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IN THE AREA

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Michelle Zadeh



Kyle Weitzman



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This home at the end of a culdesac has been completely renovated from top to bottom. Main level master bedroom with a 2nd master on the upper level. The baths are top notch with designer tile and steam shower. The first floor master has a spiral staircase to the second floor master that has been changed into a huge master closet. This works to easily make separate his and hers master baths but this can very easily be changed back to two separate master bedrooms. On the main floor you will find a library, formal embassy sized living room and dining room with a large family room open to the kitchen which was also completely redone from top to bottom. You will also find a breakfast room, a sunroom, and a 3 car garage. Now it really gets fun! As you walk down to the lower level, you enter the entertaining part of this house. There is a huge bar with onix counters, big screen TVs, billiards room, exercise room with sauna, as you keep going you find a laundry room, media room with 120" screen, and a second kitchen. The most interesting room of the whole house is the two story safe room. It has so many uses! It was used as a basketball court, a racket ball court, a media room and a room to store someone's most valuable possessions, all behind a bank safe style room that makes it feel like fort knox! All of this walks out to the pool area with a pool bath and changing room as well as a gazebo overlooking the creek below.



Features



New Year Resolutions

By Kimberly Blaker

The New Year is a great time to take inventory, set goals, and take charge of your life. But if you're like most, making resolutions is much easier than keeping them. Rather than focus on the idea of a new beginning, which can lead to disappointment at the first slip, keep in mind that self-improvement is an ongoing endeavor. Setbacks are not failure; they bring wisdom and insight for future success.

Blizzard Blast and Cold Weather Fun

By Kimberly Blaker

If your kids are like most, school snow closings are the highlight of the winter season. Get into the spirit with some of these fun outdoor activities. After you've expended your energy outdoors, there's plenty of fun to be had indoors as well.



Top Dentists

All of us who live and work in Northern Virginia are extremely fortunate to have top medical professionals who have chosen this area to deliver their quality services. Review the qualifications of this list of Top Dentists in the area and you will know that we have found for you the TOP professionals in their respective fields.

A Weekend in Charm City

By Renée Sklarew

Spend a weekend in the charming city to our north, Baltimore, Maryland. Winter is the perfect season to discover the city's cultural treasures, sample local Chesapeake Bay seafood, and learn how the city played a pivotal role in Early American history. And getting to and around Baltimore is easy. Take Amtrak to Baltimore's Penn Station, then hop aboard the free Charm City Circulator shuttle bus that makes the rounds to key parts of the city.



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Here's to a Healthy 2020

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Saturday, Jan. 18, 11 a.m.-2 p.m.

Free admission

Presented by The Alden

Hiplet Ballerinas

Saturday, Jan. 25, 6 p.m.

\$30/\$20 MCC district residents

Presented by The Alden

"We Shall Overcome featuring Damien Sneed"

Thursday, Jan. 30, 7 p.m.

\$45/\$35 seniors

\$20 MCC district residents

Fun for the Whole Family

Old Firehouse Family Fun Bingo

Friday, Feb. 7, 7-9 p.m.

\$15/\$10 MCC district residents

Presented by The Alden

Flamenco Vivo Carlota Santana

Saturday, Feb. 8, 7 p.m.

\$40/\$35 seniors

\$30 MCC district residents

Presented by The Alden

"Jedi Academy"

Saturday, Feb. 15, 1 and 4 p.m.

\$15/\$10 MCC district residents

The McLean Community Center

www.mcleancenter.org

Home of the Alden Theatre

www.aldentheatre.org

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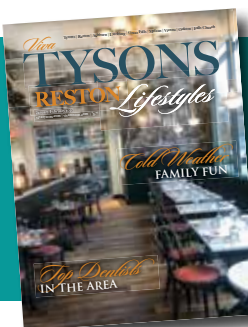
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ON THE COVER:

*Parc de Ville— Star of the Mosaic
District's French Quarter.*

Read More on page 52.

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Photo credit: Shervin Lainez

OUT & ABOUT

The Barns at Wolf Trap
JANUARY 17
BAILEN

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www.wolftrap.org

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www.jamminjava.com

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www.thestatetheatre.com

THE ALDEN

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mcleancenter.org/alden-theatre

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cfa.gmu.edu

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www.1ststageysons.org

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. The Bachelor Boys Band pride themselves 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—a mixture of chilled out music, and some high energy tunes also.

January 7, 8pm, Free, Jammin Java

Jesse Valenzuela (of The Gin Blossoms)

As a founding member of the Gin Blossoms, Jesse Valenzuela was responsible for writing or co-writing five of the band's Top 40 hits, including the

#1 single "Til I hear it from you". As a songwriter and performer Valenzuela has sold in excess of 10 million records worldwide. In addition to his career in the Gin Blossoms, Jesse has written, produced and performed with a wide-ranging variety of artists including Stevie Nicks, KISS, Judy Collins, The Calling, Los Lobos and The Rembrandts, among others. His songs have been featured prominently in countless films, including "How to Lose a Guy in 10 Days," "Speed," "Drill Bit Taylor," "Wayne's World," and "Empire Records" among many others. Jesse has written extensively for TV, including the theme to the CTV hit show "Corner Gas", had one of his songs used during a halftime spot on the 2008 Summer Olympics broadcast on NBC, and has scored several shows for the Travel Channel. In addition, his songs have been featured in varied television shows

ranging from "Friends" to "Cold Case". -- Tom DeSavia, Concord Music Publishing

January 8, 7:30pm, \$20, Jammin Java

Susan Werner

Susan Werner has done it again; the woman NPR named "Empress of the Unexpected" has brought forth another unique concept album with a national tour to match. Her new EP, *An American In Havana*, is a collection of original songs inspired by Werner's recent travels to Cuba. The recording features performances and arrangements by legendary Cuban percussionist Mayra Casales (Dizzy Gillespie, Tito Puente, Regina Carter), along with Werner's trademark songcraft and wry, poetic lyrics.

January 11, 7:30pm, \$20-28, Jammin Java

continued on page 12



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The Barns at Wolf Trap
JANUARY 15

Photo credit: Susan Markheim

JD Souther

Will Liverman, baritone Ken Noda, piano

Chamber Music at The Barns

Join Wolf Trap Opera alumnus Will Liverman on a journey as the Wanderer whose demons lead him to the icy regions of the Self in Schubert's iconic *Die Winterreise*.

January 12, 3pm, \$42, The Barns at Wolf Trap

JAGMAC

From funk and soul, to pop, rap, jazz, and rock & roll, JAGMAC grew up in an eclectic musical household, and these influences can be heard in their musical style and lyrics. The group co-writes all of their songs and have been in the studio penning a new album (scheduled to come out early fall 2018) with many of the industry's top writers, including: Lauren Christy (Avril Lavigne, Bebe Rexha, David Bowie) Pam Sheyne (Christina Aguilera) Bryan Todd (Miley Cyrus), Ben Adams (Craig David) and Manny Streetz! With their catchy choruses, pure vocals, and dynamic routines, JAGMAC is set to take the music world by storm!

January 12, 6pm, \$15-25, Jammin Java

An Evening With JD Souther

An architect of the Southern California sound and an influential songwriter, JD Souther has written and co-written many timeless hits for artists including the Eagles, Linda Ronstadt, Bonnie Raitt, and Crosby, Stills & Nash.

January 15, 8pm, \$42, The Barns at Wolf Trap

=PR= One Loudoun World of Beer Pub Run

Join us every Thursday night at 6:30 PM for a 3-5 mile Pub Run with =PR= and World of Beer. All paces are welcome and runs start and finish at =PR= One Loudoun. Head across the street after the run for \$1.00 off beers at World of Beer! If you have any questions, do not hesitate to call us at: 703-568-9141.

January 16, 6:30-7:30pm, 20626 Easthampton Plaza, Ashburn, VA 20147

Bailen

Bailen blends folk-rock and pop influences with strong three-part harmonies to twist music in new directions. Named one of Sofar Sounds' Artists to Watch in 2018, the

sibling trio from New York has toured or collaborated with The Lone Bellow, Amos Lee, and Joseph, among many others.

January 17, 8pm, \$22, The Barns at Wolf Trap

Osama Malik "SAMA" EP Release Show

SAMA is the artist project of Virginia-based multi-instrumentalist and songwriter Osama Malik. SAMA brings a fresh blend of pop-inspired melodies, rich harmonies, percussive rhythms and an emphasis on his thought-provoking lyrics to the forefront of their music. In the tradition of bands like One Republic, NEEDTOBREATHE, and Oh Honey, SAMA's debut EP "I Want the World" is a collection of 5 songs that pass the test whether performed stripped down and acoustic, or with the energy of a full band backing.

January 18, 8pm, \$10-20, Jammin Java

Auditions for Alden's Youth Production "Dorothy Meets Alice or The Wizard of Wonderland" By

Joseph Robinette

Two of literature's most famous young ladies meet at last when a young man puts off his book report until the last minute. Suddenly in a strange place, somewhere between Oz and Wonderland, familiar characters like the Cowardly Lion, the Mad Hatter, the Scarecrow and the White Rabbit need his help to unscramble their stories and avoid the Wicked Witch and the Red Queen. This hilarious, adventurous romp is filled with laughter and surprises at every turn.

