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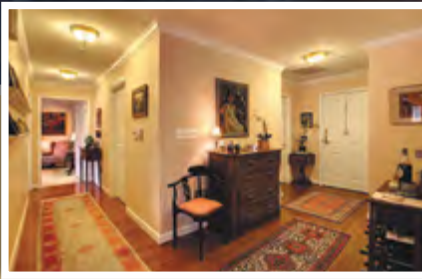


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Features

Viva TYSONS RESTON Lifestyles

18

Linger and Mingle with Like-Minded Gastronomes

By Allison Chase Sutherland

Gone are the days of either dashing by the supermarket to pick up a few quick items or getting in and out as efficiently as possible with the cartful of family groceries for the week. Those options still exist, of course, but now you are invited to linger if you wish – and perhaps mingle with other like-minded gastronomes in this welcoming modern-vibed space. Enter a veritable flavor festival – without leaving Tysons.



48

Study Reveals Living in a Life Plan Community Provides Significant Health Benefits

How do you plan to Age Well? If you're looking for ways to maintain good health and well-being in coming years, consider some new research findings on the benefits of living in a Life Plan Community.

Holiday Community Events

The most wonderful time of the year is here! If you're looking for fun, family-friendly and festive events all happening right here in the heart of Tysons and Reston, be sure to peruse this list.



28

Bee Keepers Cottage

By Analiese Kreutzer

If you're looking for a special piece of furniture to make a statement in your home, accents to add warmth and style, or gifts with a personal touch, make a point of visiting Beekeeper's Cottage in the village of Lucketts. Located just north of Leesburg and part of a small enclave of shops at the intersection of Route 15 and Lucketts Road, this charming shop welcomes visitors with its sunny yellow exterior, its cheerful red and white polka-dotted shutters, and its friendly shop dog, Shane.



50



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Photo courtesy of Wolf Trap



And More...



- 10 Out & About**
Discover who's playing at local music venues along with other hyper-local events.
- 26 Holiday Traditions**
For You and Yours to Treasure
- 32 Music Scene**
Country Star Sara Evans Is Family Focused
- 34 Style**
Spotlight on Periwinkle Boutique
- 36 Profile Sanford**
Four Reasons Profile Sanford May Be the Wellness Solution for You
- 38 Myths About Your Skin**
By Astoria Laser Clinic
- 40 Ask Dr. Dima**
About The Latest Tool in the Fight Against Aging
- 42 Holiday Homes Tour**
To Include 6-Acre Ballantrae Estate
- 44 Finance**
Ask an Advisor About Talking to Your Kids about Money

- 46 Vienna Merchants**
- 52 Tysons Premier**
See what's new in the real estate market.
- 58 Local Real Estate Experts**
- 62 Family**
Special Needs Dentistry by Smile Wonders
- 64 Worth the Shlep**
Brooklyn's Deli
- 66 Restaurant Guide**
The best eats the area can offer.
- 68 Taste**
Patsy's American, Randy's Steak and Seafood, Best Buns Bakery Opens in Tysons Corner
- 72 Catering**
Holiday Hosting by Helga's Catering
- 78 Tysons Update**
Progress and updates on the Dulles Corridor Metrorail Project.
- 81 From Our Leaders**
Zero-Emissions by Delegate Ken Plum.



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Back at the MCC!

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Saturday, Nov. 9, 10 a.m.-5 p.m.
Sunday, Nov. 10, 11 a.m.-4 p.m.

Presented by The Alden

LARD Dog & The Band of Shy

Saturday, Nov. 16, 4 p.m.

Presented by The Alden

Simon & Garfunkel [Revisited]: Live in Central Park

Recreated by Lee Lessack
and Johnny Rodgers
Friday, Nov. 22, 7 p.m.

It's Back and Better than Ever!

The McLean Holiday Crafts Show

Friday, Dec. 6, 11 a.m.-7 p.m.
Saturday, Dec. 7, 10 a.m.-6 p.m.
Sunday, Dec. 8, 11 a.m.-4 p.m.

Presented by The Alden

The Barter Players Encore Company "Frosty"

Saturday, Dec. 14, 1 and 4 p.m.

Presented by The Alden

John Eaton's Holiday Songbook

Sunday, Dec. 15, 2 p.m.

The McLean Community Center

1234 Ingleside Ave., McLean, VA 22101

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NOVEMBER/DECEMBER 2019

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OUT & ABOUT



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NOVEMBER 21
AMY HELM

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Modern Warrior Live

Modern Warrior Live is a theatrical performance about a veteran's recovery from trauma and return to civilian life. It is narrated by co-creator Staff Sergeant Jaymes Poling, who spent three years in Afghanistan as an infantryman with the 82nd Airborne Division. This autobiographical production details Poling's time in the military and his subsequent transition back home.

November 6, 8pm, \$32, The Barns at Wolf Trap

Dr. Azar Nafisi: Iranian American Bestselling Author

The Iranian American bestselling author of *Reading Lolita in Tehran*, Azar Nafisi has electrified readers with a compassionate and often harrowing portrait of the Islamic revolution in Iran and how it affected one university professor and her students. Earning high acclaim and an

enthusiastic readership, it was named one of the "100 Best Books of the Decade" by *The Times* (London). Nafisi will discuss it and her other work, *The Republic of Imagination: America in Three Books*, and share her sharp observations. Copies of her books will be on sale prior to and after her presentation, and she will sign them.

November 6, 8pm, \$15
Reston/\$20 Non-Reston, Reston Community Center Hunters Woods—the CenterStage

Steven Dayvid McKellar (of Civil Twilight)

At twenty-one, McKellar moved to the U.S. to pursue his music career as lead singer and multi instrumentalist for the band Civil Twilight. After releasing three records (a self titled, *Holy Weather*, and *Story of an Immigrant*) and extensive touring throughout the U.S., the band has gone on an indefinite hiatus, allowing McKellar to focus on his

career as a solo musician and artist.

November 6, 7:30pm, \$10-20, Jammin Java

The Quebe Sisters

Combining the musical stylings of The Mills Brothers, Ray Price, Count Basie, and Willie Nelson, The Quebe Sisters bring their authentic triple fiddle and three-part harmonies to concert halls and festivals all over the world.

November 7, 8pm, \$27, The Barns at Wolf Trap

Max Weinberg's Jukebox

Max Weinberg, the rhythmic force propelling The E Street Band for over 40 years, is also known to millions of fans for his 17-year stint as the bandleader and comedic foil to talk show host Conan O'Brien. A truly interactive experience, Weinberg invites the audience to create the set list he and his four piece group

continued on page 12

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November 8, 8pm, \$52, The Barns at Wolf Trap

McLean Antiques Show & Sale

Welcome back to the McLean Community Center's Antiques Show & Sale. This established event features an exceptional

group of dealers representing American, Continental and Asian antiques, decorative accessories, furniture, folk art, porcelain, silver, painting, prints, linens, Oriental carpets and rugs, and much more. Proceeds benefit the James C. Macdonald Scholarship Fund. For more information and a list of dealers, see <http://dfshows.com>.

November 9 10am-5pm,
November 10, 11am-4pm, \$10



Photo courtesy of Wolf Trap

TIMES VARY

Sutton Foster

This Tony Award- winning leading lady is best known for her breakthrough roles in Broadway's *Thoroughly Modern Millie* and *Anything Goes*, as well as television's *Younger*. Sometimes compared to Mary Tyler Moore and Carol Burnett, Sutton Foster has "the full package: girlish gawkins and Broadway brass" (TIME Magazine).

November 23 at 8pm, November 24 at 2pm and 7pm, \$67, The Barns at Wolf Trap

NOV
23-24

Admission is good for both days. Take \$1 off with a show card.

DC Rockers

The DC Rockers are at it again. Six great genres of music to fill the stage for 5 continuous hours, including classic rock, reggae/ska, power pop, blues rock, alternative, and metal. If you're a musician or fan of rock music this is an event you don't want to miss. Please visit the site below to learn more about the DC Rockers.

November 10, 11:30am, \$5-10, Jammin Java

Lucie Silvas

It all stems straight from the heart. Nashville-based songstress Lucie Silvas unapologetically personifies a spirit of freedom. Like a well-traveled rolling stone, her music threads together an Americana patchwork of retro-fitted pop and countrified rock, echoing sweet Motown soul, dripping dirty Delta blues, and reflecting Laurel Canyon bliss. However, her independence behind-the-scenes makes such sonic fearlessness possible in the first place.

November 10, 7pm, \$15-25, Jammin Java

Veterans Day Ceremony

Every year the Recreation and Parks Department honors all those who served in the armed forces with a ceremony at the City of Falls Church Veterans Memorial.

November 11 at 11am, in front of the Falls Church Community Center, 223 Little Falls St.

The Bachelor Boys Band

The Bachelor Boys are a premium 3-14 piece band specializing in high-energy music for festivals, weddings, corporate events and private

functions - at a sensible price. We pride ourselves on having a "cooler-than-average" song list that is never cheesy, and focuses squarely on filling your dance floor. With the Bachelor Boys you'll get the best musicians in the country, playing your favorite music. Where we play: Mostly in Philadelphia, Baltimore, Richmond, Pittsburgh and Washington D.C., but we travel around the world.

November 11, 8pm, Free, Jammin Java

Silk Road Ensemble

The Silk Road Ensemble creates music that is contemporary and ancient, familiar and foreign, traditional and innovative, and draws on styles from around the world to create a new musical language. Founded by cellist Yo-Yo Ma, the group has been called "vibrant and virtuosic" (The Wall Street Journal), "one of the 21st century's great ensembles" (Vancouver Sun), and a "roving musical laboratory without walls" (The Boston Globe). Yo-Yo Ma will not be appearing at this performance.

November 15 and 16, 8pm, \$62, The Barns at Wolf Trap

Brian Newman

Jazz musician, trumpeter, and vocalist Brian Newman has resurrected the magic of old New York, refreshing the glamour of the era with a modern touch by incorporating the excitement of rock 'n' roll. Whether performing with his own quartet or supporting Lady Gaga and Tony Bennett on tour, Newman's expert trumpeteering and effervescent stage presence has reignited a big band scene in New York City.

November 20, 8pm, \$24, The Barns at Wolf Trap

Amy Helm

The daughter of Levon Helm, The Band's legendary drummer and singer, and singer/songwriter Libby Titus, Amy Helm began her musical career as a founding member of the alt-country collective Ollabelle. She later played in her father's Midnight Ramble Band. A deeply expressive singer/songwriter, Helm blends Americana, country, blues, and gospel with four-part harmonies.

November 21, 8pm, \$24, The Barns at Wolf Trap

The Klezmatics

Woody Guthrie, father of American folk music and creator of This Land Is Your Land, also wrote Hanukkah songs. Guthrie's Hanukkah lyrics were discovered in 1998 by Woody's daughter, Nora Guthrie. She was so inspired by what she found, she

asked the Grammy-winning Klezmatics to write new music for the lyrics. The Klezmatics have reached millions through their performances and appearances on Late Night with David Letterman, A Prairie Home Companion and Sex and the City.

December 1, 7pm, \$20 Reston/\$30 Non-Reston, Reston

Community Center Hunters Woods—the CenterStage

Alice Peacock

Much has changed for singer-songwriter Alice Peacock since her last solo studio album, 2009's Love Remains. She's had three kids, moved to Cincinnati and ... gotten 10 years older. "Feel the

weight of the world on my shoulders/ Am I wiser or am I just older?" she sings on "Dry Spell," from her new collection, Minnesota. The record suggests that despite her "wondering what all is yet to be," she has indeed attained a measure of wisdom.

December 4, 7:30pm, \$15-22, Jammin Java ♦



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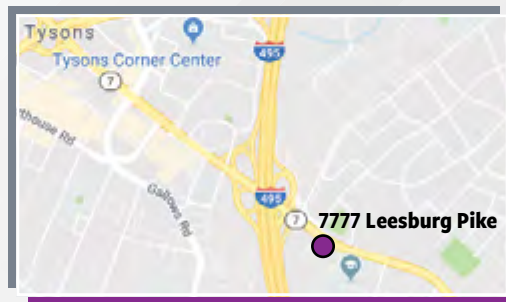


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Viva **TYSONS** **RESTON** *Lifestyles*

Holiday Community Events

November 8-10

26th Northern Virginia Christmas Market

Enjoy an award-winning holiday show featuring more than 250 fine artisans from more than 20 states. This holiday market will feature fine arts, pottery, jewelry, stained glass, wood, photography, fiber arts, and vintage re-creations, as well as thousands of one-of-kind Christmas collectibles.

Friday and Saturday 10am-6pm, Sunday 10-5pm, \$8.00 for adults (children under 12 free). Receive \$1 off admission by bringing a canned food donation for the Capital Area Food Bank.

Dulles Expo Center - South Hall, 4368
Chantilly Shopping Center, Chantilly, VA
20153

November 16-17

Fairfax Holiday Craft Show

The 33rd annual Holiday Craft Show will be held on November 17-18 at Fairfax High School. There will be artisans from all over the United States displaying their wares. Come explore many wonderful holiday gift choices. Take a break from shopping and enjoy a hot lunch.

Fairfax High School, 3501 Rebel Run,
Fairfax, VA 22030, Saturday 10am-5pm
and Sunday 10am-3pm, \$5, \$8 for 2-day
pass, children under 18 are free

November 21-23

Oakton Church of the Brethren Christmas Craft Show

Come browse and find unique
presents and stocking stuffers;

cards and gift bags; seasonal decor; kitchen accessories; baby and children's items; scarves, hats, and other attire; jewelry; pillows and linens, ceramics; fresh baked pies and cakes; and much more. This three-day event features a wide variety of handmade items and craft supplies for purchase, plus a soup and sandwich lunch and bake sale. The church is located where Courthouse Rd. intersects Rt. 123 near Oakton. For more information, see www.oaktonbrethren.org, or call 703-281-4411. The event is a fundraiser for church projects.

