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Features

Camp in Luxury This Fall

by *Keith Loria*

I have never been a fan of the idea of camping. Between the bugs, possible bad weather and sleeping in a small tent, it just wasn't anything I ever wanted to do. However, when Timberline Glamping Co., presented an opportunity to go glamping in nearby Williamsburg, my wife convinced me to give it a shot.



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Cheers to Sustainability: How Wineries are Innovating Sustainable Winemaking Practices

by *Linda Barrett*

Sustainability at wineries is a growing concern, and not just as a responsible choice. It is a requirement towards ensuring a sustainable future for both the wine industry and our local environment.

Ellie Bird Takes Flight in Falls Church

by *Allison Chase Sutherland*

The restaurant scene is markedly changing at the edge of Falls Church nearest Tysons Corner. One of the latest newcomers, Ellie Bird, the creation of Michelin-starred chefs Carey and Yuan Tang, is an upscale-casual dining location in the new development across from Meridian High School.



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Jewels of the Sea: The Little known history of oysters

by *Bart Farrell*

It may be hard to imagine but in the late 1800's through the turn of the century, oyster beds were so abundant in the Chesapeake Bay that they were known to pose as navigational hazards for ships sailing the bay. During this time, the nation's capital was home to many saloons serving this local delicacy along with a tasty beverage or two.



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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
FALL 2023

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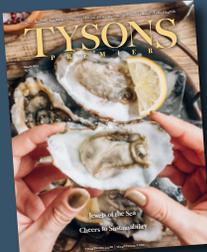
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ON THE COVER
Jewels of the Sea:
The Little known
history of oysters
by Bart Farrell
Read the article on page 40

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Out and About

CONCERTS & EVENTS

1ST STAGE

1524 Spring Hill Road
Tysons, VA 22102
www.1ststage.org

QUILTER

December 7 - December 24
General Admission Tickets \$55.00

Set on the American frontier, this moving musical tells the story of a group of women who come together to create a quilt that reflects their shared history, struggles, and triumphs. The story blends a series of interrelated scenes into a rich mosaic which captures the sweep and beauty, the terror and joy, the harsh challenge and abiding rewards of frontier life. With soaring harmonies, touching monologues, and stunning choreography, *Quilters* is a musical experience unlike any other.

CAPITAL ONE HALL

7750 Capital One Tower Road
Tysons, VA 22102
www.capitalonehall.com

AMY GRANT & MICHAEL W SMITH: CHRISTMAS LIVE IN CONCERT

December 4 | Doors 6:00pm
Tickets start at \$69.50

Multi-platinum selling Grammy winners Amy Grant and Michael W. Smith will take their popular Christmas tour on the road this holiday season, joined by very special guest Michael Tait of the Newsboys. This highly-anticipated seasonal show will feature selections spanning the artists' expansive repertoire of critically-acclaimed holiday albums. The iconic duo loves sharing the stage during their favorite time of year and as a result, the Amy Grant and Michael W. Smith Christmas Tour has become one of

the most popular annual holiday events nationwide, with sold-out performances across the country every year!

NATPHIL PRESENTS HANDEL'S MESSIAH

December 20 | Doors 6:30pm
Tickets Start At \$23.00

National Philharmonic presents Handel's *Messiah* in a new and novel semi-staged dramatic rendering to usher in the start of your holiday season. From the triumphant "Hallelujah" chorus to the hauntingly beautiful "He Shall Feed His Flock," this timeless oratorio has captivated audiences for over 250 years. This season, NatPhil reimagines Handel's masterpiece, drawing on the storytelling of all-star soloists soprano Aundi Marie Moore, mezzo soprano Lucia Bradford, tenor Norman Shankle, and baritone Jorell Williams, under the direction of Maestro Piotr Gajewski.



CENTER FOR THE ARTS AT GEORGE MASON UNIVERSITY

4373 Mason Pond Drive
Fairfax, VA 22030
cfa.gmu.edu

A CHANTICLEER CHRISTMAS

November 25 | 8:00pm

Tickets \$58.00, \$49.00, \$34.00

Rejoice! Chanticleer, the GRAMMY Award-winning vocal ensemble, is coming to town to spread warmth and light. A Chanticleer Christmas showcases an inspired and far-ranging repertoire full of new a cappella arrangements of well-known tunes—from Renaissance music to Gospel hymns, Christmas carols from all around the world to songs from the “Great American Songbook.”

TCHAIKOVSKY'S THE NUTCRACKER WITH THE FAIRFAX BALLET

December 16 & 17 | 4:00pm
Tickets

\$49.00, \$59.00, \$69.00, \$89.00

The Fairfax Symphony joins The Fairfax Ballet in a special collaboration to present the timeless holiday favorite, The Nutcracker. This production is unique in the Washington metropolitan region as one of few presented with live musical accompaniment. The Fairfax Ballet Company dances to Tchaikovsky's score performed live by the Fairfax Symphony.

CREATIVE CAULDRON

410 South Maple Avenue, Retail 116
Falls Church, VA 22046
www.creativecauldron.org

MADELINE'S CHRISTMAS

December 1 – 17

Tickets

Tier One \$30, Tier Two \$20,
Students \$18

“In an old house in Paris, covered in vines, lived 12 little girls in two straight lines.” And with

that familiar phrase, author and illustrator Ludwig Bemelmans sets in motion the adventures of the brave and resourceful Madeline! In this musical adaptation, Madeline's schoolmates and tutor are all sick in bed on Christmas Eve, unable to go home for Christmas to be with their families. So it's Madeline to the rescue! And with the help of a magical rug merchant she takes her friends on a Christmas journey they will never forget.

