be best known for Mac N’Cheesetique, a combination of Goat Gouda, Asiago and Cacio de Roma cheeses topped with truffle-infused bread crumbs. This recipe was named Travel & Leisure’s Best Mac n’ Cheese in America in 2013 and is featured in Food Network’s Thanksgiving Side Dish slideshow. For those seeking a lighter meal, consider the Arugula & Warm Goat Cheese Salad or Farro Medley, but save room for Cheesetique’s extraordinary Chocolate Mousse; it’s smooth and creamy with the flavor of dark chocolate.

When you’re looking for a friendly restaurant, with superb service and the opportunity to learn while you eat, check out Cheesetique.

How Do Sheep, Goat and Cow’s Milk Cheeses Differ?

After my lunch, I hopped up onto a bar stool to chat with Corbley. I’ve always wondered how goat, sheep and cow milk cheeses differ, besides the animals from which they come. Corbley was thrilled to discuss the subject. Here is his explanation:

Cow’s Milk Cheeses Like Cheddar and Brie
CORBLEY: Cow, Sheep and Goat Milk Cheeses are different in flavor and chemical makeup. All cheese has lactose. It’s not a complex carbohydrate. Cow’s milk is used in a lot of cheese, especially ones with additives. I have two cheeses from Britain that are filled with cranberry and another filled with dried mango and ginger. Any cheese you’re going to add stuff into is generally cow’s milk. Soft ripened cheese, like brie, is made with cow’s milk. It’s structurally sound and consistent. You know what it’s going to do, and it generally has a milder flavor.

Sheep’s Milk Cheeses Like Manchego and Pecorino Toscano
CORBLEY: The structure of fats and proteins are not as consistent which makes a sheep cheese less predictable, and in this case a little saltier. Sheep’s milk cheese is semi-firm, nutty and oily—for example, sheep’s milk feta is generally saltier than cow’s milk feta.

Goat’s Milk Cheeses Like Chèvre and Kefir
CORBLEY: Goat cheese is often described as tangy or sour. If you’ve ever had Kefir or Chèvre, you’ll notice a tangy bitterness. Goat milk is even more unstable and varied in formula than sheep. This instability affects the length of aging in cheese-making. We have 6-month goat cheese, called Midnight Moon, and it crumbles apart. It doesn’t want to stay together, because it doesn’t have much moisture.
ARLINGTON

METRO 29 DINER
Arlington | American | $5
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

FALLS CHURCH

2941
Falls Church | American | $5
Named one of The 10 Most Beautiful Restaurants in Washington DC by Only in Your State, 2941 has floor to ceiling windows providing incredible views of their gorgeous grounds and stunning lake at this French-meets-American destination with a contemporary setting.
2941 Fairview Park Dr | 703.270.1500
www.2941.com

CLARE AND DON’S BEACH SHACK
Falls Church | American | $5
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

BENTLEY’S
Falls Church | American | $5
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

ANTHONY’S RESTAURANT
Falls Church | Italian | $5
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.anthonystrestaurantva.com

CELEBRITY DELLY
Falls Church | American | $5
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

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All the excitement of Bazin’s on Church is now available for private dining, parties, and intimate gatherings!

Evoking the feeling of an old bistro, yet with a contemporary twist, Bazin’s on Church brings to your event an inviting dining experience. Bazin’s offers a contemporary American menu featuring organic and seasonal ingredients. The wine bar features a collection of wonderful wines from around the world, with an emphasis on California.

Whether hosting a rehearsal dinner or wedding reception, talk to the banquet and catering experts at Bazin’s Next Door.
Book Your Private Event Today.
Please call us at (703) 255-7212 or email info@bazinsnextdoor.com

111 CHURCH ST NW, VIENNA, VA 22180 | 703.255.7212 | BAZINSONCHURCH.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 | 703.385.1226  
www.DogfishHeadAleHouse.com

**DOGWDD 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.dogwoodtaurern.com

**DUANGRAT’S**  
Falls Church |Thai | $$
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, gombo 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. The Locker Room also has pool tables and darts! Brunch is served Sundays, 11am–7pm.
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

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444 West Broad St. | 703.942.6840  
www.madfoxbrewing.com
**TASTE OF TYSONS**

**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 tandori 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.saffrontic.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

**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.
114 East Fairfax Street | 703.536.4566
www.panjshirrestaurant.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 (chee-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