Open Auditions: January 21 and 22, 7-9pm
Callbacks (Invitation Only): January 23, 7-9pm Auditions at The Alden at McLean Community Center, 1234 Ingleside Ave., McLean, Va. 22101

Masters of Hawaiian Music

Direct from the Pacific, the Masters of Hawaiian Music bring "folklore and cultural memory into a performance that...[unfolds] as breezy entertainment"—*The New York Times*.

January 24 and 25, 8pm, \$27, The Barns at Wolf Trap

Hiplet Ballerinas

Hiplet™ fuses classical pointe technique with African, Latin, Hip-Hop and urban dance styles that are rooted in communities of color. It was specifically designed to make ballet accessible to all, by mixing it with current popular songs that will be familiar to audiences who don't normally attend ballet performances. If ballet aims for the ethereal, hiplet, generally danced to pop music, is more concerned with earthiness. It has soulfulness, too; while the lower half of the body can be sharp and



percussive, the upper half — how the arms connect with the back — conveys a natural flow. —*New York Times*

January 25, 6pm, \$20-30, The Alden

Murder Mystery Comedy Show: Hit Me 90's One More Time

Die Laughing Productions is back with another interactive, hilarious whodunit. We're taking you back to the 1990's with Hit Me 90's One More Time. You're at a radio station promotional event where listeners battle it out for the hottest concert ticket of the year, Ace of Base. Everything goes smoothly and no one dies. Not! Some unlucky person will not just be losing their religion, but meeting their fate!

Hit me 90's One More Time stars 98 Rock's Justin Schlegel,



Photo courtesy of Wolf Trap

Cherish the Ladies

Two Princes, Mr. Jones, all of your favorite Die Laughing Productions comedians and most importantly, you the audience. Come celebrate the 90's with us for all we really wanna do is have some fun,

jump around and help you get through this semi-charmed kind of life. Eat. Drink. Laugh. Solve a Murder.

January 25, 7pm, \$25, Jammin Java, www.dielLaughingproductions.com

International Guitar Night

Celebrate the 20th anniversary of International Guitar Night with its most eclectic lineup yet: Guest host Mike Dawes



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(England) with his incredible two-hand contemporary style, fretless guitarist Cenk Erdoğan (Turkey), electrifying jazz virtuoso Olli Soikkeli (Finland), and Hawaiian Slack Key master Jim “Kimo” West.

January 29 and 30, 8pm, \$32,
The Barns at Wolf Trap

Chocolate Lovers Festival

Chocolate Lovers Festival where you will find a variety of chocolate beverages, like Chocolate Soda & Milk, Wine, Chocolate Milk Shakes, Chocolate Tea & Cacao, Chocolate Coffee, Hot

Chocolate and more.

January 31 to February 2, times vary, Central Fairfax Chamber of Commerce, 4031 University Dr #100, Fairfax, VA 22030

Father Daughter Dance

This will be a moment fathers will treasure for the rest of their lives and a very special night for daughters, as they dance to popular music with their father and friends. This semi-formal event will include light refreshments, dancing with a DJ, a fun photo booth and a keepsake gift for each daughter. Daughters may be accompanied by an uncle, grandfather, or a male guardian. Dance will take place at the Herndon Community Center.

February 1, 6:30-9pm, \$50/couple, \$25 each additional daughter, Herndon Community Center

Paul Huang, violin Danbi Um, violin Orion Weiss, piano Chamber Music at The Barns

A series of musical conversations between two violinists, Paul Huang and Danbi Um. Joined by pianist Orion Weiss, they will navigate the music of Spohr, Wieniawski, Sarasate, and a world premiere by Chris Rogerson.

February 14, 7:30pm, \$42, The Barns at Wolf Trap

Rorie Album Release Show

Rorie is a singer-songwriter, crafting music that tells stories of heartache and hope. With poetic lyrics and emotive vocals, Rorie's songs are ethereal, yet grounded in reality. She transports listeners to other worlds while tugging at the heartstrings of what it means to be human. The music is a vibrant mixture of

synth-pop energy and singer-songwriter authenticity. While the subject matter is deep, you may also find yourself wanting to dance.

February 15, 8pm, \$15-20,
Jammin Java

“Jedi Academy”

This is your chance to join the Rebel Alliance and access the Force within! Jedi Academy is a solo, comedy variety show that captivates Youngling Jedi Warriors, Princesses and Darth Vaders with comic antics, exciting physical challenges and magical mayhem. Come dressed as your favorite character!

February 15, 1 and 4pm, \$10-15,
The Alden

The Tribute

Beatlemania is back at The Barns with the “best Beatles tribute on Earth.” —Rolling Stone

February 20 and 21, 8pm, \$40,
The Barns at Wolf Trap

Family Passport to Fun

Parents will be encouraged to become Treasure Hunters and seek the hidden talents, strengths, and abilities of their children and those around them. This annual family event is designed for children to share the fun with a caring and significant adult in their life. Therefore, a caring adult must accompany each child. Swim, eat pizza, and enjoy hands-on activities.

February 21, 6:30-9pm, \$2 per person or \$10 per family,
Herndon Community Center

An Evening with Gretchen Peters

Beauty tempered by dread, sorrow buoyed by hope, these are the ever-present tugs of war that make life worth living and songs worth writing. And they are the over-riding



Photo courtesy of Jammin Java

7:30pm

Aspire Presents Tony MacAlpine

The name Tony MacAlpine is synonymous with modern musical virtuosity. Whether performing as a solo artist, band member, session player, touring hired-gun, or as a producer, Tony MacAlpine continues to prove that he truly is one of rock's most amazing and versatile musicians. He incorporates classical, jazz and fusion influences into the hard rock/metal genre on both guitar and keyboards.

February 11, 7:30pm, \$20-30, Jammin Java

FEB
11

themes that make Gretchen Peters one of her generation's most compelling singer/songwriters.

February 23, 7pm, \$15-22, Jammin Java

Cherish the Ladies

Irish-American supergroup Cherish The Ladies creates an evening that includes a spectacular blend of virtuoso instrumental talents, beautiful vocals, captivating arrangements, and stunning step dancing. "It is simply impossible to imagine an audience that wouldn't enjoy what they do" —*The Boston Globe*

February 25 and 26, 8pm, \$27, The Barns at Wolf Trap

Brentano String Quartet

Chamber Music at The Barns

The Brentano Quartet returns with a program that pays homage to inspiration, both earthly and divine. Beethoven's brilliant Quartet in A minor Op. 132 is followed by tributes by Mario Davidovsky and Mendelssohn.

February 28, 7:30pm, \$42, The Barns at Wolf Trap ♦



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



Ask An Expert

By Ivana Donley, Licensed LME Clinician
Astoria Laser Clinic & Med Spa

4 Ways to Get in Shape in 2020



Try CoolSculpting and CoolTone

No matter what you do to lose those extra inches, there are some areas that will not change. We're talking about under the chin, those upper-arm batwings, all around your midsection, and on hips and thighs.

Is CoolSculpting and/or CoolTone vain? Shouldn't I Just Be Happy In My Skin?

We truly believe feeling good in your own skin is imperative. Good, bad, right, or wrong, how you feel in your skin and clothes when you wake up in the morning, can impact every interaction you have that day. Imagine you put your jeans on and they feel tighter than last week, is your gut reaction feeling good, are you upbeat, kind and positive? Or is there a little cloud of darkness that starts your day off on the wrong foot? Don't beat yourself up, it's human nature. Now let's say the pants are looser than you remember, how do you feel now? New spring in your step, proud, upbeat and confident.



Switch Up Your Diet

Everywhere you look, there's a "new" way to eat. Perhaps it's low fat, high fat, low carb, or high protein; everyone has a theory. Of course, everyone is different. If you've been following a certain diet for a while with no movement on the scale or in the mirror, it might be time to switch it up. Just because one thing is a trend doesn't mean it's right for your body. As you countdown, give yourself 3-5 weeks on anything new to see if it's working for you. If it's not, re-evaluate. Just be sure that you're eating! Dieting does not mean starving yourself. If the diet you're on requires you to starve, you should probably choose something different.



Move More

It's no secret that weight loss occurs when we eat fewer calories and burn off more of what we take in. Once you choose a diet that works for your life and goals, it's time to increase your movement and start the shedding process. If you wear a step tracker, aim for 10,000 steps a day. You can achieve that with some simple activities. Take the stairs instead of the elevator, park farther from buildings and walk in, walk with the dog, kid or spouse around the neighborhood, clean the house (you'd be amazed how many steps you can get!). Pretty much anything that gets you moving more is a good thing. Have fun with it!



Buddy Up

Doing anything with a friend is easier than doing it yourself. Having a workout buddy can keep you motivated and help push you even farther than if you would go solo. Your friend can be on the whole journey with you, including working out more and tightening up your diet. Or they can just be an accountability partner who's been there before. Someone who has had success already is a great option since they know the hurdles you will likely face and can help overcome them. Anyone can be a buddy: your spouse, business colleague, friend, sibling, parent, or child. Set a schedule and get out there together. ♦



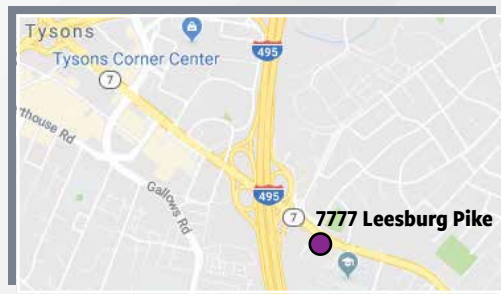
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New Year Resolutions: Why They Fail and How You Can Succeed

by Kimberly Blaker

NEW YEAR RESOLUTION

The New Year is a great time to take inventory, set goals, and take charge of your life. But if you're like most, making resolutions is much easier than keeping them. Rather than focus on the idea of a new beginning, which can lead to disappointment at the first slip, keep in mind that self-improvement is an ongoing endeavor. Setbacks are not failure; they bring wisdom and insight for future success.