JAMMIN' JAVA

227 Maple Ave E
Vienna, VA 22180

www.jamminjava.com

ARIEL POSEN

November 15 | Doors 6:30pm

Tickets Start At \$20.00

Ariel Posen's music occupies the space between genres. It's a rootsy sound that nods to his influences — heartland rock & roll, electrified Americana, blue-eyed soul, R&B, Beatles-inspired pop — while still moving forward, pushing Posen into territory that's uniquely his own. Along the way, Posen has received standing ovations not only from his audiences, but also from outlets like Rolling Stone, who dubbed him “a modern-day guitar hero.”

BILL KIRCHEN'S HONKY TONK HOLIDAY PARTY

December 9 | Doors 7:00pm

Tickets Start At \$35.00

For a real taste of seasonal cheer, nothing says joy to the world like Bill Kirchen singing “Daddy's Drinkin' Up Our Christmas!” Bill Kirchen and his Silent Knights will make a stop on their annual Honky Tonk Holiday Tour at Jammin' Java on Saturday 12/9/2023. Featured is a sleigh-full of rarely heard holiday numbers from the blues, rock 'n' roll and honky tonk bags: “Silent Surfin' Night,” “Truckin' Trees for Christmas,” “Santa Claus Wants Some Lovin',” and more.

McLEAN COMMUNITY CENTER THE ALDEN THEATRE

1234 Ingleside Ave.

McLean, VA 22101

www.mcleancenter.org

“IT'S A JAZZY CHRISTMAS”

December 9 | 7:00pm

\$20.00 MCC district residents

\$30.00/\$25.00 seniors

Hosted by NBC-4 News Reporter Mark Seagraves, “It's a Jazzy Christmas” is nonstop entertainment with a house band and a parade of jazz artists: saxophonist Lil' Maceo, “gospel violinist” Eric Taylor, percussionist MZ Drummer, trumpeter Isaac Byrd Jr. and others.

BARTER PLAYERS “FROSTY”

December 19 | 4:00pm

\$10.00 MCC district residents

\$15.00/\$12.00 seniors

A young orphan named Billy discovers magic in a stolen hat, and when he places the hat on a snowman's head, that snowman comes to life! Can Frosty help Billy find his real family in time for Christmas? Join them on a thrilling quest through New York City as they discover that the real magic of the season is love.

FURIA FLAMENCA “NAVIDAD FLAMENCA”

January 6 | 7:00pm

\$20.00 MCC district residents

\$30.00/\$25.00 seniors and students

Come celebrate the holidays the Spanish way by commemorating Día de Reyes (Epiphany). This festive program will take you on a journey of some of the merriest holiday traditions as celebrated in Spain and Puerto Rico. Enjoy an evening of Spanish holiday music and song (villancicos) alongside flamenco dancing.



Out & About

NEXTSTOP THEATRE

269 Sunset Park Drive
Herndon, Virginia 20170
www.nextstoptheatre.org

A STEAMPUNK CHRISTMAS CAROL

December 2 – 17

General Admission Tickets \$25.00

Ebenezer Scrooge is a hard-hearted old miser, who hates Christmas! But when he is visited by the ghost of his long dead business partner and three phantasmagorical spirits, even he can not deny the power of the holiday season. NextStop Theatre celebrates a ten year tradition of “By-Kids-For-Kids” holiday productions, shows suitable for the whole family! Join us for a wildly original and imaginative retelling of the most beloved holiday story of all time!

RESTON COMMUNITY CENTER THE CENTERSTAGE

2310 Colts Neck Rd.
Reston, VA

www.restoncommunitycenter.com

RAVEL DANCE STUDIO - THE NUTCRACKER

December 1 | 7:30pm

December 2 & 3 | 2:00pm
Tickets

Adult \$45.00, 8 & under \$35.00

The Ravel Dance Company will present the beloved holiday tradition “The Nutcracker.” It is Christmas Eve, and the Stahlbaum family’s daughter, Clara, has received a nutcracker from the mysterious toymaker and godfather, Herr Drosselmeyer. Follow her journey through the pine forest of angels and snowflakes as the Sugar Plum Fairy welcomes her to the Kingdom of Sweets. With lavish costumes and magical dancing, this production promises to be a joyous treat for ballet lovers of all ages.

REDUCED SHAKESPEARE COMPANY IN THE ULTIMATE CHRISTMAS SHOW (ABRIDGED)

December 16 | 3:00pm & 8:00pm
Tickets

Reston \$25.00, Non-Reston \$35.00

The fruitcakes of the Reduced Shakespeare Company take you on an irreverent yet heartwarming trip through the holidays in The Ultimate Christmas Show (abridged). It’s festive, funny physical family fun as these Three Wise Guys send up and celebrate your favorite winter holiday traditions. The only holiday show you’ll ever need to see!

WOLF TRAP

The Barns at Wolf Trap
1635 Trap Road
Vienna, VA 22182
www.wolftrap.org

SÄJE

November 10 | Doors 6:30pm
Tickets Start At \$22.00

Despite a Grammy nomination for their debut single “Desert Song,” vocal group säje is in anything but a drought. A collaboration of singers Sara Gazarek, Amanda Taylor, Johnaye Kendrick, and Erin Bentlage, säje recently released “(You Are) The Oracle,” the second single from their upcoming debut album. The socially conscious and empowered group has garnered a substantial following through social media by showcasing lush harmonies and powerhouse vocals.

JOAN OSBORNE

November 29 & 30 | Doors 6:30pm
Tickets Start At \$47.00

Joan Osborne is a seven-time Grammy nominee that shot up the pop charts with her hit single “One of Us” and the multi-platinum album Relish (1995). Osborne exudes a “Whole Wide World” of joy in her performances that include a signature mix of rock, soul, R&B, blues, gospel, country, funk, and pop

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111 Church Street NW, | Vienna, VA 22180



Photo courtesy of McLean Community Center



FURIA FLAMENCA
"NAVIDAD FLAMENCA"
 January 6 | The Alden Theatre

HOLIDAY MARKETS & CRAFT SHOWS

37TH ANNUAL HOLIDAY CRAFT SHOW

November 18 | 10:00am – 5:00pm
 November 19 | 10:00am – 3:00pm

Fairfax High School
 3501 Lion Run
 Fairfax, VA 22030
www.fairfaxva.gov

What started out in 1987 as a very small show has grown to become a premium arts and crafts festival. Artisans from all over the United States, including many local artists, are participating in this year's show and we are delighted to be able to offer so many wonderful, holiday gift choices.