**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

**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

**SISTERS THAI**
Fairfax | Thai | $$$
Sisters’ Thai offers the best authentic Thai food in the area—their original Old Town Fairfax location is a local cult favorite. 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.
4004 University Drive, Fairfax VA | 703.267.9619
www.sistersthai.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

**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 their menu for dine-in, carry-out, and catering options.
1077 West Broad Street | 703.992.0077
www.saffrontic.com

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1077 West Broad Street | 703.992.0077
www.saffrontic.com

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

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3971 Chain Bridge Rd | 703.293.9600
theauldshebeenva.com

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400 South Maple Ave. | 703-226-3400
www.pizzeriaorso.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, hamantashen, 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

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www.sistersthai.com
GREAT FALLS

BOLLYWOOD BISTRO
Great Falls | Indian | $ After finding success in Fairfax, Bollywood Bistro opened its second restaurant in Great Falls in 2014. 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

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

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Call Today! 703-743-7608
or online at FosterRemodeling.com
ASSAGGI OSTERIA & PIZZERIA
McLean | Italian | $$
Matteo Venini is the executive chef of Assaggi Osteria and Pizzeria and is a native of Lake Como, Italy. He has been in DC for more than a decade cooking in some of the finest Italian restaurants in the city. For those who love Italian cuisine, Assaggi Osteria offers refined, regional Italian cuisine using only the best ingredients available. Assaggi Pizzeria is a new neighborhood spot adjacent to the Osteria specializing in Neapolitan pizzas and small plates in a casual, modern setting.
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.boulevardcafeandcatering.com

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 27 years, Café Oggì 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 Oggì 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 parmagiana.
6825-K Redmond Dr. | 703.288.4601
www.caprimcleanva.com

Café Renaissance
Open Table’s Best 100 romantic restaurants in the USA for many years.

COME TO US FOR YOUR EVENT
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BRUNCH
163 Glyndon Street SE, Vienna, VA 22180 | T: 703.938.3311 | www.caferenaisance.com
LUNCH: Mon. - Fr. 11.30AM - 2.30PM   BRUNCH: Sunday 11AM - 2PM
DINNER: Mon. -Sat. 5.30PM - 10.00PM, Sun. 5PM -9.00PM
www.caferenaisance.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

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

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. Aria are on offer (Friday & Saturday night) at this candlelit Southern Italian staple (since 1980).
1992 Chain Bridge Rd | 703.790.9000
www.dadomenicova.com

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 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

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 20 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

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

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Receive a $25 Gift Card to an area restaurant with purchase of a two-year subscription.*

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A Family Tradition Since 1982

THE Italian Restaurant

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PIZZA
PASTA

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PIZZA
PASTA

O’MALLEY’S PUB
McLean | Irish | $5
O’Malleys Pub is the perfect place to watch 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. 18566 | 571.447.5600
www.paul-usa.com

LEBANESE TAVERNA
McLean | Lebanese | $5
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 Cornerstone Blvd | 703.992.7500
mobyonline.com

ROCCO’S ITALIAN RESTAURANT
McLean | Italian | $5
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

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 béarnaise 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 acclaimed for its prime aged steaks, jumbo Nova Scotia lobsters, and Italian classics. For those who want a nible, 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/Tysons-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.paddybarrysva.com

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mobyonline.com

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8150 Leesburg Pike | 703.883.2000
www.paddybarrysva.com
TASTE OF TYSONS

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
www.passionfinrestaurant.com

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

Ristorante Bonaroti
Est. 1982

Sergio Domestici and the Bonaroti family invites you to explore the joy of Classic Italian Cuisine and their award-winning wines and service. Since 1982, Sergio Domestici’s classic Italian cuisine has received acclaim from all major magazines and critics in the Washington Metro area.

Warm and romantic, Bonaroti’s is a favorite of Italian fine dining patrons and enjoys the praise of visiting dignitaries and the stars

Private Dinners | Corporate Functions | Holiday Celebrations | Retirement Parties | Engagement & Rehearsal Dinners

428 East Maple Ave, Vienna | 703.281.7550 | BonarotiRestaurant.com
SISTERS THAI
Merrifield | Thai | $5
Sisters Thai offers the best authentic Thai food in the area. Now diners can enjoy the new location of this local favorite at Mosaic. 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 cheery bohemian digs with a patio. 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
ANITAS
Vienna | Mexican | $5
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.anitascorp.com

