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Features



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Do You Really Want that Freestanding Bathtub?

By Barbara Ballinger

Bathroom trends may come and go as much as other home design changes do. Many of the Jacuzzi™ and whirlpool tubs that captivated homeowners back in the 1980s and '90s faded in popularity as the piping became troublesome to clean. Though these tubs may be today's buzz when it comes to thinking about bathroom choices, some wonder if the trend soon might be passé?

Senior Living Profiles

It's no surprise that assisted living options are also changing in response to socioeconomic conditions. Both consumers and providers have had to tighten their budgets and get creative about senior housing possibilities. Those who do opt for more traditional senior living will find a wide range of offerings in new areas like eco-friendly housing and "smart homes," as well as expanded amenities within assisted living communities. View this selection of senior living communities.



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CBD—What's All the Fuss?

By Lauren Simmons

CBD wellness products are all the rage, but not all CBD is created equal. It's natural that people are cautious when considering what new products to add to their daily routine. Important aspects of any new addition are information and awareness.

Brewery Central

By René Sklarew

Northern Virginia has a thriving culture of craft beer makers. You can find exotic sours, hoppy IPAs, and beer flavored with fruits from local farmers. There are beers for every taste. This craft beer movement is particularly powerful in Northern Virginia. The region has seen the rise and expansion of small breweries, and there's a growing influence that brewers have on their communities. You can explore this list of craft breweries from the comfort of your bike seat.



52

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**British
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Saturday March 7th

**Frank Solivan
& Dirty Kitchen**

w/ Pierce Edens & The
19th Street Band!
Sunday March 8th

**Broken Arrow
A Tribute To Neil Young!**

Friday March 13th

Saved By The 90's

A Party w/
The Bayside Tigers!
Saturday March 21st

**A Bowie
Celebration**
Featuring Bowie Alum!
Playing Diamond Dogs & Ziggy
Stardust!

Tuesday March 24th

**Colin Quinn
The Wrong Side Of History!**

Thursday March 26th

**Bill Frisell
Trio**

Friday April 3rd

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Saturday April 4th



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And More...

60

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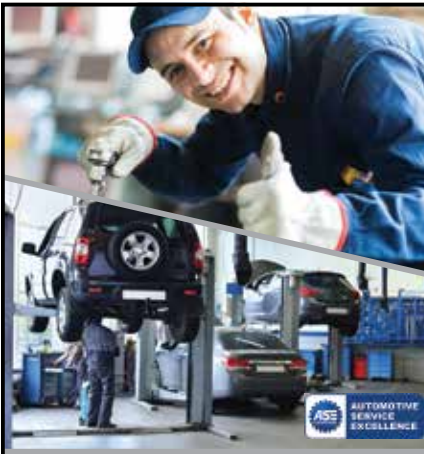
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**McLean
Community
Center**
The Center of It All

Here's What's Happening at MCC

Making Memories
**Father-Daughter
Enchanted Evening Dance**
Friday, March 13, 7-8:30 p.m.

5th & 6th Grader Party
Glow Party
Friday, March 13, 7-9 p.m.

Presented by The Alden
**Danú "Saint Patrick's
Celebration"**
Sunday, March 15, 3 p.m.

The Alden Youth Production
**"Dorothy Meets Alice
or The Wizard of
Wonderland"**
Saturday and Sunday,
March 28-29, April 4-5, 2 p.m.

Welcoming Spring!
Spring Fest
Saturday, April 4, 10 a.m.-noon

The Old Firehouse
Spring Break Trips
Monday, April 6-10, 8 a.m.-6 p.m.
Destinations and Prices Vary

Presented by The Alden
The Good Humor Men
Starring Moody McCarthy,
Keith Alberstadt and Pat Hazell
Saturday, April 18, 8 p.m. &
Sunday, April 19, 2 p.m.



The McLean Community Center
1234 Ingleside Ave., McLean, VA 22101
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www.mcleancenter.org
Home of the Alden Theatre
www.aldentheatre.org



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TYSONS P R E M I E R

THE MAGAZINE FOR TYSONS | RESTON | ASHBURN | LEESBURG
GREAT FALLS | MCLEAN | VIENNA | OAKTON | FALLS CHURCH

MARCH/APRIL 2020

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ON THE COVER:

Featured Tyson's Premier property
10922 Shallow Creek Drive in
Great Falls, VA listed by Local Real
Estate Expert Laurie Mensing.
See page 42 for details.

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Photo courtesy of Wolf Trap



OUT & ABOUT

📍 The Barns at Wolf Trap
MARCH 11
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Skate the Pavilion

Reston Town Center offers public skating at the Pavilion daily with extended hours on February 16 and 17. The skate shop is stocked with over 500 pairs of skates ranging from size 8 toddler through men's size 13, in both Figure and Hockey styles. Open to beginners and experienced skaters!

Open until March 15, Mon-Tues 11am-7pm, Wed-Thurs 11am-10pm, Fri-Sat 11am-11pm, Sun 11am-8pm, Adult \$10, Youth (11 and under) \$9.

Clark Beckham: Light Year Tour

Clark's killer vocals and profound music abilities as a multi-instrumentalist has led him on a journey from busking on the streets to performing on national television in front of millions of viewers. On American Idol, Clark's soulful, bluesy voice outsold every other contestant combined

on iTunes and placed him as THE fan favorite and runner-up of the 2015 season. Clark's live performances also dominated the top 10 most viewed videos on American Idol's Youtube channel. Since Idol, Clark has performed with the Nashville Symphony, written with Brian McKnight, been nominated for the Teen Choice award for Music's Next Big Thing, opened on tour for Jon Bellion, and signed with Quincy Jones.

March 8, Jammin Java, 7pm, \$12-20

Direct From Ireland: Téada

Winner of 'Best Young Irish Traditional Act' at Ireland's Music Awards, Téada released a long-awaited fourth album – Ceol & Cuimhne / Music & Memory in 2010 on the Gael Linn label, described by The Irish Echo's Earle Hitchner as "the best album

of Irish instrumental music I've heard so far this year ". 2011 sees Téada mark its' 10th anniversary with a busy season of touring and other special projects.

March 10, Jammin Java, 7:30pm, \$20-25

Enter The Haggis

For the better part of two decades, Toronto's Enter The Haggis has combined bagpipes and fiddles with a rock rhythm section to create a distinctively eclectic sound by effortlessly melding bagpipes and fiddles with classic rock 'n' roll instrumentation and powerful vocals.

March 11, The Barns at Wolf Trap, 8pm, \$30

Toby Lightman

Thrust into the spotlight, her debut album Little Things appeared on the Billboard Top 100 in its first week and gave way to comparisons to

continued on page 12

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 The Barns at Wolf Trap
MARCH 14

John Lloyd Young

Photo courtesy of Wolf Trap

continued from page 10

sultry songstress' like Lauryn Hill, Sheryl Crow and Norah Jones. Darling to the normally harsh critics, Lightman received high praise from magazines like Rolling Stone, People, Billboard and others, which led to appearances on Letterman, Carson Daly, Conan, CBS Morning Show and more. Her second record, *Bird on a Wire* (2006), helped lead Lightman to enormous success in the film and TV industry with the single "My Sweet Song" being featured in the movie *PS I Love You*, starring Hilary Swank and Gerard Butler.

March 13, Jammin Java, 7pm, \$15-25

Unity: A 311 Day Tribute

On 3/11/2011, Unity gave a forever memorable performance a shoulder-to-shoulder crowd, and made an explosive entrance into the DC music community. Unity's performances have continued to wow audiences with their likeness to 311, both in sound and energy. On 03/11/2015, Unity will be bringing the party to Jammin' Java for a whole night of 311 music in celebration of 311 Day!

March 13, Jammin Java, 9:30pm, \$10-22

John Lloyd Young's Broadway!

Music Direction by
Tommy Faragher

Tony Award winner John Lloyd Young originated the role of iconic singer Frankie Valli in *Jersey Boys* on Broadway. In his signature passionate and thrilling style, Young interprets the spine-tingling, soul-bearing showstoppers that shaped his earliest Broadway aspirations in a concert featuring songs from *Jersey Boys*, *The Wiz*, *Chicago*, *Hair*, *Dreamgirls*, and more.

March 14, The Barns at Wolf Trap, 8pm, \$37

Lucky Leprechaun 5K

Run like you've got the luck of the Irish on your side! Enjoy a fun-filled celebration at the finish line. Presented by Potomac River Running. All pre-registered runners will receive an awesome short sleeve Lucky Leprechaun shirt and all finishers will receive a one-of-a-kind medal! Awards will be given to overall winners as well as age group winners. After the race enjoy tasty post race refreshments! For more information and to register go to: www.prraces.com/luckyleprechaun/ for details.

March 15, Reston Town Center, 8am

Art exhibit for Kinda Barazi at Dara Global Arts Gallery

Visit Dara Global Arts for the opening reception of "Transitions" and Meet the Artist, Kinda Barazi. Kinda Barazi states the following about "Transitions": Prepping for 'Transitions' while living life to its fullest, may determine our Life's Outcome. Anger, lies, hate, jealousy, and resentment, will

transition along with us to the next realm -- so too will Unconditional Love, allowed to travel within our souls, forgiveness, gratefulness, and peace. What will your transition be?"

March 15, 2169 Chain Bridge Road, Lower Level Vienna, VA 22043, 2-4pm, Parking on driveway/easement or on service road across the location, daraglobalarts.com

The Shepherd's Center presents the Capitol Steps!

The Capitol Steps, a Washington D.C.-based comedy troupe, presents *The Lyin' Kings*. What could be more fun than seeing this show during an election year as they make comedy great again? To Purchase Tickets: www.scov.org or call our Ticket Hotline at 703-281-0601. Hotline cutoff date: Wednesday March 11, 2020 5pm.