Before making a split decision on this year's resolutions, make a list of goals and changes you'd like to make. Then review your list, and cross off any you don't feel genuinely devoted to.

Maybe you want to resolve to spend more time with your family, quit smoking, or lose weight. You're more likely to succeed if you feel a strong personal commitment rather than 'I should.'

One reason people don't keep resolutions they make is the resolutions are often made to silence the pestering of a loved one. If you decide to quit smoking to get your husband off your back, you're less likely to succeed. If you choose to quit smoking to feel healthier and be able to enjoy physical activity without being winded, you're more likely to experience success.

Choose one or perhaps two of the resolutions on your list that you feel most committed to. Then choose one or two you feel confident you can do with ease. These last couple can be used as positive reinforcement for the more challenging first choices.

Next, make a clear plan for adhering to your resolutions. Put each resolution in writing, and write down the steps to achieve them. Let's say your resolution requires a routine or schedule such as an exercise

"The new year stands before us, like a chapter in a book, waiting to be written. We can help write that story by setting goals." -- MELODY BEATTIE

routine, a new diet, or steps toward completing your education. Create a goal chart, a detailed plan, and a checklist to track your progress.

Also, post notes in strategic places such as the refrigerator, bathroom mirror, or steering wheel as reminders of your resolutions with tips on how to overcome temptation.

Make sure your family understands the importance of your resolutions. Family support and their positive reinforcement can be most helpful. If your resolution is something your family has been nagging you about, ask for their encouragement.

Setbacks
are not failure;
they bring wisdom
and insight for
future success.

But explain that pressure and pestering, particularly during setbacks, could undermine your resolve. Determine how each family member can help you to achieve your goal perhaps by taking on additional household chores or through affirmations of your continued success.

Adjust your environment to enable success. If eating healthier is your goal, don't fill the cupboards with junk food for other family members. Find healthy snacks they're willing to substitute. If you're trying to quit smoking, avoid people, places, and things that remind or tempt you, at least until you have it well under control.

Don't go it alone. If you have a friend with a similar resolution, make a pact. Work together to create a plan, and then make a point to check in with each other regularly for encouragement, praise,

Adjust your
environment to
enable success.

and support. If you resolve to get more exercise, do it together. Having a commitment and someone to accompany you will go a long way in helping you succeed.

Finally, reward yourself, not just once you've achieved your goal, but periodically for your success so far. Small, periodic rewards can be motivation enough to keep you strong when you're ready to throw in the towel.

Remember, whatever New Year resolutions you choose, success awaits you if you resolve never to give up trying.❖



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A Winter Frolic for the Family:

Blizzard Blast

and Cold Weather Fun

by Kimberly Blaker

If your kids are like most, school snow closings are the highlight of the winter season. Get into the spirit with some of these fun outdoor activities. After you've expended your energy outdoors, there's plenty of fun to be had indoors as well.

Take a snowshoe hike. Buy or borrow snowshoes for the family, and go on a trek through the woods or a field. Take your compass. But also tie brightly colored strips of fabric to tree branches to mark your path. Dress warm and keep track of time to prevent overtiring and frostbite. Look for animal tracks and burrows; identify trees by the bark and shape of their trunks; learn how to tell the time or direction by the position of the sun; and other nature and survival activities.

Visit a zoo. During the winter months, zoos often bring guest animals and offer special exhibits. Arctic and cold climate animals may be more active, and indoor exhibits are easier to view because of smaller crowds.

Have a snow-sculpting contest, and invite your neighbors to participate.

Roll a snowball as large as you can. Then fill buckets with snow and carefully dump them on top. Gently pack the snow and smooth it with your mittens. Sculpt and shape your creation using small shovels and gardening tools. When your sculpture is complete, gently pack and smooth it with your hands again.

Bundle up,
and take warm blankets
and hot beverages.

Take a winter carriage ride.

Look for horse-drawn carriages in tourist or trendy towns and quaint villages. Bundle up, and take warm blankets and hot beverages. Then enjoy a cozy ride through a snowy, festive town.

Make an ice tree. Instead of throwing out your holiday tree, turn it into a winter display. Stand it in your yard, turn the water hose on low, and spray upward and toward the trunk of the tree. As ice forms, continue spraying until you achieve your desired effect.

Visit an ice sculpture show.

Look for these captivating displays on college campuses, in city parks, and indoor arenas. Check with your local and nearby chamber of commerce or state travel bureau for events listings.

Build an igloo or snow fort.

Choose a day when the snow is suitable for packing. Use a square or rectangular container for building snow forts, which are often found in toy departments. Be sure to stagger the blocks for support.

Go sledding. If you have small hills in your backyard, use a trash bag for sliding down them. Better yet, head to some real hills with your toboggan or sled. Keep safety rules in mind for safe wintery fun.

Be sure to video-
tape the skits for
hilarious family
memories.

Enjoy a winter fest. Visit your chamber of commerce or state travel bureau website for a list of winter festivals and events. Activities to look for include light displays, fireworks, winter sports competitions, recreational activities, exhibits and ice sculpture displays, sleigh rides, snowshoe tours, and more.



Indoor Activities *for Blustery Days*

by Kimberly Blaker

Make a winter-safety trivia game.

Buy a pack of small index cards. Then write a question on each card related to winter safety with the answers written below. To play the game, take turns reading the questions while other players shout their answers. The first person with the correct answer scores a point.

Getaway at a weekend resort.

Check your travel agency for one of the many winter resorts for outdoor enthusiasts that offer activities and accommodations for the whole family. Try downhill or cross country skiing, snowshoe excursions, and more.

Make up funny skits with friends then put on a show for parents and neighbors.

Choose household products and create silly advertisements. Make up goofy songs or poems about each product and dress up for the part. Be sure to videotape the skits for hilarious family memories.

Bundle up, and take warm blankets and

hot beverages.

Visit the library to snuggle up for a relaxing read.

When you arrive, learn how and where to find books on your interests such as sports, science, or a hobby. Then choose several books to bring home. Don't forget to check out music CDs, audiobooks, videos, computer games, and magazines for plenty of indoor entertainment.

Be sure to videotape the skits for hilarious

family memories.

Grab your roller blades or skates and head to your nearby indoor rink. These arenas are updated for today's kids and are a blast for parents and kids alike. If you've never roller-skated, take a class at the rink.

String a snowflake streamer. Make snowflakes by folding white paper several times and then trimming different shapes around the edges. Open the snowflakes then string them on a piece of yarn, and hang it across the room.

Create an indoor snow family. Buy black and white clay from an arts and crafts supply. Roll snow people out of the white clay, and shape hats with the black. Make arms with tiny twigs, scarves from narrow fabric strips, eyes and buttons from whole pepper, and noses from broken orange-colored toothpicks.

Head to a museum. Most cities, even small towns, have a historical museum. Hands-on science, art, or natural history museums are found in most metropolitan areas or at nearby universities.

View the winter sky. Visit a planetarium to see constellations and some of the brightest stars of the year.

Tour a manufacturing plant. Tours are often available to the public even if they aren't well-publicized. Just call to find out.

Hold a winter movie fest. Invite friends over, rent a selection of movies, and have everyone bring their pillows or beanbag chairs. Don't forget the buttery popcorn and hot chocolate. If you've had enough of winter, hold a Hawaiian luau instead. Choose summery or vacation themed movies. Serve cold drinks with little umbrellas and fruit on top. And don't forget the beach towels.

Put together a winter emergency kit. Include spare hats, mittens, scarves, and boots, a flashlight, and other items in case you get stranded. Your home kit should include items for a snow-in or power loss. Have everyone work together to create a list and gather items for the kits.



By Keith Loria

The indie-electronic trio of Robby Hunter, Pat Howard and John Coughlin have made big names of themselves in Miami's music scene with their band, Magic City Hippies. The band is coming off of a transformative 2019, which saw them release their much-heralded debut full-length release "Modern Animal," and play numerous festivals, including Voodoo, Bonnaroo, Lollapalooza and Peach Music Fest.

In 2020, the band is embarking on a major tour, which will see them stop in Washington D.C.'s Hamilton on Jan. 14.

Magic City Hippies first gained prominence with its 2015 EP, "Hippie Castle," which garnered around 10 million Spotify streams and it has been only getting more popular every year since.

Loria: Preview the live experience for those coming out to The Hamilton on Jan. 14.

Howard: We'll be playing a lot of cuts off the new record, and for many it will be the live debut, and that's always exciting. We've had a lot of the same favorites in the rotation for a while and it's refreshing for us and probably the crowds coming



out. They can expect a sweaty funk-rock show. We always end up coming down a little harder on the guitars and digging in to the funk when we adapt the songs to the live show.

Loria: Where did you record the new album and what went into getting it released?

Howard: We have a few different songs from a few different recording situations. Some of the songs were started back when we were making music in our bedroom studio back in 2015. For a while we were working out of another small room in a house, and we started another song there. Then we were recording at a spot in Little Haiti, and that's where a majority of the record was recorded.