Oakton Church, 10025 Courthouse Rd, Vienna, Thursday from 10am-7pm, Friday from 10am-7pm, Saturday from 10am-4pm, FREE

November 22-January 5

The Bull Run Festival of Lights

Every year from Thanksgiving until just after New Year's Day, you can experience the Bull Run Festival of Lights, 2.5 miles illuminated by holiday light displays. Drive the festival route from the comfort of your car; turn out your headlights and just follow the magical glow. After viewing the lights, bring your family and friends to the holiday village to enjoy rides, refreshments, and of course, photos with Santa Claus (holiday village open select nights). The festival happens annually at Bull Run Regional Park in Centreville, Virginia. Want to avoid the crowds? Fridays, Saturdays, and Sundays are our busiest nights. Please take advantage of the Monday through Thursday discounted price and avoid a long wait. Bull Run Festival of Lights is located just off of Interstate

66 in Centreville, on Rt. 29 (Lee

Highway), just 3 miles from historic Manassas Battlefield Park.

Visit www.novaparks.com/events/bull-run-festival-of-lights for more information.

7700 Bull Run Drive, Centreville, VA 20121, Monday - Thursday 5:30-9:30 pm, Friday - Sunday and Holidays 5:30-10:00 pm (Holidays include November 28, December 24, 25, 31, and January 1), \$20-25/vehicle

November 24

A Victorian Christmas

Start your Christmas season off with a visit to Cherry Hill Farmhouse to see how Christmas was celebrated during the Victorian age. Costumed re-enactors welcome friends and neighbors who gather for some holiday cheer during the 1860s and 1870s. Period decorations, music and Christmas carols, and children's activities are all part of the festivities.

10am-2pm, Free admission. Donations Appreciated. Cherry Hill Historic House and Farm, 312 Park Avenue, Falls Church, VA 22046

November 24

Vienna Turkey Trot

The James Madison High School Band will be hosting the 16th Annual Vienna Turkey Trot 5K/10K and Fun Run. All proceeds benefit the JMHS "Pride of Vienna" Band and the Vienna Volunteer Fire Department. Join us for a great run, super music, fun prizes, refreshments after the race

November 23-January 13

Meadowlark's Winter Walk of Lights

Bring your family and friends to be dazzled by the magical Winter Walk of Lights at Meadowlark Botanical Gardens in Vienna, Virginia. Every year from mid-November until just after New Year's Day, the garden is transformed into a half-mile, walk of lights. Revisit perennial favorites such as the animated Lakeside Lights, the Fountain of Lights, and the Holiday Nature Walk - and look for new displays each year. Put on your walking shoes and bring the family to experience a Northern Virginia festive tradition. Round out your visit by roasting marshmallows and sipping on hot beverages by the fire. (Available for purchase at S'more Snacks Shop).

Meadowlark Botanical Gardens, 9750 Meadowlark Gardens Court, Vienna, VA, 5:30pm-10pm, timed tickets required (online purchase at winterwalkoflights.eventbrite.com.) \$14 adults, \$8 children ages 3-12, Children under 2 are free

and the Finish Line Festival! Visit www.viennaturkeytrot.org for more information.

Vienna Volunteer Fire Department, 400 Center Street South, Vienna, VA, 7am Registration, 8am Kids Fun Run, 8:30am 5K/10K, \$20-45



Friday, November 29, 2019

Reston Town Center 28th Annual Holiday Parade, Tree Lighting and Sing Along

Schedule:

- 11am- 12pm** Reston Holiday Parade -Winter Wonderland
- 12:30pm - 4:30pm** Santa & Mrs. Claus, visits and photos;
Mini-Train Rides
- 6pm - 6:30pm** Tree Lighting & Sing Along
- 6:30pm - 10pm** Horse-drawn Carriage Rides



Reston Town Center launches the festive season at the annual Reston Holiday Parade at 11:00 a.m. with Macy's-style balloons, musicians, dancers, antique cars, characters, community groups, dignitaries, special guest emcees, and much more. The one-of-a-kind, one-hour, half-mile parade along Market Street also welcomes the arrival of Santa and Mrs. Claus in a horse-drawn carriage. Since 1991, rain or shine, the parade has been an annual tradition on the day after Thanksgiving. Before the parade begins, thousands of jingle bells will be handed out to spectators along the route.

After the parade, enjoy visits and photos with Santa and Mrs. Claus, plus Mini-Train rides until 4:30 pm and street entertainment. The Clauses will return for the Fountain Square Tree Lighting and Sing Along at 6 pm. Afterwards, on Market Street, horse-drawn carriage rides continue from 6:30 until 10 pm. Proceeds for the photos and rides benefit local charities. The acclaimed Ice Skating Pavilion is open all day and every day from November until March.

Reston Town Center, 11900 Market Street, Reston, VA 20190, 11am-10pm

November 26

Church Street Holiday Stroll

Ring in the holiday season at this fun annual event along Church Street. Following his arrival at 6:15 p.m. on a fire truck, Santa will greet children at the historic Freeman Store and Museum and help the mayor light the holiday tree at 6:20 p.m. Various local musical groups perform throughout the evening. Marshmallow-roasting stations and hot chocolate add to the festive atmosphere. Historic structures that will remain open include the Freeman Store and Museum, Little Library, Caboose, Train Station, Knights of Columbus (formerly First Baptist Church), and Vienna Presbyterian's Old Chapel. Merchants along Church Street will remain open for holiday shoppers.

Historic Freeman Store and Museum, 131 Church Street Northeast, Vienna 6pm-9pm Free

November 28

Arlington Turkey Trot

Attracting runners, joggers, walkers and strollers, the 13th Annual Turkey Trot is a beloved holiday tradition for many in our area. The first Turkey Trot in 2006 raised \$4,200 for charity, growing to over 4,000 registered runners in 2017. Lace up your holiday running shoes and help Arlington residents who need a "hand up."

Christ Church of Arlington, 3020 N. Pershing Drive, Arlington, VA 22201, 8am Adult \$45, child (6-17) \$25, child (under 6) FREE, All Runners Registered by November 1st, will be guaranteed an Arlington Turkey Trot cotton tee.

November 29-30 and
December 6-7, 13-14, 22

Mount Vernon by Candlelight

Come join the estate for the candlelit, character-guided tour and learn more about holiday traditions in 18th-century Virginia. Guests will see the Washingtons as they prepare for a festive celebration with friends and family, a favorite holiday activity at Mount Vernon. In the Mansion, Washy Custis has just arrived home from school, and Martha Washington is admiring an impressive array of desserts in the New Room, including a reproduction of her Great Cake. Some of the hired and enslaved servants are busy inspecting bills in

the study, discussing the family's culinary preferences in the kitchen, and moving furniture in the New Room and hanging greens over doorways. Guests will also stop at the Slave Quarters, the Blacksmith Shop, and the Greenhouse where they will be able to participate in 18th-century dancing.

3200 Mount Vernon Memorial Hwy, Mount Vernon, VA 22121, Fridays and Saturdays, 5pm-8pm, \$26 adult (12 and up); \$18 youth (ages 6-11); Kids 5 and under are free

November 29-December 1

Thanksgiving Art and Craft Show

This terrific show features some 80 juried artisans offering original, handmade arts and crafts, including decorative painting; fused, etched, painted and stained glass; ceramics and pottery; hand-painted silk; woodworking; handweaving; photography; paintings and drawings; clothing and functional textiles; jewelry; and much more. All of the artists and arti-

continued on page 22



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sans will be on hand to answer questions and talk about their work.

Vienna Community, Center 120 Cherry St SE, Vienna VA, Fri 10am-5pm, Sat 10am-5pm, Sun 11am-4pm \$5, Return Free, Parking Free

November 30

A Chanticleer Christmas

Begin your holiday season with a gorgeous concert of seasonal favorites and classical standards performed by "the world's reigning male chorus" (The New Yorker), Chanticleer. This award-winning male vocal ensemble is often called "an orchestra of voices," because of its seamless blend of 12 singers ranging from soprano to bass. Chanticleer's impressive repertoire includes Gregorian chant, Renaissance polyphony, and Romantic

art songs as well as popular music, jazz, spirituals, and world music. The group has sold over one million albums and has received two Grammy Awards®. "Precise, pure and deeply felt singing," The New York Times raves, and The Los Angeles Times gushes, "Chanticleer fascinates and enthralls for much the same reason a fine chocolate or a Rolls Royce does: through luxurious perfection."

George Mason University Center for the Arts, 8pm, \$33-55

November 30

Holiday Open House on the Lawn

Enjoy music, entertainment, the glow of holiday lights, the arrival of Santa by VRE train, the City Tree Lighting at 6:15 p.m., and cookies in the courtyard. Get a start on holiday shopping at Echoes, the Museum Store, and enjoy a 10% discount. Don't miss the 73rd Annual Greater Manassas Christmas Parade on December 1 at 10am.

Historic Manassas, 5-8pm; all ages; free

December 1

Celebration of Lights

Celebrate the beginning of the season with our Great Falls Village Centre's annual Christmas Tree Lighting. Drink hot cider or cocoa next to the fire as you listen to our local children's choral groups sing seasonal music. The petting zoo and pony rides will keep your kids busy until Mr. and Mrs. Claus arrive by antique fire truck. Event held rain or shine. Visit www.celebrategreatfalls.org/celebration-of-lights for more information.

Great Falls Village Centre Hill, 3:45pm to 6:30 pm

December 1

Children's Holiday Shoppe

Children can visit the Children's Holiday Shoppe at Cherry Hill Farmhouse to purchase inexpensive holiday gifts (\$6 and less) for their friends and family. Volunteers are on hand to help children make



December 7-8

Holiday Craft Show

Deck the halls during the holiday season with special gifts from the annual Holiday Gift and Craft Show. More than 50 crafters and merchants show their wares selling unique handmade items, baked goods, and more during the first weekend in December.

December 7th 9am to 4pm, December 8th 11am-4pm, A \$1 pass gets you in for both days of the Craft Show! Falls Church Community Center, 223 Little Falls St.

their purchases and wrap their gifts for free.

10am-2pm, Free admission. No registration required, Cherry Hill Farmhouse across the park from the Falls Church Community Center, 312 Park Ave.

December 2

Holiday Stroll

The annual Holiday Stroll on historic Church Street is held the Monday evening after Thanksgiving. Church Street is closed to vehicular traffic between Lawyers Road and Mill Street, and visitors are invited to stroll along the street amid the sights and sounds of the holiday season. Santa Claus greets children at the Freeman House.

Evening time, Freeman House, 131 Church Street Northeast, Vienna

December 5-January 22

Reston Art Gallery and Studios (RAGS) - Holiday Sparkle

The charming artists' collective in historic Lake Anne Plaza is a source of beauty and inspires creativity in all who visit it. RAGS features unique artist-made jewelry, original prints, photography, watercolor, paper, and acrylic and oil paintings.

12pm-5pm, Reston Art Gallery & Studios, 11400 Washington Plaza West, Reston, VA

December 5 and 6

Ronnie Spector & The Ronettes

"Best Christmas Party Ever!"

Ronnie Spector's "Best Christmas Party Ever" is a raucous, rocking, and intoxicating blend of her Christmas classics; Ronettes hits including "Be My Baby" (named by Billboard as the #1 Greatest Girl Group Song of All Time), "Walking In The Rain," "Baby I Love You;" cult gems from her back catalog; a splash of doo-wop; and plenty of Spector's inimitable off-the-cuff commentary.

8pm, \$52, The Barns at Wolf Trap

December 6

Santa, Stars, & S'mores

Santa comes to Runnymede Park! Follow the luminaries to the campfire and Santa. He'll be there to chat with each child, with caroling and holiday music. Dress for the outdoors. S'more kits available for sale. In case of inclement weather, event will be held Sunday, December 8 at same time. Inclement weather line 703-435-6866. Register at www.herndon-va.gov. Runnymede Park in Herndon, 6-7:30pm

December 6-8

McLean Holiday Crafts Show

Founded in 1982, The McLean Holiday Crafts Show is a highly anticipated and much-beloved, three-day, indoor, juried show featuring arts and crafts made by approximately 80 regional artisans. These fine, handcrafted arts and crafts works include both established, high-quality, seasoned artisans as well as new artisans exhibiting innovative concepts. The show includes pottery, glass, jewelry, holiday decorations, mixed media, fashion accessories, wood, fine art, artisanal foods, soaps, skincare and more. The newly renovated McLean Community Center provides a delightful venue for the show and is ADA compliant. Visitors can dine onsite at the event café. This year, show management will be provided by the Northern Virginia Hand-crafters Guild (NVHG). Founded in 1972, the NVHG, a 501(c)(3) nonprofit community-based organization, is dedicated to helping artists and craftspeople exhibit and sell their

December 6-8 Fredericksburg Holiday Craft Show

Tired of the same old... same old holiday shopping? Then get on over to the Fredericksburg Holiday Craft Show at the Fredericksburg Expo Center. The annual Holiday Craft Show is your one-stop shopping destination where you can find memorable and unique gifts for your family, friends and of course for your pet too. Come join the fun festive mood at one of the area's best Holiday Craft Shows at the Fredericksburg Expo Center that will host almost 300 vendors. There will be lots of handcrafted items including holiday ornaments and wreaths, jewelry, soaps and lotions, gourmet foods, glassware, artwork, organic dog treats, clothing, candles and much much more. Not only that, but on Saturday, you can walk out with your items gift wrapped For FREE.