BASIN’S ON CHURCH
Vienna | American | $55
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 | $5
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

CAFE RENAISSANCE
Vienna | French | $5
Touted as the most romantic dinner in Northern Virginia, Cafe Renaissance is an elegant restaurant in the true sense of Parisian tradition and is Vienna’s most sophisticated dining experience. An old-world destination with an enormous wine list and ornate, gilded rooms, its cuisine is classic French with a modern twist and an Italian accent. 163 Gyndon St SE | 703.938.3311
www.caferenaisance.com

CHEF GEOFF’S
Vienna | American | $5
The Tysons 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 | $5
Chima offers traditional Brazilian churrasco of more than 15 rotisserie meats, including filet, lamb, chicken, sausage, and fish. The salad bar also offers Brazilian and American staples. Bring the family along for a unique dining experience. 8101 Towers Crescent Dr. | 703.639.3080
www.chima.cc

I-THAI
Vienna | Thai | $5
Taste authentic Thai cuisine and sushi, where quality is never compromised at I-Thai in Tysons West. I-Thai has a delicious selection of Thai dishes served in a buffet-style format. Their talented chefs’ extensive knowledge and expertise are able to transform each dish into a delightful experience with the boldest and most genuine flavors possible using the perfect blend of herbs and spices. 8807 Westwood Center Dr. | 703.992.7921
www.i-thairestaurant.com

MAGGIO’S
Vienna | Greek-Italian | $5
Specializing in Greek and Italian cuisine with American Environites, Maggio’s offers award winning Mediterranean selections such as Greek festive rotisserie chicken, classic gyros, souvlaki, moussaka, pita wraps, and falafel, as well as their popular marinated flame broiled lamb chops, and Italian specialties. Committed to healthy eating, they use only the freshest, high quality ingredients and cooking methods. 21 Maple Ave E | 703.938.7777
www.maggiovieni.com

MAGNOLIA DESSERT BAR & COFFEE
Vienna | Thai | $5
Magnolia offers more than just desserts! For those with pure food indulgence in mind, sate your desires with Magnolia’s ever-changing internationally and seasonally inspired small plates. Try their Roti and Chicken Satay appetizer of marinated skewered chicken with peanut sauce, and experience their talk-of-the-town dessert toasts and waffles. 431 Maple Ave W | 703.268.5481
www.magnoliaofvienna.com

MAPLE AVE
Vienna | American | $5
Maple Ave Restaurant serves eclectic American cuisine in the heart of Vienna, blending American with Asian, Latin American, and French flavors and techniques. Ranging from fresh-grilled Bronzini to homemade carnival funnel cake served with vanilla bean ice cream. 47 Maple Ave W | 703.319.2177
www.mapleavrestaurant.com

NEISHA THAI
Vienna | Thai | $5
Come discover for yourself a gem of an experience, tucked away from the chaos of Tysons Corner. Neisha Thai’s elegant dining room and bar area features treasures from Thailand itself. Embedded in the exquisite gold leaf walls are glittering jewels, serving as the backdrop for each decadent dish the menu has to offer. Just like each gem has its own unique attributes, so does each dish, with flavors often tantalizing in their unique combinations or comforting in their familiarity. 8027 Leesburg Pike #110 | 703.883.3588
www.neisha.net

NOSTOS
Vienna | Greek | $5
Presenting a fresh take on Greek cuisine, Nostos offers fresh food in sharing-sized portions. Try one of their 50 different wines from different regions of Greece to complement your lunch or dinner. The menu showcases new and traditional Greek dishes, as well as fresh fish from the Mediterranean Sea. 8100 Boone Blvd. | 703.760.0690
www.nostosrestaurant.com

PAZZO POMODORO
Vienna | Italian | $5
Now open in the Danor Plaza in Vienna. Pazzo Pomodoros Pizzeria Cattina offers a Neapolitan inspired menu of made-from-scratch dishes that represent a modern, but traditional cuisine. In the words of Executive Chef Raffaele Mastromarino, “Pazzo Pomodoros represents a different concept offering more authentic Italian meals.” 118 Branch Road SE | 703.281.7777
pazzopomodoro.com

PEKING EXPRESS OF VIENNA
Vienna | Chinese | $5
Peking Express offers outstanding selections for lunch and dinner. Combination platters include egg rolls and choice of soups, authentic appetizers, chicken, shrimp, beef, and pork selections, plus the fried rice or lo mein is to die for! 103 Center Street N #107 | 703.281.2445
www.peking-express.com