NVHG THANKSGIVING ART & CRAFT SHOW

November 24 | 10:00am - 5:00pm
 November 25 | 10:00am - 5:00pm
 November 26 | 11:00am - 4:00pm

Admission \$3.00

Vienna Community Center
 120 Cherry Street SE
 Vienna, VA 22180
www.nvhg.org/shows

This show, which has run for over 30 years, offers original, handmade arts and crafts, including decorative

painting; fused, etched, painted, and stained glass; ceramics and pottery; woodworking; handweaving; paintings and drawings; textiles; jewelry; and other crafts.

MCLEAN HOLIDAY ART & CRAFTS FESTIVAL

December 1 | 11:00am–6:00pm
 December 2 | 10:00am–6:00pm
 December 3 | 11:00am –4:00pm.

Admission: \$5.00
 (for all three days of the show)

Free admission for
 children 12 & younger

McLean Community Center
 1234 Ingleside Ave.
 McLean, VA 22101
www.mcleancenter.org

Experience seasonal cheer at this delightful three-day indoor juried show featuring approximately 80 talented regional artisans. Celebrating more than 40 years, this feast of one-of-a-kind gifts for every budget includes pottery, glass, jewelry, holiday decor, mixed media, fashion accessories, wood, fine art, artisanal foods, soaps and more. Stroll to music as you shop and enjoy a beverage or lunch at the onsite café.

GIFTS FROM THE HEART SHOPPING EVENT

December 2 | 10:00am – 3:00pm

RCC Lake Anne
 1609-A Washington Plaza N,
 Reston, VA 20190
restoncommunitycenter.com

Beautiful original artwork, remarkable ceramics, stunning jewelry and many other one-of-a-kind items will be sold by the artists. This event takes place in conjunction with the annual Gifts from the HeART Exhibit, which showcases original works of art in a variety of media and a wide range of sizes and prices. Artists are asked to donate 10% of the proceeds to benefit the ongoing community work of Cornerstones.

HOLIDAY GIFT AND CRAFT SHOW

December 2 | 9:00am – 4:00pm
 December 3, | 11:00am – 4:00pm

Falls Church Community Center
 223 Little Falls St.
 Falls Church, VA 22046
www.fallschurchva.gov

Deck the halls during the holiday season with special gifts from the annual Holiday Gift and Craft Show. Nearly 40 crafters and merchants show their wares selling unique handmade items, baked goods, and more.



Photo courtesy of Capital One Hall



NATHIL PRESENTS HANDEL'S MESSIAH
December 20 | Capital One Hall

FAIRFAX CITY HOLIDAY MARKET

December 1 – 3 | Decenber 8 –10
Fridays 5:00pm – 8:00pm
Saturdays 12:00pm – 6:00pm
Sundays 12:00pm – 5:00pm

Old Town Square
Fairfax, VA
www.fairfaxva.gov

Support your local artist and do some Holiday shopping during the first two weekends in December! Craft vendors will vary between the two weekends, bringing you a variety of vendors to check out. While you're shopping around, enjoy the sounds of live music, dance, and more!

HOLIDAY FINE ARTS AND CRAFTS SHOW

December 2 | 9:00am – 4:00pm
December 3, | 10:00am – 4:00pm

Ida Lee Recreation Center
Leesburg, VA
www.leesburgva.gov

No big-box shopping here! This show features local and regional artisans selling hand-made items including candles, stained glass, carved wood, jewelry, table linens, and more. Find something for

everyone on your shopping list and a little something to brighten your home this season. Admission and parking for this show are free.

HOLIDAY ARTS AND CRAFTS SHOW

December 3 | 10:00am – 4:00pm

Herndon Community Center,
814 Ferndale Ave.
Herndon, VA

www.herndon-va.gov

Over 70 artisans and craftspeople will exhibit and sell their work at this annual arts and crafts show sponsored by the Town of Herndon Department of Parks and Recreation. A variety of handcrafted items and fine art will be on sale including wreaths, jewelry, Christmas ornaments, decorations, original artwork, photography, stained glass, and more. Delectable homemade goodies and treats will also be for sale including cookies, macarons, salsas, and dip and soup mixes, to extra flavor to your holiday and gift-giving!

VIENNA OPEN AIR HOLIDAY ARTISAN MARKET

December 3 | 12:00pm – 4:00pm

243 Church Street NW
Vienna VA

www.viennaartsociety.org

This market is always an anticipated and fun event! It is the perfect gift buying venue for those you love, or yourself!! All handmade gifts, art and foods!

HERNDON WINTERMARKT

December 9 | 12:00pm – 7:00pm

Corner of Lynn & Station St
Herndon, VA

www.herndonwintermarkt.com

The Herndon WinterMarkt is bringing the Old World charm of Christmas in Europe to our community. Our market is focused on showcasing the diversity of our community and the surrounding DC Metro area, in our lovely historic town. This event is a family-focused with entertainment, and activities for all members of the household while bringing the charm of this European tradition to Herndon.



HOLIDAY LIGHT DISPLAYS

BULL RUN FESTIVAL OF LIGHTS

November 10 – January 7

Bull Run Regional Park
7700 Bull Run Drive
Centreville, VA 20121

www.novaparks.com/events/bull-run-festival-of-lights

\$30.00 per vehicle online

Every year from November until just after New Year's Day, you can experience the Bull Run Festival of Lights, 2.5 miles illuminated by holiday light displays. Drive the festival route from the comfort of your car; turn off your headlights and just follow the magical glow.