The Fredericksburg Expo Center 2371 Carl D. Silver Parkway, Fredericksburg, VA 22401 Friday and Saturday 10am-6pm, Sunday 11am-4pm

work, promoting the development of arts and crafts in the community and supporting arts and crafts educational activities.

December 6 11am-7pm, December 7 10am-6pm, December 8 11am-4pm, \$7 admission for adults - good for all three days of the show, McLean Community Center, 1234 Ingleside Ave., McLean, Virginia 22101

December 6-22

(Fridays through Sundays)

Holiday Market

Attend the 2nd Annual City of Fairfax Holiday Market in Old Town Square. Come and shop at the market of craft vendors as you enjoy Old Town Square, in the heart of Historic Downtown Fairfax, covered in holiday lights. The festival will include live holiday music, hot drinks, gourmet treats, and more! The Holiday Market will be open the first 3 weekends of December on Friday, Saturday and Sunday. Craft vendors will vary each weekend.

3999 University Drive, Fairfax, Fridays 5-8pm, Saturdays 12pm-6pm, and Sundays 12pm-4pm



December 16

Moscow Ballet's Great Russian Nutcracker

This Christmas give your family the gift of Moscow Ballet's Great Russian Nutcracker! Step into a simpler time filled with sweet dreams and Christmas magic. With world-class artists, over 200 dazzling costumes, stunning sets, towering puppets and soaring birds, don't miss your chance to ring in the holidays with this acclaimed Christmas extravaganza. The New York Times, "Hot Ticket!" Celebrate this cherished holiday tradition and relive the dream with Tchaikovsky's timeless score.

GMU Center for the Arts Concert Hall,
7pm, \$29-175

December 7

Brunch with Santa

Rejoice in the holiday season with an early visit from Santa Claus and an extensive breakfast buffet for you and your loved ones to enjoy. Capture a cherished moment when you take a photo with Santa for display at home during the holiday season.

The Ritz-Carlton Tysons Corner, 1700 Tysons Blvd, McLean, VA 22102, 9am-12pm

December 7

Gifts from the HeART Shopping Event

Join us for this perfect holiday gift shopping event. Beautiful original artwork, remarkable ceramics, stunning jewelry and many other one-of-a-kind items will be sold by the artists themselves. This event takes place in conjunction with the 21st Annual Gifts from the HeART Exhibit, which showcases original works of art in a variety of media in a wide range of sizes and prices. For more information, please visit our website, www.restoncommunitycenter.com, or contact Gloria Morrow, Arts Education Assistant, at 703-390-6187.

11pm-4pm, Free, RCC Lake Anne

December 7

Holiday Bazaar by Living Savior Women's Ministry

Shop a variety of vendors at this family event including small business and homemade arts and crafts. There will also be a Silent Auction with proceeds benefiting local hypothermia shelters this winter. Lunch will be available for purchase from 11:30 - 1:30 during the event. Live Christmas Tree sales.

Living Savior Lutheran Church, 5500 Ox Road, Fairfax Station, VA 22039, 10am-5pm, Free

December 7

Eileen Ivers "A Joyful Christmas"

"A Joyful Christmas" recalls the roaring hearths and roars of laughter that make up Christmas in Ireland. Virtuoso fiddler Eileen Ivers interweaves age-old Wren Day songs, beloved American carols, and even a jiggling Bach. With her signature style, Ivers invites listeners in for a tuneful, soulful celebration capturing the true spirit of the season and telling the story of Christmas through music and dance.

3pm and 8pm, The Barns at Wolf Trap

December 7-21

Reston Town Center Holiday Performances

Enjoy holiday songs from December 7 through December 21 from various music groups like the Northern VA Ukulele Society, Lindsey Hirshfeld, Guitar and Vocal and Rick Landers, Guitar and Vocals.

12pm-4pm (performance times vary), Reston Town Center Promenade, Between Market Street and Democracy Drive

December 9-17

The Nutcracker Tea

Delight in a contemporary twist on the beloved holiday classic while you enjoy afternoon tea with festive winter petite sandwiches and pastries.

The Ritz-Carlton Tysons Corner, 1700 Tysons Blvd, McLean, VA 22102

December 2-17

Gingerbread Decorating Class

After exploring their life-size gingerbread house, learn to make your own at the Ritz-Carlton's Gingerbread House Decorating Class, taught by their Pastry Team.

The Ritz-Carlton Tysons Corner, 1700 Tysons Blvd, McLean, VA 22102, 10am-1pm

December 8

Holiday Arts and Crafts Show

Over 80 artisans and craftspeople will exhibit and sell their work at this annual arts and crafts show sponsored by the Town of Herndon Department of Parks and Recreation. A variety of handcrafted items and fine art will be on sale including wreaths, jewelry, Christmas ornaments, decorations, original artwork, photography, stained glass, and more.

Herndon Community Center, 814 Ferndale Ave., Herndon, VA, 10am-4pm, Free admission and parking. Additional parking at the Herndon Centennial Golf Course.

December 13

American Festival

Pops Orchestra

Holiday Pops:

Songs of the Season

Just hear those sleigh bells jinglin' as the American Festival Pops Orchestra ushers in the season with its annual holiday concert. A beloved tradition at the Hylton Center, the uplifting evening includes treasured classics like Leroy Anderson's "Sleigh Ride," "A Christmas Festival," a rousing carol sing-a-long, and special guest artists. Maestro Anthony Maiello leads Northern Virginia's very own pops orchestra in this lively, family-friendly evening of musical merriment. This event is family friendly.

George Mason University Center for the Arts
Hylton Performing Arts Center, 8pm, \$33-55

December 13

Vienna Boys Choir Christmas in Vienna

There is no sound more celestial than the angelic voices of the Vienna Boys Choir, who return for their annual holiday concert to celebrate the magic of the season. The world's foremost children's choral group performs a delightful program of classical masterpieces, contemporary pop favorites,

Austrian folk songs, and beloved Christmas carols with their signature old-world charm and youthful vocal purity. This ensemble of sopranos and altos, comprised of boys between the ages of 9 and 14 and representing 31 countries, is enormously popular across the globe. With more than six centuries of choral tradition, it is among the oldest of all musical organizations. Over the centuries, illustrious composers have written masterpieces for the choir and many great musicians and composers got their musical start as members of the choir. These young cultural ambassadors are adored for their wide range of repertoire, purity of tone, and generosity of musical spirit. It is the perfect holiday gift for you and your family.

George Mason University Center for the Arts
Concert Hall, 8pm, \$33-55

December 14

Wreaths Across America

Quantico Single Marine Program Volunteer Event

Join us on National Wreaths Across America Day. Help place Veterans' Remembrance Wreaths on the graves of our American heroes buried at Arlington National Cemetery on Saturday, December 14, 2019. The mission to Remember, Honor and Teach is carried out by coordinating wreath-laying ceremonies at Arlington National Cemetery, as well as over 1,200 additional locations in all 50 U.S. states, at sea, and abroad.

Register at www.eventbrite.com.

The Old Post Chapel on Ft Myer, 204 Lee Ave,
#335, Fort Myer, VA 22211, 8:30am-12:30pm,
Free

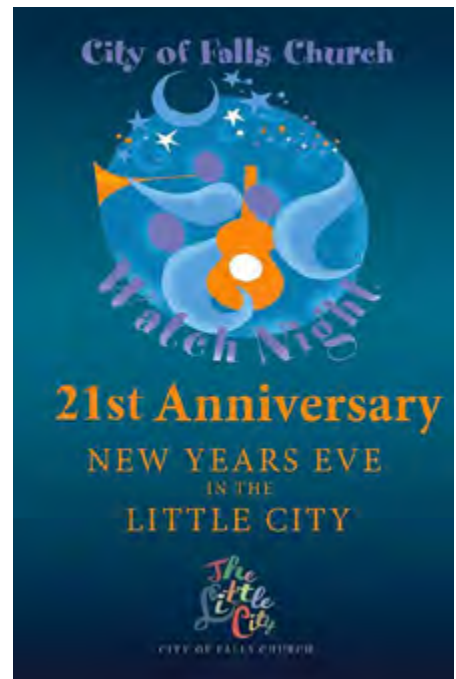
December 23

The Washington

Chorus Family Christmas

Celebrate Christmas with The Washington Chorus! Bring the whole family and enjoy your favorite holiday tunes, a fun sing-along, and a visit from Santa!

George Mason University Center for the Arts, Concert Hall, 2pm, \$33-66



December 31

Watch Night in The Little City

Watch Night – Big Night in The Little City of Falls Church is held downtown—spanning a four block area that begins on the 100 Block of West Broad Street which is closed to traffic that evening. Lots of live music, interactive amusements and activities, inflatables, and more for all ages, 6 live bands and more musicians, caricaturist, balloon artist, puppet shows and more. Scores of volunteers contribute time and talent to organize and help the businesses, churches, and organizations who donate their space from 7pm up until midnight. Live bands, indoor and outdoor venues, karaoke, rock wall climbing, adrenaline rush obstacle course, fire rescue obstacle course and free popcorn, hot chocolate and soup while supplies last.

December 31 7pm-Midnight, Free and Family Friendly, West Broad Street 100 Block, Falls Church



Holiday Traditions: For You and Yours to Treasure



by Kimberly Blaker

Whether you celebrate Christmas, Hanukkah, Kwanzaa, Eid al-Fitr, Bodhi Day, or the winter solstice, holiday traditions are a fun way for families to bond and create fond memories. The traditions you choose are limited only by your imagination in the way you and your family carry them out. The following are a few fun traditions to consider.

Customs For Gatherings

Storytelling. Choose a theme such as 'my most memorable holiday season' or 'the best thing that happened this year,' and ask each person to share a memory. Record the storytelling on video or audio, then play it in future years as part of your memory sharing tradition.

Poetry. Hold a holiday poetry reading. Ask each person to bring copies of their favorite seasonal or holiday poems to pass out and read aloud at your gathering.

White elephant. Rather than exchanging gifts or doing a drawing for a gift exchange, hold a 'white elephant.' Each guest brings a wrapped gift that anyone can use. Everyone then draws a numbered slip and takes a turn choosing either a wrapped gift or taking an unwrapped gift from another participant. If a player loses their gift, that person gets to choose another wrapped gift or take a gift from someone else. For complete rules and variations on this fun gift exchange, visit whiteelephantrules.com

For Twosomes Or The Whole Brood

Cozy escape. Escape the holiday hustle and bustle, and enjoy a holiday retreat. Try a cozy cabin in the woods or another scenic setting. Then enjoy your togetherness near a roaring fire, flipping through family photo albums, enjoying holiday music, doing crafts, and other relaxing activities.

Holiday countdown. Take a 3" by 3' strip of ribbon and cut 24-paired slits from top to bottom. Thread each pair with narrow ribbon and tie a sucker in each. Beginning December 1st, remove a lollipop each day through Christmas Eve, or the eve of the holiday you celebrate.



Escape the holiday
hustle and bustle, and
enjoy a

holiday retreat.

Romantic evening. Couples often forget to take time out for each other during the busy holiday season. Plan an evening for two and reserve a table near a fireplace or a different romantic setting. When you return home, light some candles and your tree, listen to holiday or soft music and exchange a special gift with each other. Then spend the evening reminiscing and sharing your dreams for the future.

Cut your own tree. Take the whole family to a tree farm and make a day of it. Look for the perfect tree to compliment your home, or that fits your family's taste.

International customs. Pick up a book on holiday customs around the world. Each year, choose a different culture or nationality for your theme. Then decorate and try new traditions accordingly.

Shopping date. Make a date with your partner, and assist each other in selecting your holiday attire. Decide in advance on the formality so you choose complementary outfits and your shopping trip together remains agreeable.

Just For You

Pamper yourself. Decorate the bathroom in holiday candles, fragrance, and holly. Throw on some holiday or other relaxing music. Then enjoy a long bubble bath and give yourself a full salon treatment. Include a manicure, pedicure, deep hair conditioning, facial mask, and body buff.

Traditions For All

Stockings for adults. Fill stockings for your partner, parents, or grandparents to discover. Stuff them with treats, beauty products, postage stamps, lottery tickets, and other inexpensive or usable items.

Help a needy family. Deliver a box of groceries, or supply a family with gloves and hats. Ask your children to make room for their own new gifts by donating good, unwanted toys. Offer the toys to the needy family to leave from Santa, or wrap them yourself and leave them on the doorstep.

Take a horse-drawn carriage ride. Don't forget blankets and your favorite hot beverage for warming your lips and hands.

Discontinue holiday
traditions that have
lost their appeal and
usefulness or that create
too much stress.



A special ornament. Buy a new tree ornament each year that signifies something important such as your baby's first Christmas or solstice. If it's your first season in a new home, find an ornament that represents it.

Homemade wrapping paper. Get a roll of brown Kraft paper. Then cut holiday shapes out of sponges, dip them in holiday-colored paint, and stamp the shapes onto the paper. Use glitter and glue to add to the festive look.

Tradition Tips

Discontinue holiday traditions that have lost their appeal and usefulness or that create too much stress. Talk to your family members or friends who share in the tradition, explain your feelings, and ask for input. They may feel the same. Even if they don't, you can try to reach a compromise that satisfies everyone.

Don't overdo it. It's easy to get carried away with customs. Be selective and choose those that mean the most to you and your family. Most traditions require some investment of time, energy, or money. Taking on too many can cause stress and lead traditions to lose their appeal.

When you choose traditions, divide the responsibilities. Women often take sole responsibility for holiday activities, which can be overwhelming and interfere with their ability to really enjoy the season. So try not to strive for perfection, and allow men and children to help in the preparation.