PLAKA GRILL
Vienna | Greek | $5
Established in 2007, the award-winning Plaka Grill offers authentic Greek cuisine in a cheerful cozy setting. Chef/Owner Peter Drosos along with his enthusiastic staff prepare several Greek specialties which are all made in-house from the freshest, finest ingredients available. The made-from-scratch signature “Plaka gyro” is available exclusively at Plaka Grill in Vienna. Now in Falls Church at 537 W Broad St. 110 Lawyers Rd NW | 703.319.3131
www.plakagrill.com

RISTORANTE BONAROTI
Vienna | Italian | $5
Warm and romantic, Bonaroti’s is a favorite of Italian fine dining patrons. Enjoy an extensive wine list and culinary creations made of the freshest and finest ingredients from Italy. There is everything from calamari to antipasti dishes and entrées of seafood, veal, and lamb. 428 Maple Ave E | 703.281.7550
www.bonarotirestaurant.com
**SAKURA JAPANESE STEAK HOUSE**  
Vienna | Japanese | $5  
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

**SHAMSHIRY**  
Vienna | Persian | $5  
Shamshiry offers a taste of authentic Persian cuisine, from rice dishes to kabobs to vegetarian entrees. The zersheh polo offers rice studded with tart red currants, and the chelo kabob shamshiry was previously prepared and served in the Shamshiry restaurant in Tehran.  
8137 Leesburg Pike | 703.448.0080  
www.shamshirysteakhouse.com

**SUNFLOWER VEGETARIAN RESTAURANT**  
Vienna | Vegetarian | $5  
Sunflower Vegetarian Restaurant has two locations: Vienna and Falls Church. This award-winning restaurant offers vegetarian and vegan entrees, sandwiches, soups and salads as well as Asian-style dishes.  
2531 Chain Bridge Rd. | 703.319.3888  
www.crystalsunflower.com

**TYSONS BAGEL MARKET**  
Vienna | American | $  
Bagels boiled and baked the traditional way, crusty on the outside, soft and chewy on the inside. Choose from one of their many fresh-baked varieties with a shmear of several cream cheeses. A full breakfast menu along with a long list of deli and grilled sandwiches.  
8137 Leesburg Pike | 703.827.7300  
www.tysonsbagelmarket.com

**WOO LAE OAK**  
Vienna | Korean | $5  
Since 1946, Woo Lae Oak offers a Korean dining experience with traditional cuisine. Offerings like bibimbap and Korean barbeque keep diners coming back. Be sure to go on Mondays for half-priced bottles of wine and on Tuesdays, Woo Lae Oak offers a prix fixe dinner for two.  
8240 Leesburg Pike | 703.827.7300  
www.woolaeoak.com

**OLD PEKING**  
Oakton | Chinese | $  
Specializing in Hunan and Szechuan cuisine, Old Peking opened in 1986, at which time a major restaurant critic wrote that “a beautiful flower has bloomed in Oakton.” The dining room conveys an intimate atmosphere, but carry-out and lunch delivery (within 2 miles) are also options. They will tailor their dishes to your preference, e.g., mild or spicy. Old Peking also offers catering.  
2952 Chain Bridge Road | 703.255.9444  
www.oldpeking.com

**SANTINI’S NEW YORK STYLE DELI**  
Oakton | American | $  
If you’re looking for a good corned beef or pastrami sandwich, this is your place. Santini’s brings a taste of New York to the D.C. suburbs. Santini’s has a variety of subs and sandwiches and New York style pizzas.  
2975 Chain Bridge Rd. | 703.766.6666  
www.mysantinis.com

**TIGRIS GRILL**  
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.  
3975 Chain Bridge Rd. | 703.766.6666  
www.mysantinis.com

**YOKO SUSHI**  
Oakton | Japanese | $5  
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.  
2946 Chain Bridge Road | 703.255.6644  
www.yokosushi1.com
Teens are under enormous pressure to succeed both academically and socially. Social media also heightens feelings of inadequacy by making everything and everyone seem perfect, and trying to live up to these high standards can lead to depression and other mental health issues. Once a person feels overwhelmed or without hope, it’s crucial for them to get the help they need, and fast. Thinking that they’ll just get over it eventually and waiting for the crises to pass is not the solution.