Loria: How did you hit upon a theme for "Modern Animal?"

Howard: Well, in between tours and festivals we would work on it. The theme of hitting the road and the commitment to the dream we have been chasing together for pretty much all of our 20s, and the effect it has had on our relationships and the challenges inherent has been woven through this. We recorded it at different



times and during different situations to piece it together, and it's amazing that it ended up flowing together so nicely.

Loria: I know you started in Miami. How did the three of you first start playing together?

Howard: John and I met at the University of Miami's music school and we actually started as a bar band in Coconut Grove, Fla. Robby originally had a gig outside and he would amp pretty loud, but the cops closed him down, so he went to a bar up the street and he would play every Friday with a revolving door of musicians. I ended up drumming for him and then eventually John came along, and that just became our thing on Friday nights. From there, we just played some more local gigs and I started producing some of the originals.

Loria: In 2013, you released your first music under the Robby Hunter Band, how did you transition to the Magic City Hippies?

Howard: We had an album called Magic City Hippies, which was the beginning of our music getting out on the internet, and fans around the country started to find us and we just went with that name.

Loria: What's the secret for getting your music heard today?

Howard: Mainstream radio still has a lot of major label gatekeepers so we don't concern ourselves too much with that, but college radio has been great for us. Spotify has been the biggest thing for us. Spotify has been recharging our batteries financially for us to be able to go on tour. When we put out the EP, we already had a good fan base and it ended going viral,

and being No. 1 on Spotify. The momentum from that, and all the music we have put out since, has had a strong following. Plus, just getting on the road and playing shows—40 cities in two months—has helped tremendously and been the truest version of getting fans to know us.

Loria: What sort of goals do you have for the band's future?

Howard: We're just trying to make music that we like and trying to make music we're excited about. It's such a thrill to be in the studio and be focused about a new idea. If we really feel in our guts that there's something we're excited about, we want to deliver those songs to a live audience. We'd love to continue to see the font in our name get a little bit bigger for these festivals we're playing and move up in the lineups a bit. I think we're on the right track. ❖

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

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



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MyEyeDr. at Tysons The Boro See, Look, and Be Your Best!

by Allison Chase Sutherland

Located in the fresh new space that is The Boro, MyEyeDr. opens their latest practice in a sleek, nicely designed shopfront right here in Tysons. When you come in for an eye exam at MyEyeDr., they'll use the most advanced tools to test your eye health, answer any questions you may have about your eyesight, and prescribe any eyewear necessary to help you see more clearly. The staff at MyEyeDr. strives to help you look, see and be your best.

It starts with a comprehensive eye exam that can diagnose everything from glaucoma to macular degeneration. Whether

you're experiencing dry eye, or you have cataracts, MyEyeDr. can provide the treatment you need for all of your eye care needs. The scope of practice goes far beyond prescribing glasses and contact lenses—and any specialty prescriptions. When it comes to contacts, their MyAnnualSupply program can save you both time and money. MyEyeDr. welcomes all insurances to ensure you're getting the most out of your vision benefits and your eye care experience. They strive to make eye care affordable for your whole family.

If you need new glasses, however, they have hundreds of stylish options for



frames—you can even browse the selection online before coming in. They make selecting new frames fun and easy by providing a diverse and dynamic assortment of classic and modern designer frames in a variety of styles, colors and shapes, fitting with the upscale and active lifestyle of The Boro. Here you'll find high-end couture frames as well such as the likes of Versace, Prada, and Tiffany.

The optometrists at MyEyeDr. know that people can be busy – particularly in the bustling local community of Tysons – and that it can be hard to fit in an eye exam. Not only are they centrally located, they're also conveniently open six days a week to provide for all your eye care needs - on your schedule. Dr. Emami is in the office Tuesday, Friday, and Saturday, and Dr. Nicole Nguyen is there on Wednesday. To make an appointment at your local MyEyeDr. at Tysons The Boro, call 703.506.0000 or visit myeyedr.com to make an appointment using their online scheduler. As the slogan goes, "At MyEyeDr., we want you to see, look, and be your best."

MyEyeDr. at Tysons The Boro Introduces Dr. Sahar Emami, O.D.

Sahar Emami, O.D., has a B.S Degree in Neuroscience from George Mason University and a degree in Optometry from the Inter American University of Puerto Rico School of Optometry. Dr. Emami is passionate about her practice and has years of experience treating patients of all ages.

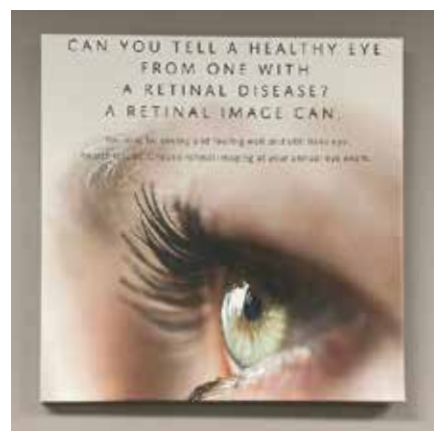


She understands the importance of listening and communicating effectively with her patients to help them live their best lives and walks you through your eye exam every step of the way. Her fundamental philosophy of patient care reflects her basic principles. "Treating patients is a privilege and it's something I am grateful for. If I put a smile on a patient's face,

then I've done my job. My patients touch my life every single day."

With an approachable, affable demeanor, she makes each patient feel comfortable. This welcome combined with her clear explanations and openness to questions puts patients at ease – secure in the knowledge they are being treated by a consummate professional.

The chic new office space is tailored to the lifestyle being developed in The Boro. The focus of the practice of course is clear vision – with confidence – a look-good, feel-good concept. Dr. Emami reminds us that sunglasses with UV protection are important year-round as the sun is closer to the Earth in the winter months, but as up-to-date and stylish the frames MyEye-Dr. provides, Dr. Emami never loses sight of the fact that really "it's all about the health of the eyes." And that I think we can all see eye to eye. ♦



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Ask an Advisor

Women & Financial Planning

By Rose Price, CFP® AIF®

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

Many of the women I have worked with have made great progress, but industry studies point to a startling fact: when

it comes to planning for our retirement women fall short when compared to men.

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

Prioritize yourself and set financial goals

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

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

Don't fear the golden years

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

Plan for your future

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

It is also important to recognize that if you are married to a man, you will most likely outlive your spouse (5 years on average). While you cannot control how

long you live, you can plan for financial security. It's a good idea for every woman, married, single, or somewhere in-between to have a financial plan in place and understand how their current financial decisions may affect that plan.

Leave a legacy

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

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

Meet with a professional

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

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

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

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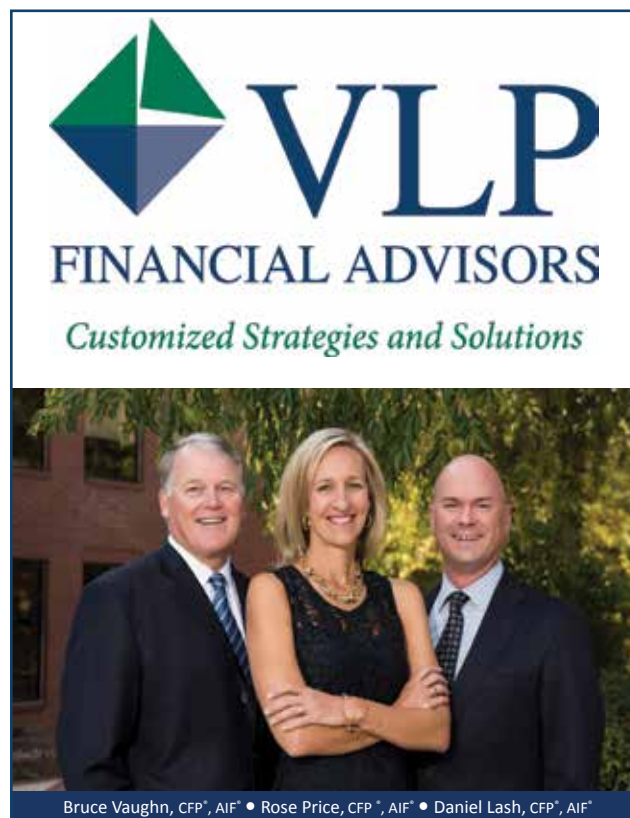
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VivaTysons Reston Lifestyles magazine is thrilled to present our readers with a selection of exceptional teens from our local area we found through personal recommendations and Internet searches.

Teen Participants from (the) Unruly Theatre Project

Hometowns: mostly McLean, Vienna, and Herndon

VivaTysons Reston Lifestyle magazine called both the McLean Community Center as well as the old Firehouse Teen Center and was enthusiastically recommended to feature the talented teens from (the) Unruly Theatre Project (UTP).

According to its website, the UTP is a professional improv company composed entirely of teens that are “dedicated to bringing comedic productions to the community.” They offer shows to the public 2 – 3 times per month during the school year. All performances are free.

These teens come from cities including McLean, Vienna, and Herndon. Some teens travel from distant places including

Loudoun County and Prince George’s County. In previous years, some have come from locations as far away as D.C. and other parts of Maryland.

