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TABLE of CONTENTS

THE FEATURES



Dr Csaba L. Magassy,
Chad & Jeremy,
Tysons Central 7,
Idylwood Grill owners
Marco and Hedi

ON THE COVER

44

ECUADOR – THE GOLDEN EMPIRE OF THE INCAS *By Allison Chase Sutherland*

The capital of Ecuador, Quito, is set high in the Andes mountains that form the spine of South America. From Quito, one can see Mount Cotopaxi, the only active volcano in South America and the highest active volcano in the world, located in the Cordilleras of Ecuador.

72

52 TO A NEW YOU – MINI-RESOLUTIONS FOR 2014 *By Deanna Reina and Julie Snee*

This year, let's resolve to change in smaller, more manageable, but yet more meaningful ways. Step out of your comfort zone this year and test drive our 52 mini-resolutions, one for each week.

75

TYSONS SELECTED TOP MEDICAL PROFESSIONALS

Regardless where we stand with regard to the Affordable Care Act, its here and with it comes new opportunities for us to find professional care in our neighborhoods. Here are some Selection Top Professionals to consider for your care and well being.

88

BUZZ-WORTHY IN MCLEAN *By Keith Loria*

If you're dining at härth (yes, lowercase), one of Tyson's hottest restaurants, you'll find a menu full of locally-sourced ingredients as executive chef Tom Elder is a big believer in the farm to table movement.

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TABLE of CONTENTS

DEPARTMENTS



15	SELECTED EVENTS
27	ARTS & THEATRE EVENTS
28	CALENDAR GIRL
31	54 YEARS STRONG FOR CHAD & JEREMY
34	ORIGINS OF MCLEAN, VIRGINIA
38	AROUND TOWN
48	ROCKEY TO THE RESCUE
51	ARE YOU THRIVING?
52	SKINTELLIGENCE TURNS BACK THE CLOCK ON AGING
54	SOLD ON WINE CELLARS
56	CYCLONE ANAYA
60	TASTE OF TYSONS
67	IDYLWOOD GRILL & WINE BAR
69	TYSONS IS NOT FOR CHICKENS

90	IN STYLE
91	GADGETS
92	MCLEAN FURNITURE GALLERY
96	JULIA WILLIAMS
98	THE HIGHT HOUSE
100	CHURCH ST MERCHANTS
102	FINISHED LOWER LEVEL: A MULTI-GEN LIFESTYLE SOLUTION
106	INFUSED WITH WORLD CLASS STYLE
109	THE ROAD AHEAD: FORSAKING FEAR
111	TYSONS PREMIER
117	REAL ESTATE
118	SMOOTH FINANCING WHEN YOU BUY A HOME
121	TYSONS CENTRAL

123	SAFETY IS FIRST PRIORITY OF SILVER LINE
124	METRO UPDATES
126	TYSONS CORNER STATION
128	TECHNOLOGY
129	JOYFUL JANUARY... FRUSTRATED FEBRUARY... MEANINGFUL MARCH
130	ASK COACH AMY— ONLINE DATING
133	FINANCE
134	BUSINESS
136	ORAL CARE IS VITAL TO YOUR PETS' LIVES
139	GREEN HEDGES SCHOOL
140	TALK OF TYSONS
143	FUN AND GAMES
145	LATE NIGHT BREAKFASTS
146	HOROSCOPES

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MAGAZINE

THE MAGAZINE FOR GREAT FALLS • MCLEAN • VIENNA • OAKTON • FALLS CHURCH
JANUARY // FEBRUARY 2014

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OYSTER PERPETUAL DATEJUST LADY 31

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ROLEX



A LETTER *from the* PUBLISHER

JANUARY // FEBRUARY 2014



IT'S TYSONS. *Just Tysons.*

It's Tysons. Just Tysons.

Happy New Year! Here comes 2014-and what an exciting year it promises to be for those of us who live and work in Tysons. I hardly recognize Route 7 and "navigating" through the heart of "Tysons Central" always offers surprises and new shopping and dining venues. We expect the Silver Line to begin operation around March, with new opportunities for retailers, employers, job seekers and commuters. Watch for events celebrating its arrival on our web site and on the site maintained by The Tysons Partnership. (www.tysonspartnership.org).

Especially exciting are the events planned by the Tysons Partnership including The Tysons World Music Festival in September and Farmers Markets, Great Taste of Tysons Festival and the Burgers, BBQ and Beer Festival.

Speaking about dining adventures, it's raining restaurants. So many, we can barely keep up. Smashburger on 7 near Wal-Mart, BJ's Brewhouse, Bennigan's, Mint, Noodles and Company, and Viet Aroma in Vienna.

And coming soon, Paladar Latin Kitchen and Rum Bar near the old Boarders on 7. Chic-fil-A, roti Mediterranean grill and Chipotle heading for 1861 Leesburg Pike near Best Buy. We have expanded our Restaurant Guide to give our readers more selections in the area.

Winston Churchill once said "The farther back you can look, the farther forward you are likely to see." Carol Herrick was gracious enough to give us a peek at early McLean. Thanks Carol.

Julie and Deanna have given us "52 to a New You" for your consideration. Plans for Tysons Central have won approval, and artist and painter Ann Lewis brings us some new visions to reflect on. Thanks Keith.

We love the food and company at The Idylwood Grill & Wine Bar. Hedi and Marcos treat us like family-and the food is divine! And we recently discovered the new Cyclone Anaya's Mexican Kitchen in Merrifield. Lots of energy-lively and wonderful! Our Wine Maven, Linda Barrett talks wine cellars, and our list of regular contributors give us some great reading as well.

A few months ago, our printer George Stephenson stopped by our office with our latest copy under his arm. With a school boy grin from ear to ear, he informed us that he upgraded our paper to make sure that the blacks and the colors "jumped off the page." George has been at the trade since he was 13 (he looks good for 79), a true Pioneer who knows the industry like few others. When I asked him why the upgrade he answered "because your readers and advertisers deserve nothing less." He's right. Thanks George.

We've made a few New Year's Resolutions here at the office. More. More great people, restaurants, updates, and a promise to work harder at "Celebrating and Illuminating" the new downtown called "Tysons."

All of us here at VivaTysons join me in wishing you a Safe, Healthy, and Abundant New Year. See you in March.



Cheers!





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Selected EVENTS

JANUARY // FEBRUARY



JANUARY 1

REINHARDT LIEBIG, CONSUMMATE PIANIST Maplewood Grill | 7pm

His repertoire includes a variety of popular, blues, Jazz, and classical standards. Reinhardt is equally at home playing Jazz standards, blues, classical, and the popular song form with some Broadway tunes thrown into his performances.

JANUARY 2

THE DUSKWHALES Jammin' Java 8pm | \$15

The Duskwhales are making more music. Their latest album Swim is currently being forged in the depths of Mt. Beard. Soon it shall be released and all can wallow in its alleged majesty. Until then.

JANUARY 3

DISTRICT AVENUE ART WALK Mosaic | 6-9pm

Discover the new Mosaic every first Friday of the month for an inspired mix of fine art, boutique shopping and dining. Mosaic is DC's new collection of over 30 hand-selected experiences combining the finest local fashion boutiques and restaurants with premier national retailers and Angelika Film Center.

JANUARY 4

THE CAPITOL STEPS The Alden Theatre 8pm | \$30

McLean can't get enough of the Steps and their signature brand of political satire, and who can blame you? Find out who has put his foot in it this time and what scandal is song-worthy.

THE MICHAEL CLEM TRIO Jammin' Java 8pm | \$15

20 year veteran bassist & songwriter for Eddie from Ohio, Michael Clem, celebrates yet another birthday at Jammin Java, once again bringing his three piece, The Michael Clem Trio. Come out, hear some of their new material, and have some cake.

FARMERS MARKET Falls Church City Hall Parking Lot | 7pm

Open year-round, the market hosts more than 15 local farmers and producers in the winter, and more than 40 the rest of the year. Vendors offer fresh, locally grown fruits and vegetables, cheeses, meats, baked goods, plants, and wine.

THE FIVE TIBETANS Dream Yoga Studio | 7pm

Start your year off right and learn and practice The Five Tibetans with Dream Director, Luann Fulbright. A great way to hold true to your New Year's resolutions.



JAN
12

R.S.V.P.

FRED EAGLESMITH'S TRAVELING STEAM SHOW

Jammin' Java | 8pm | \$15

Acclaimed singer, songwriter and bandleader Fred Eaglesmith is a genuine iconoclast and true original. As he has doggedly gone his own way as an independent musical artist, Eaglesmith has also enjoyed such high profile rewards in recent years as having his songs covered by country superstars Toby Keith, Alan Jackson and Miranda Lambert, among many other accomplishments.

Courtesy: PopMontreal



JANUARY 5

MADELLE DUO
The Alden Theatre
3pm | \$30

Madelle Duo, composed of violinist Rachelle Betancourt and cellist Madeleine Kabat, was formed in 2005 and has won top prizes in numerous international and national competitions. In addition to her work as a soloist, Rachelle is a member of the Frankfurt Radio Symphony Orchestra.

JANUARY 8

"KISS ME, KATE"
The Alden Theatre
1pm | FREE

Free midday movie musical. Free. No reservations required.

JANUARY 10

ATLANTIC BRASS
QUINTET
The Barns, Wolftrap
8pm | \$35

"This award-winning quintet, whose technique is flawless and musicianship impeccable, offers some of the most enjoyable chamber music there is." —Fanfare. More succinctly, "They kick butt." —The Boston Globe. This performance features a world premiere commissioned by Wolf Trap.

THE TONE RANGERS
Jammin' Java
8pm | \$15

The Tone Rangers delight audiences from coast to coast with a dynamic blend of tight harmonies, inventive arrangements and keen wit. They were also national finalists in the 2002 Harmony Sweepstakes (the Superbowl of a cappella), and three-time winners of Mid-Atlantic "Audience Favorite" and "Best Arrangement" awards.

WASHINGTON DC
RESTAURANT WEEK
AT CHIMA
Chima Brazilian Steakhouse
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Courtesy of Wolf Trap

Chima is participating in Washington DC Restaurant Week with the RW Rodizio Menu, gourmet salad bar, side dishes, and two choices of select desserts.

JANUARY 11

THE DREAMSCAPES
Jammin' Java
6:30pm | \$15

With sites like VH1.com, pandora.com, and billboard.com now comparing the dreamscapes project to prominent bands like the Decemberists, Arcade Fire, and the Dave Matthews Band, its hard to imagine that a decade ago, when budding singer/songwriter Keith Center approached composition major Jeremy Rodgers about forming the band, that he promptly replied "No".

JANUARY 12

FRED EAGLESMITH'S
TRAVELING STEAM
SHOW**Jammin' Java**
8pm | \$15

Acclaimed singer, songwriter and bandleader Fred Eaglesmith is a genuine iconoclast and true original. As he has doggedly gone his own way as an independent musical artist, Eaglesmith has also enjoyed such high profile rewards in recent years as having his songs covered by country superstars Toby Keith, Alan Jackson and Miranda Lambert, among many other accomplishments.

ROYAL
PHILHARMONIC
ORCHESTRA**George Mason University**
Center for the Arts | 4pm

One of the most illustrious orchestras in the world returns to our stage with renowned violinist Pinchas Zukerman for an evening of unequalled classical music.

THE GIZMO GUYS**The Alden Theatre | 2pm**

Performing as the Gizmo Guys, Allan Jacobs and Barrett Felker have amazed and amused audiences around the world. They work in a great variety of venues including theaters, corporate functions of all types, cruise ships. You name it, they've done it.

JANUARY 15

THE REST IS SILENCE:
SILENT SHAKESPEARE**The Alden Theatre**
7:30pm | \$10

The Rest is Silence: Silent Shakespeare at The Alden Theatre at the McLean Community Center. \$10/\$6 MCC district residents.

JANUARY 16-17

INTERNATIONAL
GUITAR NIGHT**The Barns, Wolftrap**
8pm | \$27

North America's premier touring guitar festival features a poetical



lyricist (Gore), South American tango and folk-based improviser (Sinesi), percussive steel guitar star (Forastiere), and an up-and-coming fingerstyle maverick (Dawes).

JANUARY 17

MLK DAY CELEBRATION ANDREW YOUNG

The Alden Theatre
8pm | \$20

Before Andrew Young was a congressman, a United Nations Ambassador and the Mayor of Atlanta, he was a trailblazer. He confronted segregation with Dr. Martin Luther King, Jr. and galvanized a movement that transformed a nation through non-violence. Andrew Young will inspire and challenges you to continue to push toward peace and justice throughout the world.

JANUARY 18

ARI HEST The Barns, Wolftrap 7:30pm | \$25

Heartfelt acoustic singer/songwriter who channels "poignant, acoustic reverie" (USA Today) with his smoky, soothing voice and introspective lyrics.

AN EVENING WITH ERIC BRACE & PETER COOPER

Jammin' Java
7pm | \$12

Grammy nominees Eric Brace & Peter Cooper have created a body of work that reflects their journalistic sensibilities, a love of harmony and wry humor, and their deep respect for the masters they've played with. April 2013 marks the release of Eric Brace & Peter Cooper's third duo record, The Comeback Album, a sparkling set of songs that feature the pair's splendid harmonies and deft storytelling.

JANUARY 22

CATIE CURTIS Jammin' Java 8pm | \$20

Catie Curtis is a veteran of the singer/songwriter folk scene, touring throughout the US for 20 years and releasing 13 CDs. Her credits include touring with Lilith Fair, and winning Grand Prize in the 2006 International Songwriting Competition (with co-writer Mark Erelli) and recording a duet with Kris Kristofferson.

JANUARY 24

SONNY LANDRETH & CINDY CASHDOLLAR The Barns, Wolftrap 7:30pm | \$27

Louisiana's slide guitar wizard proves his blues chops while a steel guitar and dobro expert showcases the folk rock talent that earned her a spot in the Texas Music Hall of Fame.

THE DISTRICT A CAP- PELLA

Jammin' Java
7pm | \$10

The District is Washington, DC's newest all-female vocal band. Formed in December 2012 by four collegiate a cappella and Contemporary Acappella League veterans, The District aims to propel the rise of powerful, contemporary all-female vocal groups. We perform a wide variety of genres - from Pop/Rock to R&B and Hip-Hop to Country/Folk and everything in between. We are not your average a cappella group. We are a vocal band.

THIS The Vienna Community Center

This is a bright, tart, and melancholy comedy that captures the uncertain steps of a circle of friends entering the choppy waters of middle age. The New York Times dubbed it the best

new play to open Off Broadway in the fall of 2009.

JANUARY 25

ASC ON TOUR "MERRY WIVES OF WINDSOR" & "OTHELLO"

The Alden Theatre
2:00pm | \$15

Back by popular demand, ASC on Tour brings their fast-paced, super-accessible interpretations of the Bard's best. Before each performance, actors from ASC will shout to audiences, "We do it with the lights on." Why? Because, ASC recreates the theatre experience the way Shakespeare's audiences would have enjoyed it, with the lights on. The performers sing and play contemporary music throughout the intermission for you to sing along to.

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Colvin's Run
Community Hall
6:30pm | \$12

DJ music mix of contemporary and classic dance music including west coast swing, east coast swing, hustle, latin, country western 2-step, walltz and more. No partner or prior dance experience required.

ELIZABETH & THE CATAPULT

Jammin' Java
7pm | \$12

Take a clear and powerful voice, add a memorable melody and set it to unique, sophisticated harmonies, and what emerges is Elizabeth and the Catapult's singular sound. At a time when so much music is saturated with familiarity, the band's style, which Northeast Performer describes as "a mixture of organic jazz, rock and pop," is a welcome departure from a well-beaten bath.



JANUARY 24
The Barns, Wolftrap



Courtesy of WolfTrap



MACEO PARKER



JANUARY 26
The Barns, Wolftrap

Courtesy of WolfTrap

PAUL CEBAR TOMORROW SOUND

The Barns, Wolftrap
7:30pm | \$25

These cosmopolitan rockers provide lively performances through a panoramic blend of African, Latin, and Caribbean-inspired jams.

THE SMITHEREENS

The State Theatre
9pm | \$21

Dressed in leather, brandishing heavy guitars, and an unabashed fetish for British Invasion pop, the Smithereens were an anomaly in the American college rock scene of the late '80s. The Smithereens made their attempt at big-time album-rock success with their third

album, "11". Hiring producer Ed Stasium brought a heavier guitar sound, which made "A Girl Like You" a Top 40 hit, sending "11" to gold status, and solidifying their spot in our memories.