March 15, Dessert Reception: 3:30 pm. The Show: 4:30 pm-6pm, Fairfax High School Auditorium, 3502 Rebel Run, Fairfax, VA 22030, Individual Tickets: \$35, Day of: \$40 cash/credit only. Student Tickets: \$15/Day of: \$20 cash/credit only

Aspire Presents ThatiGuy

With an extensive and amazing track record of unique and imaginative performances featuring his curious instrument and copious amounts of originality, Mike Silverman, a/k/a ThatiGuy, has set himself apart as a true one-of-a-kind talent that rivals any other artist currently in the entertainment industry. Averaging 150-200 shows a year all over North America and Canada, he has been a consistent favorite at such festivals as Wakarusa, Electric Forest, Big Day out, All



Good Music Festival, Bella, High Sierra Music Festival, Summer Meltdown, Montreal Jazz Festival, and many more. He was also the 'Tap Water Award' winner at the Edinburgh Fringe Festival for best musical act.

March 16, Jammin Java, 8pm, \$15-20

Ladysmith Black Mambazo

For over 50 years, South Africa's five-time Grammy Award-winning group, Ladysmith Black Mambazo has warmed the hearts of audiences worldwide with their uplifting vocal harmonies, signature dance moves, and charming onstage banter.

March 16-17, The Barns at Wolf Trap, 8pm, \$42

The 5th Dimension

Celebrating over 50 years of extraordinary entertainment, original member Florence LaRue and company continue to deliver dynamic performances that stand the test of time. The 5th Dimension captivates audiences all over the world with hits including "Aquarius/Let the Sunshine In," "Up, Up and Away," and "Wedding Bell Blues."

March 20, The Barns at Wolf Trap, 8pm, \$67

The Second City

Laughing for All the Wrong Reasons

Full of the live and in-your-face entertainment Netflix can't provide, this must-attend show features improvised comedy, audience interaction, and of-the-moment sketches and songs from The Second City made famous by superstars like Tina Fey, Stephen Colbert, Steve Carell, Julia Louis-Dreyfus, Bill Murray, and more.

March 25-27 and 28, The Barns at Wolf Trap, 8pm, \$32, Thursday and Friday shows at 8pm, Saturday shows at 7pm and 10pm, \$32

Kids Trout Fishing Derby

Start an annual family tradition and join us for this special day! Children age 2-15 and their families learn about fishing and experience a relaxing and successful day catching fish. All kids MUST be accompanied by an adult. Limited fishing poles and bait are available for use.

Trout Unlimited will help clean and store your catch. Volunteers will be on hand to teach you how to bait, cast, hook, and cook your freshly caught dinner. Please wear shoes you don't mind getting wet or muddy, no sandals. Teens and adults age 16 & up MUST have a valid Virginia State Fishing License to fish. Adults are not permitted to fish during kids fishing time. Register at: <https://www.herndon-va.gov/recreation/special-events/kids-trout-fishing-derby>

March 28, Event meets behind the Herndon Police Station on the Sugarland Run Trail, 8am-12pm, \$8-12

Dorothy Meets Alice or The Wizard of Wonderland

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. This performance features youth actors from McLean and professional technical theatre artists.

March 28-29 and April 4-5, The Alden, 1234 Ingleside Ave.

McLean VA 22101, 2pm, \$10-15

Ice Breaker 5K Race

Let's put winter behind us, get active outside, and prepare

for the spring. Walk or run our 5K course which will take you through a scenic section of town, around the Herndon Parkway and through parts of Sugarland Run Trail. The race starts and ends at the event co-sponsor, Northwest Federal Credit Union, 200 Spring Street. Long-sleeved sport-tek shirts guaranteed to the first 200 registered runners. Register at: www.herndon-va.



Photo courtesy of Wolf Trap

8:00pm

Joan Osborne

Grammy-nominated singer/songwriter Joan Osborne is best-known for her soulful recording of Eric Bazilian's "One of Us." She's graced the stage with America's most iconic musicians, such as The Dead and Bob Dylan. A spitfire of talent, Joan Osborne performs songs tinged with pop, soul, R&B, blues, and country.

April 16-17, The Barns at Wolf Trap, 8pm, \$42





Photo credit: George Bekris

Jim Messina

gov/recreation/special-events/
ice-breaker-5k-race

March 29, Race starting line at
200 Spring Street, Herndon, VA
20170, 8am, \$10-30

Jim Brickman

Jim Brickman's distinctive

piano style and captivating
live performances have
revolutionized the popularity
of piano music, making him a
driving force behind modern
American music. The hit-
making songwriter is the best-
selling solo pianist of all time.

April 1 and 2, The Barns at Wolf
Trap, 8pm, \$37

33rd Annual Evening of Comedy

The Barns transforms into
a comedy club for three

performances of hilarious
stand-up entertainment.

April 10 and 11, The Barns
at Wolf Trap, Friday at 8pm,
Saturday ay 7pm and 9:30pm,
\$27

Spring Community Garage Sale & The Kid's Corner

With more than 50 vendors,
this is one of McLean's biggest
and best garage sales! There are
hidden treasures at The Kids'
Corner—an area set up for
children (ages 3 to 15 years old)
to sell their toys, clothes, games
and other items. Children must
be the sellers of their items.
Parents should be on hand to
facilitate and supervise them.
Vendor spaces are available
on a first-come, first-served
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household items are welcome.
Limited commercial vendors
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for your space early! Advanced registration is required. You may register online, in-person or by phone. To register contact the MCC Registrar at 703-744-9365, TTY: 711 or registrar@mcleancenter.org.

April 18, 1420 Beverly Road (Intersection of Ingleside Ave. and Beverly Rd.), 9am-1pm, free admission

Jim Messina

Jim Messina's legacy of musical genius spans five decades, three supergroups (Buffalo Springfield, Poco, and Loggins & Messina), a vibrant solo career, a string of hit songs, and scores of producing and engineering credits.

April 21-22, The Barns at Wolf Trap, 8pm, \$47

"A Walk on the Hill" & Green Expo

The Residents of the Windover Heights Historic District, the Town of Vienna's

Parks and Recreation Department & Community Enhancement Commission and Historic Vienna, Inc. invite you to take "A Walk on the Hill." Enjoy a self-guided walking garden tour, plain air artists from Vienna Are Society, history discussion at 4pm, native plants exhibit at Salisbury Springs and Green Hedges School, live music and the Green Hedges School Jazz Ensemble at 2pm and the Vienna Community Band at 3pm on 288 Windover Avenue. Green Expo to take place at Windover Avenue and Orchard Street.

April 29, 277 Windover Avenue, Vienna, 2-5pm

A BandHouse Gigs

Tribute to Linda Ronstadt

A BandHouse Gigs Tribute to Linda Ronstadt features performances by Patty Reese, The 19th Street Band, Caz Gardiner, Ruthie and The Wranglers, Margot MacDonald, Holly Montgomery, and Jon Carroll—the writer of the Grammy Award-winning song "Get Closer" for Ronstadt. A taste of the songs to be performed includes: "Poor Poor Pitiful Me," "Back in the U.S.A.," "Tumblin' Dice," "You're No Good," "Tracks of My Tears," "When Will I Be Loved," and many more. Ronstadt will receive the Kennedy Center Honors this year, and her new documentary is soon to be released. Celebrate her many contributions to popular music!

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Photo credit: Jill Buckner Photography

Do You Really Want that Freestanding Bathtub?

By Barbara Ballinger

Bathroom trends may come and go as much as other home design changes do. Many of the Jacuzzi™ and whirlpool tubs that captivated homeowners back in the 1980s and '90s faded in popularity as the piping became troublesome to clean.

"A lot used them for extra storage," says real estate salesperson Stephanie Mallios of Coldwell Banker Residential Brokerage in Short Hills, N.J.

Then, it was onto big walk-in showers with oversized "rainfall" heads and multiple controls lining walls. Sometimes, there were so many that occupants felt

they had entered the equivalent of a human car wash. This trend also faded as it became clear that nobody needed so much space to shower and few couples showered a deux.

The latest bathroom design to spur interest is an updated version of the old-fashioned claw-foot tub, though usually without feet, except in certain geographic markets and in older homes.

These freestanding tubs are manufactured in large oval, egg-shaped, slipper and rectangular shapes and a host of materials from acrylic to cast iron, concrete, stainless steel, copper and resin composites.

When they first showed up in hotels and resorts, their stylish presence gave high-end guest suites immediate cachet and signaled relaxation.

Home stagers took note and found them ideal for helping to set a luxurious mood that might sway buyers, who felt it important to have at least one bathtub in their house for resale.

Kristie Barnett, whose design firm the Decorologist in Nashville also trains professional stagers and paint consultants, says many of her clients, especially females, love the idea of having a separate freestanding tub.

Julia Buckingham of Julia Buckingham Interiors in Phoenix also sees the upside of these tubs, which she compares to the equivalent of a beautiful piece of jewelry because of their sculptural forms. And although it may be counterintuitive, she prefers to place them in a smaller master bathroom where they become the focal point rather than in a large room where they could get visually lost.

Though these tubs may be today's buzz when it comes to thinking about bathroom choices, some wonder if the trend soon might be passé?

Even professionals are among the cohort who question the longevity. Jessi Lowry, showroom sales and marketing assistant at the N&S Supply and Bath Classics Showroom, a company with four locations in upstate New York, says her firm has sold them primarily to families with children whose parents both work. "They view them as a way to escape and unwind," she says.

Others, she says, like to look at them, but adds, "I'm not sure if they use them. You have to wait for them to fill and then you need to have the time to sit in them."

Barnett also thinks they're not a great solution for those aging in place. "Climbing over a ledge that's usually 24 inches high to get in and later get out can be a problem. They're more for younger people in their 20s, 30s and 40s," she says.

Another naysayer is real-estate salesperson Mallios who thinks the tubs that appeal more to buyers these days—especially families wanting to bathe a young child in them—is a built-in model with ledge that offers a place to rest a towel, soap and "whatever," she says.