MEADOWLARK'S WINTER WALK OF LIGHTS

November 10 – January 7

Meadowlark Botanical Gardens
9750 Meadowlark Gardens Court
Vienna, VA 22182

www.novaparks.com/events/winter-walk-of-lights

\$18.00 online

Meadowlark's Winter Walk of Lights is an elegant garden trail aglow with countless sparkling lights. Take an evening walk through the enchanting Meadowlark Botanical Gardens adorned with lighted trees and displays featuring nature, winter, and holiday themes. Sip on a cozy, hot beverage (with or without spirits) as you walk and roast marshmallows for your s'mores to finish out the evening.

WINTER LANTERN FESTIVAL

November 24 – February 18

Lerner Town Square at Tysons II
8025 Galleria Dr
Tysons, VA 22102

www.winterlanternfestival.com

Step into a dazzling world of light with over 1000 Chinese lanterns; all handmade by artisans with decades of experience. A whimsical walk-through experience to light up and warm up the holiday season! ❖

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– RAMIREZ F.

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Since earning his doctorate from the Medical College of Virginia, Dr. Makarita has continually upgraded his skills and knowledge with continuing education so he can always bring you the most advanced options for all your dental needs.



About Dr. H.R. Makarita

- **Accredited Fellow**, *American Academy of Cosmetic Dentistry*
- **Master**, *Academy of General Dentistry*
- **Master**, *International Congress of Oral Implantologists*
- **Master**, *Las Vegas Institute for Advanced Dental Studies*



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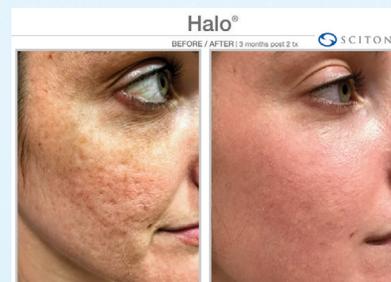
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Camp in Luxury This Fall

By Keith Loria

I have never been a fan of the idea of camping. Between the bugs, possible bad weather and sleeping in a small tent, it just wasn't anything I ever wanted to do. However, when Timberline Glamping Co., presented an opportunity to go glamping in nearby Williamsburg, my wife convinced me to give it a shot.

For those who are unfamiliar with the term "glamping," it's a form of camping involving accommodation and facilities more luxurious than those associated with traditional camping. In other words, it's an experience that will likely satisfy any city slicker seeking a little refuge in nature—without foregoing any of life's luxuries. At least that's what I was told, and what led my decision to spend a few days in nature.

The site was located on the mighty Chickahominy River, inside Chickahominy Riverfront Park, near Williamsburg. When we arrived, I was immediately relieved at what was

waiting for us. Our tent was large enough to have two queen beds, two tables, a refrigerator, and plenty of space for walking around. It also had a rug, so it didn't feel like you were on a campsite, and plenty of outlets to keep your electronics charged.

Oh, and most important of all to me considering we went on a hot weekend, it had an air conditioner and ceiling fans, keeping the tent cold at all times. There's also a heater for the fall and winter months when the temperature starts to cool down. There was also working internet, though I recommend trying to enjoy as much as the experience as you can without checking social media.

Outside, our glampsite included a hammock, a wood fire ring, a charcoal grill with a cooking grate, string lights, two chairs, and a picnic table. Although there's no bathroom in the tent, a clean, large bathroom with showers is less

than 10 yards away, and it's well lit so you don't have to worry about walking at night.

One of the joys of camping—at least from what people have told me in the past—is starting a campfire and cooking your own food. Thankfully, there's a little store on the site that sells fire wood, so you don't have to lug it with you. Collecting small sticks for kindling is important, something I learned from watching *Survivor*. But being that it recently rained, getting the fire lit and blazing was not that easy. We used paper towels and some newspapers we had in the car to get the flames finally going on our first night, and drove to a nearby grocery store the next day to get some fire starters for the other nights.

As for food, we cooked hot dogs and nachos over the roaring fire on night one, and made a camping staple—chili—on night two. Both tasted extra special being that we were outdoors and made them over the campfire. And of course, you can't go camping without having s'mores, and our marshmallows and chocolate finished the night strong. The on-site store I mentioned earlier also has all the ingredients needed for s'mores, as well as a lot of other snacks and supplies, just like your local 7-11.

The view from the site was glorious. The glamping tents are right on the river, so you can catch the sun rise in the morning and see the

stars glistening above at night.

The park has some walking trails, but it's the river where you will find most of the action. You can swim, fish, kayak or paddleboard. The latter is how we spent our time on the water.

And if you want to journey outside of the campsite, there's plenty to do in the area. Historic Williamsburg is close by, and there are also loads of hiking trails and bike trails. We rented some ebikes for the day and journeyed out to some nearby sites.

There's also several wineries not far away. We stopped at one on the way to the glamping adventure and paid a visit to another for lunch one day.

I found glamping to be very enjoyable and relaxing. I spent time resting in the hammock, enjoying the river, and just getting some peace and quiet away from everything.

Will I ever ditch the luxury aspects and try camping for real? No, I don't see that happening. But I am definitely willing to go glamping again. It's something fun that you can do with a loved one, a family or a group of friends.

So, if you've ever wanted to camp but do so in a luxurious way, glamping is probably for you.