According to the American Academy of Child and Adolescent Psychiatry (AACAP), suicide is the second leading cause of death for children, adolescents, and young adults ages 5 to 24. They found that “suicide attempts may be associated with feelings of stress, self-doubt, pressure to succeed, financial uncertainty, disappointment, and loss.” To put a stop to these feelings, some teens feel that suicide may be the only option.

As reported in the 2018 USA Today article “Teen suicide is soaring. Do spotty mental health and addiction treatment share blame?” by Jayne O'Donnell and Anne Saker, “The suicide rate for white children and teens between 10 and 17 was up 70% between 2006 and 2016, the latest data analysis available from the Centers for Disease Control and Prevention. Although black children and teens kill themselves less often than white youth do, the rate of increase was higher — 77%.”

There are things that can be done to prevent these tragedies, but quick intervention is key. Knowing about the causes, signs and risk factors can save lives.

Suicide rates are actually on the rise in the US, despite the myriad of resources available for help. “Suicide is a leading cause of death for Americans—and it’s a tragedy for families and communities across the country,” said Centers for Disease Control and Prevention (CDC) Principal Deputy Director Anne Schuchat, M.D. “From individuals and communities to employers and healthcare professionals, everyone can play a role in efforts to help save lives and reverse this troubling rise in suicide.”

While speaking about suicide, it’s important to note the differences surrounding this topic. The National Institute of Mental Health breaks them down into three types:

- **SUICIDE**—death caused by self-directed injurious behavior with intent to die as a result of the behavior.
- **A SUICIDE ATTEMPT**—a non-fatal, self-directed, potentially injurious behavior with intent to die as a result of the behavior. A suicide attempt might not result in injury.
- **SUICIDAL IDEATION**—thinking about, considering, or planning suicide.

Parents, caregivers, teachers and others who deal with teenagers should be on the lookout for signs that a teen is at risk for suicide. Some of these may include withdrawing from friends and family as well as activities that they used to enjoy. A decline in school grades, giving away beloved possessions, changes in eating or sleeping patterns, and a more than passing interest in death and dying are other possible indicators. Some teens may even directly express their wishes such as saying “I wish I was dead,” or “I won’t be a problem for you much longer.”

As stressed by the AACAP, speaking to teens about depression and suicide is critical. People shouldn’t fear that bringing it up will put the possibility into the person’s head and therefore lead to its occurrence. Some of the questions they recommend asking are:

- Are you feeling sad or depressed?
- Are you thinking about hurting or killing yourself?
- Have you ever thought about hurting or killing yourself?

If the answer is “yes” to any of these questions, the teen needs immediate help and encouragement to speak with someone they feel comfortable with, be it a parent, teacher, guidance counselor, coach, or clergy person. In addition, they should call the toll-free National Suicide Prevention Lifeline at 1-800-273-TALK (8255), available 24 hours a day, 7 days a week. The service is available to anyone and all calls are confidential. In Virginia, they can also go to the Suicide Prevention Resource Center at www.sprc.org/states/virginia for a list of people and agencies that can assist.

Help is available. With the right knowledge, awareness, and interventions, teen suicides can be prevented.

**PUTTING A STOP TO THE INCREASE IN TEEN SUICIDES**

*Be the solution for teens in crises*

*BY SUSAN BALDANI*
Clear Habits
The power of the domino effect in goal-setting.

The truth is that, for most, it’s not willpower or desire that helps us reach our goals; it’s changing our habits and making little, seemingly minor decisions each day that contribute to the big, noticeable changes later on.

That said, willpower does play an essential role in establishing new habits and reaching important goals. Research has shown that a new habit takes at least 60 days to stick. So, pushing through, delaying gratification and resisting short-term temptations during this time frame requires willpower.

A few weeks back, I had the privilege of sitting down with James Clear, bestselling author of Atomic Habits and a recognized authority on the topic of habits. Clear’s writing process actually started as a weekly habit. Today, several hundred thousand people subscribe to his newsletter and read his insights.

Here are a few key takeaways on habit-building that I learned from reading Atomic Habits and from my recent discussion with James:

The 1% Rule
Most of us want change to happen overnight. As such, we tend to lose patience waiting for our efforts to produce results. The reality is that lasting change manifests from compounding effort; doing or not doing small, seemingly insignificant things each and every day. And this takes time.

Clear did the math on all this and found that, if you can get 1 percent better each day for one year, you’ll end up thirty-seven times better by the time you’re done. Conversely, if you get 1 percent worse each day for one year, you’ll decline nearly down to zero.