So, might these freestanding tubs that look stunning yet aren't frequent—if ever—used be a repeat of the kitchen trend of noncooks installing the latest equipment, only to end up ordering takeout? Designer Sharon Gosselin McCormick whose eponymous firm is based in Hartford, Conn., thinks "maybe."

But there are some reasons that they may not completely disappear. While some of those made from the most expensive ma-



Photo credit: Jill Buckner Photography

terials are very pricey, others may not be any more expensive than nice built-in designs. And installing the faucet, valve and hand shower in a wall near the tub rather than into the floor as some have done can also cut the cost and space needed. Furthermore, there are a large number of choices, given all the companies that manufacture them, including Waterworks, BainUltra, Kohler, Porcelanosa, Victoria + Albert, Duravit, Kallista Jacuzzi Luxury Bath and Maax.

Like other home-related choices, the decision should come down to whether homeowners or other family members love taking baths, have the space to accommodate one, and like the artistic look, says Chicago designer Rebecca Pogonitz of GoGo Design. ♦

Barbara Ballinger is a freelance writer (www.barbaraballinger.com) based in the Hudson River Valley of New York and author of several design and real estate books, including *The Kitchen Bible* and *The Garden Bible* (Images Publishing).



Photo credit: Jill Buckner Photography



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EXPERTISE: Served as attending faculty and taught lingual "invisible" orthodontics in the postdoctoral orthodontic program of Children's National Medical Center and Washington Hospital Center. Diplomate by the American Board of Orthodontics.



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EXPERTISE: Achieved dual specialty certificates in both Periodontics/Implantology and Periodontal Prosthesis (Advanced Restorative, Cosmetic Dentistry) and recognized as a Diplomate of the American Board of Periodontology.



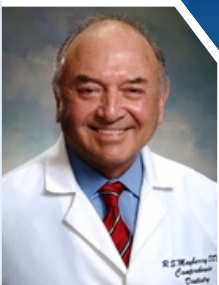
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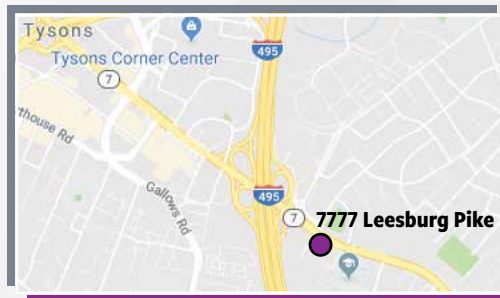
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10,000 Maniacs

Performing at Birchmere

By Keith Loria

With a long list of hits including “Because The Night,” “These are the Days,” “Jealousy,” “Like the Weather” and “More than This,” 10,000 Maniacs has plenty to celebrate as they embark on a new tour in 2020 that will make a stop at the Birchmere on March 20.

Originally forming in Jamestown, N.Y. in 1981 by long-time friends Steven Gustafson, Chet Cardinale, Robert Buck, Teri Newhouse and Dennis Drew, things really took off when 17-year-old Natalie Merchant was invited to sing a bit with the band, called Still Life at the time, and she eventually took over as lead singer.

Eventually, the name 10,000 Maniacs took and the group had its first hit with a cover of Cat Stevens’ “Peace Train.” By 1993, 10,000 Maniacs was getting a big reputation in the music biz, even playing at the MTV Inaugural Ball for President Clinton, but then Merchant announced she was leaving to pursue a solo career.

Mary Ramsey took over as the new lead singer and is now celebrating 25 years in that role.

Along with Ramsey, Gustafson (on bass) and Drew (keyboards), today’s lineup includes longtime drummer Jerry Augustyniak, guitarist Jeff Erickson and guitarist John Lombardo.

I recently sat down with Gustafson to talk about the band’s history, future and upcoming gig at the Birchmere.

Loria: You’ve had some changes in the lineup through the years, but you’re one of the constants from the beginning. What keeps you coming back year after year?

Gustafson: I’ve always said to the other members, I’ll keep doing it as long as we’re having fun and it pays the bills. I got addicted to this when I was in third grade and did a play. When people applaud at what you’re doing, it makes you feel real good. I love that and we all do.

Loria: What were the early days of the band like? How did you begin?

Gustafson: I recall a night when Dennis and I were out in a bar around 1977, right after the Ramones had played in Jamestown, and this sort of punk explosion happened. Bands were popping up playing covers of these punk bands and a really cool scene developed. There were always crowds of women and the bands were getting free drinks, and I turned to Dennis and said, ‘we have to start a band!’ We weren’t great musicians at the time, and we were afraid that first time playing—in fact we almost had our backs to the audience because we were embarrassed.

Loria: What happened?

Gustafson: We got into an argument with the bar owner after the show and we got thrown out and thought it was the greatest thing ever. After that, we wrote five songs and wanted to record them so we became the senior project for a col-



lege kid. Then we wanted to tour, so we bought an old-school bus and started booking shows. It was adventurous and fun and we started gently pushing forward. At the end of 1984, we signed our first record contract.

Loria: What do you think the secret is to having this long-lasting success? Why do people still come out to see the 10,000 Maniacs perform?

Gustafson: It starts with good songs. We started when MTV did, so we benefitted from that though we were reluctant to fully engage in it. We didn't sound like any other band, and we had a marvelous lyricist in Natalie Merchant and she was quite unique. We've evolved into pretty good players and play now better than we ever have. Also, our audience has grown older with us, and they like to go out and sit in comfortable clubs and see their favorite bands up-close. We don't look disinterested when on stage. We enjoy what we're doing and I think people like to see that.

Loria: What can those coming out expect from the show?

Gustafson: We're planning on playing at least one song from every album we've released and maybe tell a few stories about how some of the members of the band got to be where we are, and some funny stories about our past. We'll get people dancing around and have some fun.

Loria: It's been a while since we've heard some new music from the band. What's the plan ahead? Can we expect some new tunes in 2020?

Gustafson: Our biggest challenge with this band is managing our time together because some of the members live up in Buffalo, 70 miles north of Jamestown. The record industry changed, and most of our income is from gigging, so we need to find time to get off the road and record, and that's a challenge. We do have a couple dozen songs stored in a computer and we've put some tracks down for some other songs, and we are discussing what approach we're going to take. We have material, we just have to make that push, but it will happen.

10,000 Maniacs play the Birchmere at 7:30 p.m., March 20. Tickets: \$55. For more information, visit www.birchmere.com. ♦



Tyson's Update



View overlooking the future Reston Town Center Metrorail Station's platform which will one day be buzzing with commuter activity. On either side, travelers move along the Dulles International Airport Access Highway and the Dulles Toll Road. (Courtesy of Chuck Samuelson, Dulles Corridor Metrorail Project)



Outside looking toward the Reston Town Center Metrorail Station pavilion. The stations may appear complete, but they are not yet open to the public. (Courtesy of Chuck Samuelson, Dulles Corridor Metrorail Project)



Photo taken at the intersection of Old Meadow Road and Route 123 looking out at the Capital One building. (Courtesy of Dulles Corridor Metrorail Project)



Reception Roundup

By Michael Evans



Fan-Favorite Menu

Hors d'oeuvres to be passed on silver trays:

- * Assorted sushi with soy sauce, wasabi and pickled ginger
- * Crisp phyllo money bags with wild mushrooms served with Hollandaise sauce
- * Chicken Polynesian with chutney butter

Rolls to be passed and wine poured as guests are seated

First Course (Choose 1):

- * Smoked Salmon Roll with caviar and pumpernickel
- * Fresh grapes rolled in Chevre with walnuts and chives served on a bed of micro greens
- * Allie's Salad: mixed baby field greens with strawberries, raisins, mandarin oranges and sugarcoated almonds tossed in a honey-poppy-seed dressing

French Service Entree:

- * Chicken Wellington: tender breast of chicken wrapped in puff pastry with duxelle served with wild mushroom sauce
- * Grilled swordfish marinated with cilantro and lime
- * Orzo Florentine
- * A colorful medley of baby vegetables

Dessert:

- * A traditional French genoise sponge cake laced with your choice of liqueur and elegantly decorated with butter cream frosting and fresh flowers
- * Freshly Brewed Starbucks Coffee and Tea

We all know that weddings come in all different sizes and styles, each uniquely beautiful as they represent each happy couple. It makes sense then that the style of menu choices at a black-tie wedding varies from that of a backyard barbecue, based on the couple's theme and plans for the reception. We've rounded up some of our most popular reception options and fan-favorite menus to jumpstart your menu planning... Keep in mind that caterers (and guests!) LOVE innovative ideas and unique twists that make your event more personal, so it's important to work closely with your caterer to best convey what you're looking for. After all, only you and your significant other can decide which option (or options) best fit your needs to bring your vision for your special day full circle!

Sit-Down Dinners

Sit-down dinners typically consist of a multi-course meal in which each course is plated and served individually to guests. This elegant option allows your guests to feel pampered and is traditionally used for more formal affairs. Drawbacks to the sit-down dinner include a more focused menu, as well as greater expense due to

the increased staffing requirements to adequately serve your guests.

Michael's round up on sit-down dinners: Formal sit-down dinners can be quite regal and beautiful. At Helga's, we often serve our sit-down menus using butlered French service, where each individual's plate is served at the table during the reception, offering an extra layer of exceptional service for the guests.



Buffets

Buffets are always an excellent option, particularly for couples that want to serve a wide variety of food choices to their guests. Buffets provide greater flexibility, allowing guests to pick the items that most satisfy their palates, as well as controlling how much or little of each item is served. This style also tends to be less expensive than sit-down dinners and may be a good option for those on a budget. The disadvantage to using buffets may include lines while your guests are waiting to get their food if not properly managed. However, talking with your caterer about potential strategies to reduce lines and wait time can help to alleviate this concern.

Michael's round up on buffet receptions: Buffets are a great way to provide a dramatic focal point for your reception due to the endless beautiful display possibilities. We see buffets used in a variety of ways throughout receptions, from the

cocktail hour to the main meal, or both.