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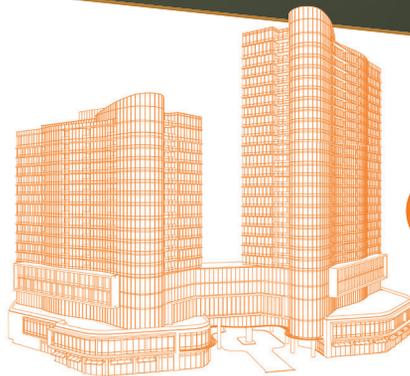


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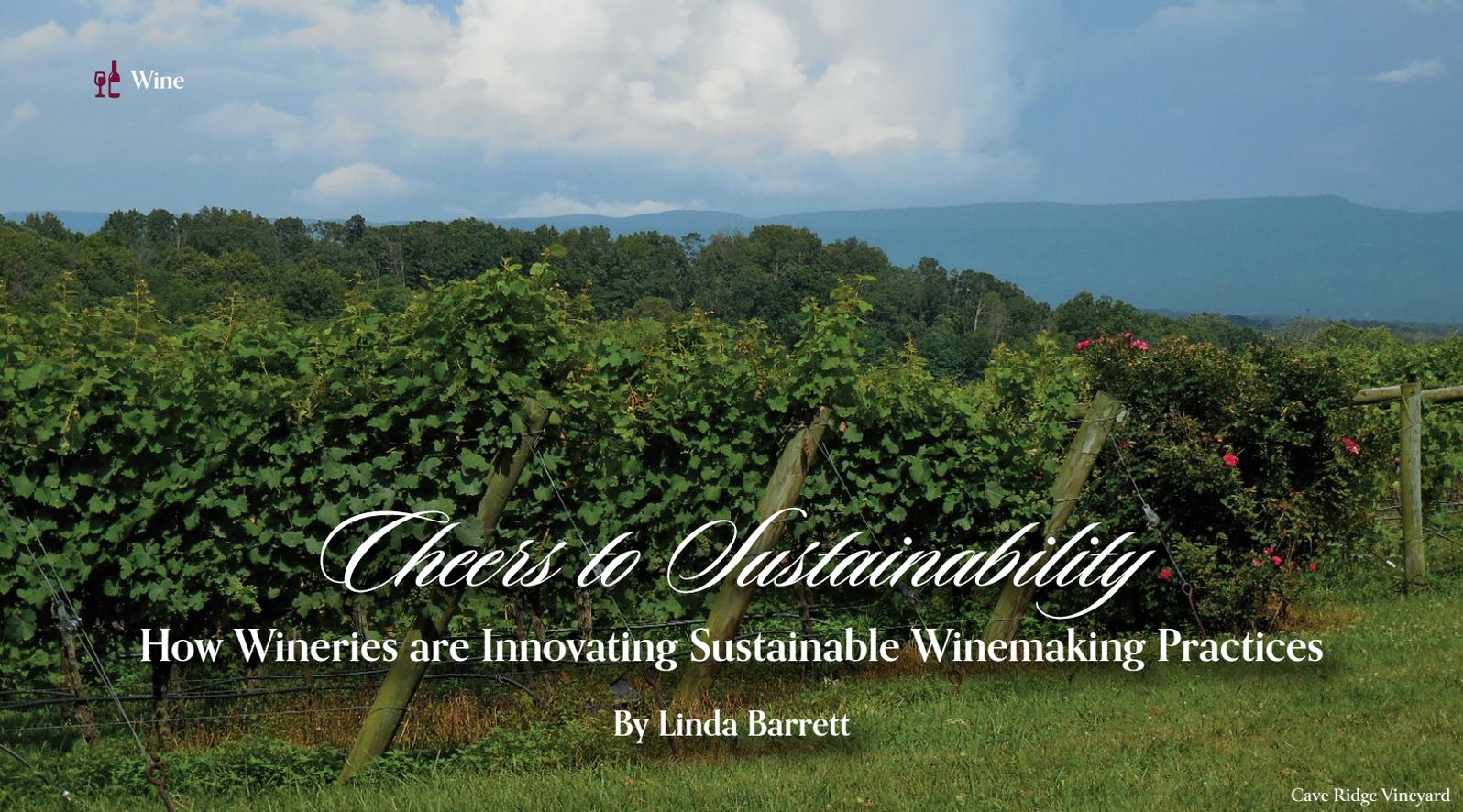
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Cheers to Sustainability

How Wineries are Innovating Sustainable Winemaking Practices

By Linda Barrett

Cave Ridge Vineyard

Sustainability at wineries is a growing concern, and not just as a responsible choice. It is a requirement towards ensuring a sustainable future for both the wine industry and our local environment.

From vineyard management to winemaking processes, winery practices are evolving to reduce reliance on synthetic chemicals and embrace organic and biodynamic farming methods. Energy consumption optimization, along with water conservation and waste reduction programs are quickly becoming standards.

To learn more about sustainability practices, we took a visit to the wineries in Shenandoah County, Virginia to see how they were embracing eco-friendly practices in order to reduce waste, conserve resources and minimize their carbon footprint. Here is some of what we discovered:

Sally Cowal and Robert Muse of **Muse Vineyards** avoid soil disturbance and ensure good rainwater absorption by maintaining a no-till ground cover. This reduces vine vigor to enable the vines to thrive. In addition, they prune, debud, thin and harvest by hand wherever possible to limit the use of heavy tractors.

Shane Waller and Cara Mroczek of **Star in the Valley Estate Winery** grow grapes suited for

Virginia's climate, including disease-resistant hybrid varieties that require less chemical input to produce healthy fruit. "As an estate winery, all our wines are made from grapes grown on site," Waller explained. "This eliminates the need to transport grapes, grape juice or finished wine over long distances, hence reducing the use of fuel for trucking and lowering our environmental footprint. Buying from our tasting room is also sustainable, as we do not need to transport heavy bottles great distances to reach the consumer."

"Bottles and transportation costs can affect as much as 25% of a winery's carbon footprint, and people don't realize this," said Randy Phillips, owner of **Cave Ridge Vineyard**. He uses lighter bottles to help reduce transportation impact, along with biodegradable products like screw caps and natural cork, and cardboard instead of plastic products. Barrel restoration also enables the wine barrels to be used for longer periods.