JANUARY 26

MACEO PARKER
The Barns, Wolftrap
7:30pm

Explosive funk and R&B saxophonist whose indefatigable playing is groundbreaking music by James Brown, George Clinton, and Prince.

JANUARY 27

LADYSMITH BLACK MAMBAZO

The Barns, Wolftrap
8pm | \$42

Joyful, rhythmic all-male a cappella group who brought their rich vocals to the world on Paul Simon's Graceland and continue to perform contemporary and traditional music from their native South Africa.

JANUARY 31

SCHOONER FARE

The Barns, Wolftrap

8pm | \$42

A Maine-based band heralded as "the premier performing group of original and traditional [folk] songs" (Lincoln Center for the Performing Arts) like "Auld Lang Syne" and "Spanish Ladies."

"LA CAGE AUX FOLLES"

The Alden Theatre | 8pm

La Cage Aux Folles Fridays and Saturdays at 8pm, Sundays at 2pm. McLeanplayers.com

FEBRUARY 1

ELSKA

The Alden Theatre
2pm | \$15

Ages 3+ "...something totally, deliciously different...great lyrics and a fun techno-pop sound for our wonder-filled children... unique, break-the-mold singer who seems to be coming up with her own ideas about kids' music... definitely worth a listen." —Cool Mom Tech.

SCHOONER FARE

The Barns, Wolftrap

8pm | \$42

A Maine-based band heralded as "the premier performing group of original and traditional [folk] songs" (Lincoln Center for the Performing Arts) like "Auld Lang Syne" and "Spanish Ladies."

MCLEAN JEWELRY SHOWCASE

The Alden Theatre

11am | \$3

This fabulous showcase will feature a variety of quality, handmade jewelry collections and designs by exhibitors from around the region. This is a must-attend event and it's happening just in time for you to find that perfect gift for Valentine's Day.

THE NIGHTHAWKS

Jammin' Java

7pm | \$20

What sustains a band for more than three decades? Not a hit radio band, but a roll-up-your-sleeves/ drive to the next gig overnight/ carry your own gear up the steps and night after night make people happy kind of band. One that makes them dance; sends them home to come back again-and again. What makes that kind band stay together through relatively few personnel changes?

FEBRUARY 5

LADYSMITH BLACK MAMBAZO

The Barns, Wolftrap

8pm | \$42

Joyful, rhythmic all-male a cappella group who brought their rich vocals to the world on Paul Simon's Graceland and continue to perform contemporary and traditional music from their native South Africa.

PIERCE PETTIS

Jammin' Java

7:30pm | \$15

Pettis has performed in all 48 continental states as well as in Canada and Europe, appeared nine times on American Public Radio's Mountain Stage, been featured on National Public Radio's E-town, Morning Edition and World Cafe ... appeared on VH-1, CBS News, and the Nashville Network.



GREAT FALLS • MCLEAN • VIENNA • OAKTON • FALLS CHURCH

JUSTIN MOORE: OFF THE BEATEN PATH TOUR

Patriot Center

7pm | \$42+

Justin Moore is an American country music singer and songwriter signed to Big Machine Records imprint Valory Music Group. He has released three albums with eight times on the Hot Country Songs charts including "Small Town USA", "If Heaven Wasn't So Far Away," "Til My Last Day."

FEBRUARY 6

3RD ANNUAL REELABILITIES: GREATER DC DISABILITIES FILM FESTIVAL

reelabilities.org
ReelAbilities is the largest film festival in the country dedicated to promoting awareness and apprecia-

tion of the lives, stories and artistic expressions of people with different abilities. Post-screening discussions and other engaging programs bring together the community to explore, discuss, embrace, and celebrate the diversity of our shared human experience.

FEBRUARY 7

SOUVENIR: A FANTASIA ON THE LIFE OF FLORENCE FOSTER JENKINS

1st Stage Theatre

The delightfully demented diva and real-life eccentric heiress, Florence Foster Jenkins, fancied herself a coloratura soprano but was in fact incapable of producing two consecutive notes in tune.

WASHINGTON SAXOPHONE QUARTET

The Barns, Wolftrap | 8pm

The most widely heard saxophone quartet in the United States, Washington Saxophone Quartet returns to The Barns to celebrate the birth of Adolphe Sax, inventor of the saxophone! This performance features 'The Discovery Series' own Rich Kleinfeldt.

FEBRUARY 8

THE ALTERNATE ROUTES

The Barns, Wolftrap
7:30pm

Alt-rock that spans passionate ballads, gritty anthems, and experimental jams as on singles such as "Ordinary" and "All That I See".

FEBRUARY 9

CELEBRATION

St. Luke Catholic Church
4pm

Join the McLean Orchestra for a night of celebration with great classical music like Mozart: Serenata Notturna in D Major. Poulenc: Organ Concerto in G minor. Paul Skevington, Organ. Handel: Water Music Suite – excerpts from F Major Suite Haydn: Symphony No. 44 in E minor Joshua Redman Quartet.

JOSHUA REDMAN QUARTET

The Barns, Wolftrap
7:30pm | \$45

Charismatic jazz saxophonist leads a contemporary all-star quartet that excels at lyrical interplay and cool experimentation.



FEBRUARY 1
The Barns, Wolftrap

SCHOONER FARE

Courtesy of WolfTrap

Now Trending- Assaggi Osteria's Brunch Service in Mclean!



Chef Domenico Cornacchia invites you to experience the magic of ancestral Italian cooking in the heart of McLean, Virginia.

Enjoy new and exciting Brunch Menu selections such as Salmone affumicato, Benedettine, Uova strappazzate and Gamberetti fra diavolo and items from their regular menu starting at 11 AM.*

Assaggi Osteria offers continuous service throughout the day - Benvenuti!

** Please see website for complete menu selections and more details.*

**703.918.0080 or info@AssaggiOsteria.com
Make your reservation today.**



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703-918-0080

www.AssaggiOsteria.com

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Hours of Operation:
Monday thru Thursday 11 am - 9 pm
Friday & Saturday 11 am - 10 pm
Sunday 12 pm - 8 pm

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THIS

The Vienna
Community Center

This is a bright, tart, and melancholy comedy that captures the uncertain steps of a circle of friends entering the choppy waters of middle age. The New York Times dubbed it the best new play to open Off Broadway in the fall of 2009.

FEBRUARY 11 & 12

SPRING KID'S SHOW
AUDITIONS

The Alden Theatre | 7pm

Students ages 10-16 who reside in the McLean Community Center tax district. Miss Nelson can't control her crazy classroom because she's just too nice.

FEBRUARY 13

BUCKWHEAT ZYDECO

The Barns, Wolftrap
8pm | \$28

Join a "Swamp-boogie joy ride" (People) as this Grammy-winning zydeco band brings the bayou to the beltway with vibrant blues-rock.

BUCKWHEAT ZYDECO



FEBRUARY 13
The Barns, Wolftrap



Courtesy of WolfTrap

FEBRUARY 15

BRUCE IN THE USA

The State Theatre
7pm | \$21

Bruce in the USA is much more than just another tribute...it's a shore thing! This high-energy musical experience is a note-perfect and visually accurate recreation of a Springsteen show that turns into one giant Jersey party! Even Bruce fans at the Stone Pony in Asbury Park (some of the toughest critics in the world) were amazed by Matt

Ryan's jaw-dropping portrayal of the Boss."

JOHN EATON

The Barns, Wolftrap
7:30pm | \$27

Renowned piano player, vocalist, musicologist, and humorist with a reverent and inventive take on the Great American Songbook.

FEBRUARY 20

CHAD & JEREMY

The Barns, Wolftrap
8pm | \$30

Veteran Brit-pop folkies who first achieved success during the '60s with songs like "Yesterday's Gone," breezy guitar anthems, and witty repartee.

FEBRUARY 21

ATOS TRIO

The Barns, Wolftrap
8pm | \$35

ATOS, the critically acclaimed German piano trio, presents The Light that Shines in the Darkness, an evening inspired by the writings of Tolstoy.

FEBRUARY 22

AN EVENING WITH
EILEEN JEWELLJammin' Java
7:30pm | \$20

Eileen Jewell is the Queen of the Minor Key. Sad songs are her wealth and finery. Lend her your ears, and you will quickly hear why her humble subjects admire and adore her more with each passing year.

COLVIN'S DANCE FOR
EVERYONEColvin's Run Community Hall
6:30pm | \$12

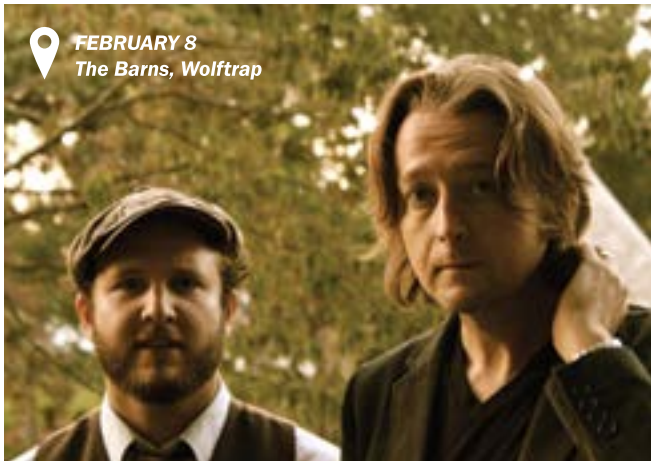
DJ music mix of contemporary and classic dance music including west coast swing, east coast swing, hustle, latin, country western 2-step, walltz and more. No partner or prior dance experience required.

GRAND
DERANGEMENTThe Alden Theatre
8pm | \$20

From the shores of Nova Scotia, Grand Dérangement refers to the expulsion of the Acadians in 1755, but the name also alludes to the group wanting to rouse its



FEBRUARY 8
The Barns, Wolftrap



Courtesy of WolfTrap

THE ALTERNATE ROUTES



Courtesy of WolfTrap



audience. The bow fires up the fiddle and the sparks fly when this Acadian band ignites the stage. In an all out explosion of lights, sound, contagious rhythms and amazing step-dancing, Nova Scotia's young, hip ambassadors defy you to sit still.

IMAGINE THAT! CREATIVE PROBLEM SOLVING THROUGH ENGINEERING AND PUPPETRY

The Barns, Wolftrap
10am | \$25

Discover how the connections between the engineering method and puppetry can enhance your teaching and empower children's creative problem-solving skills and habits of mind!

FEBRUARY 23

MUSIC FRIENDS CONCERTS

The Alden Theatre | 3pm

Young Soloists Recital featuring Victor Pan, Evan Hu, Kevin Wang, Shakar Balasubramanian, and Adam Heins.

DISNEY JUNIOR LIVE ON TOUR! PIRATE & PRINCESS ADVENTURE

The Patriot Center | 1pm

Join Disney for this fun adventure.
Great for all ages.

FEBRUARY 26 & 27

CHERISH THE LADIES

The Barns, Wolftrap
8pm | \$30

"Passionate, tender, and rambunctious" (The New York Times)
Celtic music from a troupe of 5 enchanting and witty women.

ROBIN THICKE

The Patriot Center
8pm | \$65+

Robin Thicke is an American-Canadian singer-songwriter, musician, and actor famous for his newest release, "Blurred Lines."

FEBRUARY 28

HAPA

The Barns, Wolftrap
8pm | \$30

With influences ranging from ancient chants to contemporary Hawaiian songs, Barry Flanagan and Ron Kuala'au perform music that is "beautiful, fragile, spiritual,

and powerful" (The Los Angeles Times).

THE AVETT BROTHERS & OLD CROW MEDICINE SHOW

The Patriot Center
8pm | \$50+

The Avett Brothers is a critically acclaimed American band from Concord, North Carolina. They have made their debut on the billboard Top 200 album charts at #5. They combine bluegrass, country, punk, pop, folk, rock and roll, honky tonk, and ragtime to produce a unique sound

MONDAYS

50% WINES AT WILDFIRE

Wildfire

Choose your favorite bottle of wine from a select list developed by Wildfire's very own Wine and Spirits Director, Brad Wermager.

50 CENT WINGS

Dogwood Tavern

Dine in on Monday night at Dogwood Tavern in Falls Church for 50 cent wings 5pm-close.

MONDAY WINE SPECIAL

J. Gilbert's

Enjoy 1/2 off bottles of wine marked \$100 or less every Monday.

PRIX-FIXE NIGHT AT ASSAGGI OSTERIA

Assaggi Osteria | 4-6pm | \$34

Come out to Assaggi Osteria to enjoy wonderful food, friends, and a great dining experience. Choose your favorite appetizer, main course and dessert from their regular menu.

PRIX-FIXE NIGHT AT EVO BISTRO

Evo Bistro | \$35

1 Wine Glass + 1 Tapa + 1 Entree + 1 Dessert. Join Evo Bistro for a prix fixe dinner for only \$35. The prix fixe dinner special includes one red or white wine glass selec-

tion with a tapa, entree, and dessert.

TUESDAYS

½ PRICED WINE AT BRIX

Brix American Bistro

All wines below \$65 are half priced with an entrée.

KIDS TUESDAY

Pizzeria Orso

Kids 10 and under get one free item from the children's menu for each Traditional or House Specialty Pizza. Kids 10 and under. Not valid with any other special offer or advertised coupon. Not valid for cash. Dine in only

\$2 TACO TUESDAYS

La Sandia | 4pm-9pm | \$2

Experience \$2 tacos al pastor, skirt steak, chicken tinga, or carnitas. \$2 Torta sliders, chicken tinga, and carnitas with \$2 Dos Equis to wash it all down.

TUESDAY TAPPINGS

Mad Fox Brewing Company

Featuring a brand new beer release every Tuesday at Mad Fox Brewing Company in Falls Church.

SALSA NIGHT

Iris Lounge | 6:30pm

Salsa Night – Lee "El Gringuito", and Kat "La Gata" teach the hottest Salsa dance moves! Classes go from 7:30-9pm, then hot Salsa dancing until 2am.

OSSOBUSCO NIGHT AT ASSAGGI OSTERIA

Assaggi Osteria | \$19.50

Come out to Assaggi Osteria to enjoy wonderful food, friends, and a great dining experience. Choose one of the following; with mashed potatoes, or with pasta, or with risotto.



Courtesy of WolfTrap

JAN
27

R.S.V.P.

LADYSMITH BLACK MAMBAZO

The Barns, Wolftrap | 8pm | \$42

Joyful, rhythmic all-male a cappella group who brought their rich vocal to the world on Paul Simon's Graceland and continue to perform contemporary and traditional music from their native South Africa.

PRIX-FIXE NIGHT AT EVO BISTRO

Evo Bistro | \$35

1 Wine Glass + 1 Tapa + 1 Entree + 1 Dessert. Join Evo Bistro for a prix fixe dinner for only \$35. The prix fixe dinner special includes one red or white wine glass selection with a tapa, entree, and dessert.

TRIVIA WITH ERIK LARSON

Clyde's of Tysons | 7-9pm

Come out to Clyde's of Tysons to enjoy trivia with Erik Larson on the side bar from 7-9pm and enjoy live music from 9pm to close.

WEDNESDAYS

FAMILY PASTA NIGHT

Brix American Bistro

Come out to Brix and experience their famous filet meatballs, seafood pasta, and more!

PUB QUIZ

Ireland's Four Provinces | 8pm

Test your trivia knowledge at one of the hottest spots in Falls Church. Make sure you bring a group friends for maximum trivia experience.

JAZZ NIGHT

Iris Lounge | 7-11pm

Join Iris Lounge and 100 of your closest friends for Live Jazz Night with The Christopher Linman Jazz Ensemble from 7-11pm.

\$5 BOTTOMLESS GUACAMOLE

La Sandia | 4pm-7pm | \$5

Experience bottomless guacamole with you and your closest friend for \$5.

WINE'D DOWN WEDNESDAYS

Entyse, Wine Bar & Lounge | 5:30pm

Sample Sommelier Vincent Feraud's hand selected wines by the glass or step up to the Fresh Market Seafood Station where you can create your own tasting of Jumbo Shrimp, Crab Claws, and Fresh Louisiana Oysters prepared right in front of you by our chefs.

MARTINI WEDNESDAYS

Brio Tuscan Grille

Join Brio Wednesdays for \$5 Martinis.