Take soda as an example. Over the course of a year, you would surely see the result of adding or subtracting the 51,000 calories (of mostly sugar) contained within a can of soda.

Same thing goes for something like running a marathon. If you started by running just a half-mile and then ran 1 percent more each day, in just a few months, you’d be running the distance.

Now, you’d need to tap into that willpower thing again to actually put one foot in front of the other and start running, but running 1 percent more each day is psychologically more doable than the idea of running a full marathon.

Habit Stacking
One of the best ways to successfully add a new habit into your routine is to stack a new habit on top of an existing one.

Let’s say part of your morning routine is to make coffee first thing and you want to start writing in your journal in the morning. Using the habit stacking method, you’d set your coffee to brew and write in the journal during those five minutes your coffee is being made. Since your morning coffee is already a built-in trigger, it makes it easier to stack a new, positive habit on top of it.

You can do this professionally as well. Want to celebrate more wins within your organization? Add that segment to an existing daily meeting.

Moment of Decision
Each day, personally and professionally, we face key decision-making moments that can alter our outcomes for not only the rest of the day but for long after. Whether you decide to log onto Facebook and get distracted or make headway on that writing project is drastically affected by what happens in the first few seconds.

If your phone is right next to you when you wake in the morning, you might go down the Facebook route and miss your writing window. However, if you leave your cell phone downstairs and replace it with a pen and journal on your nightstand, you are more likely to write in those first few moments after waking.

These small changes drive you towards more desirable choices that, eventually, you’ll find easier to do and continue doing.

Robert Glazer is the founder and CEO of Acceleration Partners, an award-winning performance marketing agency. 100,000+ leaders in over fifty countries receive his “Friday Forward” email each week and share it with their company, family, and friends. Join today at www.fridayfwd.com
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Spotlight on Fairfax’s Future Silver Line Stations

Drivers passing the six Silver Phase 2 stations under construction can see that much of the exterior work appears complete – in fact, construction has reached the 92 percent completion point – however, much interior work remains before the contractor, Capital Rail Constructors, and the Metropolitan Washington Airports Authority turn the system over to Metro for testing, training and programming prior to opening for public service.

Now it’s easy to see how the stations and their connecting pedestrian overpasses will connect to the pavilions on the north and south sides of the toll road corridor.

Work crews in yellow vests and hard hats continue to dot the stations, track, pavilions, pedestrian bridges and tracks along the Phase 2 alignment, but over the next few months, more and more of those workers will be heading to interior work stations to run utility lines, install equipment and test all of the facilities.

Capital Rail Constructors, a joint venture of Clark Construction and Kiewit Corp., is building the station, tracks and supporting facilities. The following are updates on the three new stations that will serve Fairfax County:

Reston Town Center Station

While Reston Town Center itself is not immediately adjacent to an entrance pavilion, it seems a lot closer through a camera lens.

The pedestrian bridges to the station and across Sunset Hills road bring focus to the connectivity of existing town center structures and adjacent buildings that are home to a variety of companies, including Bechtel Corp. New construction coming to the area adds to the pedestrian-friendly conclave developing near the station, including the 4.8 million-square-foot Reston Gateway development to the north of the station and the 4.1 million-square-foot Reston Crescent complex to the south. Upcoming work includes:

- Concrete work around the north pavilion is complete. Work continues along the north side of Sunset Hills Road.
- The shaft for the pier that will support a pedestrian bridge to connect with new development is complete.
- Widening of Sunset Hills Road continues.
- Signal work surrounding the Boston Properties site has begun and will continue for three weeks in January.
- Utility relocations are ongoing on the south side of the station.
- Work continues to progress on a roundabout near the south pavilion.

Continued on page 126

The Reston Town Center looking westerly along the Westbound Dulles Toll Road. The pedestrian bridge connects to the north pavilion.

The Reston north pavilion. The concrete pavement is part of the bus bays adjacent to the pavilion. The pedestrian bridge is on the left side of the photo.
Looking up from ground level along the stairs and escalators in the north pavilion to the pedestrian bridge level. Elevators are also provided.

Reston Town Center Station platform (train level) and looking easterly at the outbound tracks (out of DC). The concrete pavers are installed, the ADA strip, flashing lights along the platform edge, sign posts and wind screens.