By keeping these tips in mind and being flexible, you and your family can enjoy holiday traditions for years to come. ♦

Whole Foods Market Grand Opening at The Boro

Linger and Mingle with Like-Minded Gastronomes

by Allison Chase Sutherland

Get ready for a whole new way to go grocery shopping. Gone are the days of either dashing by the supermarket to pick up a few quick items or getting in and out as efficiently as possible with the cartful of family groceries for the week. Those options still exist, of course, but now you are invited to linger if you wish—and perhaps mingle with other like-minded gastronomes in this welcoming modern-vibed space. Enter a veritable flavor festival—without leaving Tysons.

Whole Foods Market's highly anticipated new 70,000 square-foot Mid-Atlantic flagship location is set to open to great fanfare on October 30 in Tysons at The Boro. This location features the wares of the fine local purveyors that we have come to expect in its fresh produce department, butcher and full-service deli complete with charcuterie, and seafood department. The store is also equipped with two tandoori ovens, a pizza bar, a barbecue bar, and an in-house bakery. Enjoy the convenience of grab-and-go prepared foods. And not to be outdone, over 250 international, national, and local cheeses are represented and overseen by an in-store certified cheese professional certified by the American Cheese Society. Self-serve pasta from Severino Pasta and an antipasto and olive bar round out the offerings. And they boast a most impressive beer and wine section, culled from across the globe.

Expanding upon the formula of the Fairfax Corner location, the Whole Foods at The Boro will include a vast array of culinary offerings in its first-floor food hall by its Friends of Whole Foods Market partners, ranging from local favorites like Chef Nicholas Stefanelli's famed Italian trattoria Officina with its handmade pastas to Genji Izakaya with its sushi, poke, dumplings, and ramen to the Rappahannock Oyster Co. You may opt for an espresso at the full-service Allegro coffee and tea bar. Indulge your sweet tooth at Pennsylvania-based Curiosity Doughnuts. Or sip on cold-pressed juices or a smoothie at JRINK juice. You may have to grapple with the plethora of decisions such a full-fledged inventory presents.

The social scene takes the stage at the second-floor High Point bar, featuring twelve beers on tap, eight wines by the glass and craft cocktails by Tory Pratt of Pratt Standard Cocktail Company. And most unexpectedly, you will chance upon the game room adjoining the bar. You don't see that every day—especially not at the typical grocery store around the corner.

The concept of providing consumers with an expansive selection of locally sourced, innovative options which are both nutritious and delicious has proven to be a winning formula, a tendency which has only become more pervasive in recent years. Right on trend, the Tysons Whole Foods in The Boro is now the tenth in Northern Virginia—and the biggest one yet.

Their ever-rigorous quality standards support the clearly defined goals of the growing number of health-conscious enthusiasts who frequent their locations and as such prohibit over 100 unwelcome ingredients commonly found in foods, including hydrogenated fats, high-fructose corn syrup, and artificial sweeteners. This steadfast dedication builds a sense of trust with this new hybrid clientele—knowledgeable, conscientious connoisseurs with a respect for the health of their families as well as the planet. Consumers like not having to look at labels; the legwork has already been done for them. This responsible attention to detail extends not

surprisingly to the Beauty & Body Care department as well. It is a pervasive philosophy across the board, and contributes to the popularity of this expanding retailer of natural and organic products.

The opening of this new Whole Foods in The Boro has generated quite the buzz in the neighborhood, as well as on the Internet. Tracy Zambito of Vienna enthusiastically expressed her anticipation of the opening. "I'm super excited for the opening and the new food concepts that they're bringing to it. I'm so glad I'm going to be in town. I love variety. You can't be a foodie and not love Whole Foods."

This is experiential shopping at its best. The array of specialty cuisines is truly dazzling. This innovative approach to grocery-gathering provides an interactive opportunity to escape into a culinary fun zone where you can forage, socialize,

and check items off your grocery list all at the same time. Now that's what I call one-stop shopping. But you don't need to accomplish it all in one visit. Lucky for you, you are welcome to return whenever you wish—and count on a unique and distinctive experience every time you go. The emerging city of Tysons can only be enhanced by this epicenter of epicurean entertainment, which can only add up to a whole lot of foodie fun. Welcome to the neighborhood. ♦

Whole Foods Tysons Corner

1635 Boro Place, McLean

McLean, VA 22102

571.634.3610

7 a.m. to 10 p.m. daily

www.wholefoodsmarket.com/stores/tysonscorner





Helping Your Child Succeed: Is It Time to Experience *the Montessori Difference?*

By Kathleen McDonough

With the rate of change in our world accelerating and all kinds of new opportunities being created by technological innovation, lifelong learning is now a necessity skill for keeping up-to-date, staying relevant and thriving.

Yet despite a wide range of devices in the hands of students and educators, a recent global report by the Organization for Economic Co-operation and Development (OECD) suggests education systems that are heavily invested in computer-reliant curriculums are not seeing any noticeable improvements in their results for reading, math and science. Rather, the study indicates that students who use tablets and computers very often tend to do worse than those who use them moderately or not at all.¹

For parents concerned about their child's success, not only during their academic years, but well beyond, a Montessori School experience could make a world of difference.

Instead of tech, teachers at Montessori Schools, such as the Montessori School of McLean, prefer a more hands-on, experiential approach to learning that contrasts sharply with the rush to fill classrooms with the latest electronic devices. The role of imagination in learning is emphasized and an integrated approach to the intellectual, practical and creative development of pupils is offered.

Created and pioneered by Maria Montessori over 100 years ago—first in Italy and then in the United States where Alexander Graham Bell founded the Montessori Educational Association at his Washington, DC home—the Montessori Method was, and is, based on a lifetime of study and observation of how children really learn.

The 4,500 Montessori schools in the United States (22 alone in the Tysons/Reston/Herndon area) focus on developing and educating children ages 18 months through 12 years old, with a curricula of hands-on experiences intended to appeal to a child's innate hunger for knowledge. At Montessori, children actively learn to love learning.

Montessori's method focuses on personal development rather than exams, producing more mature, creative and socially adept children, studies have found. Children of different ages share the same classes, and are encouraged to collaborate and help each other. Special educational materials are used to keep children interested, and there is an emphasis on practical life skills.

Psychologists have also reported that across a range of abilities, children at Montessori schools out-performed those given a traditional education. Five-year-old Montessori pupils were better prepared for reading and math, and 12-year-olds wrote significantly more creative essays using more sophisticated sentence structures.²

And in an era when civility seems to be disappearing, some of the most impactful effects of a Montessori experience can be seen in social skills and behavior. Studies continue to show that Montessori children display a greater sense of justice and fairness and interact in more emotionally positive ways, having learned to use problem-solving skills to effectively and peacefully negotiate with others.

In almost every aspect, a Montessori education offers a fundamentally different experience than a traditional education, with clear advantages at every stage of a student's development.

With its foundation in self-direction and cooperative activities, a Montessori program helps a child develop a strong self-image, high levels of academic and social competence as well as the confidence to face challenges with optimism. Encouraged to make decisions from an early age, Montessori-educated students are problem solvers who can make appropriate choices, manage their time, and work well with others.

What ultimately sets a Montessori student apart is empowerment: students ready for the next step in their education and able to find their own path on the journey to becoming thoughtful, passionate and productive global citizens. ♦

1. OECD (2015), *Students, Computers and Learning: Making the Connection*, PISA, OECD Publishing
2. *Science Magazine* (2016), *Evaluating Montessori Education*. A.S. Lillard & N. Else-Quest



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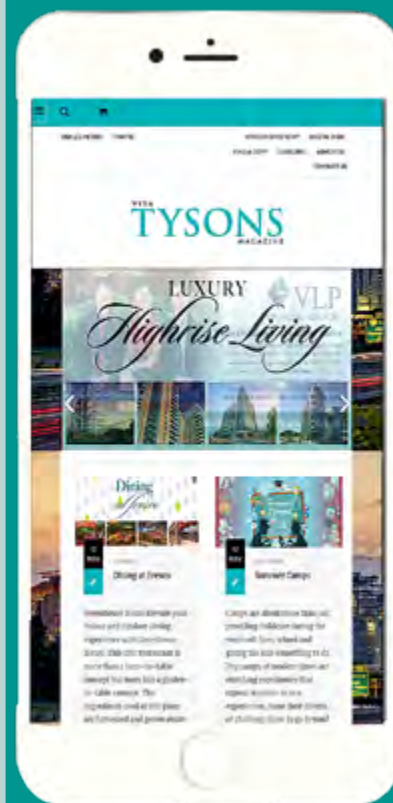
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Country Star Sara Evans Is Family Focused

By Keith Loria



Country star Sara Evans has enjoyed a prolific recording career and is one of the most compelling female vocalists of her generation, with hits such as “Born to Fly,” “Suds in the Bucket” and “A Little Bit Stronger.”

She’s released eight critically acclaimed studio albums and her last—“Words”—was named among Billboard and Rolling Stone’s favorite country albums of 2017.

On Nov. 29, the multi-platinum selling recording artist will play the Event Center at Hollywood Casino in Charlestown, West Virginia, less than an hour’s drive from Tysons.

“This will be an acoustic show, which I love,” Evans says. “They are a lot more intimate and it gives me an opportunity to talk to the audience a little more, so it’s quiet. My son will be playing guitar and we’ll have another guitar player, plus my sister Leslie will be singing harmony with me. It’s a great way to hear the songs in a different way than normal.”

Evans grew up in Missouri on a farm, and she’s always been close to her family.

“When I was 4, my two older brothers started taking guitar lessons and I would start singing along with them and my parents realized I had a voice,” Evans says. “They started getting other musicians to back us and we formed different bands. By the time I was 6, I was working as a professional musician, doing shows all over Missouri.”

She was one of six siblings, and through the years, she has performed with most of them. And she’s gotten her own kids involved as well. Earlier this year, Evans was inspired to go in the studio with daughter Olivia Barker (16) and son Avery Barker (19), to record a 6-song EP after strong fan reaction to acoustic renditions of “Dreams” and “Born To Fly” posted to Instagram.

Her brother still plays bass on her tour and other siblings sing with her from time to time.

“Family has always been important to me and I love being in business with my family,” she says. “When you work with family, it sounds great because you grew up doing it together, so harmonies are really natural. Plus, they keep me grounded.”

She doesn’t remember a time when she wasn’t singing and knew this was the direction her life would go at an early age.

“I don’t have a memory of not being a singer. I knew this was my purpose in life and there was never any really doubt that I would move to Nashville and become someone like Reba or Loretta Lynn,” Evans says. “I started so young, it was so natural for me.”

Evans is looking forward to coming to our area and performing in front of her fans from D.C. and Virginia.

“The live shows are my favorite part of what I do. I love being in a studio and creating new music, but to be on the road and have those moments where you know you are reaching right into someone’s heart and maybe even changing their life with a song you are singing, is a great feeling,” she says. “I know that some songs mean so much to people and now they get to hear it live for the first time, so it’s a great feeling. That’s really important to me to try and deliver that every night.”

Soon after the Charlestown gig, Evans will be embarking on her “Blue Christmas Tour,” where she will spend the month of December playing her favorite holiday tunes and songs off of her two Christmas albums. Don’t be surprised if she gets into the holiday spirit a little early on Nov. 29.

“A lot of people do like the Christmas shows so we’ll be doing some fun stuff with that,” she says. “We are changing up the show to add some songs not on the last Christmas album.”

Evans also is headed to the studio this fall to begin work on her next new album.

“We’re in the pre-production phase now, so I’m overly excited,” Evans says. “It’s going to be really cool. Something very different for me, something I’ve never done before, but I can’t say what it is yet. It will be a big surprise to a lot of people.”

In addition to new music, Evans will also be wrapping up her memoir, which she has been writing for the past few years.

“It stated out being a little more comical and my unsolicited advice about different things in life— parenting and being a working mom—but then when I started writing it, it was impossible not to give a lot of backstory to my life and how I developed these opinions and why I am the way I am,” she says. “It’s not my entire life story, but quite a bit of it.”

For more information about Evans in concert, visit www.hollywoodcasino-charlestown.com. ♦



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Holiday Style Guide

Spotlight on Perizwinkle Boutique

by Julie Holland

Pictured: High Rise Skinny Glitter Hem jeans with Polka Dot Puff Sleeve Peplum Top, Regal Coat Dress and Nolton Star Bootie

Need some fresh style inspiration this holiday season? Head to Periwinkle Boutique in Old Town, Alexandria, VA, where the fabulous owner, Elizabeth Mason, has got you covered.

This perfectly curated boutique based out of a beautiful historic Alexandria row home, is the go-to for trendy pieces and flattering finds.

The owner, Elizabeth, is delightful and she certainly has an eye for fashion from her 15+ years in the business and knows how to keep her customers happy and hooked. Thank you for finding all of the good stuff for us!! My closet and Instagram feed feels #blessed.

The space itself is pretty incredible, but add the always-current collection of accessories & clothing and it's a slice of shopper paradise. With such a nicely laid out and pretty space smack dab in precious Old Town, and a collection that is always new and exciting, it's really hard to stay away from (and leave) this "shopperdisse". I've had the most enjoyable Saturdays trying on outfit after outfit in the adorable fitting rooms, reminiscent of 1950s beach changing tents, while sipping refreshments from the "Periwinkle Lounge" in the back (also great for distracting your significant other with TV while you shop). Everything seems to mix and match easily,



and Elizabeth and team are all incredibly helpful with suggesting items to try on and what to pair them with.