LOBSTER SPECIAL AT ASSAGGI OSTERIA

Assaggi Osteria | \$19.50

Come out to Assaggi Osteria to enjoy wonderful food, friends, and a great dining experience. You will get a salad and lobster grilled, sautéed, or baked with risotto or pasta.

HALF OFF PRIMETIME AT PALM BAR

Palm Restaurant | 5pm-7pm

During PrimeTime, all Prime Bites® are HALF OFF only at Palm Bar! Try some calabrese flatbread, dirty shrimp, prime steakburger sliders, or Novia Scotia lobster and bacon fondue.

WEDNESDAY SPECIAL CASKS

Mad Fox Brewing

Max Fox's brewers bring out their cask creations and favorites from their friends for you to enjoy.

WINE WEDNESDAY

Pizzeria Orso | 4pm-9pm

50% discount off all bottles of wine. Not valid for cash. Dine in only. Offer valid from 4pm to 9pm.

THURSDAYS

SUSHI THURSDAYS

Entyse, Wine Bar & Lounge | 5:30pm

Watch as our expert guest Sushi Chef creates savory maki, sashimi and specialty rolls for guests delight. Enjoy drink specials and the luxury of creating your own sushi

experience that will leave guests wanting more!

THIRSTY THURSDAYS BEER TASTING

Red, White & Bleu | 5pm

Come and join us in our tasting room for our Thirsty Thursday Beer Tastings! Tasting room open from 6-8pm every Thursday.

INTERNATIONAL FRENCH NIGHT

Brix American Bistro

Come out to Brix to experience French cuisine and drink specials.

BOGO THURSDAY Pizzeria Orso

Buy One Pizza, Get one 50% off of equal or lesser value. Not valid for cash. Dine in only. Not valid with any other special offer or advertised coupon.

AFTERNOON TEA

Entyse, Wine Bar & Lounge | 12pm

Enjoy the timeless ritual of Afternoon Tea served at Entyse Lounge. Treat someone special to this enduring tradition honored in a luxurious setting while being pampered with The Ritz-Carlton hotel's service excellence.

TERRY LEE RYAN

Maplewood Grill | 6pm

Pianist and vocalist, he plays blues, popular standards, and especially N'awlins-style funky piano music. Our piano bar is an "institution" in the area - don't miss it! If you can't go to the crescent city, then come to Maplewood Grill on Thursdays.

UNCORKED THURSDAYS

Brio Tuscan Grille

Join Brio Thursdays for 10 wines, \$5 glasses at the bar.

FRIDAYS

DJ & DANCING

Iris Lounge

Come out to Iris Lounge every Friday and Saturday for DJ & Dancing and dance the night



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PIZZERIA ORSO



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JAZZ FRIDAYS

Entyse, Wine Bar & Lounge | 8:30pm

Join The Ladies and Gentlemen of ENTYSE, Wine Bar & Lounge for live Jazz Entertainment, The Christopher Linman Jazz Ensemble.

FRIDAY NIGHT WINE TASTING

The Vineyard | 3-7pm

The Vineyard was founded in 2002 with the goal of making it easy to find the perfect bottle for any occasion. At The Vineyard, they believe that it is important to sort out the fodder, be well connected to the best producers, and focus on products with great value.

FREE WINE TASTING

Red, White & Bleu | 5-8pm

Come out to Red, White, & Bleu for a free wine tasting every Friday night.

AFTERNOON TEA

Entyse, Wine Bar & Lounge | 12pm

Enjoy the timeless ritual of Afternoon Tea served at Entyse Lounge. Treat someone special to this enduring tradition honored in a luxurious setting while being pampered with The Ritz-Carlton hotel's service excellence.

SATURDAYS

BURGERS & OPEN MIC NIGHT

Clyde's of Tysons | 11am-4pm

Try a 6.75 oz locally-raised, grass fed Clyde's burger, any way you like it for half-price from 11am-4pm.

DJ & DANCING

Iris Lounge

Come out to Iris Lounge every Friday and Saturday for DJ & Dancing and dance the night away with drinks and your closest friends.

LIVE MUSIC SATURDAYS

Entyse, Wine Bar & Lounge | 8:30pm

Join The Ladies and Gentlemen of ENTYSE, Wine Bar & Lounge for live music.

BARBEQUE NIGHT

Brix American Bistro

Head out to Brix American Bistro to enjoy some of their famous delicious BBQ beef brisket.

AFTERNOON TEA

Entyse, Wine Bar & Lounge | 12pm

Enjoy the timeless ritual of Afternoon Tea served at Entyse Lounge. Treat someone special to this enduring tradition honored in a luxurious setting while being

pampered with The Ritz-Carlton hotel's service excellence.

PREMIUM WINE TASTINGS

Evo Bistro | 1-6pm | \$15

1 Premium Wine Tasting + 1 Tapa + Gourmet Cheese Selection.

Premium tastings are \$15 per person. Stop by Evo Bistro anytime between 1-6pm on Saturdays for our weekly wine tastings. Special pricing on retail take out wine bottles is also available. The \$15 per person tasting fee will be credited towards a bottle purchase of a featured wine selection.

SATURDAY WINE TASTING

The Vineyard | 12-5pm

The Vineyard was founded in 2002 with the goal of making it easy to find the perfect bottle for any occasion. At The Vineyard, they

believe that it is important to sort out the fodder, be well connected to the best producers, and focus on products with great value.

SATURDAY BRUNCH AT WILDFIRE

Wildfire | 11am

Gather your family and friends and enjoy Wildfire Tysons' new Weekend Brunch Menu! Enjoy all of your brunch favorites like Lemon Ricotta Pancakes, Oven Roasted Crab Cakes Benedict, and more.

SUNDAYS

½ PRICE BURGERS

Dogwood Tavern | 7pm

Enjoy ½ price burgers from 7pm-midnight every Sunday night at Dogwood Tavern in Falls Church. Dine in only.



Photo Credit: Darrell Craig Harris

R.S.V.P.

BRUCE IN THE USA

The State Theatre | 7pm | \$21

Bruce in the USA is much more than just another tribute ... it's a shore thing! This high-energy musical experience is a note-perfect and visually accurate recreation of a Springsteen show that turns into one giant Jersey party! Even Bruce fans at the Stony Pony in Asbury Park (some of the toughest critics in the world) were amazed by Matt Ryan's jaw-dropping portrayal of the Boss.

**½ PRICE WINE AT
RISTORANTE
BONAROTI****Ristorante Bonaroti**

Enjoy ½ price wine by the bottle on Sundays at dinner. Sergio Domestici and Bonaroti family invites you to explore the joy of Classic Italian Cuisine and their award-winning wines and service.

**SUNDAY BRUNCH AT
LA SANDIA****La Sandia**

Every Sun, feast on Mexican brunch favorites - huevos rancheros, Mexican chocolate waffles, iron skillet breakfast, and more. Make it a lazy morning washed down with Bloody Marias and Tropical Fruit Margaritas.

**SMALL DOG MEET
& GREETINGS****Wylie Wagg | 3-5pm**

Bring your dogs on Sunday to make some new friends that are the same size! Healthy, happy, and helpful.

**BRUNCH AT CAFÉ
DELUXE****Café Deluxe**

Can't miss menu items include the Deluxe Benedict, sourdough toast topped with black forest ham, poached eggs and sundried tomato hollandaise sauce served with a side of breakfast potatoes, and the Brioche French Toast, topped with powdered sugar, cinnamon and fresh fruit.

**BRUNCH AT CYCLONE
ANAYA'S****Cyclone Anaya's**

Come out and try some of the best brunch in the Mosaic. Huevos rancheros, huevos con chorizo, migas, breakfast quesadillas, and even a crabmeat omelet.

**SUNDAY BRUNCH AT
WILDFIRE****Wildfire | 11am**

Gather your family and friends and enjoy Wildfire Tysons' new Weekend Brunch Menu! Enjoy all of your brunch favorites like Lemon Ricotta Pancakes, Oven Roasted Crab Cakes Benedict, and more.

**SUNDAY BRUNCH AT
ASSAGGI OSTERIA****Assaggi Osteria | 11am**

Come out to Assaggi Osteria to enjoy wonderful food, friends, and a great dining experience.

**SUNDAY BRUNCH AT
EVO BISTRO****Evo Bistro | 11am-2pm**

Whether you are looking to have a cozy brunch for two or a meal for the whole family, enjoy a delicious brunch menu that offers something for everyone.

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THRU FEBRUARY 1

WINNERS' WALL

Vienna Arts Society

Winners' Wall features artists who were selected for awards at the 44th annual Treasury of Art. Vienna Art Center, 115 Pleasant St., NW, Vienna, 22180. Meet the artists at a reception Sunday, January 12, 2:00 - 4:00. Exhibition continues Tuesdays - Saturdays, 10:00 am - 4:00 pm, January 7 - February 1. Free and open to the public. 703-319-3971 www.ViennaArtsSociety.org

FEBRUARY 7

SOUVENIR: A FANTASIA ON THE LIFE OF FLORENCE FOSTER JENKINS BY STEPHEN TEMPERLEY

1st Stage Theatre

8pm / \$27

Set in a Greenwich Village supper club in 1964, it flashes back to the musical career of Florence Foster Jenkins, a wealthy socialite with a famously uncertain sense of pitch and key.

MARCH 14

ALICE IN WONDERLAND

Creative Cauldron

7:30pm / \$15

"Curiouser and curiouser" down the Rabbit Hole we go! Come join Alice on her fantastical journey through Wonderland.

Photos credit: Bill Hurd

R.S.V.P.

THE CAPITOL STEPS

The Alden Theatre | 8pm | \$30

The Capitol Steps began as a group of Senate staffers who set out to satirize the very people and places that employed them. The group was born in December, 1981 when some staffers for Senator Charles Percy were planning entertainment for a Christmas party. Their first idea was to stage a nativity play, but in the whole Congress they couldn't find three wise men or a virgin. So, they decided to dig into the headlines of the day, and they created song parodies & skits which conveyed a special brand of satirical humor. Since they began, the Capitol Steps have recorded over 30 albums, including their latest, *Fiscal Shades of Gray*. They've been featured on NBC, CBS, ABC, and PBS, and can be heard 4 times a year on National Public Radio stations nationwide during their *Politics Takes a Holiday* radio specials. McLean can't get enough of the Steps and their signature brand of political satire, and who can blame you? Find out who has put his foot in it this time and what scandal is song-worthy.



Calendar Girl

BY KEITH LORIA

Art has always been an important part of Anne Lewis's life—whether creating junk sculptures as a child or working as an art therapist with medically fragile children. Thinking back, she can't even think of a time when art didn't hold a special place in her heart.

2014

Washington D.C. Calendar
by Anne Lewis



"My mom and dad were not big on extra curriculum activities but I do remember in the early '70s, my parents took me to the local arts and crafts store and gave me \$5 to buy anything I wanted," Lewis says. "I would buy a bag full of supplies and that would keep me busy for a week."

As she got older, she took supplemental art classes over sports or dance or any of the other activities her friends in St. Louis—her hometown—were taking.

When it was time for college, Lewis headed to the University of Notre Dame and received a degree in printmaking and art history. She followed that up with a Master's degree in Art Therapy from George Washington University.

"I learned lithography (printing from a stone or a metal plate with a smooth surface), that was my specialty, and at the time it was done on a really heavy piece of stone," she says. "It wasn't really something that was portable that I could do easily in my home. Later on when I had time to get back into art, I decided to check out oils because you can bring them anywhere."

It's a decision that she's glad she made. Today, the Arlington-based artist uses her oils to paint some of her favorite places in Washington D.C. and Northern Virginia, and puts them on calendars and prints to sell.

"I take the photos first and then bring them back to my house to paint. I don't have the time to stand there and paint what I see. Once I do that, I use the photos as a guide and I take artistic license with my paintings to make them more colorful," she says. "My kids help me find places to consider, and so do my friends."

For any calendar she does, Lewis usually chooses four or five places that anyone would recognize and then for the remaining months, she does some extreme close-up paintings to add some uniqueness and other months featuring places that people might not be familiar with, but which she believe very much add to the fabric of D.C.

Once Lewis takes the photos, she transfers them on to a canvas and then paints. Once the painting is done, photographer Greg Staley takes professional photos of the paintings and she can send the Tiffs to her printer in Richmond to make the calendars and prints.

Throughout the year, Lewis sells her work at art fairs, in some stores and on-line. The biggest surprise of her career was when one night, over a couple of glasses of wine, Lewis decided to send her images to the buyer of the Smithsonian stores, and one day later, she received a reply that they were interested in carrying them.

Her calendars can also be found at Politics and Prose on Connecticut Ave., in D.C., and a little store in Alexandria called Reunions.

Lewis loves that she's able to run her own business while her three kids are at school, and can paint around their schedules so there's always enough time with them.

"I came to this area in 1993 and worked full-time as an art therapist for about 10 years, until I had my third child," she says. "This is a way for me to supplement my income."

Once the kids go off to school, she works at the kitchen table and paints for hours while her dog sits at her feet, listening to everything from Van Halen to Prince to

"I take the photos first and then bring them back to my house to paint . . . Once I do that, I use the photos as a guide and I take artistic license with my paintings to make them more colorful," she says.





Vampire Weekend as she does.

If she gets stuck, she often calls on her 9-year-old daughter Claire, who Lewis calls the most artistic one in the family.

"There have been times when I have been stuck on a painting and I will ask her to come look at it and tell me what it needs, and she knows," Lewis says. "She might tell me something needs to be more pink, or something needs more blue or this person needs to be in more detail, and she's always right."

Looking ahead, Lewis hopes to continue creating her calendars and prints and just see an increase in volume.

"I really love painting. I am a classic introvert so doing the shows is quite hard, and I just like to sit down and paint," she says. "I would love to branch out more. I've done some paintings of Ireland, which I haven't released yet and sometimes people will come to me and ask if I would do one for someplace like Philadelphia or Boston, but I don't live there and know those cities well. Someday, I would love to do that."

For more information about Anne or if you're interested in purchasing her work, visit www.artbyannelewis.com.

AUTHOR: Keith Loria is a freelance writer who writes regularly about sports, business, entertainment, and the arts. When he's not writing, the Oakton work-at-home dad can be found playing with his daughters Jordan and Cassidy.



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54 YEARS STRONG

for Chad & Jeremy

BY KEITH LORIA



On the heels of the Beatles rise in America, Chad Stuart and Jeremy Clyde—a duo better known for just their first names—were part of the British Invasion that brought such classics as “A Summer Song,” “Yesterday’s Gone,” and “Distant Shores” to the radio dials.

Chad and Jeremy met in 1960, when Stuart won a scholarship to the Central School of Speech and Drama in London, and quickly bonded with Clyde over music.

“We played around London, playing anywhere there was food, and we were offered a record deal quite surprisingly,” Stuart said. “We didn’t have a plan back then; it was just ‘why not.’”

Over the course of the next decade, Stuart would get his answer to that rhetorical question when he realized that Clyde was more interested in acting than singing. Although Chad & Jeremy were rising stars in the U.S., Clyde would often leave the duo to act.

“Luckily, or not, he is a self-professed schizophrenic when it comes to music and acting, and he kept coming back,” Stuart said. “He would come back and go away again and come back, and it went on and on and on. My advice to all musicians, never team up with an actor. To this day, I don’t know why I did.”

The two would go their separate ways in the ’70s, but found time for mini-reunions over the next 30 years. A 2003 PBS special led to their current collaboration.

“You just took one look at all these lovely people standing up and crying and welcoming us back, and Jeremy was in one of his phases where he was playing a lot and writing songs, so he wanted



to do it,” Stuart said. “We decided to do it and toured in 2004 with the usual suspects from that special—Tommy James and the Buckingham—s—but we didn’t want to continue doing that and dropped out a year later.”

The pair decided to tour on their own and came up with the concept of “An Evening With...,” which would give their fans more than music.

“For my money, ‘An Evening With...’ is all about giving the audience a chance to get to know you and listen to stories and generally get a good relaxing atmosphere going,” Stuart said. “All sorts of things can happen and usually do. It scares Jeremy a bit because he is an actor and likes scripts, but I love moments that are unexpected.”

Stuart realized that he didn’t want to be an actor while in drama school, but he did enjoy doing the occasional TV gig or voice over. Among his credits are voicing a vulture from Disney’s *The Jungle Book*, playing a rock star on *The Dick Van Dyke Show* and appearing as himself, along with Clyde, on an episode of the Adam West *Batman* television series.