From the westerly end of the Reston Town Center station, looking westerly along the inbound tracks. The eastbound DIAAH is on the left. The area on the right is the “safe dispersal area” where riders would be directed in case of emergency in the station.

Reston Town Center Station westerly end: a pedestrian walkway to allow track personnel to safely walk between the end of the station and the “safety walk” along the track wall. The westbound safety walk begins just past the orange and white barrel along the fence on the right. The location is where the 3rd rail moves from the “outside” of the tracks through the station to the inside of the tracks.

All photos were taken by Phil DeLeon.
Herndon Station

Work continues at Herndon Station to the north and south. On the south side, pavilion work continues within the existing Herndon-Monroe Park and Ride facility. Fairfax County continues to work on a new parking garage that will expand the capacity from 1,950 spaces to 3,500. Sidewalks around the pavilion have been finished and the last bridge span was set in December. Along the north side, work crews have focused on the pavilion work, which took over a portion of an existing parking lot. In addition, workers are constructing a connection from that pavilion to Herndon Parkway.

Ongoing work includes:

- Finishing sewer and stormwater facilities to the north
- Finish tying in utilities on the north side, anticipated to be complete at the end of January
- Construction of a retaining wall on the north side
- JBG started construction on a parking garage for the south side in January.
- Fairfax County will repave the park and ride facility

Innovation Center Station

Innovation Center Station sits near the Center for Innovative Technology and near the front door of Washington-Dulles International Airport. Innovation was the first station under construction and is the furthest along. Rocks Engineering is building a 2,000-space parking garage for Fairfax County on the south side of Innovation, along with a 1.5 million-square-foot mixed use development. On the north side, a mixed-use community known as the Hub has been approved. Much of the sidewalk work on the north side has been finished. On going work at Innovation Center includes:

- Continued work on sound wall on the north side
- Landscape installation will begin on the south side

The purpose of Dulles Metrorail is to provide high-quality, high-capacity transit service in the Dulles Corridor and to provide a transit connection between the corridor and downtown Washington.

Coat Drive

Dusty Smith of the Dulles Corridor Metrorail Project and Suzanne Miller of Capital Rail Constructors organized the delivery of dozens of coats to supervisor Cathy Hudgins office that were distributed to people who would otherwise have not had a coat this winter. Numerous project employees donated brand new or gently used items, including hand-knitted hats and scarves.

Photo by Pam Bolls/MWAA
HOW TO SOLVE SUDOKU 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.

THE HEART OF MAN IS VERY MUCH LIKE THE SEA. IT HAS ITS STORMS, IT HAS ITS TIDES AND IN ITS DEPTHS IT HAS ITS PEARLS TOO.

- Vincent Van Gogh

TREK INTO THE UNKNOWN

CROSSWORD CLUES

ACROSS
1. "___ Misbehavin"
5. Keep out
8. Jewish month
9. Distinctive flair
11. Raise, as an anchor
12. "The ___ Ranger"
13. Most wary
15. Cable channel
16. Supplied with fluid
21. Diamond Head locale
22. Hilo feast
24. Agenda
25. Blunders
26. Antlered animal
27. Overdo the TLC

DOWN
1. "I see!"
2. False god
3. Church part
4. Spot for carved initials
5. Disparaged
6. Hand cream ingredient
7. Namesakes of Bert Bobbsey's twin
10. After expenses
14. Genetic material
16. Short flight
17. Bush's alma mater
18. Indian lentil dish
19. Continental currency
20. Feathered missile
23. "It's no ___!"

BIDDING QUIZ

YOU HOLD:

♥ A K J 9 3 ♦ 6 ♣ J 10 5 ♠ A K 10 6

Your partner opens one club, and the next player passes. What do you say?

ANSWER: Bid two spades to put your partner in the picture. Slam chances are too bright not to let him know immediately with a jump. If partner has a suitable minimum hand such as ♥ Q4 ♦ A 5 4 ♠ A 9 3 ♣ Q J 8 5 2 he'll easily take thirteen tricks in a club contract, but if you respond only one spade, he'll be reluctant to cooperate in a slam hunt.

Excerpt taken from: Frank Stewart's Bridge Club. Page 57.

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- Dr. Joyce Brothers
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Ed, my club’s best player, is so hard to beat that our members have begun to feel overmatched. ‘He could follow me into a revolving door and come out ahead of me,’ is how Cy the Cynic puts it.