There are various remarkable things about these teens. First, participation is by audition only. According to UTP’s adult mentor, Danielle Van Hook, “We hold auditions once a year in the fall... We pay attention to each young person’s talent, but also their willingness to ‘say yes’ to their scene partners and their desire to gain leadership skills... After auditions, we jump right into rehearsing twice a week until mid-May.”

Second, UTP is a professional organization, which means its teen members get paid, just like their adult counterparts in major theatrical productions! Van Hook stresses that all company members are compensated for working in each performance or workshop given to the public.

Third, learning to do physical comedy, slapstick, or improv is not just fun and games -- the teens also use this experience to become better leaders and learn stage management, rehearsal schedules, acting, lessons, performance art, and

what it means to have peers and work in an ensemble.

Van Hook, who is also the director of youth theatre programs of the Alden Theatre at McLean Community Center, felt strongly about not singling out any one teen from the group. She noted: “They each are amazing and have grown in their ways. Company members have shared with me that they use these skills in school projects, community service assignments and many of them are also leads in school plays and involved in theatre and film projects outside of high school.”

For more information on (the) Unruly Theatre Project, please visit: mclean-center.org/performing-arts/unruly-theatre-project

John Foong (age 18)

Hometown: Herndon

Frying Pan Farm Park manager, Yvonne Johnson, recently recommended to us an exceptional teen whose efforts to help clean up the park have resulted in the creation of a nonprofit, START at Frying Pan Farm Park.

John Foong, now 18 and a freshman at Virginia Tech University, began his work with environmental causes when he was a junior at Westfield High School in Chantilly. An avid boy scout, Foong began volunteering at Frying Pan Farm Park in Herndon. He noticed the overgrowth of Japanese stillgrass, a bright green grass with short blades that resemble mini bamboo. He knew this was a problematic grass that needed to be removed.

Foong also worked to achieve a William T. Hornaday award, a prestigious honor from the Boy Scouts of America that recognizes the long-term efforts of conservation projects. Foong chose to work toward his Hornaday award while benefiting Frying Pan Farm Park. For more than a year, Foong rallied the help of many volunteer groups of youth and adults to physically remove the Japanese stillgrass from park grounds.

He also worked tirelessly at community day booths, imparting his knowledge of Japanese stillgrass and solutions for its elimination while meeting with and talking with children and adults.

Foong's project not only netted him the Hornaday award, but gained strong support from Fairfax County Park Authority's invasive management area program. What started as work towards the Hornaday award eventually became known as START at Frying Pan Farm Park. As per its Facebook page, "This is why we're called START- environmental care is a long-lasting responsibility, and we want to make it a substantial part of our community."

Foong states he wants to continue doing work at Frying Pan Farm Park and advocating for long-term community efforts towards a sustainable future. As a freshman with a major in environmental response management, he is already on the road towards a bright future in helping save the environment one stillgrass at a time.

For more information on John Foong's work, please visit: www.facebook.com/STARTatFPFP ❖



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The Montessori Way with Brooksfield School

Founded in 1987, Brooksfield School is a private school in McLean dedicated to the gentle explorations of Montessori education. Its logo is a simple series of loops that forms a tree. The interconnected loops drop down into the trunk of the tree which joins the “K” in the school’s name. Its purposeful choice of logo efficiently marries its prime woodlands location with the principles of Montessori education through the reverence of nature.

Located on five acres of land surrounded by serene trees and lush grass, Brooksfield School is “dedicated to providing a loving, stimulating, and creative environment with a focus on the arts and nature” as per its website.

Brooksfield gives children a “well-rounded education, with lots of outdoor time and an emphasis on mindfulness and connect-

ing with the world around them” and reminds parents of the sharp contrast with the traditional school system in which children are “cloistered — in classrooms segregated by age, in learning plans that aren’t flexible for each child’s style, and in an environment that doesn’t feel caring or fun” as per its website.

With an extraordinary focus on outdoor learning, Brooksfield puts a premium on one-on-one interactions with students in a respectful way that appreciates the beauty within each child and coaxes out new things to help the child blossom into the person that child wants to become.

Brooksfield welcomes curiosity in learning and celebrates it by putting children in groups with students of different ages. The school replaces public education and its rigid rules and structure with a more carefree environment that positions chil-

dren for a different type of success in life through independent learning and observations of their educational materials and activities.

By working consistently with students of various ages, children will undoubtedly improve their social skills and learn the fine art of collaborating and learning to listen to and respect different viewpoints. As the children continue their Montessori education and get older, they will also benefit from being placed in groups of children with different ages by gaining confidence in their abilities and practicing leadership.

About the Programs

Brooksfield School offers three programs for children ages 2 through 6.

The toddler program (age 2) focuses on various form of care: self-care, care for others, and care for the environment.

The primary program (ages 3 – 6) focuses on confidence, concentration, independence, and order.

The kindergarten program (ages 5 – 6) focuses on reinforcement of life skills by encouraging modelling of good behavior with younger students.

Brooksfield offers parents several options to pay tuition, including financial aid. Using organic gardening at the core of its curriculum, the school aims to develop the whole child physically, spiritually, and emotionally. It provides a mind, body, nature connection with the garden that allows for movement, sensory learning, and development of social growth.

Brooksfield School doesn’t want prospective students and their parents to simply look at their website for more information—it actively encourages families to tour the campus and get a firsthand feel for creating a harmony with nature through the Montessori method. For more information, please visit the school’s website: <https://www.brooksfieldschool.org/> or call to schedule a tour: (703) 356-5437.





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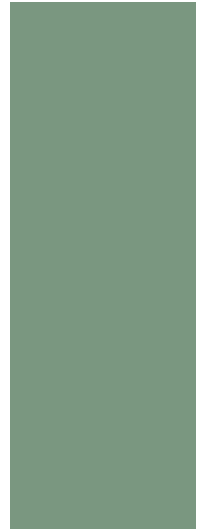
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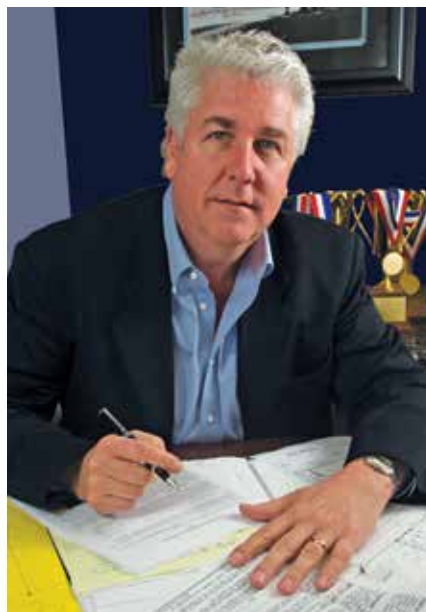
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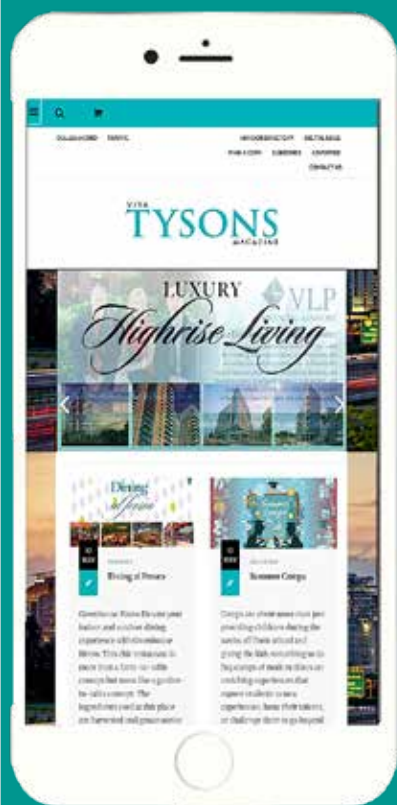
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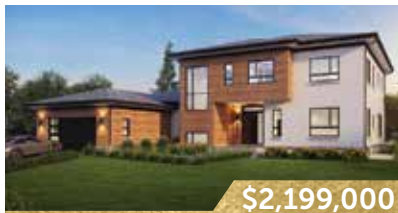
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muayyad.nour@gmail.com

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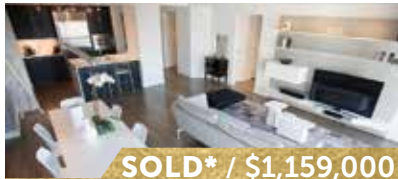


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Katharine Binkley

703.328.9325

binkleykatharine@gmail.com

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SOLD* / \$739,900

Brick front single family home with 2 car garage in Clifton. Minutes from shops, retail, commuter routes & movie theater. Freshly painted & new carpet, huge deck overlooking a private fenced in backyard, fully finished walk out basement with 2 full baths & a bedroom.

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Give Kids a Smile Day

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1-14y****February 29, 9am-1pm***Smile Wonders***11790 Sunrise Valley Drive, Suite 105, Reston, VA 20191****(571)350-3663****www.smilewonders.com**

Dr. Rishita Jaju of Smile Wonders annually opens the doors of her Reston-area pediatric dental practice every February to host Give Kids a Smile® Day and to provide free dental care to those in need.

This is one of the ways Smile Wonders provides community service and participates in Dental Awareness Month campaign held by the American Dental Association.

"Each February, our team goes to schools and daycare centers throughout the month to perform dental screenings and promote good dental care and oral hygiene," Dr. Jaju explained.