The two looks pictured here each have elements of sparkle-- a constant style staple for the holidays. The Sequin Slip Dress layered with the Neve Lurex Sweater checks the trend box for chunky sweaters paired with midi skirts or dresses. The Regal Coat Dress, with its silver trim boucle and sparkly buttons, is absolutely stunning and looks great paired with the High Rise Skinny Glitter Hem jeans, adding yet another pop of sparkle. Toss in a pair of print booties with anything and everything, and you are set.

Elizabeth, always on top of the fashion forecast, says these are some of the trends that are big right now:

- Midi skirts with chunky sweaters
- Midi dresses with sneakers
- Leopard and snakeskin
- Pink

If these trends seem a bit out of your comfort zone, there are plenty of other options at Periwinkle (apologies in advance for your new shopping habit / you're welcome!). Take a "you" day and enjoy refreshments from the Periwinkle Lounge while you have a blast trying on all of the goodies! ❖





Four Reasons Profile Sanford May Be the Wellness Solution for You

By Analiese Kreutzer

When McLean resident and business operations professional Andres Gonzalez decided to open a local business, he did a lot of research before becoming a franchise owner of weight loss and wellness company Profile Sanford. He liked that the company is more than a weight loss clinic. It's an overall wellness solution that helps members achieve and maintain a healthy lifestyle.

Shortly before opening the first of his three planned locations in the Tysons' area, Andres explained the four factors that set Profile Sanford apart from other programs.

One-on-One Coaching

Right from the start, you'll work with a coach who is there with you every step of the way to educate, motivate and support you throughout the program. Your coach works with you on nutrition, activity and lifestyle changes to help you lose weight and keep it off. "Having someone partner with you, without judgment, helps keep you on track," said Gonzalez. "You're encouraged to share what the last week was

like when you meet with your coach either in person or over the phone."

The coaches Gonzalez has hired all have backgrounds in the health industry and have then gone through parent company Sanford Health's in-person training certification program. Before opening his first physical location in Falls Church, Gonzalez offered the Profile program virtually, and the one thing he said customers always mentioned in their feedback was the value of the one-on-one coaching and how supportive the coaches are.



Personalized Plans Rooted in Science

One of the biggest differences between this and other plans is that Profile Sanford offers a nutrition, activity and lifestyle program that is personalized to work with each member's genetic makeup. The staff at Profile will swab your cheek to test your DNA. The DNA test identifies genetic markers that usually indicate how you metabolize certain foods, in particular, carbohydrates. Based on that information, the staff customize a nutrition and wellness plan for you.

Learning about how your DNA affects your health is an exciting prospect. However, before you agree to the test, you should read the terms and conditions on the Profile website to be sure you understand the implications of having your DNA tested.



Using Technology to Track Your Progress

The Profile program also uses technology to monitor your results. You can weigh in from the privacy of your own home with the **Bluetooth-enabled Smart Body Scale** that also measures body mass index, heart rate, body fat percentage and waist-to-hip ratio. The information is automatically uploaded to your app, where you can access and track it. The program also offers a smart tracker to help you monitor and log your activity.



Created by Physicians and Researchers

Profile Sanford was developed by Sanford Health, an international health-care system. "Sanford Health developed the program to be an extension of your

healthcare,” said Gonzalez. Gonzalez wants to partner with physicians, and he offers a discount to any member referred by a physician. Of course, before starting any weight loss program, you should consult with your doctor.

Gonzalez also is working with companies that offer wellness programs to their employees because it's a benefit to employers to have a healthy labor force. His goal is to instill healthy living in the community. Gonzalez's wife Patricia is a doctor and serves as a medical consultant for the family's franchise.

How It Works

Profile offers a free initial consultation where you'll get an introduction to the program. You'll learn about the wireless technology, meet a coach and learn about the Profile promise: a guarantee that if you don't lose 15 percent of your body weight in a year, they will refund your membership fee.

“We're not looking to have a member for life,” Gonzalez said. “We want to bring about lifestyle changes by taking a holistic approach. We want it to be something sustainable. The last part of the program is called Sustain, and it will be you being able to maintain this on your own.” And that means being able to go to the grocery store and make healthy choices.

Membership is based on an annual fee of \$399 and includes access to a coach at least once a week, the digital wireless scale, DNA test, a journey book to track your progress, and a shaker bottle.

Gonzalez opened his first location at 1140 West Broad Street, Falls Church, on November 1st, and he is looking at additional locations in the Tysons area. You can learn more at ProfilePlan.com or by calling 703-991-1455. ♦

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.





Ask An Expert

By Nuha Handous
Licensed LME Clinician
Astoria Laser Clinic
& Med Spa

So Many Myths About Your Skin



Skin Care Products

A myth that involves a client unfortunately parting with too much of their money at Department stores is that the very expensive skin care creams and cleansers are better for the health of your skin than similar products that are much cheaper. It is recommended to buy a Retin A product, Vitamin C Serum and eye crèmes from a doctor's office. All other products can be purchased in a drug store. Most of the truly active components in anti-aging skin care products are the same, no matter where you buy them or how much money you spend on them.



Anti aging claims

One of the major myths about wrinkles is that anti-aging skin care products are able to erase your wrinkles. Unfortunately, there is no topical cream wrinkle eraser out there that can take age lines away. Most wrinkle creams are designed instead to plump up your skin by adding moisture. To see major results Laser Treatments, Needling, Peels and/ or Injections are suggested.



Tanning Booth Myths

Unfortunately there are myths still out there regarding tanning booths. While most people are aware at this point that tanning booths aren't completely and entirely safe, some people still believe that booths are safe as long as they don't have UVB rays. No matter what kind of tanning bed you are in, it will expose skin to UVA rays, which go even further into your skin and can cause damage.



Why use Sunscreen

The SPF level advertised on sunscreen lets you know the protection level from UVB rays which cause surface skin sunburn. Unfortunately many sunscreens do not protect people from the other damaging kinds of rays, the UVA and the UVC rays, which go deep into the skin

and can cause damage. So don't focus on just a high number for your sunscreen, you also want to find one that provides protection against the other rays as well. Many people seem to believe that if they can't feel the strength of the sun or it isn't sunny outside that they are clear from the effects of skin damage. This couldn't be further from the truth and is actually one of the most widespread myths about needing sun protection. Everyone needs to apply sunscreen every single day, no matter what the weather may be.



Blemishes

Some people have long believed a myth that it is good for you to pop blemishes, and that getting the pus or bacteria out of your skin is good for you. While it may feel good, it actually causes the area to become even more inflamed and bacteria often get in and infect the area. This can also leave a scar on the surface of your skin. Bacteria travels underneath the skin which in many cases a person can get another one shortly thereafter right next to where the first one was.



Scrubbing Eliminates Acne

Some believe that if you scrub your face enough with soap you are going to eliminate the possibility for acne and will keep your face looking healthy and young. Unfortunately, your skin needs the naturally produced oils on the face which protect your skin. If you scrub too much, you remove all of the oils and can cause rashes and further damage to your skin. So wash gently, and also use a cleanser and a moisturizer instead of a harsh soap.



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Ask Dr. Dima

About The Latest Tool in the Fight Against Aging Viva Nanofractional Radiofrequency with SmartScan Technology

It seems that every few months there is a new device that promises the fountain of youth for aging skin. Some of them work and some of them don't. I try everything on the market on myself, my staff and willing volunteers to weed the ineffective ones out. One of my new favorite devices is called the Venus Viva. The Viva device allows us to obtain the results of full face laser resurfacing without the downtime and risks. It's like getting a CO₂, Erbium, Fraxel and VBeam laser all in one. Typically dermatological procedures are designed to resurface skin by tissue ablation, are very painful, and require sedation anesthesia or nerve blocks to perform. Moreover, there is usually a prolonged healing time. In addition, traditional Fraxel and laser treatments target the skin's surface causing damage in order to signal the skin to repair itself.

Unlike these devices, the Viva uses patented nanofractional radiofrequency and SmartScan technology to deliver energy to the dermis. This generates heat in a controlled manner to initiate skin change, rebuilding collagen and fibroblast stimulation, all resulting in tissue remodeling. The Viva system achieves results with minimal discomfort and very little to no downtime. State-of-the-art patented tip allows for a depth of penetration up to 500 microns and provides varying energy densities, enabling simultaneous ablation of the epidermis and coagulation of the dermis

area resulting in skin resurfacing with minimal pain.

It treats everything from fine lines and wrinkles to skin laxity, tone and texture, large pores, hyperpigmentation (even melasma), acne scarring, redness/rosacea and age spots. It sounds too good to be true, but it really works!

What is a Venus Viva treatment like?

A topical anesthetic is applied to clean skin for about 45 minutes. 99% of our patients don't feel a thing. Occasionally the feeling of warmth or a quick pinch can be sensed. We give our patients a cold air chiller to keep them comfortable. The treatment itself only takes about 15-20 minutes, depending on the size of the area being treated.

What kind of results can I expect from a Venus Viva treatment?

You can expect mild to moderate redness and minimal swelling of the treated areas. The redness should stop after a few hours, and the swelling should go down within 12-24 hours. Very small pin point dots that are left by the electrode pins are easily covered with makeup. These will naturally exfoliate in a few days, but are barely noticeable.

Venus Viva treatments are most effective when done as a series of treatments. We recommend 6 treatments about 4 weeks

apart. Once the treatment course is completed, results continue to develop and improve over 6-9 months. This is because it takes the collagen and elastin cells that long to regenerate. We often combine the Viva treatments with other procedures on the same day such as Venus Freeze, facial fillers, Botox and Vibradermabrasion. The end result is firmer, more even toned, radiant skin. ♦

"I'm so impressed with how my skin looks now! I want to get more treatments because the results are to good!" - R.J.



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Traditional-Style Home on Benjamin Street, Langley Forest



Ballantrae Farm Estate Manor House

Holiday Homes Tour to Include 6-Acre Ballantrae Estate

By Laura Sheridan, Woman's Club of McLean

This year's annual Holiday Homes Tour, sponsored by the Woman's Club of McLean, will highlight a 6-1/4-acre estate in the Ballantrae Farm area and two large, elegant homes on Benjamin Street in Langley Forest. The tour, set for Thursday, December 5th, from 9:30 a.m. to 3:30 p.m., will be the club's 53rd and is mounted every year to support local charities and nonprofits, such as SHARE Inc., Second Story, Veterans' Transitional Housing, the Falls Church—McLean Children's Center, the McLean Volunteer Fire Department, middle-school music and safety awards, and other educational programs.

The Ballantrae Farm estate includes a three-story, Colonial Revival manor house built in the early 20th century and renovated and enlarged several times through 2014. It has an above-grade living area of 9,700 square feet and a full basement. On the main floor are a great room, a billiard room that can be converted into a dining room seating 24, a living room, a library/office, and a farm-style kitchen. A magnificent white oak tree, estimated to be 250 to 300 years old, overhangs the home's front entrance, which leads to a gracious foyer. The beautifully appointed living room and adjacent spaces suggest the classic elegance of yesteryear.

The grounds are extensively landscaped, with stone patios, decorative plantings, perennial beds, and paved walks. There are a swimming pool, a koi (fish) pond, a tennis court, a soccer field, and even a large tree house, hidden within a grove of spruce trees.

Also on the grounds are the restored, original farmhouse, dating to the mid-19th century and referred to as "Little Ballantrae". It had previously been on the site of the future manor house, where it occupied one of the highest spots in Fairfax County. The hand-hewn timbers, wood spikes, and nails typical of the period are still visible in some of the rafters and floor joists. In 1922 Little Ballantrae was moved down a slight hill to its present location. In the early 1990s, the house and its grounds were purchased and reunited with the manor house, and in 1996 the landscaping of

the two was blended. Little Ballantrae was renovated at this time and again in 2018, when a bathroom was added to the master bedroom. It now has four bedrooms and a kitchen and is used as a guest house.

The Ballantrae estate is connected to Ballantrae Farm Drive by a long, gated driveway. Visitors may either park on the street or take vans that will be available during the tour at Trinity United Methodist Church, McLean.

Both of the tour houses on Benjamin Street are large and beautifully appointed and are sited on about one acre. One home is relatively traditional in style; the other suggests contemporary north European design. The more conventional home displays "casual elegance with a nod to traditional southern living", as described by the owner. There are 10-foot ceilings and "designer touches throughout". A spacious basement accommodates sports activities, as well as a fifth bedroom and a full bath. The house area is 5,300 square feet, and the large yard is beautifully landscaped: it is certified as National Wildlife Sanctuary.

The more "modern" home is distinguished by an open floor plan, straight lines, and large, uncurtained windows for maximum light. The house area is 8,500 square feet, and there is a capacious basement for sports activities and access to a geothermal heating system. Behind the home are large patios, a swimming pool, a garden house, and a dining cabana. A three-car garage is attached to the home.

During the homes tour, a "Mini-Marketplace" offering lunch, tour tickets, and gift items will be set up at Trinity United Methodist Church, in McLean. Tour tickets, which will cost \$30 before tour day and \$35 after, will also be available at Mesmeralda's Gifts of McLean, Karin's Florist of Vienna, and Great Dogs of Great Falls and will be obtainable via credit cards and PayPal on the WCM website, www.mcleanwomansclub.org. ♦



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Ask an Advisor

Talking to Your Kids About Money

I get a lot of questions from my clients about how/when they should talk to their kids about money. Every child and family is different, but I think the focus should be the same for all parents. You want to make sure your children have the foundation they need to make smart financial decisions as they transition into adulthood and beyond.

When is a good age to start talking about money with my kids?

There is no perfect age to start the conversation, but your kids are going to learn about money from someone, and with today's prevalence of social media you want to provide some guidance before they learn from an out-of-control celebrity or a spend-happy "influencer." I encourage you to avoid making money a taboo subject in your household, your kids do not need to be sheltered from money, it's a very real part of everyone's life.