Food Stations

Food stations are an exciting, interactive alternative to buffets that allow for increased flexibility and options but provide your guests with even more opportunity to customize their meals and to promote mingling. Multiple stations are set up for the reception, usually with a common theme at each station. For example, you may find a DIY potato bar with all the fixings at one station, whereas at the next station you would find a chef carving your meat to order. Because items are often available made-to-order with this style of service, it is important to keep in mind that more time may need to be allotted for dinner when planning your reception timeline.

Michael's round up on food stations: Food stations are a great way to provide an additional dimension to your reception. We

love when our chefs get the opportunity to have more face-time with our clients and their guests, and this style creates a fun and exciting way to make that happen

Family Style

Family style dinners are a cozy, intimate way to serve your *continued on page 33*



Fan-Favorite Menu

Hors d'oeuvres to be passed:

- * Mushroom Caps stuffed with Chevre and Sun-Dried Tomatoes
- * Oyster Shooters served from a Shot Glass with Cocktail Sauce and Finlandia Vodka with Lemon
- * Crostini of Roast Beef, Horseradish Sauce, Colorful Peppers and Fresh Thyme

Mexican Buffet:

- * A variety of empanadas and burritos with salsa
- * Vegetarian quesadillas with corn and peppers
- * Grilled chorizo tidbits with Dijon mustard

- * "Walk Around" Five Layer Nacho Margaritas with guacamole, black beans, chunky salsa, grated cheddar cheese and sour cream
- * Colorful blankets, sombreros, piñatas and gourds

Oriental Station:

- * Peking Duck to order rolled in Mandarin Pancakes with Scallions and Hoisin Sauce laced with Chinese Red Wine served from Bamboo Baskets
- * Miniature spring rolls with duck sauce
- * Oriental props, fans and chopsticks for ambiance

Italian Pasta Station:

- * Sweet Italian sausage with mushrooms, peppers and onions simmered in marinara sauce served with rotini pasta
- * Pasta Primavera: a colorful medley of vegetables sautéed with fresh herbs and tossed with penne pasta in cream sauce
- * White clam sauce served with baby pasta seashells
- * Freshly grated Parmesan
- * Chianti bottles and dried pastas for décor



Fan-Favorite Menu

Hors d'oeuvres to be passed:

- * Grilled Cajun duck bites served with creole dipping sauce
- * Seared tuna canapés served on a crispy fried won-ton with pickled ginger, white radish and wasabi
- * Red bliss potato baskets filled with sour cream and caviar

Chef Carving:

- * Beef tenderloin roasted to perfection served with horseradish sauce

Buffet:

- * Whole Poached Norwegian Salmon elegantly garnished with lemon scales served with cucumber-dill sauce
- * Chicken Mojito: grilled breast of chicken served with mojito sauce of peppers, lime, garlic and cilantro
- * Wild and white rice medley with dried cranberries
- * A colorful medley of julienne vegetables
- * Greek salad of crisp romaine lettuce with cucumbers, tomatoes, red onions, imported Kalamata Olives and Feta cheese tossed in red wine vinaigrette and virgin olive oil
- * An elaborate bread display with a variety of rolls and butter




CBD—What's all the fuss?

By Lauren Simmons

CBD wellness products are all the rage, but not all CBD is created equal. It's natural that people are cautious when considering what new products to add to their daily routine. Important aspects of any new addition are information and awareness.

With more and more retailers carrying CBD products it's important to understand the fundamentals so you can make informed decisions and know what is fact and what is fiction.

The below questions and answers will give you a good start on learning the basics about CBD.

What Is CBD?

CBD, short for Cannabidiol, is a naturally occurring compound (cannabinoid) found in the flower of the Cannabis plant in both Hemp and Marijuana.

It's important to understand that Hemp and Marijuana have different chemical compositions although both come from cannabis.

Why are hemp and marijuana treated differently? It all comes down to one thing: marijuana can get you "high," while hemp can't.

Is CBD Legal?

Yes. The passing of the Agriculture Improvement Act of 2018, also known as the 2018 Farm Bill, enabled hemp agriculture and products to become legal in all 50 states.

Any CBD that's derived from industrial hemp, defined as cannabis with less than 0.3% THC, is legal according to federal regulations.

Will It Get Me High?

No. In the US, marijuana is defined as any cannabis plant with greater than 0.3 percent THC, short for tetrahydrocannabinol and is the compound in cannabis that gets you "high."

Hemp derived CBD only has 0.3% THC (or less) and won't get you high.

What Types of CBD are There?

CBD can be split into three categories: (1) Full Spectrum, (2) Broad Spectrum, and (3) Isolate.

- Full spectrum is extracted from the whole plant. It contains CBD along with many other beneficial phytonutrients, including up to 0.3 percent THC.
- Broad spectrum removes the THC that's in Full spectrum CBD. It has all the phytonutrients but not the THC.
- CBD isolates have only CBD, there are no other items such as THC, terpenes, or other cannabinoids.
- Research suggests that Full Spectrum is the most effective due to the combination of the other phytonutrients in the plant – delivering an 'entourage effect'.

What Forms Does CBD Come In?

- **Oils and tinctures** – These are made with CBD extract and added to a carrier oil, such as coconut oil or hempseed oil. The most effective way to take this form is by placing drops directly under the tongue. The oral mucosa is full of tiny capillaries that absorb the compounds quickly. Oils and tinctures are a good choice for anyone who can't take pills or capsules. Oils can also be used topically.
- **Creams and lotions** – Balms, salves, creams, and lotions can be used topically to relieve aching muscles and joints. Often used by athletes and others who want to avoid prescription or chemical pain relief.
- **Capsules** – Many prefer to take CBD in capsule form because it's easy and is simple. They're also a good choice if you dislike the taste or texture of drops.
- **Edibles** – This is an easy and convenient way to take CBD. Some of the most popular items are gummies, chocolates, and caramels. Edibles are discreet and easy to take throughout the day for those who need to spread out higher dosages of CBD.

Will CBD Show Up in A Drug Test?

Since there are trace amounts of THC (.3% or less) in Full Spectrum CBD, consumers need to be aware that a single-dose or cumulative THC exposure may cause an unexpected positive result on a drug test. There are many factors that can affect results such as amounts taken, frequency, and body weight to name a few.

For those looking for the benefit of Full Spectrum CBD they can safely take Broad Spectrum CBD - all the THC has been processed out and removed.

How Do I Determine Quality CBD Products?

- Look for a Certificate of Analysis (COA) from an independent lab for the products you're interested in buying. This report shows the molecular

analysis of the product - showing the amounts of the various cannabinoids present. The COA verifies that what's on the label matches with what's in the bottle.

- Be wary of sellers making dishonest medical claims such as it cures cancer or Alzheimer's disease. While CBD has shown to alleviate inflammation and pain it's not a cure.
- Look for sellers that are transparent about products and offer information and news on CBD. Because CBD works differently on everyone it's a matter of doing your due diligence and research to find out what works for you.
- Trustworthy merchants will help customers with questions and supply educational materials.

Is CBD Just A Fad?

No. Hemp has been illegal in the US for the past 80 years and there was limited research done. It was classified a Schedule I drug, same as marijuana and grouping this

crop with drugs like heroin and LSD.

With new technology and testing it's been determined that hemp is not a drug and, in fact, has many beneficial qualities.

Is There Any Science Behind It?

Yes. The FDA approved Epidiolex, the first and only FDA-approved prescription cannabidiol (CBD) drug in June of 2018. Epidiolex resulted in fewer seizures in those hardest to treat. (www.Epidiolex.com)

The National Institutes of Health (NIH) has also done, and continues to do, numerous studies on cannabinoids with optimistic outcomes. (www.nih.gov) ♦

About the Author: After having personally witnessed the benefits of hemp-derived CBD, Lauren Simmons was impassioned and founded ABACA.vip. Her approach is straightforward - provide customers with news and information about CBD and sell only high-quality vetted products. www.Abaca.vip



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Caring for Patients One at a Time

By Analiese Kreutzer

Have you ever planned a dental appointment during your lunch break only to arrive and be kept waiting? Or received promotional mail from your dentist's office and wondered if they even know you're a patient and how much their marketing efforts raise their prices? Some dentists seem to emphasize quantity, focusing on bigger practices with more patients, but that can leave you feeling like you're not that important to them.

One of the things that makes the dental practice of Anil Dwivedi, DMD, PC, different is that he intentionally keeps it small. "I maybe see 30 patients in a week, not in a day," he said. As a sole proprietor in practice for 28 years, it is an approach that has worked for him. "We generally see one patient at a time, so we rarely run behind, and patients don't have to wait."

His practice on Chain Bridge Road in Vienna bears no signage, and he doesn't do any marketing. Patients find him through word of mouth.

Dr. Dwivedi grew up in Northern Virginia and attended the University of Penn-

sylvania's School of Dental Medicine. He also completed a medical residency in anesthesiology at the Medical College of Pennsylvania. Although there are dental practices in the Tysons' area that offer sedation for anxious patients, Dr. Dwivedi's anesthesiology training gives him a broader range of options to meet patients' needs. He explained that dentists usually take a continuing education class over a weekend to be able to offer sedation. "They're giving a patient a pill, like a Valium, and many times that works. Sometimes it doesn't," he said.

Dr. Dwivedi is able to offer different levels of sedation depending on a patient's needs. That might be a calming pill, or it could be nitrous oxide, also known as laughing gas; a conscious sedation with an IV, or general anesthesia where the patient is unconscious.

"For people who are allergic to local anesthetic, I can do a root canal, for example, by administering intravenous medication to ablate the pain," said Dr. Dwivedi.

Although his training in anesthesiology sets him apart from most other dentists,

Dr. Dwivedi's practice isn't just for people who have local anesthetic allergies or anxiety about seeing a dentist, nor is it just about specialty procedures. "We offer individualized, comprehensive care for the whole family," he said. "I see patients for everything from routine cleanings and fillings to root canals, extractions, implants, veneers, full mouth reconstruction and more." His in-office, advanced techniques also include analyzing patients' airways to develop treatment for sleep apnea or snoring.