Using dry farming practices, Wendy and Ed DeMello of **Third Hill Winery at DeMello Vineyards** had a pond dug to provide water if needed, and installed a windmill to aerate the pond and prevent algae growth. And like most, if not all of the wineries, they use composting to recycle prunings and grape processing leftovers to nourish the soil and gardens. Pruning is done by hand to avoid use of heavy equipment.



Third Hill Winery

Krista Foster, owner of **North Mountain Vineyard & Winery**, pointed out how her well-established vineyards reduce soil erosion and the need for watering, however, plans are in the works to create a rainfall-gathering process to use for watering when needed.

Repurposed Materials Equals Minimal Waste

Recycled pallets form the tasting bars at **The Winery at Kindred Point**, and old wine barrels are now planters and tables. Leafware, created from recycled bamboo and palm leaf, is used for plates and utensils.

Reclaimed wood and metal was used in the structures of **Third Hill Winery**, and throughout, you can find items the owners recovered from local barns that were repurposed and used as features in the tasting rooms, like a wheat fan, woodworking table, seeder and wagon.

Repurposed building materials are featured in the tasting room at **Shenandoah Vineyards**, and antique winemaking equipment offers both decoration and a look at past winemaking techniques simultaneously.

Fallen trees create mulch for landscaping and are used for fenceposts around the property's perimeter at **Wolf Gap Vineyard and Winery**. Owners Janel and JC Laravie also look for ways to create minimal waste in the tasting room and their newly-built pavilion. "We have less than one bag of garbage after an entire weekend," Janel said.

Krista Foster of North Mountain is known for her responsible recycling, often using paper items like wrapping paper and grocery bags "at least three times!" "As much as possible, everything has to be useful and not wasteful," she said.

Unique Sustainability Practices

Solar Power

At **Muse**, the tasting room is largely solar powered, providing heating for the floors and water. The owners are awaiting a grant that will enable them to convert the entire tasting room's power needs to solar. **Kindred Point** is also harnessing the sun to power their front gate.

Here in Northern Virginia, **Sunset Hills Vineyard** is embracing solar to power their tasting room, while **Pearmund Cellars** and **Barrel Oak Winery** use geothermal HVAC systems that require 25-50% less energy.

Underground Storage

Randy Phillips of **Cave Ridge** took inspiration from the caves on and around his property to create a barrel room he calls his "wine cave." Built partially underground, the room remains between 55 and 65 degrees year round. "This is optimal for wine aging, and barrels can be kept there without expending too much electricity for climate control," he said.

Animals and Insects

Star in the Valley employs heritage sheep to graze through the vines in order to reduce the need to mow and the use of herbicides. **Wolf Gap** is looking to add honeybee hives for both honey and natural pollination. And **Muse** is excited that earthworms are back after the population was decimated by former commercial farming practices on the land. **Cave Ridge** uses milkweed to attract butterflies.

There is certainly a lot more to explore in winery sustainability practices, with new innovations appearing all the time. The next time you visit a winery, make it a challenge to see what you can spot. ❖

All photos by Linda Barrett



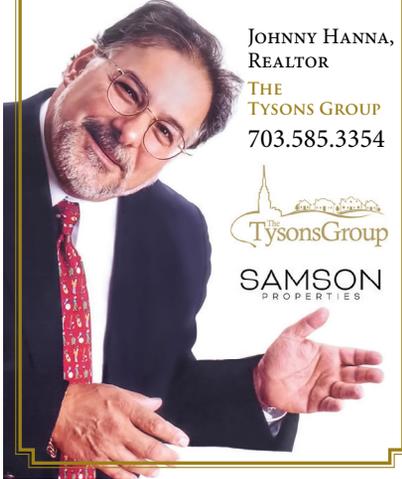
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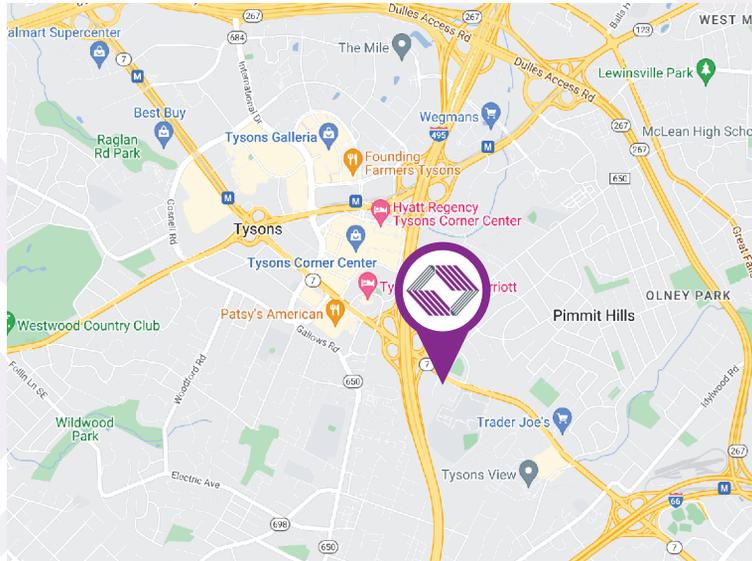
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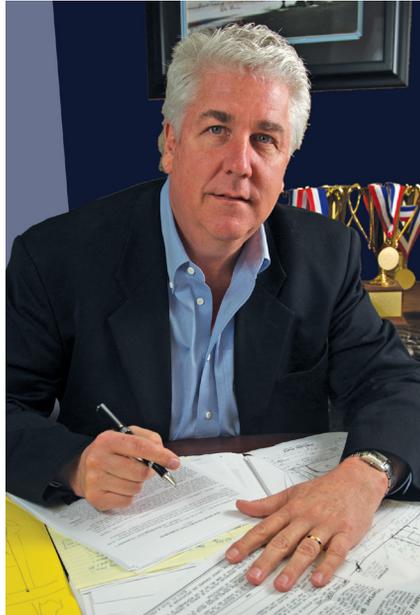
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*Ellie Bird Takes Flight
in Falls Church*

by Allison Chase Sutherland



The restaurant scene is markedly changing at the edge of Falls Church nearest Tysons Corner. One of the latest newcomers, Ellie Bird, the creation of Michelin-starred chefs Carey and Yuan Tang, is an upscale-casual dining location in the new development across from Meridian High School. Just established in April of this year at Founders Row, it has already been recognized as one of the 50 best restaurants in the United States by the New York Times.