“I think it’s always a two-edged sword, because they were a lot of fun to do—*Dick Van Dyke* particularly—but the down side is that you get pegged as sort of a Monkee-type of musician, and that harnesses your musical cred,” Stuart said. “We are pushing it now age-wise, and Jeremy in his own words knows he doesn’t play the hero anymore, he plays the hero’s lawyer; but he still



loves to act, so what am I going to do?”

On Feb. 20, Chad & Jeremy will play the Barns at Wolf trap, returning to a venue that has long been one of their favorites.

Those attending can expect a two-man acoustic show mixing the hits, the humor, and their unique story-telling with new unheard songs from the pens of these prolific songwriters.

“Jeremy and I are on the threshold of reinventing ourselves,” Stuart said. “There’s something kind of sad about prancing around the country pretending you’re in your 40s when you are pushing 70. It’s less about the music and more about doing a thoroughly, entertaining show.” ♦

AUTHOR: Keith Loria is a freelance writer who writes regularly about sports, business, entertainment, and the arts. When he’s not writing, the Oakton work-at-home dad can be found playing with his daughters Jordan and Cassidy.



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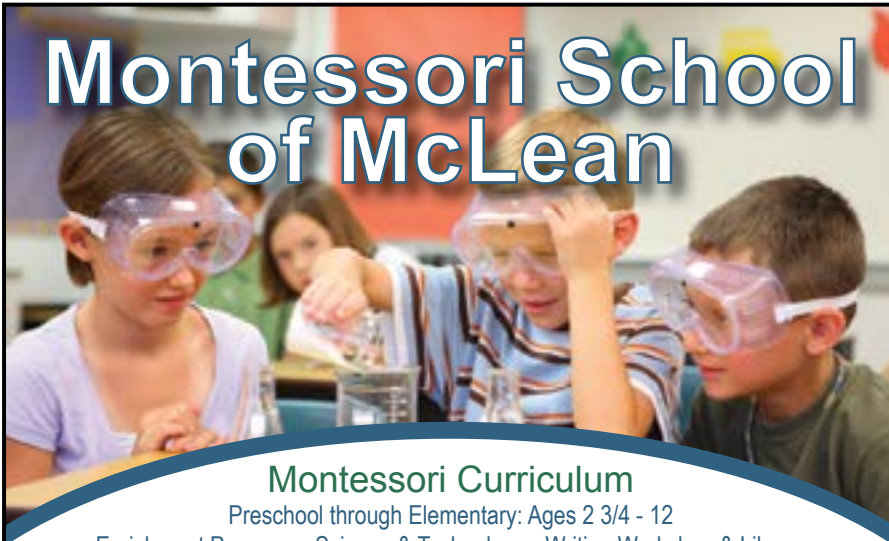
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Henry Alonzo Storm's general store. Photos courtesy of *Great Falls & McLean Celebrate Virginia*.

BY CAROLE HERRICK

Origins of MCLEAN, VIRGINIA

The village that became known as McLean was simply a community that sporadically developed around a trolley stop. It can trace its beginning to 1902, when John R. McLean and Sen. Stephen Elkins of West Virginia obtained a charter to operate an electrified railroad, called the Great Falls & Old Dominion Railroad.

This was simply a business venture to promote the scenic beauty of the Great Falls of the Potomac. The line of the 14-mile trolley ran between Rosslyn and Great Falls Park, linking with Washington, D.C. via the old Aqueduct Bridge. Its rails were laid through forests, farmland, and fruit orchards, bypassing the existing villages of Lewinsville and Langley. The trolley began operating July 3, 1906 with a trial run to Great Falls Park; but, its first scheduled passenger trip was the following day, July 4, 1906.

One of the stops was at Chain Bridge Road, which has been a major transportation artery through Fairfax County since colonial times. At first, the stop was called Ingleside after a subdivision that was beginning to develop along Elm

and Poplar (now Beverly Road) Streets. However, a hub of activity quickly began to form at that location, and by 1910, residents began calling the Ingleside stop “McLean” in honor of one of the trolley’s founders, who was also the publisher of the Washington Post and Cincinnati Enquirer newspapers. So, the next stop down the line to the west became known as Ingleside. In June of that same year, Henry Alonzo Storm took over a general store located at Chain Bridge Road between the tracks and Elm Street, which included the McLean Post Office. In 1911, the Chesterbrook, Lewinsville, and Langley Post Offices were folded into the existing McLean Post Office. There was no depot. People either purchased their tickets at Storm’s Store or from a conductor on the train. The day that Storm opened his general store is considered the beginning of McLean. There was no celebration. The “town” was not founded, and it was never incorporated. It is doubtful that John McLean ever set foot at the McLean stop.

The Great Falls & Old Dominion Railroad tremendously impacted the Northern Virginia countryside because it provided easier transportation to and from D.C. Farmers found it less difficult to get their crops and dairy products to market. Many businessmen discovered the art of commuting and sought permanent or summer homes for their families in the countryside. Little settlements, such as Franklin Park and El Nido, developed at stops along the route; but, the area surrounding the McLean stop underwent the most change. It was important for residents, organizations, and business to relocate near that stop.

For instance, St. John’s Episcopal Church, built in 1877 east of Langley Fork, was mounted on casters and hauled across fields to a site on Chain Bridge Road not far from the McLean stop. The Franklin Sherman School, the county’s first consolidated public school, opened in 1914 with 29 students, facing what was later named Corner Lane. Initial meetings began in 1916 concerning what would ultimately become the McLean Volunteer Fire Department. The MVFD incorporated in 1923 as Station No. 1 in Fairfax County, and a two-bay station was built that same year on Chain Bridge Road, a block south of the stop. Members of Sharon Lodge 327 built the Sharon Masonic Temple at Emerson Avenue and Chain Bridge Road in 1921, and the congregation of McLean Baptist Church erected its first church in 1923 on Emerson Avenue adjacent to the lodge.



The demise of the hamlets of Lewinsville and Langley began with the arrival of the Great Falls & Old Dominion Railroad and subsequent closing of their post offices. The tracks did not connect with either village, but instead ran between them. It was natural that development would take place around the stop at Chain Bridge Road, and an amorphous village-like settlement began to develop in a hodge-podge fashion, spreading out from there. The growth was slow, but a spirited community developed around Storm’s Store, the Franklin Sherman School, and the McLean Volunteer Fire Department. Soon, there was a civic association, library, and several churches. Little thought was given to a nondescript

intersection just down the road at Chain Bridge Road and Leesburg Pike called Tysons Crossroads. By the early 1930s, ridership on the trolley began to decline with the rise of the automobile. The railroad was forced into receivership and abandoned the route on June 8, 1934. Its tracks were removed. The roadbed was turned into Old Dominion Drive.

After World War II, many who came to Washington, D. C. to support the war effort decided to stay, changing McLean’s rural lifestyle. Combined with the CIA locating at Langley in 1961, a steady increase in population began, and McLean found itself in the midst of phenomenal

growth. There was no plan. McLean never became a separate town or city. It lost any opportunity to incorporate when, in 1968, Fairfax County adopted an urban county form of government, and so McLean remained a community.

Today the windmills, farms, and orchards are gone. Notable dairy farms such as Maplewood, Sharon, Storm, Ballantrae, Spring Hill, and Kenilworth have been replaced with subdivisions and homes on a grand scale. A “sleeping giant” awoke at the nondescript intersection that few gave much attention to, and suddenly McLean found itself overshadowed by Tysons Corner. Yet, the community spirit and rural flavor of the area has remained. However, one has to wonder about the future of McLean, with the urbanization and continual expansion of Tysons Corner and opening of the Washington Metro’s new Silver Line. Will the village of McLean go the way of Lewinsville or Langley? Hopefully this will not be the case and the community will not lose its identity or get ‘gobbled up’ in the enthusiasm of progress. ♦

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Photo credit: Laura Sheridan, Woman's Club

MCLEAN WOMAN'S CLUB HOMES TOUR

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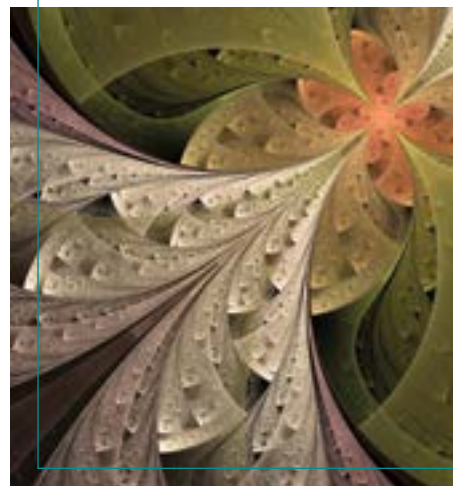
A ribbon cutting on Dec. 5th kicked off the Woman's Club of McLean's 47th annual Holiday Homes Tour at the Langley Ordinary tour house, on Chain Bridge Road. Rear Admiral Kathleen L. Martin (Ret.), executive director of the Navy Marine Coast Guard Foundation, including the local Wounded Warrior Housing project, cut the ribbon to open the tour. Pictured from left, first row, are Daniela Lulli, a student at McLean's Oakcrest School, which assisted in the tour; Adm. Martin, Kay Burnell, chairman of the tour; Nancy Hall, playing "Ms. Santa Claus"; Dr. Karen Kierce, homeowner of Bienvenue, another house on the tour; and Clare Escobar, an Oakcrest student. Second row: McLean Chamber of Commerce Chairman Marcia Twomey and Woman's Club President Mildred Thompson. Back row: Doug de Luca and Matt Bronczek, co-owners of Langley Ordinary. Several hundred people are estimated to have attended the tour.

For more information: Laura Sheridan (703-556-0197) ♦

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All artists, no matter how accomplished, have pieces rejected from a juried show from time to time. Experienced artists learn that what constitutes good art in the eyes of a judge is at best very subjective. Pieces rejected from one show may win awards in another. You be the judge as you consider this collection of works not accepted in a juried show at the Vienna Arts Society Gallery in the Village Green, 513 Maple Ave., W, Vienna 22180, open Tuesdays to Saturdays, 10 am - 4 pm, now through February 1, 2014. Free and open to the public. 703-319-3220 ♦





HOLIDAY ART SALE *and Home Show*

Members of the Sun Design team take a break during the Holiday Art Sale and Home Show that they sponsored December 14-15 at the Wolfrap Center for Education in Vienna. They are, from left, Beth Walters, director of communications; Craig Durosko, founder and chairman; Mindy Mitchell, design consultant; and Amanda Moser, architect. More than two dozen artists from the Great Falls Studio — a consortium of 90 painters, photographers, jewelers, lithographers, sculptors and other talented regional craftspeople — showed off and sold their creations to hundreds of visitors over the two days. According to the Studio, this will become an annual event.



GIVING BACK

Sgt. Aron Haubert and Sgt. Steven Greer on duty at The Oakton Wine Shop for their Toys for Tots Drive on Dec. 15th.



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R.S.V.P.

Chamber 101 ORIENTATION MEETING

Are you a new member or considering becoming a member? Or are you a long time member who simply wants to receive an update on the benefits of membership? The Falls Church Chamber of Commerce is hosting an informal discussion about the benefits of Chamber membership at 5:30 to 6:30 pm, Tuesday, January 7th, 2014 in the Tax Analysts 4th Floor Conference Room at 400 S. Maple Avenue, Falls Church.

This will be a great opportunity to find out how the Chamber can help you grow your business. This meeting is perfect for prospective members and new members who want to learn how to maximize their Chamber membership.

This is a no cost, no obligation event but seating is limited so please RSVP as soon as possible. Refreshments will be provided. To do so or if you have questions, call Andrea or Sally at 703-532-1050 or email info@FallsChurchChamber.org.

MCLEAN CHAMBER Holiday Celebration

Robin Rick, Kathleen Thamir and John Faust (*above*) and Karen Briscoe and Max Roads (*right*) at the McLean Chamber Holiday Celebration at Chain Bridge Bank in McLean. Photo credit: Rob Paxton. ❖



2014 WINTER GALA with Board Installation

R.S.V.P.

The Annual Winter Gala Board of Directors Installation will be held on February 6, 2014 from 6:30 PM - 9:30 PM at the Gannett Worldwide Headquarters in the First Amendment Room at 7950 Jones Branch Drive in McLean, VA. The Winter Gala is the Chamber's premier social event of the year, featuring live music, an open bar, and a sit-down dinner. The event also includes the popular silent auction. This event offers an opportunity for guests and sponsors get to know the incoming

board and guest bartenders, learn about Chamber successes from the previous year, and hear from the incoming Chairman of the Board. It also provides the Chamber with a forum to publicly acknowledge and thank its volunteers.

Register Online at <http://members.mcleanchamber.org/events/>. Fees/Admission: Chamber members \$75; Future members \$95.

A wide range of sponsorship opportunities exist. For more information, call (703) 356-5424. ❖

Join us on February 13, 2014 for our "Good Morning McLean" Chamber Breakfast from 7:30 AM - 9:00 AM, sponsored by Middleburg Bank. Come and enjoy a delicious J. Gilbert's breakfast located at 6930 Old Dominion Drive in McLean, VA.

Register Online at: <http://members.mcleanchamber.org/events/>. This month's breakfast will feature speakers from the law offices of General Counsel, P.C. Fees/Admission: Chamber members: \$20. Future Members: \$30. At the door: Add \$5. ❖



WASHINGTON TOHO KOTO SOCIETY

Performs at ArtSpace

The Washington Toho Koto Society will be performing on January 25, 2014 at ArtSpace in Falls Church at 410 South Maple Ave from 7:30 PM - 9:30 PM. The Washington Toho Koto Society is a nonprofit group of koto players and friends, primarily in the Washington metropolitan area, founded in 1971 by Kyoko Okamoto to promote the understanding and appreciation of Japanese koto music. The Society participates in many national and local community events, including the Lantern Lighting Ceremony which traditionally opens the National Cherry Blossom Festival in Washington DC every spring.

In October 2003, the Washington Toho Koto Society was very honored to receive a Special Award from the Foreign Minister of Japan, Yoriku Kawaguchi, in recognition of over thirty years of contributing excellent performances spreading koto music in the United States and promoting mutual understanding and friendship between the two countries.

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GOLDEN EMPIRE

— *of the* INCAS —



BY ALLISON CHASE SUTHERLAND

The capital of Ecuador, Quito, is set high in the Andes mountains that form the spine of South America. From Quito, one can see Mount Cotopaxi, the only active volcano in South America and the highest active volcano in the world, located in the Cordilleras of Ecuador. Mt. Chimborazo, the highest point in Ecuador, is at an elevation of 6310 meters above sea level.

In 1492, the Inca Empire stretched more than 2,600 miles along the crest of the Andes, encompassing present-day Ecuador and Peru. The picturesque colonial city of Cuenca with its impressive cathedrals is a testament to the Spanish colonial presence after the conquest of Pizarro in 1532. The province of Loja in the South is one of the most scenic Andean provinces of Ecuador, featuring stucco Spanish-style homes with beautifully-scented jasmine flowers and red poppies decorating the balconies.

Maria Cristina Villavicencio of Fairfax recalls the fragrant and bountiful table centerpiece of jasmine flowers during her visit to Loja. Dr. Elsa Villavicencio describes her native Loja as a place where “roses grow year round,

From Quito, one can see Mount Cotopaxi, the only active volcano in South America, and the highest active volcano in the world, located in the Cordilleras of Ecuador.

CEVICHE A LA VILLAVICENCIO – ECUADORIAN SHRIMP CEVICHE

INGREDIENTS FOR TOMATO SAUCE:

½ cup fresh lemon juice
½ cup fresh Valencia orange juice
3 oz. ketchup
1 tsp. Dijon mustard
1 Tbsp. olive oil
Kosher salt to taste
¼ tsp. freshly ground black pepper
1 large fresh tomato, diced
1 large onion, thinly sliced in strips and
blanched for 1-2 minutes in boiling water
½ cup shrimp stock, that you will prepare
(see below)
Tabasco sauce

Mix lemon and orange juices with Kosher salt,
black pepper, ketchup, and mustard in a large
bowl (glass, porcelain, or plastic).