"I'm also one of the few dentists around who has special needs training," said Dr. Dwivedi, who sees autistic and intellectually disabled patients for exams, x-rays and whatever treatments they need.

If you're looking for a dentist who can take care of your oral health needs in one practice with individualized attention, then visit Dr. Dwivedi's website at www.drdwivedi.com or call the office at 703-608-7180. ♦

Analiese Kreutzer is a freelance writer. She can be reached at AnalieseKreutzer@gmail.com.

continued from page 29

guests. With platters served on each table, your family and friends have the ability to select their portions through self-service. In order to successfully carry out a family style meal, a key factor is ensuring there is enough space at the tables to comfortably fit your guests, as well as the food and equipment.

Michael's round up on family style: Coming from a large family with seven children, I always enjoy when clients choose to use family style service for their receptions. This style emanates the casual comfort of family gatherings at home, without all of the work and worry! ♦



Michael Evans is chef-owner of Helga's Caterers, a family-owned and award winning full-service catering company with nearly 40 years of experience in providing fine food and excellent service for all of your catering needs throughout the D.C. Metro Area.



Fan-Favorite Menu

Hors d'oeuvres:

- ❁ Miniature roasted chicken and portobello mushroom strudel served with sun-dried tomato aioli
- ❁ Tortellini caprese skewers with fresh mozzarella and grape tomatoes drizzled with fresh basil vinaigrette
- ❁ Melon wrapped with prosciutto

Dinner:

- ❁ Chicken roulade with artichoke hearts, pine nuts, and pesto served with marsala wine sauce
- ❁ Cheese filled ravioli tossed with shrimp, green beans and cherry tomatoes and fresh dill
- ❁ Mixed green mesclun salad tossed with fresh fennel in red wine vinaigrette
- ❁ Rolls and butter

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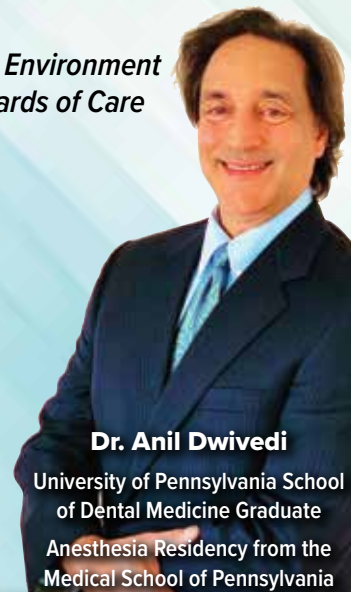
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Ask an Advisor

What does a Financial Advisor do?

By Daniel Lash, CFP[®], AIF[®]

When I meet someone at a party (or more likely, at one of my kid's soccer games) and I tell them what I do, usually the first question they ask is "What do you think of the stock market?"

While I do spend time helping clients with their investments, the vast majority of my time is spent helping clients in other ways. On the next page is a list of four things a good financial advisor does beyond just giving investment advice.



Educate you

I help my clients really understand their finances. Most advisors have extensive experience and education on a wide variety of financial topics that clients can benefit from. A good advisor takes the time to help with everything from understanding options for your children's college financial aid to analyzing your Social Security statement and helping you identify payout possibilities.

Understanding the strategy behind any investment advice is important as well. It's your money, you should understand how it's being invested, and why it is appropriate for you. Even if you are someone who does not view yourself as financially savvy, you should have a basic understanding of why your money is invested the way it is, and how that might change in the future.



Give you confidence

One of the most rewarding parts of my job is improving my client's financial confidence. Many people come to me worried about a financial matter. I help them identify what they are worried about and then suggest changes they can make in their finances to alleviate that worry. This is especially true for people at (or nearing) retirement who want to identify the best way apply the money they spent their entire lives saving.

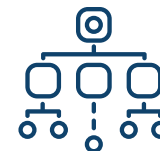
I also act as a sounding board for my clients. They bring their big life-changing ideas to me and we work together to help them understand how that may affect their financial future. My clients have all kinds of ideas, from starting a business to buying a vacation home. These ideas cost money and it's important to know how it might affect their overall financial picture. Once you have some confidence, those big decisions might not keep you up at night.



Help you plan

Everyone has goals for their future. A good advisor will help you formalize those goals and create a financial plan. That plan acts as roadmap to take you from where you are today to where you want to be in the future. Using known variables such as current account balances, cash flows, and savings rates an advisor can estimate future asset values, create a withdrawal plan and recommend an investment allocation based on your individual needs. That information can be incredibly insightful and valuable when making some of life's major decisions, including buying a home or deciding when to retire.

Financial planning also plays an important role in helping you get the most out of your money. Careful planning can help you set priorities and work steadily towards long-term goals. It may also provide protection against the unanticipated, by helping you prepare for things such as an unexpected illness or loss of income.



Keep you organized

Our office keeps digital copies of client financial documents. Everything from medical directives and insurance coverage details to wills, trusts, and other estate documents. We also help you understand the tax ramifications of major financial decisions and understand the records you need to keep (and the ones you don't) so that you don't end up with an unexpected tax bill at the end of the year.

As you can see, a good financial advisor does a lot more than just give investment advice. We provide a holistic approach to your entire financial life, helping you and your family navigate and make informed financial decisions while pursuing your goals. To find out more about what we do at our office, find us online at: www.vlpfa.com



Author: Daniel P. Lash, CFP®, AIF® is a Financial Advisor and Partner at VLP Financial Advisors. Dan works with his clients to help them plan for their family's financial future. He believes that strategic planning is the key to creating, protecting, and growing wealth. Visit VLP Financial Advisors online at: www.vlpfa.com.

Have a question for an Advisor?

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The Montessori Difference

By Amanda M. Socci

When we think about education of children, it is common to call to mind the vision of one teacher in front of a large group of students, actively showing materials on a blackboard, talking, asking questions, giving tests, and otherwise taking on the central role of instruction while the child is primarily a passive listener or note taker.

Montessori education varies wildly from the traditional model of education, shifting the focus from the teacher to the student to be in charge of educating himself through independent actions, choices, and projects.

An internationally recognized education style, Montessori education first came to light in Italy in 1907. Dr. Maria Montessori described her revolutionary style of education as the normalization of a child by synchronizing its “true nature of peace and harmony with the environment,” as stated in the book “Maria Montessori: Her Life and Work” by E.M. Standing.

As per training center Montessori Northwest, the Montessori education is designed to support children’s learning from birth to middle school. Children are grouped

together in clusters of specific age groups: for the infant / toddler stage, children are between birth and three years old and for the primary age, children are ages three to six. At the elementary level, children ages six to nine are in the lower elementary level while children ages nine to twelve are in the upper elementary level.

In a typical Montessori setting, students can expect to see the availability of assorted age-appropriate activities and materials, usually presented in a wide, open space or classroom. Though one or more teachers may be present, their role is devoted to observation and assisting only as needed, leaving the bulk of the instruction up to the students themselves.

Montessori students are expected and strongly encouraged to work on activities at their own pace without receiving formal instruction or mandates on the order in which they complete the activities.

The goal of Montessori education is to provide rich, stimulating materials to students while allowing them to explore, study, and experiment through a self-directed approach to better help them develop their maximum potential. It also

seeks to nurture each child’s individual interests and strengths.

It purposefully abandons the traditional focal point of the teacher as the instructor in charge, favoring a more communal atmosphere. Students of the Montessori style are free to move as they wish within the space and may act independently, within small groups, or one-on-one with the teacher, according to their natural curiosities that spark from interacting with the educational materials.

Some Montessori schools offer students extra learning opportunities by way of an outdoor classroom or farm. This ties squarely into Dr. Montessori’s vision of allowing children to be at one with nature.

Montessori schools in the United States are typically private institutions that charge tuition and have very small student populations. In the state of Virginia, however, the first public Montessori school opened in Arlington County in August 2019.

For more information on the Montessori style of education, please visit: <https://montessori-nw.org/> ♦



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From L to R:

Nithya Chintalapati, Dishaa Bhat, and Neha Bhat members of Absolute Zero robotics group from Sterling, VA attended the international finals of the World Robot Olympiad competition in Thailand in November 2018.



instantly becoming national champions.

Fresh off their win, Bhat and Chintalapati competed in the WRO international finals in Thailand in November 2018. Though they didn't win, their participation was still a big deal as they were the only team from the DC metropolitan area as well as the only all-female team competing.

2018 was a record year for Bhat and Chintalapati as it was also the year they took their STEM passions to a new level with the start of their nonprofit group, STEM-Powering Girls, whose mission it is to remove the gender gap in technology by empowering girls to pursue STEM, as per its website.

While still in high school, Bhat and Chintalapati continue to feed their passion for STEM through their rigorous academic curriculum and through active participation in Absolute Zero and their nonprofit STEMPowering Girls. The sky is the limit for these two!

An emerging leader in its own right, Robotics for Youth has grown from a humble neighborhood venture to a full-fledged nonprofit organization managed by university students. For more information, visit: <http://www.roboticsforyouth.org/>

STEMPowering Girls offers summer workshops for kids in EV3, Python, and Java computer programming languages. For more information, visit: stempoweringgirls.org. ♦

STEM Passions Lead to Competition and Education

By Amanda M. Socci

Neha Bhat and Nithya Chintalapati are two young ladies whose passion for science, technology, engineering, and mathematics (STEM) has driven them to pursue opportunities in the field to inspire others to love it as much as they do.

Currently, they are students at Thomas Jefferson High School for Science and Technology (TJHSST) in Alexandria. Bhat, a senior, and Chintalapati, a junior, met several years ago through mutual participation in a neighborhood club in Centreville, Robotics for Youth, that offered fun and interesting robotics challenges for kids in Centreville, Sterling, and other areas close by.