Bear in mind that you will need to start slowly with younger children and progress the conversations when they reach their teen years. Educating your kids can help them make better decisions when they start managing money for themselves, and help them avoid many of the pitfalls that inexperience may get them into.

How much should I share with my kids about my personal finances?

You may not feel comfortable telling your kids your salary or how much debt you have, but avoiding the conversation completely is not a good idea. It is important for them to understand why members of your family work and what the money earned provides for your household. You don't have to be specific about amounts earned and spent, educating them is the important part.

One lesson every child should learn as early as possible is the value of saving for a large purchase. Bringing your children into the decision to save and then explaining the process can be a great learning opportunity. Let's say you decide you would like to buy a swing set (or other large purchase) for your children, you might be tempted to surprise them with it, but a better idea would be to bring them into the saving and buying process.

Take them shopping with you and tell them you are going to start saving monthly for the purchase, and let them decide which swing set they want and how long they are willing to wait for it. Then, visually track the amount you have saved each month somewhere obvious (like on the refrigerator) and demonstrate the act of saving by actively avoiding costly expenses for a few months.

This may seem a little sneaky (especially if you already have the money for the purchase), but it is an easy way to get your children involved in the finances and understand the saving process.

Won't my kids learn about money and finances in school?

Possibly, but in my experience both personally and professionally, whatever they learn it is not enough. Many schools have shifted their focus to preparing children for standardized tests and personal finance is not part of the testing. Understanding a mortgage, credit card debt and managing income so you can spend and save is rarely taught in schools and a young adult cannot have too much knowledge about these topics.

What if I am embarrassed to talk about my money mistakes with my kids?

You may be dealing with some of your mistakes with money, and not quite ready to share that information with your children. If you have young children there may be little benefit to sharing your issues. When it comes to teenage children, part of the transition into adulthood is for children to recognize that their parents are flawed human beings, and discussing your past mistakes and what you are doing to rectify the problem is a big step in that direction.

Sharing your experiences may help them avoid the same mistakes in the future, and may encourage them to come to you if they have financial problems before they get out of hand. We always want better lives for our children and learning from our mistakes can make a big difference.

I recommend doing some research yourself, there are many great books and articles about the topic. Your financial advisor should also be able to help you identify age appropriate discussions you can have with your

children. Remember, the point is to make sure your children develop a healthy view of money and have the foundation they need to make smart financial decisions as they transition into adulthood and beyond. ♦



Daniel P. Lash, CFP®, AIF® is a partner at VLP Financial Advisors, he believes that strategic planning is the key to creating, protecting, and growing wealth.



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Beekeeper's Cottage

Your Destination for Unique Furnishings and Gifts

By Analiese Kreutzer



If you're looking for a special piece of furniture to make a statement in your home, accents to add warmth and style, or gifts with a personal touch, make a point of visiting Beekeeper's Cottage in the village of Lucketts. Located just north of Leesburg and part of a small enclave of shops at the intersection of Route 15 and Lucketts Road, this charming shop welcomes visitors with its sunny yellow exterior, its cheerful red and white polka-dotted shutters, and its friendly shop dog, Shane.

Owners Nancy Hilliard and Anne Carrington share a flair for and love of design. In 1996, they opened Beekeeper's Cottage to feature romantic home furnishings and accessories. They offer vintage furniture pieces that they have restored and painted in a style they define as European cottage or modern urban farmhouse. That last may sound like an oxymoron, but they explain that a barnwood table or a vintage sideboard or armoire can work even with very modern décor.

In addition to the vintage pieces, Beekeeper's Cottage also carries newer furnishings to help customers achieve modern elegance. One of the things the shop is best known for is its barnwood tables. The tables are custom

made to order using reclaimed barnwood sourced along the East Coast from Virginia to Maine.

Hilliard and Carrington's style has gotten noticed beyond the village of Lucketts. They have participated in designer showhouses, including the NSO Showhouse in Washington, DC, and they designed the bridal suite at Rust Manor in Leesburg. They also have been featured in *Better Homes & Gardens*, *Washingtonian*, *The Washington Post Home Section*, *Country Home*, *Romantic Homes* and on HGTV.

Destination Shopping

The business has evolved with the times and has established a virtual presence to complement its physical location. *BeekeepersCottage.com* not only shows visitors what they can find in the store, but it includes online shopping and shipping for all of the merchandise. *Beekeeper's Cottage* also has a social media presence on Facebook, Instagram, Twitter and Pinterest.

But the brick and mortar location still draws a lot of foot traffic. Some customers just happen upon the cottage while in the area, perhaps when visiting nearby Tarara Winery or Fabboli Cellars, the Vanish Brewery or Loudounberry Farm. But for others, *Beekeeper's Cottage* is a destination itself.

"Today is my day off, and this was my destination," chimed in a woman browsing the shop with a friend.

"It's a great place to come if family is visiting or for an outing with your girlfriends," said Hilliard.

"Some people come by just to see Shane," said Carrington. "They will call to see if he's here." The shop is known to be dog friendly, and customers sometimes bring their dogs with them.

What You'll Find

There's a lot to discover at *Beekeeper's Cottage*. "All your senses come alive when you come here," Carrington said.

Inviting smells greet you as soon as you walk in the door, where a selection of goat milk soaps, lotions, bath bombs and soy

candles from locally grown soy are arranged on a table. "We're well known for our candles," Hilliard said as she pointed out the different scents, such as French lavender, blackberry sage and the citrusy fresh wanderlust. Each candle is hand crafted with 100% soy wax and contains no added chemicals or dyes.

Each room of the cottage reveals treasures that reflect the shop's design aesthetic. A room near the front of the store contains vintage-inspired and modern jewelry and accessories. Hobnail glass jars in various sizes are great for holding candles and are a popular item for parties and weddings.

Hilliard and Carrington try to give customers a variety of ways to use their items. For example, Hilliard demonstrated that

a mason jar with a flower-arranging frog on the top also can be used as an air freshener when it's filled with rose hips. The extremely realistic-looking faux flowers sold in the shop can be arranged in the mason jars, black-and-glass industrial vases or lath wood boxes.

Discover all that *Beekeeper's Cottage* has to offer at 42350 Lucketts Road between 10 a.m. and 5 p.m. daily. ❖

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.





Study Reveals Living in a Life Plan Community Provides Significant Health Benefits

How do you plan to Age Well? If you're looking for ways to maintain good health and well-being in coming years, consider some new research findings on the benefits of living in a Life Plan Community.

Life Plan Communities are age-restricted, amenity-rich retirement communities that invite people to live on their own terms, enjoying a host of amenities, services, and opportunities, as well as the added benefit of access to on-site health care services if ever needed.

A Lifestyle with Proven Health Benefits

In October 2018, preliminary results from the Age Well Study show that residents of Life Plan Communities scored significantly better in multiple areas of health and wellness.

The Age Well Study compared survey responses from more than 5,000 residents in 80 Life Plan Communities across the United States to demographically similar older adults who do not live in senior

housing. Results of the study reveal the following:

- Life Plan Community residents score significantly better in self-reported health, greater purpose in life, and lower levels of loneliness.
- Residents in Life Plan Communities report significantly more healthy behaviors than other older adults (not just more exercise).
- 69% of residents reported that moving to a Life Plan Community "somewhat or greatly improved" their social wellness.
- Life Plan Community residents have a significantly more positive perception on aging than their peers.
- Residents in Life Plan Communities tend to have greater emotional, social, physical, intellectual, and vocational wellness than other older adults.

The five-year Age Well Study is being conducted by Mather Institute and Northwestern University and Year 2 Results will come out in early 2020. Mather

Institute is the research area of Mather, a 75+-year-old not-for-profit organization that provides senior living residences and other aging services.

Mather is currently planning a Life Plan Community in Tysons, Virginia, called The Mather, projected to open in 2023. Residents of The Mather will enjoy services, programs, and amenities, including:

- Spacious, modern-living floor plans including one- and two-bedroom options, some with dens
- A fitness center including indoor swimming pool, group exercise studio, and cardio/weight training
- Inspiring social and cultural opportunities such as digital media workshops, live music, art + technology seminars, and featured lecturers
- A full-service lifestyle with various culinary package options, housekeeping, and concierge and valet services



“Tysons is fast becoming a centrally located lifestyle hub that offers unique residential, cultural, dining, and transportation options. Not only will residents enjoy a vibrant community, but they will also benefit from a NextraordinarySM lifestyle that is uniquely Mather,” said Mary Leary, CEO and President of Mather. “Our amenities and program offerings center around six dimensions of wellness that are supported by research from our nationally recognized Mather Institute.”

Designed for those age 62 and better, The Mather will combine everyday lifestyle comforts and conveniences with quality amenities and services, all while offering the someday benefits of health care within the community; residents of The Mather will have on-site assisted living, memory support, skilled nursing, and rehabilitation services if ever needed. This continuum of living will allow residents to age in place right in the community, surrounded by familiar faces and the many comforts of home.

Building upon Mather’s experience and success in providing communities and

services for older adults, The Mather is expected to provide significant public benefits to Tysons and Fairfax County. The Mather will provide added retail on Westpark Drive, a publicly accessible urban park with nearly three acres of green space, employment opportunities, and a commitment to sustainability, as it will seek LEED Gold certification.

Ten percent deposits are now being accepted on The Mather’s apartment homes designed with modern open floor plans starting at \$650,000, with sizes ranging from 850 square feet to more than 3,000 square feet. Those who place a ten percent deposit on their selected apartment home, lock-in pre-construction pricing and medical approval now. Pricing includes a one-time entrance fee that is 90% refundable to the resident or resident’s estate, and a monthly service fee. Prices will be dependent upon apartment size, location, service package, and health plan selected.

To learn more about this Tysons, VA, Life Plan Community, visit www.themathertysons.com or call (703) 348.8522. ❖





PEACOCK STATION \$1,997,000

MCLEAN, VA

Beech Hill Farm is a rare find in McLean! This stunning SFH offers pine hardwood floors, gourmet kitchen that is open to the family room and breakfast area, and 4 bedrooms, along with 4.5 bathrooms in the main house. The Master Bedroom suite offers a sitting area, custom closets, luxurious bathroom and flex space to fit your own needs. Enjoy the detached guest quarters with the 5th bedroom and full bathroom, and more! Enjoy the 5+ car garage, outdoor entertaining area and sports court. This unique home is sited on 1.74 acres!



ALLIWELLS COURT \$1,285,000

OAKTON, VA

Move-in ready SFH in the heart of Oakton with high ceilings, refinished hardwood floors and spacious rooms! The main level offers a dedicated office and a gourmet kitchen with gracious eat-in area. The spectacular family room offers an open concept to the kitchen, deck access and a beautiful fireplace with stone surround. The upper level boasts 4 BR's and 3 BA's, including the Master Bedroom suite. The lower level offers a walk-out, exercise room, 5th bedroom, full bathroom and more! Enjoy the privacy of this home, along with the convenient access to Oakton E.S., shopping, dining and major transportation arteries!



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OAKTON, VA

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This charming home has been loved and has a beautifully upgraded kitchen with gorgeous cabinetry, stainless steel appliances and granite. Stunning renovated master bath in extended master suite. Private screened-in porch and brick patio overlooking nearly 2/3-acre lot with western exposure. Sought-after Madison H.S. pyramid.

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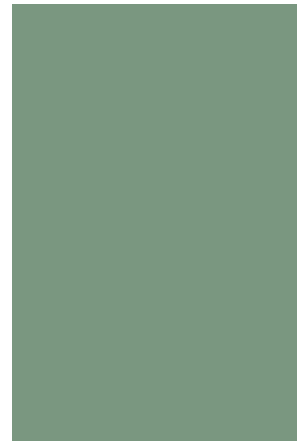
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10603 CREAMCUP LANE GREAT FALLS, VA \$2,899,000

From the metal gated entrance, you see a beautiful sited custom home on 2 acres built by Ted Viznic. As you enter the house into the foyer, you can tell from the beautiful mahogany doors with beveled glass and high-quality hardware, the 8-inch baseboards, the thick archways and paneled molding that every aspect of the house is simple but elegant. There is a modern, Lutron lighting system and perfect, wide-plank hardwood floors. Off the foyer are a living room and a dining room with a high chair rail and shadow boxes, crown molding. Like the whole house, the rooms have central vacuum and is wired with speakers in the ceiling. The large dining room with three modern chandeliers and spot lighting on a classic muraled wall. One wall holds an iPad that has controls for much of the house, including the sound and the front gate. Also, you find the library overlooking the back yard. The guest powder room has a gorgeous sink and a water closet behind a pocket door. The kitchen features two center islands one with a microwave underneath; the other with a veggie sink. Deep cabinets run to the ceiling and a dual Subzero refrigerator provide will satisfy a large family. Double wolf ovens, a 48-inch Wolf range top, dual Bosch dishwashers and deep farm sink make for a well-designed kitchen. Rounding out the family side of the house is an oversize 3 car garage that leads into the mudroom with bench and hooks. The master bedroom has a veranda and a huge, walk in closet with a center aisle. The media room is to die for, with 12-point surround sound, a projection television state of the art and two tiers of seating.