INGREDIENTS FOR SHRIMP AND STOCK:

1 1/2 lbs. raw large shrimp, deveined and
cleaned
2 quarts water
1 onion, peeled and cut in fourths
4 dry bay leaves
2 tsp. Kosher salt
Zest and juice of one lemon

1. Put water, salt, bay leaves, zest, juice, and
onion in pot. Bring combination to a boil then
lower heat so water simmers for 10 minutes. 2.
Again raise temperature and as soon as water is
boiling, lower the temperature to simmer and
add shrimp and cook for 5 minutes. Don't
over cook shrimp! 3. Drain stock from shrimp
into a clean container. Set shrimp aside briefly.
4. Add ½ cup shrimp stock to tomato sauce
and stir well. 5. Add shrimp, diced tomato,
and thinly sliced blanched onion to tomato
sauce. Mix well. (If you like your food slightly
spicy, add a little bit of Tabasco sauce.) 6. Let
ceviche marinate in refrigerator for at least 4
hours before serving 7. When ready to serve,
add the olive oil and mix well. If you like, you
can serve with tostado. Keep leftover ceviche in
refrigerator.



and orchids grow wild” due to the dry
temperate climate. As a child growing up
in Loja, her family produced their own
coffee. In addition to coffee and sugar
cane, oranges are cultivated in Loja,
which, although still in the Sierra, is at a
lower altitude than the Quito. Loja is a
place where the scent of orange blossoms
fills the air.

Ecuador also lays claim to the
fascinating Galapagos Islands, otherwise
known as the Colon Archipelago, which
comprises the ever-intriguing islands
explored by Charles Darwin in 1835 for
their unparalleled biological diversity.
Habitat to flamingos, cormorants,
finches, penguins, sea lions, and lizards,
the Galapagos was the setting of
Darwin's research for *The Origin of the
Species*. The giant Galapagos turtles,
or “galapos,” for which the islands are
named, can live for more than a century.

During the seventeenth and
eighteenth centuries, pirates and
buccaneers rendezvoused in the
Galapagos. In the nineteenth century,
British and American warships and
whaling vessels landed frequently on
these islands, which Herman Melville
penned as the “Enchanted Islands.” The
Galapagos are fringed by mangroves,
but the coastal areas receive less
precipitation and are marked by thorn
trees, cactus, and mesquite. A heavy mist
cloaks the volcanic uplands which offer
more luxuriant flora. The climate and
temperature of the waters surrounding
the Galapagos are modified by the cold
Humboldt current from the Antarctic.

Bordering on the Amazon rainforest,
the Pacific Ocean, and counting among
its geographical features the Andes,
the Galapagos Islands, and the equator
itself, (hence the name,) Ecuador offers
many cooking styles from its different
geographical regions.

“In Ecuador, it is like springtime
all year round, with all the beautiful
flowers everywhere, and the people are
so friendly,” Tia Maria Eulalia reminisces
about her homeland of Quito in
the Sierra.

Bananas are Ecuador's chief crop,
followed by sugar, cocoa, and coffee.
Access to the Pacific from the coastal
port of Guayaquil contributes shellfish
and other seafood recipes to the cuisine
of the region. The waters surrounding
the Galapagos provide one of the world's
richest tuna fisheries.

One of Ecuador's largest seafood
exports is the jumbo shrimp which
adorn the Shrimp Ceviche eaten all
over Ecuador. Popular all over South
America, as well as in the Caribbean,
this refreshing version of ceviche is
from Drs. Olmedo Eloy and Elsa
Victoria Villavicencio of Fairfax, who
met at medical school in Quito and
came to Virginia in 1963. Ceviche a la
Villavicencio adds an extra touch,
orange juice.

Enjoyed at times of celebration,
such as New Year's Eve, engagement
parties, and family gatherings, ceviche
is always a refreshing opening to a meal,
and a favorite of Olmedo and April
Villavicencio of Springfield. But Marcelo
is always the first in line. “I savor the
zesty lemon flavor of the ceviche.” The

TOSTADO ECUATORIANO

1 cup dry tostado
1 Tbsp. corn oil or manteca (lard)
pinch salt

Ceviche is often accompanied by the pop-
corn-like tostado, which can be found at most
local Latin groceries. Cooked customarily
in manteca, or lard, this snack may also be
cooked in a heavy skillet in a tablespoon of
corn oil per cup of tostado, stirring constant-
ly with a wooden spoon. The lid should be
held over the skillet while cooking over me-
dium-high heat, to prevent the tostado from
“jumping” out of the pan.

Vanessa, 6, agrees. “Tostado is so good, it
makes you want to jump up and dance. It's
crunchy and delicious!”



Villavicencio's dog Zambito, who only understood Spanish, also ate ceviche and anything else the family was having for dinner, and lived to be seventeen years old, attesting to the healthful nature of Ecuadorian cuisine.

Abuelita Knows Best

The grandmother of the Villavicencio family, Mercedes Pozo de Villavicencio or "Abuelita," as she was fondly known, was married in Quito in 1921 to Comandante Jorge Villavicencio. Abuelita had nine children, 23 grandchildren, and 22 great-grandchildren, most of whom live in Fairfax, among them doctors, teachers, architects, dentists, and lawyers.

Abuelita first met Comandante Villavicencio when his battalion came to her town on horseback. She noticed him one day from her window. He would take off his hat and bow, until finally he introduced himself.

Stationed in many parts of Ecuador over the years, Abuelita remembers the great natural beauty of the Galapagos Islands when Comandante Villavicencio was Governor of the Galapagos, and the magnificent fresh fruit that grew everywhere – papaya, guava, plantains, pineapples, and the biggest oranges she ever saw.

There she remembers her great

SANOCHO (ECUADORIAN BEEF STEW)

1/2 lb. beef (preferably ribs, as lean as possible)
 1 1/2 green plantains
 1/8 cup dry red beans
 1/8 cup white rice
 1/2 cup spring onions, chopped
 1/2 t. ground cumin
 1/2 t. chopped garlic
 1/4 t. pepper
 1/2 pound yuca, chopped
 salt

Bring 1/4 gallon of water to a boil. When boiling, add the meat, onions, beans, and yuca. Peel the plantains and slice into small chunks (quarter the plantain, then slice). Place in pot with the other ingredients. Add pepper, salt, garlic, and cumin. Simmer for one hour. Serve hot.

❁

friends, the Norwegian Consul and his wife. During her time in Ibarra, her good friends would send crates of oranges as a gift. King Phillip of England remarked upon his visit to the Galapagos that it was most certainly the most beautiful place on earth.

Abuelita spoke of her uncle Federico

Paez, who was appointed President of Ecuador from 1935 to 1937, and established Social Security in Ecuador before it was established in the United States. Educated as a Civil Engineer in Paris at the Sorbonne and in Brussels, Paez later became a Professor of Geophysics in Costa Rica.

As we continue to treasure the recipes of the family, this delicious Ecuadorian beef stew recipe also shares the culinary secrets from the wonderful Abuelita.

And finally, a delicious and savory sauce that can add zest to just about any dish – from the lovely and talented Tia Ria of Fairfax. ❖

SALSA CRIOLLA A LA MARIA

2 spring onions, finely chopped
 1 T. fresh lemon juice
 1 T. olive oil
 salt & pepper to taste
 fresh parsley, finely chopped

Combine ingredients. Salt and pepper to taste. ¡BUEN PROVECHO!

❁

AUTHOR: Allison Chase Sutherland is a restaurant reviewer/travel writer and photographer, author of 'allicucina' international cookbook, multilingual voiceover talent, and foreign language instructor. www.allivoice.com

Chocho farm outside Quito, Ecuador



BY KEITH LORIA

ROCKEY *to the Rescue*

"It all starts with the website."

That's the mantra of marketing wizard and owner of Rockey & Rockwell in Vienna, Stephanie Rockey, who has helped companies brand themselves since 1995.

She started Rockey & Rockwell as a media buying company, and as the importance of the Internet evolved, transitioned it into a full-service integrated agency. Today, her agency is split 50/50 between Internet marketing and traditional marketing. Rockey & Rockwell is one of the top advertising agencies in the Washington, D.C. area, providing integrated strategic

marketing, website development and programming, SEO, brand strategy, positioning, and messaging, advertising, media buying, social media marketing, and public relations services.

"Success in life just doesn't happen—we make success in life happen," Rockey said. "In order to be successful in 2014, you have to get into social media."

"And the best way to do that," she said, "is by making the company website relationship focused and concentrating on persona development."

"Each page has to really define the company culture," Rockey said. "Companies need their brand culture to translate across all social channels, and that's not to exclude broadcast. Branding on television and radio increases effectiveness across all social media platforms and increases ROI."

Rockey first turned her attention to internet and social media in 2005, experimenting with and learning the technology that could help her clients. Over the years, she has stayed at the forefront of "the next big thing" on the internet and social media that have helped her clients adapt.

Rockey's philosophy is simple: people want to feel love for something or someone that meets their needs, and that love creates a brand. A brand evokes a dream made into reality for a person. A powerful brand gives authentic love back to people.

"Brands connect one human to another, sharing love, creating the dream of their reality, feeling a part of a tribe, a group, a family of Oneness," she said. "Powerful brands withstand the test of time; they evolve, they expand, they have layers, they grow. Once this dream becomes a reality, the brand's life form becomes a natural, consistent, sustainable ritual throughout the day at the office, at home, in the car, on the street, on the football field, on the beach, or snuggled up in front of the television."

Since starting the company, Rockey has developed hundreds of strategic marketing campaigns locally, regionally, and nationally, creating brand dominance and increased market share for a huge range of clients.

Among the companies that have seen extensive growth, increased market share, and profitability, thanks to her efforts, are WeightNot, Dominion Jewelers, Dominion Fertility, Jim Koons Automotive Companies, Mervis Diamond Importers, RCN Communications, Erol's Internet, Tiny Jewel Box, Telco Communications and more than 75 other clients.

"Put a little bit of Hollywood in everything you do today," she said, telling her clients the importance of making a page standout.

In 2014, Rockey believes we will see more photos and 15-second videos that will cross social platforms to broadcast television. As for what social media sites will see the biggest boom in the year ahead, Rockey offers these predictions:

SnapChat: “This will become one of the biggest tools online for business. Using this tool with treasure hunts, discount codes, special insider deals, and information, it’s fantastic. Our society loves instant, and the whole ‘this will self-destruct’ aspect is brilliant! I also think we’ll see more prominent CEOs using SnapChat for an exclusive insider look that will tear down closed doors in a way that we never dreamed was possible.”

Twitter: “This platform is getting more ‘Facebookish’ every single week. It’s still different with limited character use to 140 characters. But now, with pictures in the feed showing more prominently and being able to see a bio right next to a person’s tweet on the mobile platform – along with following and un-following right in the feed now, ease of use, and functionality – has made this a hot platform. We’re also going to see more and more graphics, videos, and expanded views in our Twitter feeds.”

Facebook: “This is a platform where a company can access millions of potential customers daily. Facebook is extending arms with its partners – Google AdWords is now buying ad space and more. We will see larger networks connecting to Facebook in 2014. Groups will attach to business pages, so companies will no longer need a personal profile to create ads as a company.”

Along with her accomplishments in marketing, Rocky founded the successful Internet company, True Life Partners, which she sold in December 2009 so she could transition to a life and relationship coaching company and Internet radio show, *Stephanie Rocky’s Classroom*. Her experiences running the successful start-up led her to writing a relationship guide book, *Ladies Listen Up!* She also regularly appears on talk shows as a relationship expert to discuss relationship and life issues. ♦



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Boutique Dental Practices: The New Trend

By Linda Barrett

When **Arminco, Inc.** designed and built its latest dental office, the designers were challenged by **Dr. Sylvia Ho of Amazing Smiles** to capture her vision of a “new” style of boutique dental office she was opening in the Shops at Spectrum in Falls Church, Virginia.

“Every dentist has his or her own practice philosophy, and I knew exactly what I wanted—a modern, open and bright environment with a feminine twist and a wow factor,” Dr. Ho says.

From a small field of competitors, Dr. Ho chose Arminco because of their design-build capability that enabled her to work with one company for the entire process. Specializing in dental offices, Arminco is a true design-build firm employing a team of designers, architects, engineers, and project managers who work together collectively on each project.



“We connected instantly, as if they knew me for ages, and they really understood my vision,” she says.

That’s not to say there weren’t challenges along the way. They were pressed for time to meet a stringent opening date, they were working in a building containing housing so condo association regulations had to be considered, and they had to overcome code regulations for a handicap access.

“Our job is to grasp just what our client wants and deliver it, no matter what it takes,” says Arminco, Inc. president Artin Safarian. “We took the time to put together the right team to handle every step of the process, including those little extras that both get the job done right and on time, and create a great customer experience.”

“Arminco certainly went above and beyond to accommodate me every step of the way, even with last-minute changes, and communication



was easy with each member of the team,” says Dr. Ho, who was facing her own challenges of holding a full-time job and raising a toddler at the same time she was building out her practice.

With Arminco’s recommendations, Dr. Ho was able to fit out her practice completely, from dental equipment to technology, so that it will still be modern ten years from now. The practice contains five treatment rooms, a modern surgical suite, a lab, an inviting lobby, and a conference area—not to mention two stunning chandeliers.

The newly opened practice is truly different than a typical institutional dental office. At Amazing Smiles, patients find clean white surfaces accented by vibrant pops of color, handmade glass brick, graceful arches, and plenty of light pouring in through walls of windows reaching to 18’ ceilings. The curvilinear ceiling and flooring design soften the ultra-modern edges. “The wow factor is the glasswork, opened to create the illusion that there is more space than the 1,800 square feet there actually is,” Dr. Ho explains.

“Arminco has the vision to collaborate with their clients to deliver a functional space that produces unconventional results.”

“The entire process was phenomenal, and I’m excited to finally be in my own practice, thanks to Arminco,” Dr. Ho says. “I would highly recommend Arminco to anyone else looking to remodel or open a dental practice. Arminco has the vision to collaborate with their clients to deliver a functional space that produces unconventional results.”

It’s not all about the design for Dr. Ho; the boutique concept is only a part of her vision. “I want a dental practice where I can maintain a permanence and continuity of care and provide the best and most honest dentistry I can possibly deliver,” she says.

Amazing Smiles is now open and taking new patients. Call or stop by to set an appointment to experience this amazing practice.

Dr. Ho’s practice is just another success story along Arminco’s mission to create the most exciting, modern dental practices today. To see more inspiring dental office designs, visit Arminco’s website at www.armincoinc.com. ■

Resources:

Arminco, Inc., 45571 Shepard Drive, Sterling, Virginia 20164, 703-430-6669, www.armincoinc.com

Amazing Smiles, 444 West Broad Street, Suite D, Falls Church, VA 22046 703-462-8800, www.AmazingSmilesVA.com

Are You THRIVING?

I recently attended a professional conference about Wellness. Excellent!! One of the first exercises we were asked to do was to list the top 10 things that made us thrive.

THRIVE: 1. To prosper; be fortunate or successful.
2. To grow or develop vigorously; flourish.

Below are a several synonyms:

- | | |
|-----------|------------|
| * Advance | * Progress |
| * Bloom | * Shine |
| * Develop | * Radiate |

Just reading these words lifts my spirit! Are you simply existing and “making it through”? Do you want to embrace life and live it fully? I ask myself often, “Today, what words and ideas do I want to germinate in my mind?” Am I resentful and unforgiving? Am I playing out scenarios in my mind of having to “be right”? Am I critical and judgmental of myself and others? If I am indulging in these types of thoughts, I am definitely not thriving; I am draining myself of life’s precious energy and squashing my tremendous capacity to thrive!!

What do I really want in my life? I have had to dig a bit to get clarity. You are worth the energy it takes to do some digging - to be mindful about what you are thinking. Thoughts eventually become our beliefs; our beliefs are what we act upon. I have a small chalkboard by my front door and I write various affirmative statements that I read each day as I walk out the door!

This does not mean my life is magical because of a few affirmations. There has been a lot of emotional work done to clear out the garbage from my past. I have made room for goodness!!

So, what rings your bell? What brings you a feeling of joy? What motivates you? What makes you smile? What are you passionate about? What do you truly value? Allow your imagination to soar, to take flight (if your response to this process includes a lot of “yeah buts” you are stuck in your belief system that is telling you that you are limited...step outside your comfort zone...there is something about each of us that is truly amazing!!). Here are my top ten. After reading these, please take a moment and list your top ten (if ten feels like too many, list five).