"Often, we get a school nurse's report of a child losing class time due to dental pain complaints. Other times, they have over-retained baby teeth that are irritating the gums and impacting the growth of adult teeth."

Screenings are done at school with parental permission, to identify visible decay or areas of pain that might need urgent dental help. Some parents don't even realize that dental pain is at the root of their child's behavior of being a "picky eater" or a "slow and messy eater." Once parents are informed that a dental issue is contributing to their child's behavior, they are eager to get help, but often run into financial constraints. "It is for those children and families that we host our event," said Dr. Jaju.

The kids who come to this yearly event are there because

they are in need of support. Some children have parents who cannot afford to pay for dental treatment for one reason or another, while others are coming from the homeless shelter and are in need of dental care.

On the day of the Give Kids a Smile event, Dr. Jaju is accompanied by her team and other volunteers referred from the Virginia Dental Association.

Local and dental vendors also get in on the act, with items like coloring and activity books, and Spanish and English home care instructional materials. The event takes on a party-like atmosphere, with games, music, balloons, bubbles and toys.

The dental professionals arrive early and usually discover a queue of parents and children eagerly waiting in the first-come, first-serve line. Throughout the day, the professionals provide oral health screenings, education, cleanings, fluoride treatments, digital x-rays, fillings, crowns and extractions as needed.

"Community service is one of the founding pillars of professional satisfaction" for Dr. Jaju. She has participated in many events overseas such as the Operation Smile missions in Vietnam and India, and also enjoys the ability to provide service right here to our local community. Dr. Jaju hopes to be able to continue with many such initiatives annually with help from her staff and colleagues.

Those interested in participating in the February 2020 Give Kids a Smile event or receiving services for their children should contact Smile Wonders in Reston, VA at (571)350-3663. ♦



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Parc de Ville

Star of the Mosaic District's French Quarter

by Allison Chase Sutherland



Perhaps I was destined to become a culinary writer all along. At the age of 12, I was introduced to Le Marché Français in Georgetown and, understandably, fell in love with French cuisine. This lured me to major in French and spend a savory semester studying—and gourmandizing—in Paris and Avignon in the south of France. I became a true Francophile—and needless to say, gastronome.

Every quarter in school, I earned an A in French and was rewarded with a grand visit to a fancy French restaurant with my mom—the ultimate epicurean. Back in the day, before the faintest glimmer of the Mosaic District—in fact even before the Multiplex—there was only one fine French restaurant in Merrifield—the ever-lovely La Guinguette, which long held this distinction and was held in collective esteem.

Fast-forward to today, Mosaic boasts not one but two very respectable and charming patisseries -- PastryXpo and Praline Bakery. Neighbor Le Pain Quotidien offers boulangerie fare from its warm hearth, as well as soups, salads, and quiches in a cozy and casual setting of welcoming communal tables.

But, nice as all that may be, the gap was gaping in my view. Decidedly, there was still something missing—until now. No flight required; get ready to be transported.

Parc de Ville

Parc de Ville offers an authentic bistro menu in a brasserie space. The experienced restaurant team that brought the much-acclaimed Chez Billy and Chez Billy Sud to DC has applied their successful formula of a city dining experience to our very own suburban mini-metropolis. It doesn't just bring the city to the suburbs; it brings Paris to Fairfax. Even the legendary Maxim's had its origins in the Belle Époque as a bistro.

Situated strategically on the corner of District Avenue and Glass Alley, Parc de Ville establishes a quaint petite French Quarter juxtaposed across from the go-to

Belgian croissant and baguette stop Le Pain Quotidien.

Escape the hovering grey skies and glacial chill of an endless winter into a convivial refuge. Quasimoto had Notre Dame. We have Parc de Ville. Step inside to wooden plank floors. Sink into sumptuously upholstered velour booths with sophisticated scroll arms in a beautiful cerulean hue. The word cerulean is derived from the Latin *caeruleum*, meaning “sky” or “heavens” and *caeruleus*, “deep blue: resembling the blue of the sky,” following the park-like theme. Black and white botanical wallpaper and white marble tables complete the vintage look. The bar with its floral embroidered wooden stools lends a whimsical air reminiscent of a carousel.

General Manager Nick Hellberg describes their first foray outside the Beltway. “We are thrilled to be able to offer a gorgeously built-out environment—a metropolitan design space that is accessible yet urbane.” And the highly anticipated rooftop wine garden will appear between spring and summer. They even have their own elevator.

He noted that while Mosaic offers a wealth of niche-centric and fast-casual choices in a wonderful range of cuisines, they aim to provide that place where you can relax and enjoy real, sit-down, rustic yet refined French cuisine in an ambience of conversation mingling with music. You can feel a bustling energy in the room—likely even a little clinking from the modern open kitchen.

“The reception’s been incredible—visceral almost. The emotional reactions of our guests about the food and atmosphere have been touching.”

Comfort classics range from Salade Frisée (with signature lardons) and Croque Madame to Soupe à L’oignon Gratinée Lyonnaise, Escargots in a Puff Pastry, and Steak-Frites with a tangy, creamy Bernaise punctuated with tarragon. Nicely briny Picholine Olives with Herbes de Provence, chili, and lemon delectably represent the hors d’oeuvre

category and make for a perfect complement to a glass of wine or a beer at the bar, as well as an inviting intro to a regal repast.

Not to be overlooked, the Foie de Volaille, a luscious, velvety chicken liver parfait, is delicately infused with armagnac prune in an aspic gelée. Among charcuterie, Nick describes the house-made paté as “insanely decadent.” Round it out with fromage—Ossau Iraty from the Pyrénées, Bleu d’Auvergne, and Reblochon from the Alpine Savoie.

Unique offerings range from Oeuf en Meurette, duck egg, bacon, pearl onions, mushrooms in a *beurre rouge* to Boudin Blanc, a truly exquisite house-made pork sausage with potato purée and roasted apple. The Gnocchi Parisienne are heavenly little pillows of butternut squash, sage, and brown butter that all come together wonderfully. A flavor medley, to be sure. Saumon en Croûte ranks as a special-occasion dish.

According to experienced bistro diner and Chez Billy aficionado Dina Dalipagic, the Trout Almandine was “simply perfect. The crunchiness of the almonds added another element of texture to the crispiness of the trout.” The Côtes du Rhône Grenache made for a surprisingly excellent pairing with both the *oeuf* dish and the trout.

Parc de Ville’s expert culinary team is headed up by a family of talented chefs—Head Chef Brendan L’Etoile (which interestingly enough means star and is the name of the iconic circle of Arc de Triomphe fame in Paris) and Uncle Laurence di Joseph. Mom Lillian, the pastry chef, turns out an impressively crusty yet airy braided pain d’épi, complemented by her irresistible in-house butter freshly whipped with sea salt. And make no mistake—these are sop-worthy dishes. Astute and witty waiter Eric noted that we might “put the dishwashers out of work!”

French desserts are notorious for their irresistible decadence and Parc de Ville hits the sweet spot with its frothy deli-



cious Mousse au Chocolat with chocolate crumble and freshly whipped cream, and a rich Riz au Lait complete with an unanticipated treat—a translucent, golden, cracked *crème brûlée* topping. For a lighter finish, enjoy the Anjou Pear sorbet with Madeleine. Whether for a polished finishing touch or a dedicated dessert outing, this selection of confections will not disappoint and will inevitably tug at you to return.

Studying in Paris leaves you with a certain wistfulness—an indescribable nostalgia. And a never-quite-satiated desire to return to your favorite corner bistro. In all reality, this yearning never leaves you—until at long last, they bring your new favorite bistro to you—right in your own neighborhood. So close your eyes and savor the flavor. Absorb the essence of elegance, the aura of *savoir-vivre*. You might just believe you’re in Paris. So, bon appétit! ♦



▲ BAZIN'S ON CHURCH

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www.bazinsonchurch.com



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21 Maple Ave E | 703.938.7777
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428 Maple Ave E. | 703.281.7550
www.bonarotirestaurant.com



▲ NOSTOS

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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

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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

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▲ CAFE RENAISSANCE

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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.

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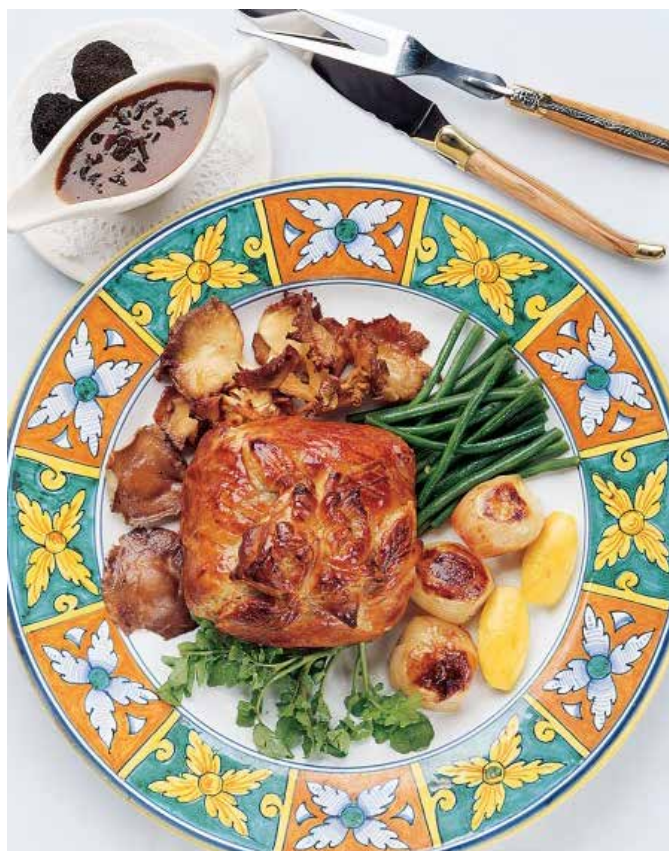
▲ ZEFFIRELLI RISTORANTE ITALIANO

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



Weekend Getaway *in Charm City*

By Renee Sklarew

Spend a weekend in the charming city to our north, Baltimore, Maryland. Winter is the perfect season to discover the city's cultural treasures, sample local Chesapeake Bay seafood, and learn how the city played a pivotal role in Early American history. And getting to and around Baltimore is easy. Take Amtrak to Baltimore's Penn Station, then hop aboard the free Charm City Circulator shuttle bus that makes the rounds to key parts of the city.