Not even Ed would have made four spades if West had led a diamond; but when West led a heart, Ed took dummy’s ace, thought for twenty seconds… and ruffed a heart! He next took the A-K of trumps. When East discarded, Ed led the A-K and a low club. If West ruffed in with the queen, dummy would discard a losing diamond, so West threw a heart, and dummy ruffed.

Ed then ruffed a heart and led his last club. West had to pitch a diamond, keeping the queen of hearts to beat dummy’s jack, so Ed ruffed in dummy and ruffed the jack of hearts with his last trump for the tenth trick.

Most players would lead a trump at the second trick to take the A-K; they’d lose a trump and three diamonds. Unless South displays precise timing by ruffing a heart at Trick-2, down he goes.

Excerpts taken from: Frank Stewart’s Bridge Club. Pages 57

IN THE END, WE WILL REMEMBER NOT THE WORDS OF OUR ENEMIES, BUT THE SILENCE OF OUR FRIENDS.

- Martin Luther King Jr.

MAY YOUR POCKETS BE HEAVY AND YOUR HEART BE LIGHT. MAY GOOD LUCK PURSUE YOU EACH MORNING AND NIGHT.

-Irish Blessing
PISCES 2/19 - 3/20: Aren’t you lucky? Home life is more enjoyable and interesting than ever. At work, go ahead and suggest your idea. Chances are that it is a good one.

ARIES 3/21 - 4/19: Love eases a jealous moment as the moon waxes on the 10th. A decision looms.

TAURUS 4/20 - 5/20: A little chocolate soothes your inner child -- but it does nothing for the outer grown-up! Stars say add some variety to your routine.

GEMINI 5/21 - 6/20: St. Pat’s Day isn’t the only thing happening at mid-month. The first quarter moon on the 14th is especially bright and full of promise. A surprise is coming.

CANCER 6/21 - 7/22: Skepticism may not be part of your nature, but an easy request this month may lead to more conversation.

LEO 7/23 - 8/22: Slash those small expenses that are raiding your checking account and save the money. Stars hint at unexpected news—and expenses this spring.

VIRGO 8/23 - 9/22: You long for something different, perhaps a new experience. Work is all you see for now, but start your plan. Last-minute efforts make it happen.

LIBRA 9/23 - 10/21: A great bargain tempts Libras to break their budgets, but the full moon on the 21st casts light (and maybe regret) on purchases.

SCORPIO 10/22 - 11/21: Look back on your hopes for the New Year. Are you following through? If not now, when? Stars say now is the time to put your plan in action.

SAGITTARIUS 11/22 - 12/21: Collaborate now, and you could run the show later on. Circumstances dictate that you reorganize priorities. In the hectic last week of March, find time for fun.

CAPRICORN 12/22 - 1/19: An ethical question arises, but examine it closely. Is the issue really as it seems or are you reading the motives, or beliefs of another person incorrectly or even unfairly?

AQUARIUS 1/20 - 2/18: Happy Aquarians rarely stay angry, yet a longterm issue has anger at its heart. Sort out whether this is really warranted. The answer won’t be obvious at first.

ARIES 3/21 - 4/19: Security is on your mind and with your sign governed by Mars, you are just the person to build the castle.

TAURUS 4/20 - 5/20: A rocky relationship brings concern. If you can make a healing step, stars say the time is right.

GEMINI 5/21 - 6/20: It isn’t what you wanted, but a change might bring peace of mind. Watch for now.

CANCER 6/21 - 7/22: Apply your sense of humor to break tension. Keep comments light and focused on issues.

LEO 7/23 - 8/22: Drama isn’t bad, if you are in a theater. Beware the jugglers who want to draw you into riddles.


LIBRA 9/23 - 10/21: Problem solving is your calling as the Full Moon enters Libra on the 19th. Put first things first.

SCORPIO 10/22 - 11/21: In matters of love and health, the stars on your side this month. Kiss your love twice!

SAGITTARIUS 11/22 - 12/21: A long weekend works wonders. By mid-month you have a new chance to seize (or reject.)

CAPRICORN 12/22 - 1/19: You see life full of promise and meaning this month. Try to keep that feeling and build on those ideas.

AQUARIUS 1/20 - 2/18: The road blocks may be illusions—or real. You’ll know when you focus on your journey.

PISCES 2/19 - 3/20: Gather your tribe of friends, family, and children. Come to the rescue. Accept help. Untangle the tangles. You can be the hero this month.
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