1. Emotional connection with others and myself
2. Being a catalyst for positive change
3. Creativity, writing, and completion of projects
4. Healthy and fit body (eat well, enough sleep, exercise)
5. Time with my animals and being outdoors
6. Giving seminars; public speaking
7. Being and staying organized
8. Spiritual connection, gratitude, and forgiveness
9. Continuing personal growth
10. Learning

After writing the list, our next task was to examine how many of these things were present in our life. I can gratefully say that all ten are present in my life to some degree. The more I can nurture each one, the more fulfilled I feel; the more alive I feel; the more energy I have; the more I love my life!! Life then feels like a gift, not a burden to be endured (which is how I once believed and felt). I view this list regularly, and have made small changes over time. Read your list often. What can you do or let go of to bring your list to life? In spite of great hardships that many people face, including me and you, life is precious and priceless. WE ARE ALIVE TO THRIVE!!! Enjoy! (P.S. I would love to read your list. My email: cpavell@cox.net). ❖



BY KEITH LORIA

with products and techniques appropriately selected according to each client's needs. The facial includes Microdermabrasion and Vitamin C treatments, complemented by a lip and brow wax.

Other popular options include the Youth Booster OxyFacial, the Repêchage 4-Layer Facial, and the Chemical Peel Treatment and Microdermabrasion, where skin is resurfaced with gentle exfoliation for the treatment of fine wrinkles, sun damage, acne scars and mild hyperpigmentation.

Skintelligence clientele are mostly female, in ages ranging from their 20s to their 60s—women who recognize the healthier benefits of treatments like these versus plastic surgery. There are other benefits as well: these services are budget-friendly and don't require the downtime required by surgical treatments.

"There are so many benefits in what we do," Caputy explains. "If you combine skincare treatments with injectibles and laser treatments, you can maintain healthy skin, and slow down the progression and signs of aging. For example, some of the injectibles may prevent any lines on your face from getting deeper, if you are consistent with your care."

"A lot of skincare is prevention, too, like using sunscreen," she adds. "Plus, these treatments really do boost a person's self-esteem."

Men get treatments too

Caputy has seen an increase in men's usage of Skintelligence's services and urges more men to give it a try. "Skin treatments might not be the norm for men, but they are just as beneficial for them as they are for women," she says.

"It was interesting, but when the economy slowed down, more men sought us out because they were looking for work and competing with younger people, and felt they needed to look younger themselves."

BEAUTY *is Skin Deep*

SKINTELLIGENCE TURNS BACK THE CLOCK ON AGING

Walk through the doors of Skintelligence, located at 421-A Church Street NE in Vienna, and your dreams of looking younger come into focus. With a full menu of skin and body treatments, the business offers lavishness and luxury as clients indulge in a host of skincare, spa treatments, and cosmetic medical services.

Among its popular offerings are facials, photofacials, microdermabrasion, waxing, tinting, laser hair removal, Juvaderm® and Radiesse® injections, Botox®, massages, and high-quality make-up.

Skintelligence is the brainchild of owner Theresa Caputy, a Registered Nurse who eight years ago desired to do more with her training. "I was working as a nurse for a dermatologist, when I decided it was time to go out on my own," she explains.

"I wanted to offer more services than we had at the dermatologist's office, so I formed an alliance with two estheticians. This worked well, and allowed us to not only refer people to each other's services, it made it truly convenient for our customers to get all their services done in one place."

Caputy herself is trained in Laser Hair Removal, Photofacial Rejuvenation with intense Pulse Light, Spider Vein Treatments, Botox® and Restylane® Injections.

Although personnel have changed throughout the years, Caputy remains in charge, and currently maintains an experienced and very popular staff. "Our Skintelligence promise is to provide our clients with the highest level of professional service, using our skill and expertise, in a calm and welcoming environment," she says.

"Most people come in for skin care and injectibles, which do make a difference in how our clients look and feel," she explains. But they enjoy other treatments as well.

Signature services

The signature treatment is the 90-minute Skintelligence Ultimate Facial,

In fact, business picked up overall for Skintelligence, as people found they could get stunning results without having to go through much-more-costly surgical procedures. Caputy is honest and up front with her clients about the cost of treatments, which have a range of fees.

Skin treatments help avoid the changes aging brings

"We see a lot of young women in their 20s who want preventive injectable treatments like Botox® and fillers to avoid getting facial lines. I make it a point to counsel them that they are really going to like what they see, and that they will want to keep it up, which can be an ongoing expense. But they are working professionals for the most part and have both the money and the desire to continue."

"I guess I should have a sign stating that 'The results are addicting!' she quips.

Caputy continues to explain that

she would not recommend injectable treatments for teenagers. Instead, she points them toward other services like laser hair removal and facials. "Facials for teens are good for their skin, especially if their skin tends to break out, or they just need to be taught proper skin care," she says. "With teens—and all of our clients—we begin by asking them what bothers them the most, and then recommending the right treatments."

"We are honest and professional and truly want to give our clients the best care for what they want, not what we want," she stresses.

For men, women and teens, proper skin care at any age will lead to a more youthful appearance in the future. We can't turn back the clock, but we can protect our skin from the ravages of time. ♦

Skintelligence
421 Church Street NE
Vienna, VA 22180
703-255-7237
www.skintelligencepartners.com



McLean resident and master esthetician Mali Amini has been with Skintelligence in Vienna for over five years and has won over many happy customers who continue to ring her praises.

"Mali Amini first won us over with compliments like 'Your skin is so lovely. She then made us cringe after our microdermabrasion when she showed us the gunk that collected in the machine's filter—not a pretty sight. But things took a more appealing turn when she cocooned our hands in paraffin-lined mitts and kneaded our arms and shoulders. After a graceful progression of cleansers, creams and a peel, we left with pores so spotless and tight we couldn't see them even if we wanted to."

Mali Amini was named by Allure magazine the "Best of the Best" for Facials in Washington D.C. two years in a row.



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BY LINDA BARRETT

Sold on Wine Cellars

Friends are coming for dinner. You have the menu all planned, and you go downstairs into your own well-stocked wine cellar to pick just the right bottle of wine to pair with the meal.

Wait. You don't have a wine cellar? It may be time to consider one.

One of the fastest growing trends in the U.S. this year is the addition of custom wine cellars into homes. In 2012, 2.8 percent of U.S. households with a household income of \$100,000 or more had wine cellars. (*source: Statista*)

Technically, a wine cellar is a storage room for wine in bottles or barrels, designed to protect alcoholic beverages from potentially harmful external influences. Since wine is a perishable product, cellars provide darkness, temperature, and humidity controls to prohibit wine spoilage and allow wines to age gracefully, thus improving their aromas, flavors, and complexities.

A wine cellar that is condition-controlled is called an "active" wine cellar. Passive wine cellars are natural storage

areas, like caves, usually built underground to reduce temperature swings. Even more technically, an aboveground wine cellar may be called a "wine room," while a small wine cellar (less than 500 bottles) may be called a "wine closet."

Wine Cellars Aren't New

The concept of wine cellars isn't new, as proven by the recent discovery of one of the oldest wine cellars ever found. Digging this summer in northern Israel, archaeologists broke through into a banquet hall at the ruins of a 1700 B.C. Canaanite palace known as Tel Kabri to find a storage room holding the remains of 40 large ceramic jars.

The jars were broken and the contents gone, but a chemical analysis of residues in the jars detected traces of organic acids. These acids, such as honey, mint, cinnamon bark, juniper berries, and resins are commonly used preservatives in all wine and popular in ancient winemaking. The equivalent of about 3,000 bottles of red and white wines was stored here.

Designing Your Wine Cellar

"When designing a wine cellar, the first thing we consider is the budget," explained Matthew Furlong, president of Furlong Construction Company. "You can build a wine cellar for as little as \$10,000 or as much as \$200,000 or more."

"Then we look at the space," he continued. "We have to take into consideration the size of the space allocated for the cellar, the number of bottles you anticipate keeping on hand, and how many people you want to be able to fit into the room as an entertaining option."

Dedicated wine cellars for storing and aging wine can be built into a new home, or added in basements, closets, or additions.

Building a Wine Cellar

Building a wine cellar is like constructing a refrigerator. The room must be built, or converted properly, to consider vapor barriers, sealed concrete floors (where applicable), insulation, doors, ventilation, flooring, ceiling, wall surfaces, lighting, and the cooling system. Not converting the room properly could cause damage to the walls, ceilings, and certainly the wine.

Wine racks and cabinetry are essential to any wine cellar. Wine racks offer a variety of horizontal storage options in diagonal, horizontal, and vertical rack designs. For the warmest feeling, choose wood; other styles, such as metal or unique hook styles are also available. Custom cabinetry sets the tone for the room and provides storage for wine glasses and other essentials, as well as customization.

Wine Cellar Management

When adding or removing wines from your cellar, update your finds and preferences on a wine cellar management system. There are many software options available for PC, Mac, and mobile devices. Organize your wines and provide detailed reports and lists on demand with options such as "drink by" dates, bar code printers and scanners for easy location, and tasting notes.

Building Your Wine Collection

Experts recommend building your wine collection slowly and tasting the wines you will cellar. Purchase no more than six bottles at a time of the same wine; your tastes will change over time. Also, keep a balance of wines of those ready for drinking, those needing to be stored for a short time, and those that require aging. This way you build up an inventory and a selection for any occasion. Record every bottle going in and out, and track the best time to drink each bottle. And for your own enjoyment, keep a log of tasting notes and pairings.

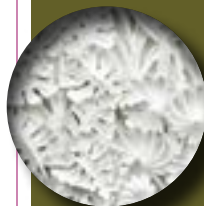
RESOURCES:

Furlong Construction Company
Matthew Furlong, president
248-877-1071
www.novacustombuilders.com

AUTHOR: Linda Barrett learns more about wine every day. She is a professional writer and the president of All the Buzz, a writing, design, and public relations firm that helps businesses grow and profit. www.allthebuzzcreative.wordpress.com.

Personalization

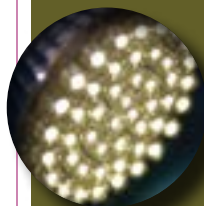
As a custom wine cellar builder, Matthew Furlong gives us his thoughts about the types of things that can be personalized. Here's where we can really have fun:



CARVINGS: Custom carvings into the stone, cement, or wood elements can get quite elaborate. Imagine clawfoot legs on the tables; grapes and grapevines carved into the cabinetry, corbels, or doorways; or your family crest carved and lit as a focal point. Concrete countertops can be customized during pouring with inlays or imprints of natural elements like leaves.



ENTRANCE STYLES: Consider a custom hand-forged iron gate as a stunning entrance or a glassed door showcasing the cellar when lit from within. How about a speakeasy door or a secret or hidden entrance?



LIGHTING OPTIONS: Modern LED lighting doesn't add heat to the room and helps create ambiance. Consider display lighting, under-cabinet lighting, interior cabinet lighting, dimmers, or spotlighting for that \$1000 bottle of wine.

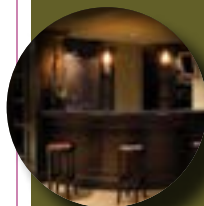


TASTING AREAS: Tasting areas where wine can be poured allow friends to sit or stand nearby. Sealed natural stone, granite, or cement countertops add a distinctive element and resist staining.



CEILINGS AND FLOORS:

Create ambiance through stucco finishes designed to reflect a Mediterranean style; a warm "man cave" with heavily beamed, stone, or coffered ceilings; or a tile or stone floor in a myriad of colors and textures.



FURNISHINGS: Many wine cellars don't just contain wine. They are rooms in their own right, outfitted with overstuffed chairs, bookcases, and hidden TV options like Vision Art. (The picture in the frame rolls out of sight to reveal a hidden television).



BY JEANNINE BOTTORFF

CYCLONE ANAYA – *A Legend Comes to Virginia*

The MOSAIC in Merrifield is the new hip and happening place for the suburban crowd in Northern Virginia. Restaurants and shops are opening every day, making a somewhat shabby area new and shiny. So, this past weekend I was happy to visit one of the newest, **Cyclone Anaya**.

The name **Cyclone Anaya**, doesn't sound like a person, but he is! He was a Mexican wrestler who came to the US and became a beloved Houston, Texas celebrity. He married a former Miss Houston and lived in that city, raising



his children and launching a successful restaurant. There are now six locations, five in Texas and now one here in Northern Virginia.

The restaurant feels chic and modern with a circular bar offering just about every type of Margarita and Mojito you can imagine. My husband had their delicious *swirl* – a basic frozen margarita that can be customized with your choice

The restaurant feels chic and modern with a circular bar offering just about every type of Margarita and Mojito you can imagine.

of strawberry, raspberry, mango, melon, peach, or pomegranate. I opted for their Skinny Margarita, which our server said is his favorite – and he didn't look like he needed to diet! It was tart with a bite of tequila and hint of orange that I love! They also offer many other flavorful cocktails and shooters.

As most Mexican restaurants do, warm chips are delivered to your table with a decent moderately spiced salsa. I (as always) ate way too many! We also opted for their ceviche appetizer. Filled with shrimp, fish, green onion and jalapeno, this dish was light, yet when eaten with their plantain chips, quite filling. I should have stopped there, but didn't!

For entrees, there is a *roasted chicken chile relleno* my husband considered, as

it is one of his favorites, but he went traditional and ordered the enchiladas. My daughter opted for tacos – one beef and one chicken, served with rice, beans, guacamole, and pico de gallo.

I love Mexican cuisine, but find the usual fare too heavy for dinner. That's why I usually opt for my favorite, chicken tortilla soup. But I got sidetracked by an entrée I had never seen before – the *enchiladas de espinaca* – white cheese enchiladas stuffed with sautéed spinach and mushrooms and topped with chardonnay cream sauce and roasted pine nuts. Delicious!

After chips and ceviche and the delicious enchiladas, there was no way I could fit a dessert, but don't let that

stop you! They offer an array of house-made desserts, including flan, baked sopapillas, tres leches cake, key lime pie, and more.

So, go try something new or order an old favorite. Just don't go when you are trying to eat light, because it's not going to happen. Take it from someone who waddled out of the restaurant! ♦

Cyclone Anaya
2911 District Avenue @
Lee Highway & Gallows Road
Fairfax, Virginia
703-992-9227
www.cycloneanaya.com

AUTHOR: Jeannine Bottorff is a native Washingtonian, growing up in McLean. While spending most of her life working corporate jobs, she has worked in the catering industry and owned a hot sauce business. Her big loves are her husband and daughter and, of course, food!



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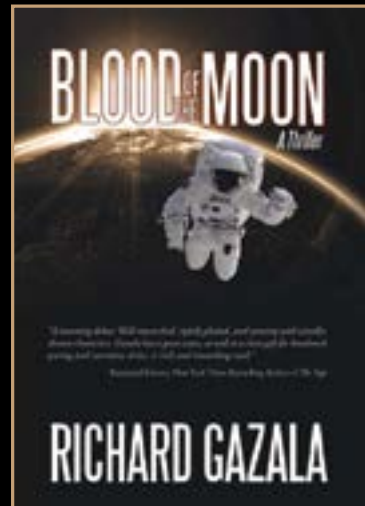
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www.vietaromava.com



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703.534.3342 | dogfishalehouse.com
6220 Leesburg Pike, Falls Church

Comfortable, casual surroundings and service, tasty and unique wood-grilled food, and the craft-brewed Dogfish ales. Great selection of year-round beers plus all the seasonal and special release beers. For food selections, you'll find half-pound burgers, steaks, pizza, and salmon.



AMERICAN

BAZIN'S ON CHURCH

703.255.7212 | bazinsonchurch.com
111 Church St, Vienna

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.



AMERICAN

***IDYLWOOD GRILL
& WINE BAR***

703.992.0915 | idylwoodgrill.com
2190 Pimmit Dr, Unit B, Falls Church

There is always something special about a good neighborhood restaurant. Idylwood Grill's welcoming atmosphere, attentive staff, and fine cuisine is a welcome addition to our area's casual dining scene. It may be hard to choose from their menu of seafood, pastas, steaks, veal, salads, and more.



AMERICAN

LOST DOG CAFE

703.356.5678 | lostdogcafe.com
1690 Anderson Rd, McLean

Walking into the Lost Dog Cafe, you'll discover a friendly, welcoming atmosphere that mingles well with the buzz of a busy, popular restaurant. The menu includes dozens of sandwiches of all types, specialty gourmet pizzas with toppings ranging from the standard to the extraordinary, and a selection of fresh salads. Takeout and delivery options are available.