Enter an airy, modern space with pink fluorescent lighting, several green bird cages to dine in, and an open kitchen. Reserve a seat at the Chef's Counter and watch the action as Chef de Cuisine Ismael Otarola orchestrates the seamless journey of dishes from kitchen to table.

At the bar off to the side, cocktails of note include the fresh-tasting White Lotus S2, Tito's vodka, kiwi, salted cucumber cordial with lime and the sweeter Come on, Barbie, Let's Go Party with Sailor Jerry spiced rum, pink dragon fruit, peach, and lemon. They also sprinkle on some edible glitter just for fun. Imaginative non-



alcoholic drinks include Dragon’s Kiss with dragon fruit, orange, and lemon, and It Takes Two to Mango, with mango, mint, and lime.

Chef Yuan Tang grew up in Falls Church, but spent time in Hong Kong as well, which also influences his cuisine. Also, he worked for Jean-Georges in New York when he was younger, so he has that classic French foundation as well. The restaurant is considered New American, but reveals touches of Asian fusion.

“We utilize the bounty of the products in the Mid-Atlantic. We get mushrooms from local purveyors and various produce from farms between here and Lancaster, Pennsylvania. We have a multitude of farms that we’re working with. You have to bring all those things together. The primary driving factor is that it is delicious,” explains Sue Lim, Director of Operations.

For starters, the fall mushroom toast bursts with umami flavors of cremini, maitake, and oyster mushrooms over a layer of chèvre cheese, interlaced with honeynut squash, and soy-truffle vinaigrette.

Diner Guiselle Ortega declared that “the salmon poke was amazing. The hint of charred pineapple elevated the flavor of the dish.” Guiselle also noted that each and every dish was artistically presented.

The grilled pork with cumin carrot, sour cherry, and bacon compote over port jus was tender and flavorful. The Cajun redfish was succulent, combined with Carolina Gold rice, fennel and apple, with sauce étouffée.

For an autumnal treat, don’t miss the pumpkin pudding with Dulcey cream, spiced streusel, and candied pumpkin seeds.

Chef Tang and his wife Carey, also having grown up in Falls Church, came full circle to end up here so many years later – right back where they started. Well, we say welcome home. ❖

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Maya Bistro
by Allison Chase Sutherland

Head out 29 East and you will come across a classy yet unobtrusive bistro by the name of Maya Bistro. My first impression the first time I ventured in, along with that of many others, was that it would be a Latino place, but upon perusing the menu, I quickly discovered it was a Turkish-Mediterranean-style restaurant. Maya simply means ‘yeast’ in Turkish but connotes ‘rising together.’ In fact, they make their own pita bread fresh every morning and serve it up with flavorful olive spread, or tapenade. They make everything in-house except the French fries and ice cream.

Imam Gozubuyuk and his wife Telli have owned the family-run Maya Bistro for five years. They have 35 years of experience and knowledge of these and a variety of other regional cuisines. They aim to create an “upscale-casual dining experience which celebrates the rich diversity and culture of their land through a blend of classic and contemporary influences.”

You will enter a warm, inviting interior with an eclectic décor of strikingly vibrant photographs of Mediterranean spices and twinkling white lights adorning the windows like stars.

Friendly server Sinam Emre started us off with a savory beet and orange salad – slices of red beets and oranges with lemon potato purée and drizzled with lemon olive oil sauce. They also offer variations on the traditional Greek salad including one with falafel and another with salmon.

One can make a meal out of spreads, cold mezzes and hot mezzes, including familiar favorites such as hummus, baba ganoush, falafel, and tender sweet and savory dolma, but also including more unique selections such as Maya cigars baked with feta, parsley, and dill, and Hellim from Cyprus, favorites of Falls Church resident Elena Brown.

Ezme, a spicy blend of finely chopped tomatoes, onions, cucumbers, bell peppers, and parsley, and htipiti, roasted red peppers with feta cheese, fresh thyme, and olive oil were refreshingly light. A charcoal-smoked eggplant mezza, patlican kozleme, featured roasted red peppers, olive oil, garlic, parsley, dill, and fresh lemon juice.

Other offerings include red lentil soup with a bit of peppermint and a lemon wedge in

addition to flatbreads -- and wraps during the day. Entrées from the grill include chicken, beef or lamb shish. Baked zucchini and moussaka are stand-out entrées.

The branzino, sea bass, is grilled whole and drizzled with lemon olive oil sauce, accompanied by tomato-accented bulgur pilav with Turkish red pepper, garlic, butter, and onion. Elena noted that the combination of the stronger flavors of the shredded carrots and purple cabbage, along with the grilled tomato, lemon, and jalapeño pepper “complemented the delicate fish very nicely.” This dish pairs well with the Turkish white wine Çankaya.

Elena also commented that it was hard to stop eating the delicious apricot delight for dessert. “The apricots were covered with the surprise of the walnuts drizzled with honey.” She claimed it was splittable. But then she proceeded to polish it off single-handedly.