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On a quiet cul-de-sac in Herndon's Stuart Estates is this stunning 5,500 square foot four bedroom, four and one-half bath home on a 1.19-acre lot. The covered front porch protects you as you enter the spacious foyer and take in the gorgeous hardwood floors, tall ceilings, crown molding and wains coating. You can warm up in front of the stone gas fireplace in the family room. The open floor plan unites the family room with the updated eat-in kitchen with a granite-topped center island. There is a formal dining room and the three-season screened-in porch leading to the backyard that has beautiful landscaping designed to bloom continuously throughout the year. There is a peaceful lily pond brimming with ornamental fish and you can also enjoy the toasty fire pit on cool evenings. Back inside, we find the luxury master bedroom featuring two large walk-in closets, a sitting area and the remodeled master bath has a glassed-in shower and a soaking tub. This home is move-in ready and includes a Home Warranty.



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Social Schedule

A Social Schedule is available for children that would benefit from a familiar routine.



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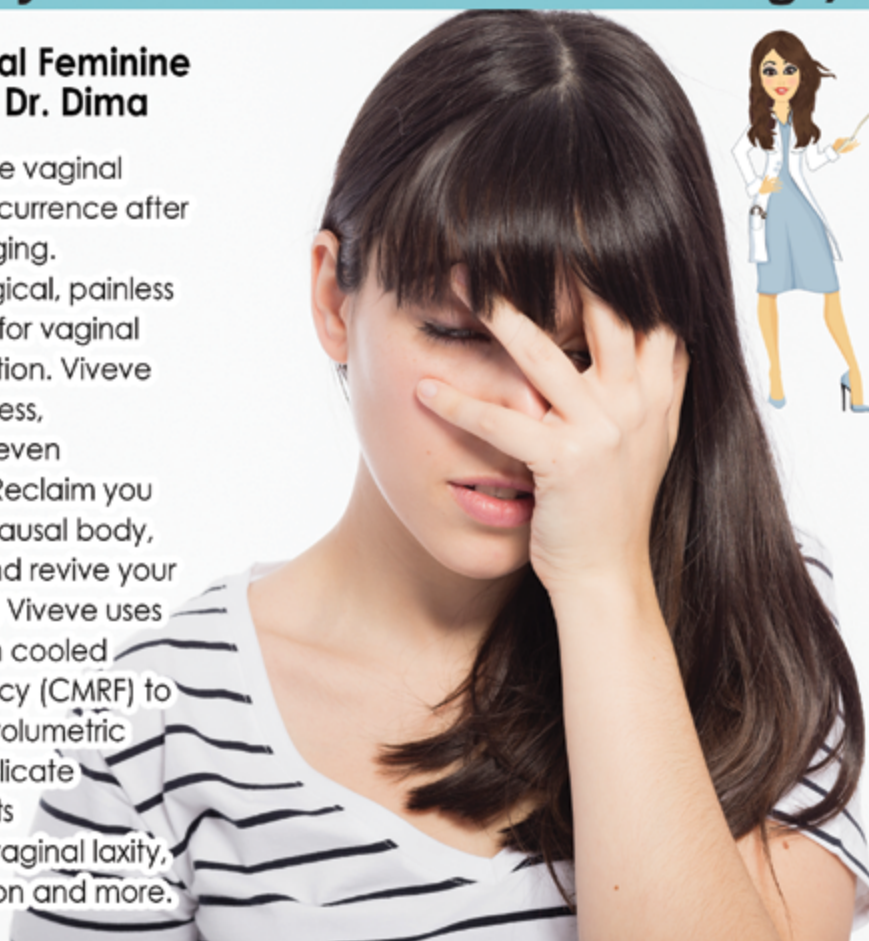
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Worth the Shlep



You hear it all the time, “You can’t get a decent NY-Style Deli Sandwich anywhere around here.” Really?

Maybe I can help you. When I find myself dreaming of a great deli sandwich, instead of heading to the Big Apple, I take a short drive to Potomac, MD. I go to visit my friend Guy Brandt, and his gang at Brooklyn’s Deli and Catering on Seven Locks Road. Less than 11 miles from Tysons Corner, this powerhouse of kosher-style delights has everything I need to feel like I’m on Second Avenue.

For breakfast, it’s always his omelets filled with tangy pastrami and first-cut corned beef brisket. Served with a bagel and hash browns, this meal is to die for.

The deli sandwiches, stuffed with genuine, kosher-style meats (the kind you expect in this neighborhood) sliced thin and piled high on fresh rye, with a Dr. Brown’s Cream Soda, and bowl of “well done and half sour” pickles, it takes a back seat to no one, here, or anywhere else.

You can get it all, the smoked fish, pastries, Fox’s “U-Ber” Chocolate Syrup (Oh, the Egg Cream!), and of course, those hard-to-find black and white cookies.

And let’s not discount the crowd. The conversations, laughter, and that special feeling like you’re part of a big family—“Big Mishpocheh.” (I don’t get there enough)!

When asked what the difference was between Chinese food and Jewish food, Henny Youngman replied, “When you eat Chinese food, an hour later you’re still hungry. When you eat Jewish food, an hour later you’re still eating.”

Say “Hi” to Guy, and try the corned beef. It’s worth the shlep!

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“My wife dresses to kill. She cooks the same way.”

“There was a girl knocking on my hotel room door all night! Finally, I let her out.”

“Do you know what it means to come home at night to a woman who’ll give you a little love, a little affection, a little tenderness? It means you’re in the wrong house, that’s what it means.” ♦



Tysons Update

DATA Passes Out Transportation Honors

The Dulles Area Transportation Association, also known as DATA, marked its 33rd anniversary by honoring three individuals for their contributions toward improving mobility in the Dulles region.

Retiring Fairfax County Board of Supervisors Chairman Sharon Bulova received the Founder's Award, named for DATA founder Dr. Sidney Steele. The President's Award went to Hunter Mill District Supervisor Catherine M. Hudgins, who also leaves office at the end of 2019.

Both Bulova and Hudgins were honored for their work on a variety of transportation initiatives including Phase 1 and 2 of the Silver Line and years of support for the Washington Metropolitan Area Transit

Authority. Bulova also championed the Virginia Railway Express program.

Marcia McAllister, Communications Manager for the Dulles Corridor Metrorail Project, was the 2019 recipient of the DATA Award, given annually to an organization or individual who has made outstanding contributions to promoting and implementing sensible transportation solutions in Northern Virginia.

Marty Nohe, a member of Prince William County Board of County Supervisors and Chairman of the Northern Virginia Transportation Authority, was the keynote speaker.

DATA, a 501(c)(3) transportation management association, identifies transportation

needs; promotes steps to meet those needs; and provides a forum for members and other concerned parties to be informed of opportunities and participate in timely actions that will bring about a more effective transportation system.

Funded under contract with Fairfax County Commuter Services and state and federal grants,

DATA works with employers to reduce the number of single-occupant vehicles on area roads by promoting alternatives such as teleworking, car- and vanpooling, transit, and biking or walking to work. ♦



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▲ BAZIN'S ON CHURCH

Vienna | American | \$\$\$

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

111 Church St. | 703.255.7212
www.bazinsonchurch.com



▲ MAGGIO'S

Vienna | Greek-Italian | \$

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

21 Maple Ave E | 703.938.7777
www.maggiosvienna.com



▲ RISTORANTE BONAROTI

Vienna | Italian | \$\$

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

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



▲ NOSTOS

Vienna | Greek | \$\$

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

8100 Boone Blvd. | 703.760.0690
www.nostosrestaurant.com



▲ CAFE OGGI

McLean | Italian | \$\$

For over 27 years, Café Oggi has reflected a pure and newfound combination of Italy's old world sophistication with McLean's contemporary novelty. With authentic preparations in an inviting and warm atmosphere, Café Oggi aims to please. Pasta, fresh fish, succulent veal, a notable wine list, and more.

6671 Old Dominion Dr | 703.442.7360
www.cafeoggi.com



▲ NOT YOUR AVERAGE JOE'S

Reston | American | \$\$

Enjoy fun and eclectic cuisine from every corner of the globe. Not Your Average Joe's began with the goal to create a unique neighborhood place where people know your name, where the food and prices are great, and where you feel special without dressing up. The large restaurant features a full bar, two seasonal outdoor patios, an open kitchen, and a wood-burning oven, all in a bright and polished atmosphere.

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



▲ DOLCE VELOCE

Fairfax | Italian | \$

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

10824 Fairfax Boulevard | 703.385.1530
dolceveloce.com



▲ CAFE RENAISSANCE

Vienna | French | \$\$

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

163 Glyndon St SE | 703.938.3311
www.caferenaisance.com



▲ ZEFFIRELLI RISTORANTE ITALIANO

Herndon | Italian | \$\$

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

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



▲ LAUBERGE CHEZ FRANCOIS

Great Falls | French | \$\$\$

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

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

Patsy's American is The Whole Package

Patsy's American, Randy's Steak and Seafood,
Best Buns Bakery Opens in Tysons Corner

By Renee Sklarew

My spoon dipped into crisp meringue, releasing silky lemon curd from its shell. The Pavlova was topped with mandarin slices and passion fruit drizzle. "Perfection," I said, savoring the combination of sweet, tart, brittle and smooth. "This may be the best dessert in Northern Virginia." My dining partner pondered for a moment, then answered, "Maybe in the world?"

We're sitting at the bar in Randy's Prime Seafood & Steaks, one of the three dining establishments inside a handsome new brick building on Leesburg Pike, across from Tysons Corner Mall. The building houses Patsy's American, Best Buns Bakery and Randy's Prime Seafood & Steaks. Diners have enthusiastically embraced this complex of eateries, but I'm not surprised. It's owned by Great American Restaurants (GAR).



The Namesake

GAR was founded by Randy and Patsy Norton 45 years ago. As the restaurant company expanded, the couple welcomed their adult children into the business. Now, all three play a pivotal role in GAR's status as one of the most successful restaurant groups in the country.

"Patsy's is the Greatest Hits, if you will, of Great American Restaurants," says Timmy Norton, Randy and Patsy's son, one of the leaders of the GAR culinary team. "We culled through all of our menus that we currently have and grabbed certain things that have resonated with my mother and father," explains Norton. "For Patsy's, it's more about things that my mom enjoyed eating."

Timmy, a graduate of L'Académie de Cuisine Culinary School, is excited about the raw bar program at Patsy's and Randy's, which offers multiple ways to feast on seafood. "The Triple Decker is my favorite. It has 18 oysters of your choosing, nine clams, nine jumbo shrimp, and wonderful smoked mussels—they're Dutch-style from Maine, so the meat-to-shell ratio is far greater than a traditional mussel—It also has tuna tartare and a one-pound lobster." He laughs, "It's a monster."

Team Building

The building has a serious wow factor. Natural light pours through the skylights. "Everything is in one building," describes Norton. "If you're coming from Tysons Corner, on the front left is Best Buns, and behind that, a banquet room. The main part is Patsy's. It's an open space



with steel beams that resembles a train station. Randy's is the dining room to the right. There's a wall that separates it from Patsy's, and beyond Randy's is the back bar and outdoor patio, which is really fun and neat for us too."

The open kitchen sits below a mural of a county fair. If you're a fan, you've probably noticed GAR restaurants feature unique paintings as part of their décor. These always have a story. Behind Patsy's bar is a mural portraying celebrities and historic figures. It's interesting to see how they're grouped—the Dalai Lama is hanging out with Ghandi, John Belushi, Whoopie Goldberg, Mother Theresa and Yoda; then behind them is Humphrey Bogart and Toni Collette. The artist painted people or characters that GAR employees selected based on the question, "If you could dine with anyone dead or alive who would it be?"

Patsy's wood and leather banquettes are sophisticated and feminine, while Randy's is clubby, with oil paintings of well-known people Patsy and Randy admire. Behind Randy's is the back bar with multiple screens and garage-style doors that open to a patio. Bartenders climb library-style ladders to reach a wide selection of liquor bottles.

Food and Friends

During my visit to Patsy's, I was greeted with the enthusiasm you find at all GAR restaurants (which include Sweetwater Tavern, Coastal Flats, the Carlyle, etc.). The host handed me a pager, and we wandered over to Best Buns to peruse the

full-service coffee bar. The bakery supplies GAR restaurants with fresh bread, like their signature Ozzie Buns.

A half-dozen oysters allowed us to sample bivalves from New England, Canada and the Rappahannock River, each with their own distinct flavor. Patsy's crabcakes are a serious standout—they have almost no filler, and are pan-fried, rendering them crisp on the outside and tender and sweet on the inside. While every restaurant likes to say their crabcake is "amazing," this truly is an exceptional crab cake. They're served with addicting hand-cut fries.

Gem Salad is a welcome addition to the GAR salad line up. Timmy Norton says the recipe was inspired by a recent trip to California: "Our Baby Gem Salad came to fruition when we went to Napa last year. It's a play on a Caesar salad, really clean and delicious, with avocados, apples and sunflower seeds." Vegans will feel respected by their veggie burger topped with guacamole or the vegetable-packed Penne Primavera.

Patsy's and Randy's shoot for the galaxy when it comes to dessert. We tried the seasonal berry shortcake, with its warm vanilla cake, surrounded by raspberry puree and fresh berries. Did I mention the Pavlova? It's worth mentioning again. It's as light-as-air and ends the meal on a high note.



Bucket List

With 40 beers on tap, four wines on tap, and a first-class bourbon collection, Patsy's back bar is the place to meet your squad for a Caps game or feed your late-night cravings. "We get a lot of industry people, from the restaurants in Tysons, because we have limited menu until 2 am. You can get a cheeseburger or beer after your shift, and our locals like the outdoor patio," Norton explains. "There's not a lot of that in this area, so people come and hang out. Honestly, it's humbling to see how busy it is."