AMERICAN

***BLACKFINN
AMERIPUB***

703.207.0100 | blackfinnameripub.com
2750 Gallows Rd, Vienna

Blackfinn Ameripub™ is a new generation of the classic American pub, a lively restaurant and bar that offers the affordable, crave-able American food our guests want to eat. Served by great people in a high-energy atmosphere, alongside an extensive list of craft beers and signature cocktails.



MEDITERRANEAN

EVO BISTRO

703.288.4422 | evobistro.com
1313 Old Chain Bridge Rd, McLean

A wonderful tapas and wine bar where friends can meet and share small plates, laughter, and, of course, wine. Wine selections are available through their "enomatic" wine system, so you can choose that perfect bottle from their wine list. The Mediterranean-influenced tapas are exquisite. Salads, seafood, grilled meats, and lamb chops!



CONTINENTAL

OPEN KITCHEN

703.942.8148
openkitchen-dcmetro.com
7155 Leesburg Pike, Falls Church

Eat, Cook, and Entertain. Featuring a bistro where food and wine lovers gather to enjoy seasonally-inspired handmade food in our open kitchen. Diners will savor global and local wines, worldly cuisine, freshly roasted coffees, hand-blended teas in an environmentally-conscious establishment.



DELI

***TYSONS BAGEL
MARKET***

703.448.0080
tysonsbagelmarket.com
8137 Leesburg Pike, Vienna

Bagels boiled and baked the traditional way, crusty on the outside, soft and chewy on the inside. Choose from one of their many fresh-baked varieties with a shmear of several cream cheeses. A full breakfast menu along with a long list of deli and grilled sandwiches.



DELI

***BOULEVARD CAFE
& CATERING***

703.883.0557
boulevardcafecatering.com
8180 Greensboro Dr, McLean

Think of Boulevard when planning office celebrations, sales and breakfast meetings, office holiday parties, home celebrations, and last-minute occasions. Breakfast, cold luncheon buffets, entrée salads, hot entrées, hors d'oeuvres, and desserts.



FRENCH

L'AUBERGE

703.759.3800
laubergechezfrancois.com
332 Springvale Rd, Great Falls

Located in Great Falls, L'Auberge offers a flavorful and beautiful array of French cuisine. Choose from their delectable french onion soup, or a sampling of their classic appetizers. Enjoy the quaint and cozy atmosphere where you'll feel like you just stepped into the heart of France.



INTERNATIONAL

MAPLE AVE

703.319.2177
mapleaverestaurant.com
47 Maple Ave W, Vienna

Maple Ave Restaurant serves eclectic American cuisine in the heart of Vienna, blending American with Asian, Latin American, and French flavors and techniques. Ranging from fresh-grilled Bronzini to homemade Carnival Funnel Cake served with vanilla bean ice cream.



ITALIAN

ARGIA'S

703.534.1033 | argias.com
124 N. Washington St, Falls Church

Nestled in the heart of downtown Falls Church, Virginia, Argia's is a family owned and operated restaurant that provides an opportunity to experience authentic, world class Italian cuisine in a cozy, relaxing ambiance. Always alive with friends and families enjoying both single and family size dishes, this is a Falls Church dining destination.



ITALIAN

PAZZO POMODORO

703.281.7777 | pazzopomodoro.com
118 Branch Road SE, Vienna

Now open in the Danor Plaza in Vienna. Pazzo Pomodoro Pizzeria Cantina offers a Neapolitan inspired menu of made-from-scratch dishes that represent a modern, but traditional cuisine. In the words of Executive Chef Raffaele Mastromarino "Pazzo Pomodoro represents a different concept offering more authentic Italian meals."



ITALIAN

CAFÉ OGGI

703.442.7360 | cafeoggi.com
6671 Old Dominion Dr, McLean

For over 22 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.



ITALIAN

RISTORANTE BONAROTI

703.281.7550 | bonarotirestaurant.com
428 Maple Ave E, Vienna

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.



CHINESE

PEKING EXPRESS OF VIENNA

703.281.2445 | peking-express.com
103 Center Street N #107, Vienna

Love, love, love! Outstanding selections for lunch and dinner. Combination platters include egg roll and choice of soups, authentic appetizers, chicken, shrimp, and beef and pork selections, and the Fried Rice or Lo Mein is to die for!



IRISH

IRELAND'S FOUR PROVINCES

703.534.8999 | 4psva.com
105 West Broad Street, Falls Church

Award winning, Ireland's Four Provinces offers as genuine an Irish experience as you can get on this side of the pond. Guinness as it's meant to be poured and traditional Irish fare such as fish 'n chips, corned beef and cabbage, Irish bangers, and Gaelic entertainment.



ASIAN FUSION/SEAFOOD

SEA PEARL

703.372.5161
seapearlrestaurant.com
8191 Strawberry Ln, Falls Church

With the inspired creativity of Chef Sly Liao with the trend setting design of Studios Architecture to create Northern Virginia's most memorable dining experience. Sea Pearl's menu includes seafood, salads, pasta, poultry, steak and more. Treat yourself to a great brunch on the weekend or early evening offerings during the week.



FALLS CHURCH RESTAURANTS

2941 RESTAURANT

2941 Fairview Park Dr. Falls Church
703-270-1500 www.2941.com

Nestled in a corner of an office building off the Beltway, 2941 offers an upscale casual dining experience in a cozy, open setting. Chef Bertrand Chemel creates succulent dishes with fresh, locally-sourced ingredients. \$\$\$

BLACKFINN AMERIPUB

2750 Gallows Road, Merrifield
703-207-0100

www.blackfinnameripub.com

Located two blocks south of the Dunn Loring Metro, the only D.C. location of Blackfinn Ameripub specializes in craft beers and signature cocktails. Blackfinn Ameripub offers American food with a twist. Flatbreads, salads, burgers, and sandwiches (called “hand-holds”) are among the fare offered at this restaurant meant to be a place to meet with friends, family, or coworkers.

CELEBRITY DELLY

7263-A Arlington Blvd. Falls Church
703-572-9002

www.celebritydeliva.com

Founded more than 38 years ago, this New York-style deli offers an extensive menu with triple-decker sandwiches, subs, and home-made potato knish. Chuck Rossler knows his corned beef. Look for genuine New York Style deli sandwiches, half-done pickles, Dr. Brown's sodas, and Fox's U-Bet syrup. The Real McCoy. \$

CLARE AND DON'S BEACH SHACK

130 North Washington St., Falls Church
703-532-9283

www.clareanddons.com

Located next to the State Theater in the heart of the City of Falls Church, Clare and Don's brings the beach to landlocked Northern Virginia. This hot spot offers trivia on Wednesdays and live music on weekends and a menu with summer favorites like gator tail and jambalaya. \$

DOGWOOD TAVERN

132 West Broad St., Falls Church
703-237-8333

www.dogwoodtavern.com

The creators of Ragtime and William Jeffrey's Tavern is described as a “celebration of the Old Dominion,” which offers steaks, seafood,

pasta, and burgers. The tavern offers live music on weekends. \$\$

DUANGRAT'S

5878 Leesburg Pike, Falls Church
703-820-5775

www.duangrats.com

For more than 25 years, co-owners Ed and Pookie Duangrat have been serving signature Thai dishes. Some of these dishes include chicken and Chinese sausage gumbo and lemongrass chicken. Their Thai Tapas Lunch offers Thai and Asian small plates on weekends. \$\$

EDY'S CHICKEN AND STEAK

5420 Leesburg Pike, Falls Church
703-820-5508

Edy Durnovsek's secret recipe combines flavors of Thailand with those of Peruvian rotisserie spices to create a delicious chicken. Peruvian Chicken, Steak a la Brasa, and sandwiches are just a few items to try on the menu.

ELEPHANT JUMPS THAI RESTAURANT, FALLS CHURCH

8110-A Arlington Blvd.
703-942-6600

www.elephantjumps.com

Elephant Jumps offers an extensive menu with more than 100 dishes including croissant green curry chicken sandwiches, burrito satay chicken, and crispy salmon salad. Diners are sure to find classic Thai dishes as well as hard-to-find Thai dishes. \$\$

FOUR SISTERS RESTAURANT

8190 Strawberry Ln., Merrifield
703-539-8566

www.foursistersrestaurant.com

For 20 years, the Lai family has been serving an extensive menu of home-style Vietnamese dishes. The restaurant offers a gluten-free menu and MSG-free menu, with favorites like pho, Vietnamese rice crepes, and a wide range of vegetarian selections. \$\$

HAANDI FINE INDIAN CUISINE

1222 West Broad St. Falls Church
703-533-3501

www.haandi.com

Northern and Southern cooking traditions incorporated into fragrant kabobs, curries, biryani, and vegetarian classic dishes make Haandi one of the region's stars of Indian cuisine. A lunch buffet is offered from 11:30 a.m. to 2:30 p.m. daily. \$\$

HONG KONG PALACE RESTAURANT

6387 Leesburg Pike, Falls Church
703-532-0940

Hong Kong Palace offers some of the most authentic Chinese dishes in the area. Dandan noodles, tea-smoked duck, and sesame balls with bean paste are some of the items on the menu. \$

JV'S RESTAURANT

6666 Arlington Blvd. Falls Church
703-241-9504

www.jvsrestaurant.com

JV's has been around for 60 years. A local institution. JV's is the place to be for live music, homemade chili, and cold beer. \$\$

LA CARAQUENA

300 West Broad St. Falls Church
703-533-0076

www.lacaraquena.com

Chef and owner Raul Claros shares his family's recipes with Latin American flavor. Comfort food in a relaxed atmosphere where diners can take free salsa lessons, enjoy mojitos, and eat pollo la caraquena, a Latin-style baked chicken with black beans and white rice. \$\$

LITTLE SAIGON RESTAURANT

6218-B Wilson Blvd. Falls Church
703-536-2633

<http://www.littlesaigoncuisine1.com/>

Little Saigon brings a taste of Vietnam to Falls Church. This restaurant has an extensive menu of Thai classics as well as a solid wine list. \$

MAD FOX BREWING COMPANY

444 West Broad St. Suite 1
703-942-6840

www.madfoxbrewing.com

Mad Fox Brewing Company offers a unique dining experience in the style of a Euro gastro brewpub. The owners are famous for their hand-crafted, award winning beer that is brewed on-site. The kitchen uses fresh ingredients from local farms and butchers when possible in creating their brewpub offerings. \$\$

THE ORIGINAL PANCAKE HOUSE

7395-M Lee Highway Falls Church
703-698-6292

www.ophrestaurants.com

Pancakes, French toast, crepes, waffles, and breakfast and lunch favorites are served at The Original Pancake House. Pancakes are made with old-fashioned sourdough yeast, which is



grown in their own kitchens and delivers light and airy pancakes. \$\$

PANJSHIR RESTAURANT

924 West Broad St. Falls Church
703-536-4566

www.panjshirrestaurant.com

Named after an Afghan province, this restaurant offers genuine Afghan cuisine. The Niazy family serves native dishes from Afghanistan including kadu chalow, a sautéed pumpkin topped with seasoned yogurt and tomato sauce, and a variety of kabobs. \$\$

PIE-TANZA

1216 West Broad St. Falls Church
703-237-0977

www.pietanza.com

This family-friendly restaurant serves wood-fired pizzas, calzones, subs, sandwiches, and more. Pie-tanza offers dine-in, carry-out, and catering options. \$

PIZZERIA ORSO

400 South Maple Ave., Falls Church
703-226-3400

This casual, family-friendly restaurant features a handmade volcanic brick oven by Forno Napoletano, where Chef Will Artley and his staff bake pizzas made in the traditional Neapolitan style. \$\$

PUBLIC HOUSE NO. 7

6315 Leesburg Pike, Falls Church
703-942-6383

www.publichouse7.com

Public House No. 7 serves favorite English dishes including Shepherd's Pie, Lancashire hot pot, fish and chips, and bangers and mash, to name a few. There are also English brews, specialty cocktails, and wines to accompany your meal or to enjoy during live music on weekends. \$\$

RED HOT AND BLUE EXPRESS

169 Hillwood Ave. Falls Church
703-538-6466

www.redhotandblue.com

This outpost of the Rosslyn-based barbeque chain offers hickory smoked pulled pork, brisket, pulled chicken, and catfish. Don't miss their award winning ribs. \$

SAIGON CAFÉ

6286-B Arlington Blvd., Falls Church
703-237-1899

www.saijoncafe-va.com

Saigon Cafe offers a warm and spacious environment. The restaurant specializes in Vietnamese dishes, including famous appetizers and entrees from the central part of Vietnam. Saigon Café offers a wide variety of pho, noodles, soups, and rolls, as well as an extensive vegetarian menu.

SWEETWATER TAVERN

3066 Gatehouse Plaza, Falls Church
703-645-8100

www.greatamericanrestaurants.com/Sweetwater

The Merrifield outpost of this microbrewery serves handcrafted seasonal brews, burgers and ribs, and fresh seafood, chicken and pasta. The restaurant offers seasonal outdoor dining. \$\$

MCLEAN

AMOO'S HOUSE OF KABOB

6271 Old Dominion Dr, McLean
703-448-8500

www.amoosrestaurant.com

Amoo's House of Kabob offers Persian cuisine in the heart of McLean. Amoo's specialties include baghali polo, with lima beans and rice tossed in a dill and lime reduction, and zereshk polo, which is also called "the dish of kings." Amoo's also offers a variety of kabobs and Persian dishes. Carry out is available for larger orders. \$\$

BJS BREWHOUSE

8027 Leesburg Pike Vienna
703-356-7305

www.bjsbrewhouse.com

Located in the heart of Tysons Corner, BJ's is the ultimate place to unwind after a long day. Start off with avocado egg rolls, Thai shrimp lettuce rolls, or calamari, or try their wings or flatbread pizzas. BJ's is known for their variety of signature deep dish pizzas, burgers, sandwiches, and light menu. Of course, you can't forget their handcrafted beer. \$\$

BENNIGAN'S

8201 Greensboro Dr. McLean
703-288-3232

www.bennigans.com

Bennigan's is one of the latest restaurants to open in Tysons Corner, offering pub fare with a beer, wine, and cocktail menu. Gourmet burgers, soup and salad combos, and sandwiches make for good lunch or dinner fare.

BISTRO VIVANT

1394 Chain Bridge Rd., McLean
703-356-1700

www.bistrovivant.com

Domenico Cornacchia and Aykan Demiroglu use locally sourced fresh ingredients and top ingredients from European and Mediterranean markets to bring the authentic taste of France to the heart of McLean. This casual dining restaurant offers French dishes including mussels, steak and frites, duck confit, and an extensive wine list. \$\$

BOSS HOG'S

6811 Elm St., McLean
703-821-1869

<http://www.bosshogssmokebbq.com/>

This popular local spot offers weekend brunch favorites like blueberry pancakes, bananas Foster French toast, and Andouille-stuffed omelets. Their smoked brisket, pork, and chicken are must-try dishes. \$\$

CAFÉ TATTI FRENCH BISTRO

6627 Old Dominion Dr.
703-790-5164

www.cafetatti.com

This French bistro brings diners classic French dishes including vichyssoise, quiche Lorraine, filet with béarnaise sauce, and flounder belle meuniere. Closed Sundays. \$\$

CAPRI

6825-K Redmond Dr.
703-288-4601

www.caprimcleanva.com

Chef Beatrice Zelaya serves classic Italian dishes just like nonna used to make. This family-friendly restaurant offers a cozy dining atmosphere. Sip on a glass of red or white wine as you enjoy insalata Caprese, gnocchi, or vitello alla parmigiana.

CLYDE'S OF TYSONS CORNER

8332 Leesburg Pike, Vienna
703-734-1901

www.clydes.com/tysons

Clyde's offers authentic American dining with a menu featuring locally grown produce, hormone-free beef, and desserts made in-house. This restaurant, located in an Art Deco-inspired setting, features a brunch menu, bar menu, and raw bar. \$\$



Contemporary Mexican Cuisine

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Now open Sundays at 4:30
Accepting reservations

Using only the freshest of ingredients and seasonings Patrick Bazin and his staff have created a menu which retains the integrity of traditional Mexican but expands on the flavors to create a more contemporary cuisine.

111 Church Street North
Vienna, VA 22180
703.261.6575

The contemporary Mexican concept brought to you by the owners of Bazin's on Church.

Come in Today!