Whether you seek a tasty snack or an elaborate multi-course feast, one diner, Charlotte Albright, who recently returned from a trip to Turkey, simply said it best, describing Maya Bistro as having “good food and nice people.” Well that just about sums it up.❖

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Jewels of the Sea:
The Little known history of oysters
By Bart Farrell

It may be hard to imagine but in the late 1800's through the turn of the century, oyster beds were so abundant in the Chesapeake Bay that they were known to pose as navigational hazards for ships sailing the bay. During this time, the nation's capital was home to many saloons serving this local delicacy along with a tasty beverage or two. Chesapeake Bay oysters also developed a cult following nationwide.

Through overharvesting, pollution, and disease, the local population of oysters dwindled to 1% of its peak historical population. Food safety became a concern with articles appearing about people getting sick or worse from eating oysters, regardless of where they came from. In 1992, we made the decision to remove them from our menu at the Old Ebbitt Grill much to the dismay of our customers.

In the early 1990's, people were leasing water rights from the various New England states and

Canadian Maritimes to use for growing oysters. This form of aquaculture was known as "oyster farming." This was a relatively new, expensive and risky proposition. We were introduced to several of these growers, including one from Virginia named RG Parks. RG grew oysters in Kegotank Bay on the seaside of Virginia's eastern shore. After a visit with RG, we were smitten with his oysters and began the process of reintroducing oysters to our menu.

Thanks to these early pioneers and a resurgence of quality half-shell oysters, we then felt comfortable serving oysters on the half shell to our customers. In 1994 we reopened the oyster bar at the Old Ebbitt Grill with strict standards such as laboratory testing oysters before they were allowed to be served to our customers. This pledge to provide the best oyster program gave birth to our "Oyster Eater's Bill of Rights." It has proved wildly successful and is now the

oyster bar that all others are judged against. We have since expanded this program to several of our other locations (Clyde's Tower Oaks Lodge, Clyde's at Mark Center and Clyde's of Gallery Place).

The great news locally is that the Chesapeake Bay has seen a dramatic increase in oyster farming, providing a year round, quality supply of local oysters. This increase along with the wonderful efforts of the Chesapeake Bay Foundation, Oyster Recovery Partnership, Horn Point Research Laboratory, and the Army Corp of Engineers are shaping the bay's future.

Oysters are a cornerstone species in the Chesapeake Bay ecosystem. Oysters feed by filtering the water in which they live. A single oyster can filter anywhere from 50 – 70 gallons of water per day! The more oysters, both wild and farm-raised that are in the bay, the more water they filter, the cleaner the water will become. This allows sunlight to penetrate in up to 10 feet of water and grasses to grow. Sunlight spurs the germination of the bay's aquatic grasses (submerged aquatic vegetation or SAV). SAV provides escape cover for juvenile crabs and fish, puts oxygen in the water through photosynthesis, and calms the wave action, preventing shoreline erosion. So in a nutshell, oysters benefit every living organism in the bay ecosystem and are almost single handedly saving the Chesapeake Bay! ❖



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How do I know if my baby has a lip or tongue tie?

TREATING LIP AND TONGUE-TIES



The eight most significant issues that arise from a tongue tie

1. Breastfeeding Problems

Breastfeeding is one of the first ways a tongue tie can be noticed.

When mothers have trouble breastfeeding, a tongue tie can often be to blame. The baby's tongue is unable to make a "vacuum" on the breast because it can't reach the lower gum, resulting in issues with latching. However, if babies are bottle fed from the beginning, or meet weight-gain and growth markers, the tongue tie can be missed or overlooked.

2. Speech Difficulties

A tongue tie can certainly affect a child's speech, but this may not always happen. The most common sounds that kids struggle with if they are tongue tied are "r" and "l". If your child has these specific speech issues, the first thing I'd recommend would be to screen for a tongue tie.

3. Improper Jaw/Facial Growth

Introducing vitamin K2 in the diet as early as preconception, can support the best possible growth of the face, jaw, and mouth as well as breastfeeding and minimizing the use of pacifiers and sippy cups. Why? Because the more you can support your child's orofacial growth, the lower their chances will be for orthodontic treatment later in life.

The need for orthodontic treatment skyrocketed after the 1940s. This can be attributed to a number of factors, not least of which is the lack of nutrients in the standard American diet.

4. Sleep Disorders

While it might sound unrelated, tongue tie can lead, sometimes decades into life, to issues with sleep. When children have an abnormally short frenulum, these developmental problems very frequently cause disordered sleep breathing, like sleep apnea. Talk to your healthcare professional about having a sleep study conducted to look for sleep apnea or other sleep-disordered breathing and determine a treatment plan if necessary.

5. TMJ Pain

Since individuals with tongue tie don't have optimal mouth position, more pressure may be constantly applied to the TMJ muscle. This could lead to a TMJ disorder, which can be quite painful. When clipping the frenulum, myofunctional therapy is important to stretching and developing better motion for the TMJ and attached muscles.

6. Slowed Orthodontic Treatment and Orthodontic Relapse

Since the position of the teeth are so impacted by the existence of a tongue tie, many sufferers need orthodontic treatment. But since the tongue can't move properly, orthodontic treatment

may take a longer time. In addition, tongue tie makes orthodontic relapse, or the movement of teeth away from their reset position after braces/orthodontics, more likely.

7. Problems with Oral Hygiene

Ever tried brushing your teeth without being able to move your tongue? When the tongue's motion is limited, it creates difficulty in brushing food debris away from teeth and disorganizing the biofilm. Bacteria may also be caught in the space created by the anchored tongue.

8. Suboptimal Digestion

The mouth is the gateway to the rest of the body and serves as the first step in the digestive process. When you're unable to properly chew food, digestion is limited. Over time, this can lead to poor digestion and related issues, like nutrient deficiencies, food sensitivities, and leaky gut.

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Existing Phase 1 elevated plaza and new Phase 2A office tower



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