Mount Vernon



Walters Art Museum

Mount Vernon for Culture

Begin your visit in Baltimore's Mount Vernon, named for the first American President, but strikingly different than his bucolic estate on the Potomac. While many East Coast cities have experienced modernization, the streets of Mount Vernon remain almost exactly as they did when women with petticoats boarded horse-drawn carriages. Designated a National Historic Landmark, the neighborhood was the most fashionable in Baltimore and remains its cultural heart.

A few blocks from Penn Station, stroll down Mount Vernon's elegant streets to tour the impressive Walters Art Museum. The free museum has a collection of masterpieces from ancient Egypt, South American pottery, Italian Renaissance paintings, rare books, as well as modern photography. See a performance at the Meyerhoff Symphony Hall or the Lyric Opera House. The neighborhood also features notable Beaux Arts and Queen Anne brownstones, along with ornate churches like the Baltimore Basilica and First Presbyterian Church. Another iconic attraction is climbing the 227-steps to the top of Baltimore's Washington Monument—it pre-dates the one in Washington D.C.—and offers a 360-degree bird's-eye view of the city.

If you love the sound of all that, stay

at the luxurious Baltimore Ivy Hotel, a Forbes Five Star boutique hotel in the heart of Mount Vernon. This elegant townhouse dates back to 1889, but was completely revitalized four years ago. Today it stands as the most elegant escape in town, with a hospitality team dedicated to making sure their guests are pampered. Every room is a uniquely-decorated suite with lavish bathroom and fireplace. There's a billiard room and a complimentary bar. Make a spa appointment, or play Scrabble while the sun streams into the Conservatory decorated with an eclectic mix of African, Asian and European furnishings.

Fell's Point for Fun

Located at Baltimore's busy Inner Harbor is Fell's Point, an 18th Century village with lively pubs and restaurants.



Mount Vernon



Fell's Point



Emerson Bromo Seltzer Arts Tower

Wander the cobblestone streets, pop into a vintage record store, or listen to jazz at Bertha's Mussels. Stop in the chic, new Sagamore Pendry Hotel to enjoy freshly shucked oysters paired with Dom Perignon Vintage by the Glass. Notice the sign on the Horse You Came In On Saloon; it was the last stop Edgar Allen Poe made before he was found dead in Baltimore. You can visit Poe's grave at the University of Maryland's cemetery on Fayette Street, or see his home and museum on Amity Street. Of course, Baltimore's NFL team was named for Poe's famous story "The Raven."

Federal Hill for History

History buffs should explore Fort McHenry. This National Monument and Historic Shrine offers tours with knowledgeable rangers who describe the Fort's significance to the country's survival during in the War of 1812. This is where the "Star Spangled Banner" was born.

Another must see is the American Visionary Art Museum. Some art museums are a bit stuffy, but not the Visionary Arts Museum in Baltimore. The folk art here is whimsical, joyous and even wacky. The Visionary Arts Museum is located on Federal Hill where charming brick row houses face the Inner Harbor. You'll see



Federal hill

Civil War era cannons aimed at the city to discourage Baltimore residents from sympathizing with the Confederates during the Civil War. Federal Hill has the newly renovated Cross Street Market with a coffee shop, brewery and multiple eateries.

One Baltimore landmark that is like no other is the Emerson Bromo Seltzer Arts Tower. Once the tallest building in Baltimore from 1911 until 1923, the Tower offers a tour of the workings of the old clock and the opportunity to see a collection of artists creating fine art in multiple mediums.

It's Hampden Hon'

Shopping enthusiasts should make their way to the Hampden neighborhood. Begin your exploration on 36th Street, known as The Avenue, and peruse locally-owned shops and restaurants. Some favorites include Trohv, the Bazaar, and Hunting Ground. The local shopkeepers here are a growing community of creatives who embody Baltimore's entrepreneurial spirit.

Here are some of the lesser known treasures waiting for weekend warriors seeking culture, great food, history and luxurious accommodations. Check out the VisitBaltimore.com website.



Where to Eat

Magdalena – the fine dining restaurant inside the Ivy Hotel is where award winning chef Mark Levy prepares dishes inspired by the lowlands of Africa and mountains of France, with inspiration from seasonal ingredients. For breakfast, don't miss the lemon chiffon pancakes or Sunday's traditional British Roast.

Woodberry Kitchen – a rustic farm-to-table restaurant inside a historic flour mill near Hampden. Chef Spike Gjerde, a James Beard award winning chef, strictly adheres to a locavore code by sourcing all his meats, cheeses, beverages, and produce from MidAtlantic farms. Don't miss the Cornmeal Fried Oysters or the Tilghman Island Crab Cake.

Bo Brooks Crab House – a waterfront restaurant and tiki bar on Lighthouse Point in Canton. Relish the spectacular views and pure Baltimore specialties, like steamed crabs, crab cake bites, Maryland Crab Soup and crab guacamole.

The Food Market – this former grocery store, turned-restaurant, is known for elevated comfort food and craft cocktails. Brunch is a specialty of Chef Chad Guass, especially the Smoky Bowl and Lazy French Toast. ♦



Magdalena



Bo Brooks Crab House

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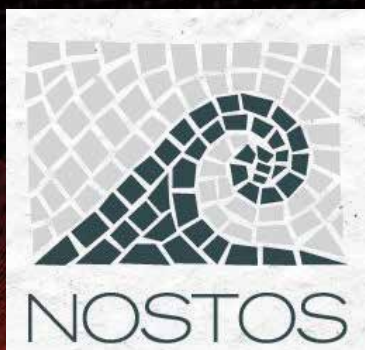
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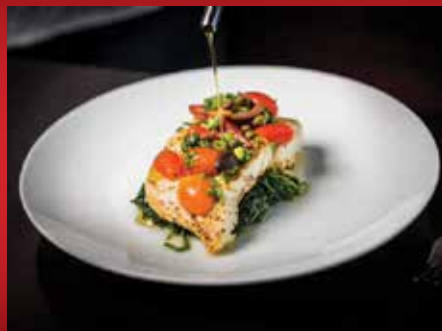
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Silver Line Work Continues as Winter Approaches

by Marcia McAllister

As 2020 approaches, the owners, builders and future operators of Phase 2 of the Silver Line from the Wiehle-Reston East Station to Ashburn Station are working to ensure construction completion so that commuters by this time next year can be riding the trains.

The Metropolitan Washington Airports Authority's Dulles Corridor Rail Project Vice President Charles Stark has a goal to have the project ready for the Washington Metropolitan Area Transit Authority (WMATA) to take over next summer.

Today, finishing touches are taking place at all five stations and support facilities. Construction of a windscreen at the Dulles Airport Station is taking place. Art in Transit exhibits are being installed.

But there is still a lot of work to be done and challenges to be met.

There are months of different kinds of tests still to be done. This will require close cooperation between the Metropolitan Washington Airports Authority,

WMATA and both contractors: Capital Rail Constructors (CRC), led by Clark Construction, which is building rail system; and Hensel Phelps, builders of a 90-acre rail yard on Dulles Airport property. WMATA says the completion of the yard is essential to its taking over the project.

Meanwhile, WMATA and the Airports Authority are working to complete testing operations. Those tests require WMATA to loan some of its rail cars to the project.

The Airports Authority continues to work on several issues on the rail line itself construction itself.

At this point, all of the parties involved continue to respond to several issues including special track work, ballast deficiencies and concrete panels.

For example, there are issues with the long-term durability of the precast panels at the five at-grade stations. Responding to problems with water/cement ratios, low air content and insufficient covering of rebar in the panels, CRC has applied protective coats to the panel that were affected. Final

acceptance of latest results and completion of a plan to test and reapply coatings over the next 100 years are forthcoming.

Project officials had consistently said these concrete problems are not a safety issue.

A major challenge facing all involved is the tie-in of the Phase 2 system to the existing rail system. This work is now taking place at the Wiehle-Reston East Station and it has caused some service disruptions on weekends at that station.

Mother Nature is the wild card as work through the cold winter months can readily be slowed by temperatures too low for paving and other work.

On the bright side, the different parties meet frequently to address outstanding issues on a timely basis.