Despite the size and scale of this complex of eateries serving American classics, it's especially pleasing knowing you're supporting a local business. Timmy Norton tells me, "We are always trying to reinvent the wheel, looking for the next way to make things better." This combination of dedication and

inspiration, is why Patsy's American is the whole package. ♦

Patsy's American

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All photos credit: Renee Sklarew



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Holiday Hosting

By Michael Evans



With the holidays right around the corner, we thought sharing some of our top “do’s” and “don’ts” for hosting holiday parties and entertaining might come in handy. Whether it’s a small, intimate family Thanksgiving feast, or a large corporate holiday soiree, these tips are sure to get you started on the right track to a successful and memorable event!



Do



✦ **Plan your budget & stick to it:** First and foremost, your budget will dictate pretty much all aspects of planning, so it’s important to set a realistic budget.

Consider your guest list and estimated headcount, then allocate your budget into food, beverage, décor and entertainment categories. This way, when planning your menu, décor, and activities, you’ll know what you’re working with.

✦ **Keep things festive & decorate:**

It’s the most wonderful time of the year, which helps make the theme and festivities come naturally. While you don’t need to go over the top, playing cheerful music and having simple holiday décor can help everyone to get into the spirit. If there will be children at your party, you may want to consider some additional enter-

tainment... Whether something simple like turkey-themed coloring and crafts for Thanksgiving, something more elaborate, such as a special visit from Santa, or somewhere in between like having a designated play space for dreidel and just allowing the kids to play, the children (and their parents) will be grateful.

Finally, don't forget about your menu! Most winter holidays have their tried and true traditional menus that are always crowd pleasers, but it's still fun to incorporate festive nods to your celebrations... Think: apple cider cocktails for Thanksgiving, menorah or kinara shaped cookies for Hanukkah or Kwanzaa, or a peppermint hot chocolate bar and miniature candy cane chocolate mousse cups for Christmas dessert. Delicious and cute!

✦ **Plan ahead & have a game plan for the week of/day of:** The week leading up to the event can get stressful if you don't plan ahead and delegate. Once you have your menu, headcount, and entertainment ideas set, plan backwards to figure out how you can pace yourself with shopping for groceries and supplies, set up and decorating, and meal prep and cooking. However, don't be a hero... be sure to delegate to your planning committee (or spouse), and utilize any offers for help.

✦ **Consider giving back & encourage everyone else to help too:** What better way to make your event one to remember than to give back to those less fortunate. Consider incorporating a canned food, stuff the backpack, toy or coat drive in which guests bring an item to help spread the holiday cheer in the most meaningful way.



Don't

✦ **Be afraid to ask for help:** If you have friends, family and/or coworkers offering to help plan, set up, or contribute in some other way, take them up on it! You do not need to do everything on your own. If you're still feeling overwhelmed, consider making your family Thanksgiving feast a potluck, in which each family brings a side or dessert... This way ensures everyone has some of their favorite recipes included, and there's less pressure on you. If you don't want to ask others to bring a dish, consider bringing in the professionals. Whether opting for a delivery service to simply have some help handling the food, or going with a full service option, hiring a caterer is always a great way to take some of the stress off of your hands and allows you to enjoy as well!

✦ **Try a new recipe the day of the party:** While there's nothing wrong with wanting to try a new festive recipe, be sure to try it out before the day of the party. You'll want to make sure it meets your standards, and also want to know what you're getting into! There's nothing more frustrating than allotting a certain amount of time to make a dish, and then having the preparation take much longer than expected, or it needing more cook time in the oven... By doing a trial run, and sticking to some of your tried and true recipes as well, you'll set yourself up for success the day of the event.

✦ **Reinvent the wheel:** It's natural to want to host a great event that everyone enjoys and remembers for years to come, but that doesn't mean you need to get carried away. Keep it simple! If you're hosting at your house and already have it decorated for your family, those decorations can double as some (or all) of your party



decorations as well! Having to start from scratch at an outside venue? Grab some poinsettias, greenery and candles for a simple yet classic tablescape. Similarly, when it comes to food and entertainment, new and innovative spins on the holiday classics are always exciting, but not necessary if you're pressed for time, money or help.

✦ **Stress out:** Sometimes this is easier said than done, but when things start to get overwhelming, try to remember the reason for the season. While you may have plans for an elaborate event, your guests will be nonethewiser if you have to scratch the photobooth, champagne tower, or DJ last minute or if they aren't in the budget to begin with... Remember that everyone is just looking forward to time to share in each other's company and celebrate this festive time of year together.

Keep in mind that there is no one "right way" to host a holiday event, and what works for one family may not be the best for the next, or ideal for a larger company party, etc. When planning, factor in the size of your party, holiday traditions, and the formality of the event and go with the route that works best for you... No matter which direction you go, your guests will be thankful for your hard work and planning, and that you all can celebrate together with good food and great company. Happy Holidays! ❖

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

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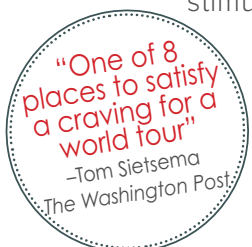
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Facing the south end of the Reston Town Center Metrorail Station overlooking the pavilion and pedestrian bridge along Sunset Hills Drive.



Photo courtesy of Phil Delcon/Dulles Corridor Metrorail Project

BY MARCIA MCALLISTER

All Aboard Ridership Grows at Silver Line Stations

Ridership at two of the four Silver Line Metrorail stations in Tysons Corner is soaring. Mixed-use developments are springing up, filling the skies with creative architecture. New businesses are opening, along with a wonderland of all sorts of new eateries and food stores.

Yes, all is well, according to those who watch over the growing economy of Tysons. Yes Tysons, no longer Tysons Corner.

July marked the fifth anniversary of the opening of the Silver Line through Tysons where change has come, and come much faster than many business leaders and politicians had projected. Barely a month goes by without some chamber, business organization or economist staging a high-priced forum to showcase and forecast great things not only for Tysons but also for the entire Dulles Corridor.

Recent openings and expansions have had very positive impacts at the Greensboro

and McLean Metrorail stations, according to numbers recently released by the Northern Virginia Transportation Commission. The data reflects numbers reported in April, May and June 2019 compared to numbers reported in the same period of 2018.

Ridership at the Greensboro Station (in front of the Marshalls shopping center) jumped 18 percent, primarily because of the impact of the Boro complex where Whole Foods opens this fall along with high-rise office and residential properties. The opening of The Lumen at Route 7 and Chain Bridge Road is also a stellar attraction nearby.

Ridership at the McLean station, the first stop coming into Tysons from downtown DC and other points east, jumped a whopping 25 percent, reflecting steady increases month after month most likely triggered by the growth at the Capital One complex and expansions at MITRE Corp.

At Spring Hill Station, where high-density projects will soon be off the ground, ridership jumped 7 percent.

At Tyson Corner Station at Tysons Corner Center, ridership jumped 5 percent. This station continues to be the strongest of all Tysons stations with a total fourth quarter ridership of 594,972. This is fueled by the steady stream of riders from across the region now using Silver Line trains to get to the major malls at Tysons.

Tysons, however, is not the total ridership story. The busiest Silver Line Station is the Wiehle-Reston East Station with more than 1.25 million riders. It's the end of Phase 1 and, unlike the Tysons stations, has extensive commuter parking and is served by feeder buses from Loudoun.

What does the future hold? More ridership increases in Tysons as large mixed-use projects come on line, and a total Silver Line increase when Phase 2 opens next year. ♦



Silver Line Phase 1 crews repair a sidewalk along eastbound Route 7 at Westwood Center Drive near the Spring Hill Metrorail Station.

Silver Line Phase 1 Work Updates Have Begun

Along Route 7 and Route 123/Dolley Madison in Tysons

Drivers and pedestrians in Tysons have encountered daily lane and partial sidewalk closures along Route 7 (Leesburg Pike) since the Silver Line Phase 1 crews began a series of repairs in the Tysons area in late September. In the coming weeks, similar work will be conducted along Route 123 (Dolley Madison/Chain Bridge Road).

Crews are working to repair manholes, sidewalks, curbs and gutters, and ADA ramps as part of final closeout of Phase 1 construction. Work will be performed one or two blocks at the time and will only close the roadway in the area of the work. This work will take several months to complete and will continue until at least Thanksgiving.

Pedestrians seeking to get to the Greensboro and Spring Hill Metrorail Stations or businesses along the corridor may find that they are directed to change their walking patterns for short periods of time. Entrances to all businesses from Route 7 will remain open. During Metro's operating hours, pedestrians can use the pedestrian bridges to cross Route 7 and Route 123. ♦



Silver Line Phase 1 crews install caution tape barrier around a sidewalk repair along eastbound Route 7 at Westwood Center Drive.

Photos courtesy of Dave Johns/Dulles Corridor Metrorail Project



Tysons Update

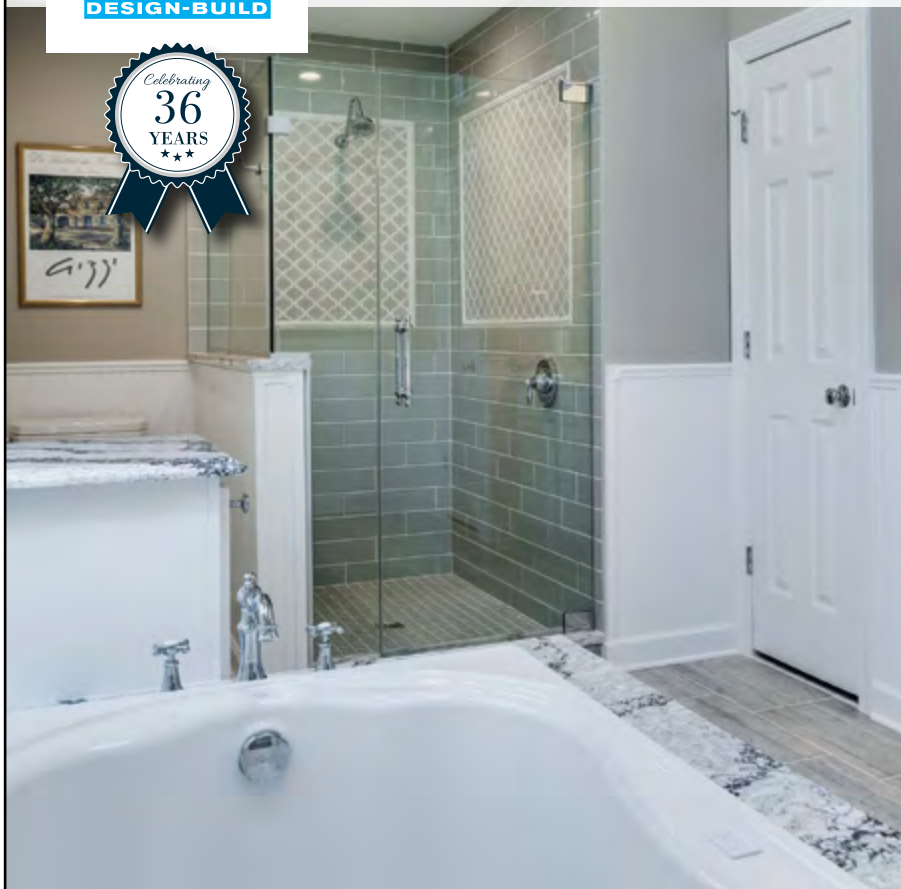
Test trains running along tracks at Ashburn Station



Photos by Ann Khalil



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Zero-Emissions



By Delegate Kenneth R.
"Ken" Plum

At 218,000 miles the time had arrived when it made more economic sense to get another vehicle than to spend the several thousands of dollars necessary to repair the air conditioning on our 2007 Prius. It was the second such car we had owned having retired another one with about the same mileage. We were early purchasers of a Prius for environmental reasons since they burn so much less gas. The fears that many expressed that we would lose our investment when the battery wore out were never realized. We still own a Prius with about 168,000 miles, but with our lifestyle and work responsibilities we need two cars.

Environmental impacts topped the list of concerns as we approached shopping for a new car. Such concerns are an important consideration these days as there are many zero-emission vehicles on the market in the form of electric vehicles. If you have not looked at the car market recently you will be amazed at the number and variety of all-electric vehicles that are available. Totally quiet with no emissions and driving distances on a charge having greatly expanded

with new technology and batteries, the choices are numerous.

Several manufacturers have announced that in the not too distant future they will be making only electric cars. A campaign is underway in Fairfax and other localities to go to electric school buses rather than the diesel-coughing yellow monsters of the past. With the rapid expansion of charging stations the concern of running out of power is no longer a real issue.

After some rides in other cars we went to the Tesla dealership for a test drive. Here I should offer a warning: Do not test drive a Tesla if you are not seriously in the market to buy one. It has the smoothest ride and most accommodating features of any vehicle I have ever driven. But please remember that I was considering the car for its zero-emissions feature.

We made our purchase over the Internet and had our car within a day. There was no time for me to worry about my image driving a car that most consider expensive. There are expensive Tesla models for sure, but ours is the most economical available with the autonomous driving features that are great safety features. It looks

really sporty but that sleek aerodynamic design contributes to its environmental efficiency.

We are mastering the battery charging. I plug the car into the same outlet overnight on the deck where I used to plug in my electric lawnmower before I got a cord-free mower. There are more fast-charging stations than you may realize, and your car will direct you to the nearest one when it needs a charge. It's that use of electricity for its power that makes it zero-emissions. I know that production of the electricity may have been in a pollution-generating plant, but I work hard to bring about changes to renewable energy sources.

Buying a Tesla is like joining a new family or community. Many have named their cars, and most speak of their cars affectionally. I appreciate joining a community of people who want to protect the environment and who appreciate the fact that they are helping to keep the air clean and who may even be slowing the rate of climate change.

I hope to see you on the road soon. Yes, my car is beautiful, but remember I bought it because it is zero-emissions! ♦



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