They also worked on their STEM skills as students at Nysmith school for gifted students, based in Herndon. At Nysmith, the girl participated in LEGO clubs, FIRST LEGO leagues, and science Olympiads.

Both Bhat and Chintalapati enjoyed the

robotics challenges during their Robotics for Youth club meetings and learned a great deal, improving their knowledge and skills with each year of participation. As their interest in robotics increased, so did the challenges. Their focus led them to create a subgroup with other kids, Absolute Zero.

Absolute Zero, known as a First Tech Challenge (FTC) team, was comprised of boys and girls who worked together "to design, build, program, and operate robots to compete in a head-to-head challenge in an alliance format," as per New Hampshire nonprofit FIRST's website.

The Absolute Zero team began participating in local robotics competitions in different cities in Virginia and eventually moved on to regional competitions. In September 2018, Absolute Zero sent Bhat and Chintalapati to compete in the World Robot Olympiad (WRO) competition and they won in the senior category,

Sealants Can Prevent Cavities!

Did you know that dental sealants can prevent cavities (tooth decay) for many years? Parents can elect to have their dentist cover the hard to reach molars in the back of their children's mouths to protect the chewing surfaces from cavities for years at a time. Sealants provide a protective shield that blocks out germs and food. Once applied, sealants protect against 80% of cavities for 2 years and continue to protect against 50% of cavities for up to 4 years.¹

What they are made of

Dental sealants are clear composite resin coatings that are painted over the chewing surfaces of the back teeth—the place where your child is most likely to get tooth decay.

How they protect

Sealants act as an effective barrier against sugar, acid, bacteria, and plaque to protect the deep grooves of the back teeth.

Cavity prevention

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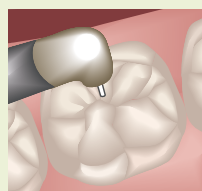


Sealants on permanent molars reduce risk of cavities by 80%

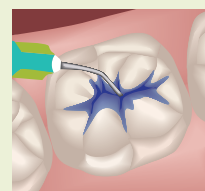
Source: "Sealants for preventing and arresting pit-and-fissure occlusal caries in primary and permanent molars." Journal of the American Dental Association.

¹https://www.cdc.gov/oralhealth/dental_sealant_program/sealants-FAQ.htm

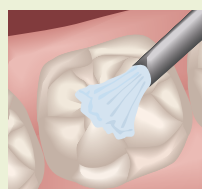
How Sealants Are Applied



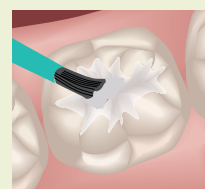
1. Stains are removed from the deep grooves.



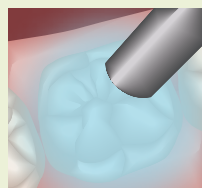
2. Etching Solution helps clean the tooth.



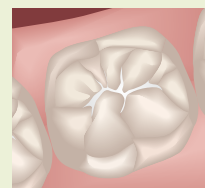
3. The tooth is sprayed with water and dried.



4. Liquid Sealant is applied.



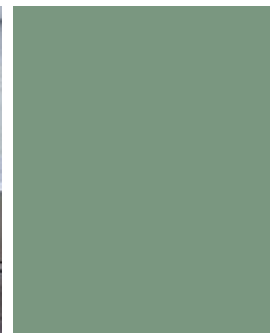
5. Sealant sets with use of special blue light.



6. Sealant protects the chewing surfaces of teeth.

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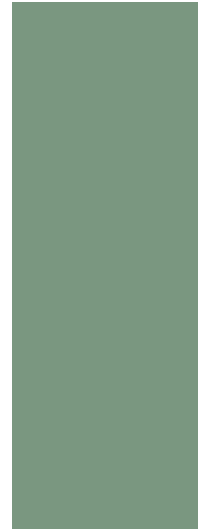
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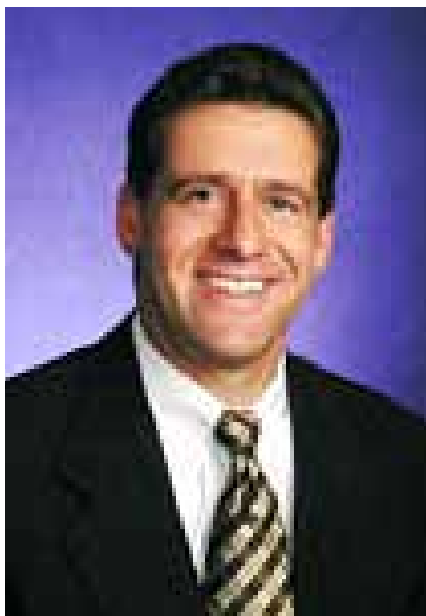


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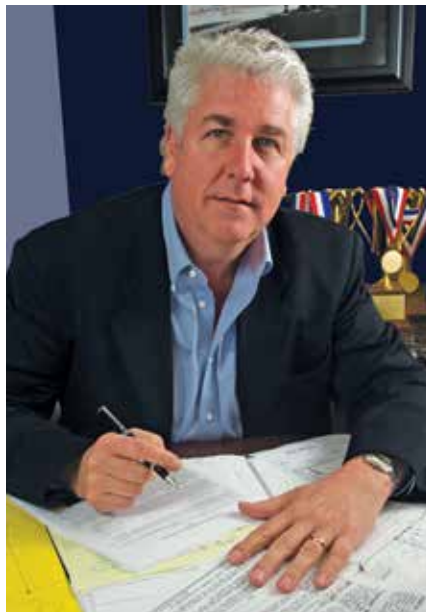
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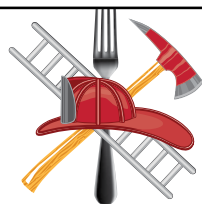


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Brewery Central



By Renee Sklarew

Northern Virginia has a thriving culture of craft beer makers. You can find exotic sours, hoppy IPAs, and beer flavored with fruits from local farmers. There are beers for every taste.

How does craft beer differ from the large brewery beers like MillerCoors or Anheuser-Busch-InBev? Craft beer is considered beer that is produced in small batches. The National Brewers Association qualifies a craft brewery as one that produces six million or fewer barrels of beer annually. This craft beer movement is particularly powerful in Northern Virginia. The region has seen the rise and expansion of small breweries, and there's a growing influence that brewers have on their communities. A new brewery often brings prosperity to a neighborhood.

But let's get to the fun part. One way to explore craft breweries is from the comfort of your bike seat. Just off the W&OD Trail in Purcellville are **Dragon Hops Brewing** and **Belly Love Brewing Company**. It's hard to resist the Buddha logo T-shirts at Belly Love. Closer in to Tysons are **Ca-boose Tavern** and **Bike Lane Brewing & Café**, also right off the W&OD Trail. Probably the brewery with the most awards for innovation and creativity in the region is **Aslin Beer Company** in Herndon, with a second location in Alexandria.

One of my favorite breweries is **Crooked Run Brewing** with two locations—the cozy Leesburg tap room in **Market Station** and a second, much bigger location in Sterling. I asked co-owner Jake Endres about his foray into the beer making business. He told me how he and his partner Leland Rogan used money from a Kickstarter campaign to open Crooked Run Brewing in Leesburg back in 2013. What I love about Crooked Run are the panoply of terrific sour beers on the menu. “An interest in sour beers is increasing,” says Endres. “We produce high fermentation sours and quick sours in cans. These beers are really cool, and we do a new one at least once a month.” I was never an enthusiastic beer drinker until I was introduced to the wide array of tart sour beers at local craft breweries.

According to Endres, one reason Crooked Run has so successfully ventured into experimental beer making is the benefit of their location next to **South Street Under**, a bakery specializing in the best focaccia sandwiches I've ever had. “There's a lot of yeast in the air. Just having a multitude of different yeast and bacteria around is helpful,” he explains. Crooked Run Brewing also works with **Catoctin Creek Distillery** to source oak barrels. Jake says he's in the process of developing a Crooked Run hard cider.

The Sterling location of Crooked Run Brewing is more than just a craft brewery. The new building includes a bar called **Nectar** that uses its own homemade cold-pressed juices to make craft cocktails. They sell food, wine and cider as well, which is nice for your friends who aren't beer aficionados. Crooked Run hosts live music on the weekends at both spots. “We found great local musicians that play regularly for us—blue grass, jazz and funk, it's pretty cool to see what people are liking,” Endres adds.

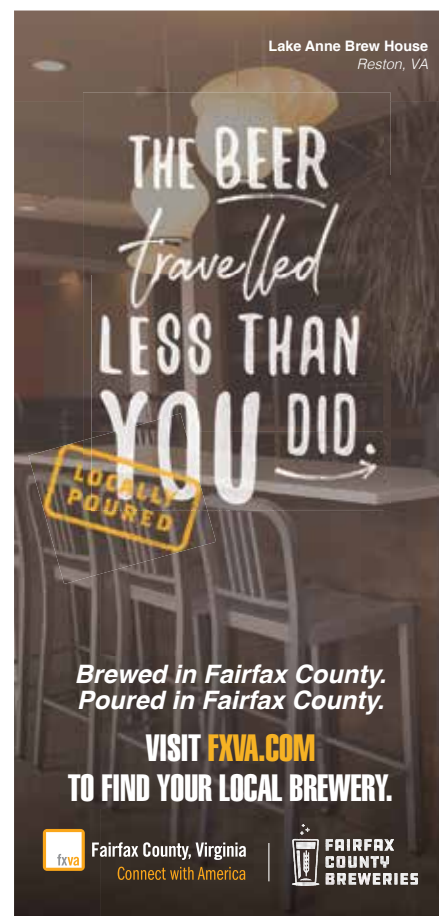
Another notable brewery that should be on your radar (it's also adjacent to the W&OD Trail) is **Old Ox Brewery**. Owner Chris Burns has a huge following among the cycling set and offers space for triathlon training in his huge production area. Old Ox Brewing has a partnership with the Smithsonian, for which they brew their famous FestivALE Farmhouse Cherry Ale in conjunction with the **National Cherry Blossom Festival**. You can sample this Old Ox beer at the Tidal Basin outdoor market and at the Smithsonian Museums, including Udvar-Hazy Air & Space Museum in Chantilly.