Project officials say the goal has always been to build the safest and most durable rail system possible. And, they frequently insist that the schedule – and the pressure – to open the line is secondary to safety and quality. ♦

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Skorprios-Maggio's
Norm's Beer & Wine
(next to Maplewood)
The Virginian Restaurant
Vienna Inn
Long & Foster Realtor
Foster's Grill

Rexall Drugstore
Peking Express
Caffe Amouri
Plaka Grill
Bazin's on Church
Artful Gift Shop
The Community Center
on Park Avenue
The Greek Grill
Long & Foster Realtor
Dunn Loring Post Office
Metro Dunn Loring
State Farm Insurance
Avery Hess Realtor
DMV
Coldwell Banker Realtors
Lyons & McGuire
The Olde Brogue/
Katie's Coffee Garden
Deli Italiano
Classic Wines
The Tavern
Long & Foster Realtors
Serbian Crown

Elite Fitness Concepts
Ireland's Four Provinces
Long & Foster Realtor
Fairfax Realty
Claire & Don's Beach Shack
The Dogwood Tavern
Open Kitchen
Saffron Grill
PizzaRama
Arby's
Weichert Realtors
Elan Magazine
Studio Hair, Skin & Nails
GF Plastic Surgery
Maison Du Vin Wine Shop
Le Grand Appétit
CVS
Greenberry's Coffee
Active Family Chiropractic
The Wine Cabinet
Lake Anne Coffee Shop
Lake Anne
Community Center
Wiehle Park & Ride

Whole Foods Market
Austin-Weston
Cosmetic Surgery
Whole Foods Market
Nostos Restaurant
Evo Bistro
May Jewelers
Lost Dog Café
West Falls Church Metro
Stifel & Capra
Community Center, Falls
Church
City Hall
The Virginian
Chesterbrook Residences
Sun Design
McLean Community Center
Oakton Vienna
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Meadowlark Gardens

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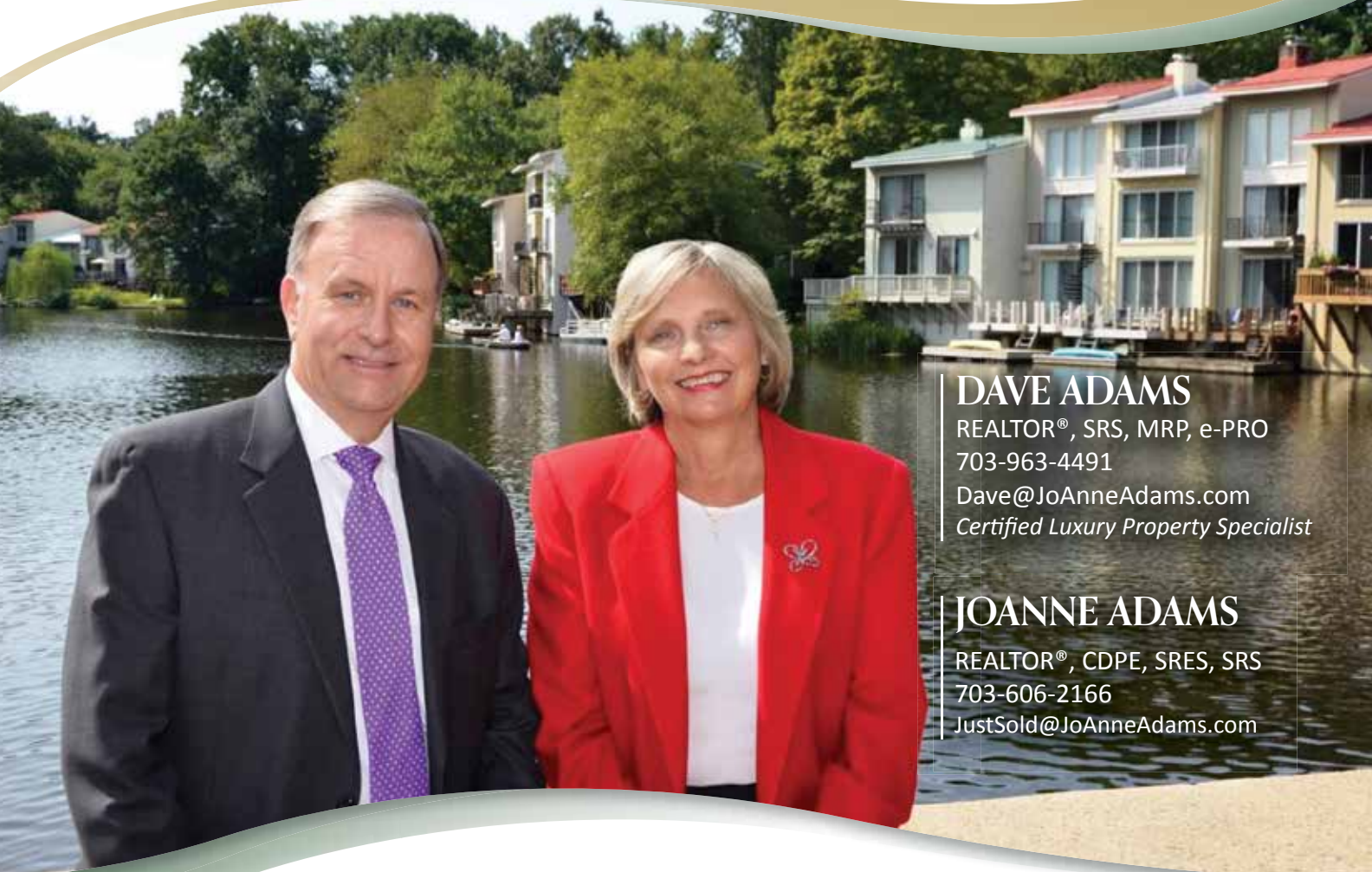
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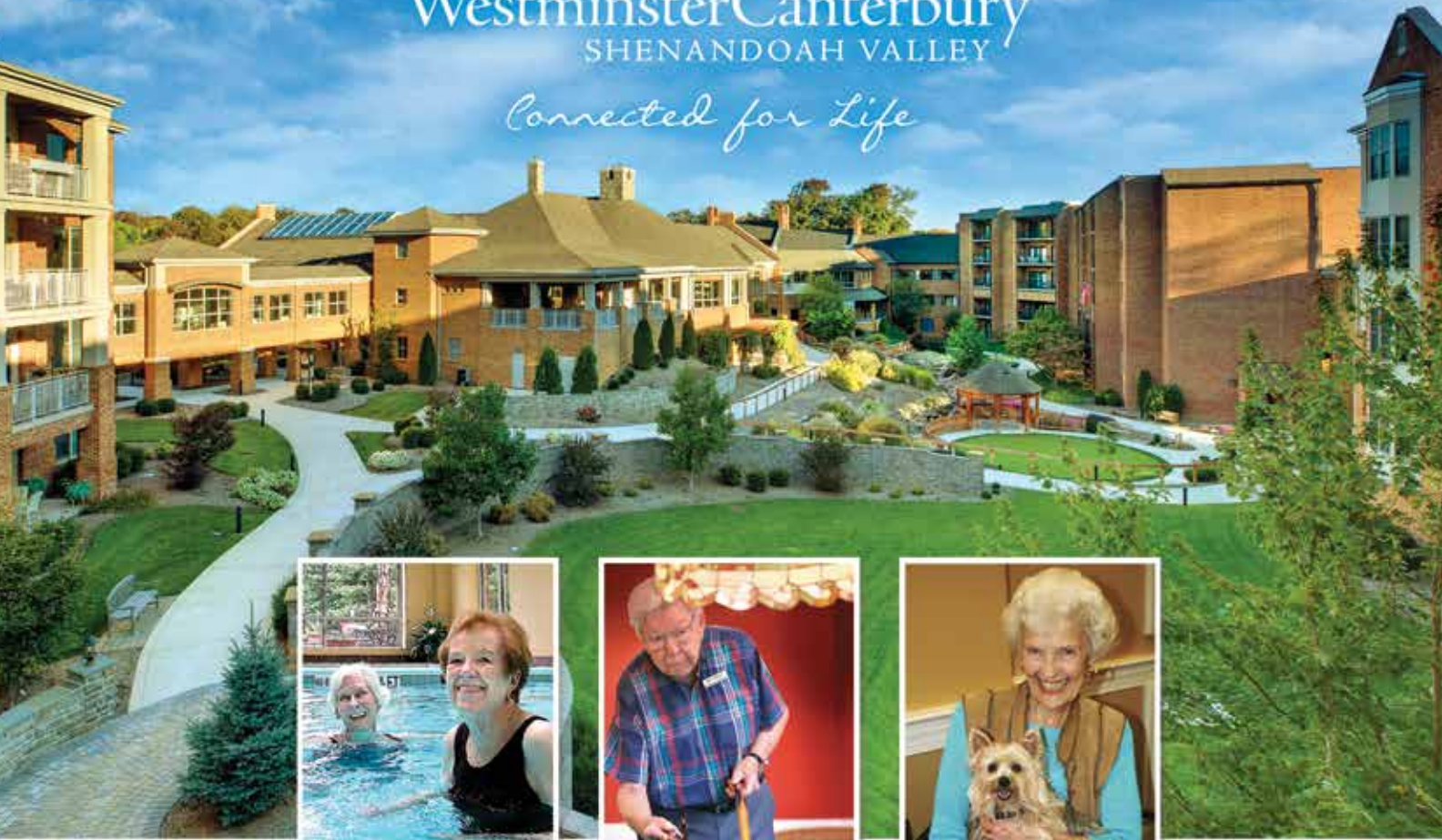


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