If you want to learn a lot about local breweries, download the **Fairfax County Breweries Field Guide** called “**Locally Poured**.” You can find this brewery passport in a print version too, at the Fairfax Visitors Center and participating breweries. Currently, nine breweries in Fairfax County have joined forces to help you navigate your options, especially if you're creating your own brew tour (you must have a designated driver to do this). As you move from brewery to brewery, check in with the **Visit Fairfax** app to receive a

branded key chain that entitles you to discounts at local breweries on future visits. It's a cost-effective way to determine what your favorite craft beer is. For residents in Loudoun County, check out the **LoCo Ale Trail** website for a similar program.

Another way to learn about beer is through the **NOVA Brew Tour**. The tour includes sampling of up to 16 different beers, VIP access to four beer stops, a beer pairing with fresh baked pretzels, and roundtrip transportation from Crystal City (novabrewtour.com). **Reston Limo** offers brewery tours that you can custom design (restonlimo.com).

Julie McCool is a local travel writer who has written about local craft beer in her **Fun in Fairfax Virginia** blog (funinfairfaxva.com). Her recommendations are to: “Explore at a leisurely pace, because breweries are casual, relaxed places, so there's no need to hurry. Many of these breweries can be reached on bikes or a city stroll.” So make a plan to go craft beer tasting (with a designated driver), collect your friends, and then go tip back a cold one. Cheers! ♦




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French is Back at Jacques Brasserie

By Renee Sklarew

Light streams across the white-tiled bistro tables festooned with pink and green flowers. A jazzy red fabric covers the walls, invoking the optimism of the Belle Epoque era. It's a sunlit Sunday afternoon, and I'm chatting with Chef Jacques Haeringer at his namesake restaurant Jacques Brasserie. He tells me the restaurant is inspired by the weinstuben, or cozy wine bars of Alsace, France where his family is from.



The brasserie is located on the lower level of the iconic L'Auberge Chez Francois in Great Falls, Virginia, which after 44 years of accolades, continues to attract a steady stream of both regulars and guests celebrating special occasions. But Jacques Brasserie is more accessible and less expensive. The eatery's attracting new diners who want to explore the French classics with options, such as terrace dining, bar food, cocktails and brunch. In other words, it's designed for customers who relish old school glamour and authentic European flair, but don't want to sit for a three-hour meal.

When I ask about the Jacques Brasserie menu, Haeringer jokes in his signature frankness, "French is back. And this whole place is unabashedly, unapologetically the classics. If you want something else, go somewhere else. This is what we're known for."

Making DC History with Old School Style

Back in 1954, Jacques's father, Francois Haeringer had a very popular French restaurant a few blocks from the White House. When the building was set for reconstruction, Francois decided to chase his dream of owning a French country outpost in the D.C. Area. He purchased six acres in a rural Northern Virginia, surrounded by mansions, farmland and forests. In 1976, Francois reintroduced his signature menu of traditional French dishes like Chateaubriand and Coquille Saint Jacques, and soon L'Auberge Chez Francois became a destination restaurant, drawing accolades from critics, presidents and celebrities alike (check out the picture of canine movie star Lassie eating on the restaurant's patio).

After Francois's death, his sons took over the restaurant, and continued to honor their father's legacy and his approach to dining. I asked Jacques about their relationship, and he answered, "My father and I used to spar all the time. I used to say 'That old dish again,' and he'd say, 'Hey, people want it, what do you want me to do?' Today, it's pretty much what we've always done with some new things. Dad was right. The older I get, the

smarter he gets."

Jacques Brasserie is adorned in Haeringer family heirlooms like Francois's line drawings of Alsace and a collection of antique wine spigots. The view from the restaurant is a heated terrace and two gardens where the kitchen staff sources seasonal ingredients. "We do have specials every day, especially when the weather is warm," says Haeringer. "We've expanded the gardens and have tented events out there like weddings and Bar Mitzvahs."

Relishing Every Bite of the French Classics

Seated at a table by the window, my daughter and I look over the lunch and brunch menus. While we are deciding, a basket of fresh bread appears with salted butter and pot of Bibelskais, the Brasserie's housemade cottage cheese with herbs. We also receive two perfect croissants to delivered warm from the oven. It's a struggle not to eat every bite.

We ask our server Eric what he recommends, and he says his favorite dish is Crepe a la Ciboulette, a fluffy herb-flavored crepe draped over a wild mushrooms finely chopped and sautéed with shallots, butter and salt. The dish is served with tomato concassé, truffle sauce and haricot verts. He also suggests the house delicacy, La Cassolette de Jous de Boeuf, or braised Wagyu beef cheeks, served in a miniature cast iron pot, with mushrooms, potatoes and yellow beets in a sherry wine sauce. Both dishes are hearty starters that can be shared if you're saving room for dessert. Which you should.

For an entree, we decide to go with surf and turf. My daughter orders the restaurant's famous Beef Bourguignon, served on a creamy nest of spaetzle beside a mélange of organic vegetables





including carrots, beets and haricots verts. The dish transports us to the Alsace, where French cuisine is heavily influenced by neighboring Germany. For surf, I try “Papa’s Bouillabaisse,” which arrives in a steel pot overflowing with salmon, sea bass, scallops, shrimp, mussels and a lobster claw, all bathed in an incredibly fragrant saffron broth. I can’t help but slurp up every drop with my leftover bread.

Eric urges us to order the soufflé which requires 30-minutes of advance preparation. Despite the richness of the white and dark chocolate sauce he trickles inside the soufflé—a pillow of caramelized crust and eggy custard—we manage to devour the divine creation. When Eric comes back to check, there’s not a spoonful left.

The Main Event and More

I ask Haeringer if the restaurant is always this busy on a Sunday in winter? He says, yes, but Jacques Brasserie also does a brisk happy hour business, and the new Brunch menu has been a big draw. Diners arrive in all kinds of attire, from business casual, to post-hiker comfort. When the patio is open, Haeringer says people come to drink Virginia wines and craft beer. “We grow hops for Lost Rhino Brewery’s Papa’s Pilsner. It has my dad’s profile on the tap. And we sell the third most Virginia wines of any restaurant in the state.”

Yes, it looks like French is back, and now you can take Uber down these winding roads to experience an icon. Check the restaurant’s schedule of special events—culinary demonstrations, full moon parties, and their Musique de Cuisine series—and bon appetit! ♦





WILD FIELD *Salad* WITH PROSCIUTTO AND FIGS



By Nellie Palmer

● **Ingredients:**

- Organic Spring Mix
- Prosciutto slices
- One fig per plate
- Whole pecans
- Strawberry balsamic vinegar
- Grape seed oil or avocado oil

● **How to make it:**

- ❶ This is a quick and easy hearty salad that is the perfect lunch for a springtime brunch.
- ❷ Mix strawberry balsamic vinegar and oil.
- ❸ Toss in spring mix, quartered figs and pecans.
- ❹ Top with prosciutto slices.





▲ 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.maggiavienna.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.caferenaissance.com

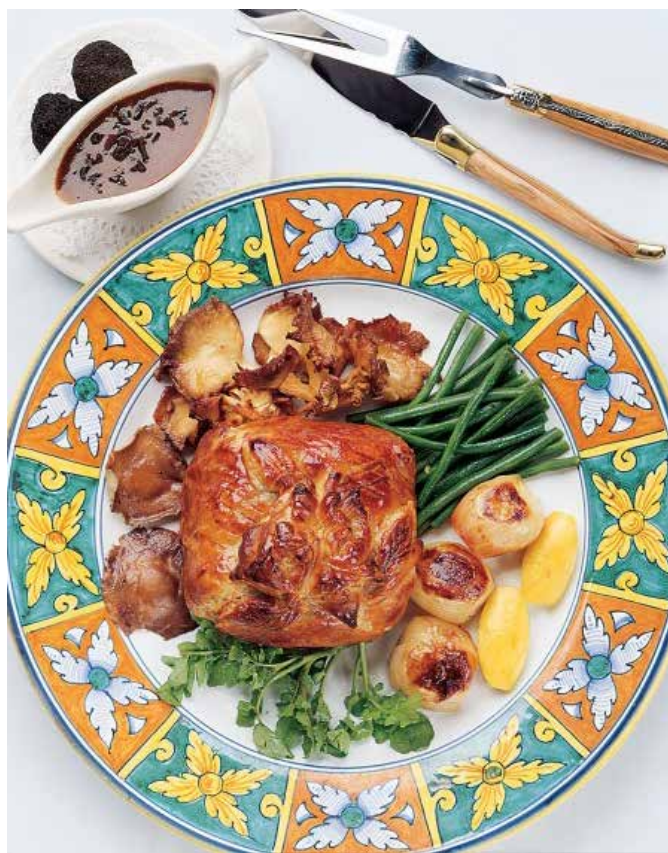


▲ ZEFFIRELLI RISTORANTE ITALIANO

Herndon | Italian | \$\$

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

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



▲ 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



We're Talking Wine!

by Linda Barrett

If you enjoy wine, you are likely already familiar with the more common words to describe the wine and the sensations it offers. What you may not know, however, are the more obscure words related to the wine industry. When the sommelier begins talking in terms like “chewy,” “silky” or “fat,” it can seem like a second language!

You may never use these particular terms, but if you're into wine, it's fun to know them. Learn them and you'll truly sound like an "in-the-know" oenophile at your next wine-filled gathering.

TASTE, LOOK & FEEL

Angular – A wine that hits the palate at certain places with high impact, but not anywhere else. These wines generally have high acidity levels.

Backbone – The term describing a full-bodied, balanced and well-structured wine, as determined by its acidity level.

Briary – A description of an earthy or stemmy wild berry-tasting young wine.

Brilliant – A wine that is very clear with no visible suspended particles.

Corked – A musty-tasting wine with a moldy flavor and aroma caused by a tainted cork.

Cuvee – Literally translated from the French as "tank," it can refer to the blend of wines that create a final wine, or in the case of champagne, it refers to the first, gentle pressing of the grapes.

Feminine – A descriptor relating to wines that are lower in tannins and alcohol, like a delicate or light wine.

Flinty – An extremely dry white wine with a bouquet like flint stuck against steel. Often a Sauvignon Blanc.

Food-Friendly – A wine that cannot stand on its own because it is lacking a certain something. It must be paired with food.

Grip – Definition of the firmness of a wine's texture. Usually created by the tannin that gives it definition. Often found in a Cabernet or Port.

Heady – Indication of a high alcohol level in a wine.

Hot – Unbalanced wines with a high alcohol content. They tend to burn the throat with heat on the finish. Can be acceptable in a Port-style wine.

Lacey – Wines that provide different flavor and texture sensations as they move through the mouth.

Lees – The remaining dead yeast after the alcohol has fermented.

Masculine – Refers to a strong and muscular, more masculine wine.

Meaty – Description of a concentrated red wine with a chewy quality. This wine may even have the aroma of cooked meat.

Mousiness – A wine flaw detected by tasting like corn chips or popcorn, or like rodents have been there.

Must – The crushed grapes prior to fermentation.

Perfumed – The strong floral or sweet aroma in various white wines.

Rancio – Oxidized still wines that offer complex flavor profiles, like those often found in fortified wines like Ports, Sherries and Brandies. The process related to the Spanish and French methods of exposing wine to dry heat or air during aging. This can reduce primary fruit aromas and offer candied fruit or fruitcake characteristics to the wine.

Tight – A young wine that is not ready to drink.

Vinous – A dull wine that lacks a distinct varietal character. Translates to "winelike."

TOOLS & TECHNIQUES

Air Lock – A one-way valve used during secondary fermentation to allow carbon dioxide to escape while not allowing air to enter the tank.

Balthazar – Refers to a 12 liter bottle of wine instead of a 16 liter standard bottle.

Barrel Down – What you do when you fill a wine barrel.

Bung – The stopper that is situated on the side of a barrel. It allows you to add wine or siphon off wine as you need to.

Bung Hole – The hole in the side of a barrel where wine is added or removed.

Closures – Another word for the corks or screw caps that seal a bottle of wine.

Cooperage – The name for the barrel or cask that holds the wine. Other meanings include the place where those barrels were created or a winery's storage capacity.

Crush – The season when grapes are picked and juiced; a busy time also known as harvest.

Demi – A half-sized, or 375 mL, bottle of wine.

Fly Catcher – The final filter as wine is filtered along the bottling line, meant to keep out fruit flies that may have entered the tank.

Jeroboam – A 4.5 liter wine bottle, mainly used for still wine.

Racking – The transferring of wine from a tank to a holding container. Sometimes used as a clarifying step.

Tank Jacket – The additional layer of stainless steel on the outside of a wine tank that enables coolants to flow around the exterior to chill the wine or juice inside.

Wine Thief – A plastic or glass tube that enables you to extract a wine sample from a barrel through the bung hole.

Worm – The corkscrew part of a wine opener. ♦



WMATA Will Set Opening Date for Phase 2 of Silver Line

Airports Authority Focusing on Safety and Quality as Contractors Fall Behind Schedule

By Marcia McAllister

Questions are flowing into the Dulles Corridor Metrorail Project office regarding the possible completion and opening date of Phase 2 of the Silver Line.

Both contractors missed their scheduled completion dates called for in their separate contracts to build the \$2.6 billion project. Capitol Rail Constructors, led by Clark Construction, is building the main system—the track, stations, substations, etc. The contracted date for completions was Aug. 7 2019.

Hensel-Phelps, the contractor building the 90-acre railyard on 90 acres of land at Dulles Airport was supposed to be finished in December of 2018.

As of late February, neither contractor had submitted an acceptable schedule for completion to the Metropolitan

Washington Airports Authority, owners of the rail line.

Meanwhile, the Airports Authority continues to work with both contractors to determine when each one plans to be done. Most importantly, the Airports Authority at this point is not focusing on a completion date or a date for turning the project over to the Washington Metropolitan Area Transit Authority (WMATA), which will operate the new extension.

Instead, officials say, their main focus is on safety, quality, dependability and durability. When the construction is completed, the rail line must have a 100-year life span, pass a host of tests and meet all contract requirements, an authority spokesperson said.

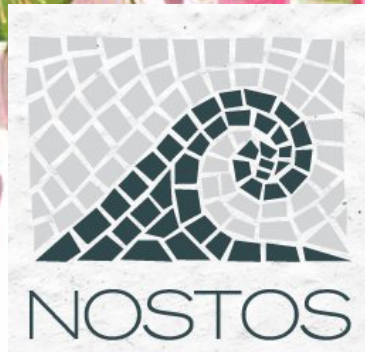
At the same time, WMATA and that organization's office of inspector general

has raised a dozen issues that they say need to be resolved. Some of those have already resolved and solutions are anticipated soon on certain track problems, issues concrete panels in the walls of five stations and delays in the completion of a windscreen at Dulles Airport.

Charles Stark, the project director, recently briefed members of the Airport's Authority on resolved and outstanding issues.

WMATA, not the Airports Authority, will set the dates for the start of passenger service after the project is completed to that agency's satisfaction. At press time, no date had been set. ♦

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by Allison Chase Sutherland

Iryna Mologoko of Mila Fashion is a talented Washington DC-based designer of Russian descent with over 20 years of experience in tailoring and fashion design, having studied couture design at the premier tailoring school in Kiev, Ukraine. She made her very first dress at the age of 9 for her little sister and hasn't stopped making dresses since.

"I like magical things. I grew up without TV, reading Russian fairy tales all the time. I was constantly drawing, even at school, sketching the faces of everyone in my class."

She already had geometrical proportions in mind in her early drawings. People would say she would grow up to be an artist. She applied her talents well, and combined a unique professional skill set.

Iryna grew up in Siberia until the age of 17 when she went to live in Ukraine for

tailoring school. She became a tailor for a year. She came to New York at the age of 24 and spent one year in English school. Her impressive professional profile also includes a Master's degree in Computer Science and a degree from the School of Visual Arts in New York.

Years of traveling around Europe and the world continually infused her imagination with fresh ideas. Mila means lovely, and indeed her designs are quite lovely. She worked as a tailor, a graphic designer, and a photographer for over 20 years before setting up her own business in 2015. She is also quite beautiful and does occasional modeling for local and international designers - including her own designs.

Sixteen years ago she came to Northern Virginia. She worked as a software designer in Tysons and lived in Reston. She had a successful career in IT - going from graphic designer to creative director - but

she decided it was time to make a change to further explore her feminine and creative side.

She started out by organizing her first successful fashion event for men's clothing at the Ritz-Carlton in Georgetown and came to be known in fashion circles. There was a natural synergy with her web design and graphic design background, which she utilized to design and create a rent-the-runway system on her website, which she then repurposed the website for her current fashion brand, Mila Fashion.

She was initially known as a fashion designer specializing in shoe accessories and then expanded to dresses to coordinate with the shoe accessories for photo shoots. Her style could be described as European classic designs with a modern twist. And as she started making her own dresses, people expressed interest. Just six months into it she started getting invited



to fashion shows and photo shoots. She left the IT world to pursue her passion for fashion.

“That encouraged me to create more and I had the flexibility. Every day I have different inspirations. Because of my training in tailoring, I specialize in corseted dresses for formal or special occasions. I prefer designing my dresses in solid colors because they don’t distract from the lines of the body shape and are more figure-flattering, so women can feel feminine and beautiful.”

Next she started a line of accessories which are available on the website, including earrings and bracelets—and even crowns—to complement her designs.

There is a certain theatrical flair to her photo sets. She likes to create a distinctive setting with attention to detail for her photography. “People want to experience something when they look at my dresses.”

One enchanting setting was Sally-Anne Andrew’s LeFay Cottage in Little Washington, Virginia, where they created a delightful fairytale-themed fantasy photo shoot.

Iryna designs 4 times a year—spring-summer and fall-winter ready-to-wear collections and two in-between collections, possibly a prom/wedding collection or a special event holiday collection, which is fancier, more one-of-a-kind upscale couture—all available online. Her experienced team of seamstresses trained in Eastern European still use old-fashioned couture techniques.

Just two years into designing clothes, a celebrity stylist discovered her on Instagram and contacted her for a dress for Carrie Ann Inaba on *Dancing with the Stars*. She wore the elegant Mila Fashion Holiday Season 2017 Collection golden gown during season 25 of *Dancing with the Stars*.

“That gave me more confidence—a stamp of approval.” Since then, Iryna has been recognized as a celebrity fashion designer and was approached by the team of stylists of award-winning designer Law Roach—who won the Stylist of the Year Award for *In style Magazine* in 2019 - to send dresses to Zendaya and Ariana Grande.



Her training in IT also helped her reach a broader customer base. She sells all over the world - Paris, London, Australia, Mexico, and Brazil.

One-of-a-kind couture gowns which could cost up to several thousand dollars rent for only \$200 for 3 days locally—exclusively for the Washington-DC area. These are sometimes used in photo shoots or music videos. Mila Fashions also offers three levels of photo shoot packages, which can include a hair stylist, make-up artist, and photographer.

Mila Fashion—sophisticated, stylish, timeless. And local. You are welcome to schedule an appointment with Iryna at iryina@mila.fashion or 571.230.3058 to peruse her latest ready-to-wear collection or arrange to rent one of her exclusive designer gowns.

“If you want to feel like a princess, come and play dress-up in my ballgowns.” What an experience. How lovely is that. ❖

mila.fashion





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