TRIO GRILL

8100 Lee Highway, Falls Church
703-992.9200

<http://triomerrifield.com>

A signature cigar lounge, outdoor patio, and dining room await you at TRIO Grill. TRIO combines urban sophistication with the casual cool of a neighborhood grill. The menu offers delicious options from signature steaks to seasonal seafood, classic cocktails, and an extensive wine program. \$\$

OPEN ROAD GRILL AND ICEHOUSE

8100 Lee Highway #300, Falls Church
571-395-4400

<http://openroadmerrifield.com/>

Owned by the group that brings you Circa, Trio Grill, and The Italian Market and Deli, Open Road Grill and Icehouse is inspired by the owners' love of cars, trucks, and motorcycles and Americana. A relaxed atmosphere with live music and extensive beer list await you. \$\$

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MATCHBOX VINTAGE PIZZA BISTRO

2911 District Ave. Fairfax
571-395-4869

<http://matchboxmerrifield.com/>

This outpost of the popular D.C. pizza chain is located in the Mosaic District, close to the Dunn Loring Metro. Fresh ingredients comprise their salads, appetizers, sandwiches, pizza, and entrees. A cool, laid-back atmosphere with exposed brick walls and beams that make you feel as though you're in a loft. **\$\$**

OVVIO OSTERIA

2727 Merrilee Dr. Merrifield
703-573-2161

<http://ovvioosteria.com/>

Inspired by the cuisine of Calabria, Ovvio Osteria offers authentic Italian antipasti, pizzas, pastas, and entrees using fresh, seasonal ingredients. Chef Chris Watson and his team offer dishes including grilled Portuguese Octopus, white bean bruschetta, olive oil poached and braised Amish chicken, and pappardelle and wild boar. Grab a glass of wine, relax, and enjoy. **\$\$**

CYCLONE ANAYA'S

2911 District Ave. Ste. 170, Fairfax
703-992-9227

<http://www.cycloneanaya.com/>

Located in the Mosaic District, this is the first D.C. area outpost of this Texas legacy. Founded by world-class wrestler Cyclone Anaya and his wife Carolina, this restaurant offers homemade Mexican food, margaritas, ceviche, and all types of tacos. You can be sure to find something for everyone on their menu. **\$\$**

O'MALLEY'S PUB

1960 Chain Bridge Rd. McLean
703.893.2100

<http://www.omalleyspub.com/tysons/>

O'Malley's Pub is the perfect place to watch the Redskins games on one of their 12 TVs and grab a beer with your friends. Diners can snack on pub favorites like spinach and artichoke dip, calamari, chicken tenders, wings, and nachos. **\$\$**

CAFÉ DELUXE

1800 International Drive West, McLean
703-761-0600

<http://www.cafedeluxe.com/>

Café Deluxe combines the charm of a neighborhood restaurant with the energy of a European eatery. This restaurant offers brunch, lunch, and dinner menus combining traditional fare with menu favorites. **\$\$**

SILVER DINER

<http://www.silverdiner.com/restaurants/tysons>

8101 Fletcher St. McLean

703-821-5666

<http://www.silverdiner.com/restaurants/tysons>

This location gives back to the community with its partnership with WolfTrap Elementary. Curbside carryout available. **\$**

SHAMSHIRY

8607 Westwood Center Dr. Vienna
703-448-8883

www.shamshiry.com

Shamshiry offers a taste of authentic Persian cuisine, from rice dishes to kabobs to vegetarian entrees. The Zereshk Polo offers rice studded with tart red currants, and the Chelo Kabob Shamshiry was previously prepared and served in the Shamshiry restaurant in Tehran. **\$\$**

SEASONS 52

7863L Tysons Corner, McLean
703-288-3852

www.seasons52.com

Seasons 52 gives diners a fresh dining experience using natural cooking techniques to let the flavors shine. With all of their menu items being under 475 calories, it's a great place to dine if you're eating a healthy diet. Menus based on the flavors of the seasons, flavorful wines, and delectable mini desserts are a real treat for diners. **\$\$**

HARTH AT HILTON MCLEAN TYSONS CORNER

7920 Jones Branch Dr. McLean
703-761-5131

[Harthrestaurant.com](http://harthrestaurant.com)

Executive chef Thomas Elder has his own rooftop beehive producing 200 pounds of honey each year and an organic garden that supplies harth with a variety of herbs, fruits, and vegetables. Harth serves comfort foods with a modern, fresh twist. Extensive wine, beer, and cocktail list. **\$\$**

CHEF GEOFF'S

8045 Leesburg Pike Vienna
571-282-6003

<http://www.chefgeoff.com/>

The Tyson's Corner location of Chef Geoff Tracy's restaurant chain offers a gluten free menu and a bacon bar with bacon nachos and chocolate pretzel cake with salty bacon. Businesspeople can be seen dining or enjoying a drink during lunch hour and dinner. Chef Geoff's also offers a Sunday brunch and kid's brunch. **\$\$**

FLEMING'S PRIME STEAKHOUSE AND WINE BAR

1960 Chain Bridge Rd. McLean
703-442-8384

<http://www.flemingssteakhouse.com>

Inspired by the passion for steak and wine dinners, Fleming's offers a list of 100 wines by the glass and an extensive selection of USDA Prime steaks and fresh seafood. Seasonal ingredients are showcased on the menu.

PAUL BAKERY TYSONS GALLERIA

2001 International Dr. 1856G, McLean
571-447-5600

<http://www.paul-usa.com/>

PAUL Bakery brings a taste of France to Tysons Galleria. This upscale bakery offers French breads, sandwiches, pastries, and of course, tea and coffee. **\$**

WOO LAE OAK

8240 Leesburg Pike, Vienna
703-827-7300

<http://www.woolaeoak.com/>

Since 1946, Woo Lae Oak offers a Korean dining experience with traditional cuisine. Dishes like bibimbap and Korean barbecue keep diners coming back. Be sure to go on Mondays for half-priced bottles of wine and on Tuesdays, Woo Lae Oak offers a prix fixe dinner for two. **\$\$**

BUSARA THAI CUISINE

8142 Watson St. McLean
703-356-2288

www.busara.com/ty-main

Busara is an inviting place to enjoy Thai cuisine made with fresh ingredients prepared by experienced chefs. Diners can enjoy their lunch or dinner in a modern dining room. Entrees like ka pow chicken and pad Thai and soups and salads comprise their extensive lunch and dinner menus.

VINO VOLO

1782 International Drive McLean
(703) 506-6785

www.vinovolotyson.com

Vino Volo staff hand picks their wines from around the world and puts them on a simple taste graph, helping diners determine their favorites. Start off your meal with their cheese and charcuterie and take your pick from mouthwatering small plates. The freshest ingredients are used to make their dishes, like their truffled penne with white cheddar, smoked gouda, truffle oil, and toasted bread crumbs.

**THE PALM RESTAURANT**

1750 Tysons Blvd. McLean
703-917-0200

<http://www.thepalm.com/Tyson-Corner>

The Palm is notorious for its prime aged steaks, jumbo Nova Scotia lobsters, and Italian classics. For those who want a nibble, The Palm offers bite-sized gourmet comfort food in their Prime Bites Menu, including mini broiled crabcakes with mango salsa and remoulade and calabrese flatbread. \$\$\$

SAKURA JAPANESE STEAK HOUSE

8369 Leesburg Pike #10 Vienna
703-356-6444

www.sakurasteakhouse.com

Steak, seafood, and sushi are the name of the game at this Japanese steak house. The hibachi grill produces seafood, chicken and steak entrees and sides. There is a separate section for those only ordering sushi. For a traditional Japanese steakhouse experience, go here. \$\$

SANTINI'S NEW YORK STYLE DELI

2975 Chain Bridge Rd. Oakton
703-766-6666

<http://mysantinis.com/>

If you're looking for a good corned beef and pastrami with Provolone, this is your place. Santini's brings a taste of New York to the D.C. suburbs. Santini's has a variety of subs and sandwiches and New York Style pizzas. \$

CHUTZPAH DELI

12214 Fairfax Town Center, Fairfax
703.385-8883

<http://chutpahdeli.com>

Matzoh ball soup like your grandma used to make? Chutzpah Deli has that, and more. This New York Jewish deli in Fairfax offers your favorites like rugalach, hamantaschen, linzer tarts, sandwiches, burgers, and more. You can top off your meal with real New York cheesecake and an egg cream made with Fox's Ubet. \$

SUNFLOWER VEGETARIAN RESTAURANT

2531 Chain Bridge Rd. Vienna
703-319-3888

<http://crystalsunflower.com>

Sunflower Vegetarian Restaurant has two locations in Vienna and Falls Church. This award-winning restaurant offers vegetarian and vegan entrees, sandwiches, soups and salads. Some dishes are Asian-style. \$\$

ANITA'S

521 E. Maple Ave. Vienna
703-255-1001

<http://www.anitascorp.com>

This local chain offers New Mexico style Mexican food in the D.C. area for nearly 40 years. Anita's offers breakfast, lunch, and dinners. \$\$

MYLO'S GRILL

6238 Old Dominion Dr. McLean
703-533-5880

<http://www.mylogrill.com/>

Reminiscent of a Greek vacation home, Mylo's Grill offers home-style Greek cuisine in a family-friendly setting. Traditional dishes like spanakopita, hummus, dolmades, and souvlaki are served alongside sandwiches and burgers. \$\$

JOE'S SIMPLY AMAZING BURGERS

6710 Old Dominion Dr. McLean
703-288-0288

www.joesburgersmclean.com

Burgers are made with all-natural and locally sourced black Angus beef, lamb, bison, and Spanish chorizo sausage. Their specialty burgers are for the truly adventurous. \$\$

GREENBERRY'S COFFEE CO.

6839 Redmond Dr. McLean
703-821-9500

<http://www.greenberrys.com>

This Charlottesville-based coffee roaster's local outpost is a popular spot for McLean residents. Friendly staff members serve a variety of coffee blends like Sumatra Mandheling and Java Blawan Estate alongside delicious pastries. \$

LEBANESE TAVERNA

1840 International Dr. McLean
703-847-5244

www.lebanesetaverna.com

Lebanese Taverna offers the best in Middle Eastern cuisine. Sample kalamar, falafel, and baba ganoush small plates, or try one of the seven types of hommus in their hommus bar. Lebanese Taverna offers seating for parties small and large, as well as an outdoor café with a fountain and plenty of al fresco dining. \$\$

THE CAPITAL GRILLE

1861 International Dr. McLean
703-448-3900

www.thecapitalgrille.com

The Capital Grille at Tysons Corner offers classic steakhouse fare like the Filet Oscar, served with lump crabmeat and drizzled with house-made Bearnaise sauce, and fresh seafood dishes. Grab a drink at the bar and try the Grille's Signature Cheeseburger with Parmese-

an Truffle Fries. \$\$\$

MCLEAN FAMILY RESTAURANT

1321 Chain Bridge Rd. McLean
703-356-9883

Frequented by Congressmen and locals alike, McLean Family Restaurant is a family-owned diner in the heart of McLean. Locals rave about their homemade soups and breakfasts. \$\$

NOSTOS

8100 Boone Blvd. Vienna
703-760-0690

www.nostosrestaurant.com

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. \$\$

DANTE RISTORANTE

1148 Walker Rd. Great Falls
703-759-3131

www.danterestaurant.com

Italian born chef Giuseppe Di Benigno serves comfort foods from his hometown in Italy. The menu includes Italian favorites like pastas, osso buco alla Milanese, and Giuseppe's signature seafood soup. Dante offers an extensive wine list with plenty of reds and whites to choose from. \$\$\$

J. GILBERT'S

6930 Old Dominion Dr. McLean
703-893-1034

www.jgilberts.com

For nearly 15 years, J. Gilbert's has offered premium wood-fired steaks and seafood. Although this American restaurant has plenty to offer in beer, wine, steaks, and seafood, J. Gilbert's also offers a vegetarian menu and gluten-free menu. \$\$\$

CHIMA BRAZILLIAN STEAKHOUSE

8101 Towers Crescent Dr. Vienna
703-639-3080

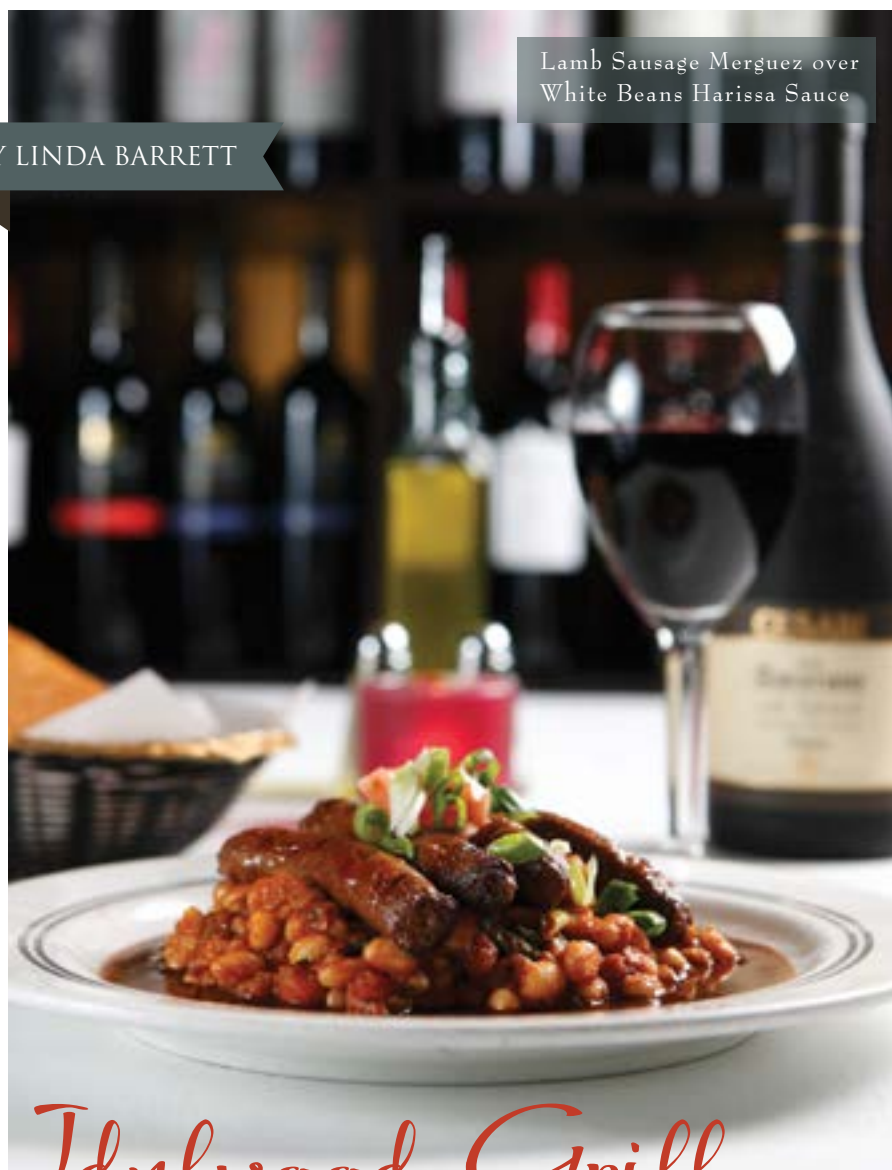
www.chima.cc

Chima offers traditional Brazilian churrasco of more than 15 rotisserie meats, including filet, lamb, chicken, sausage, and fish. The salad bar also offers Brazilian and American staples. Bring the family along for a unique dining experience. \$\$



Lamb Sausage Merguez over
White Beans Harissa Sauce

BY LINDA BARRETT



Idylwood Grill & Wine Bar

GREAT FOOD, GREAT WINE, GREAT FRIENDS

If the welcoming greeting my friend and I received at the door was any indication of the experience we would have at **Idylwood Grill and Wine Bar**, we knew it would be a great evening.

Owner Hedi Ben-Abdallah and manager Marco Escudero invited us into their restaurant as if we were old friends, which we soon became.

Ben-Abdallah even said, “We want to be your best friend, someone you would be proud to introduce to your friends, family, and colleagues.”

We didn’t realize then that he actually meant it ... or that we would.

Tucked into Idylwood Plaza, Idylwood Grill transcends the typical neighborhood restaurant to offer delicious French-Italian cuisine.

“We are passionate about good food, good wine, and good service,” Ben-Abdallah said, and then proceeded to prove all three.

The restaurant itself is equally inviting, yet intimate with its Tuscan-yellow walls, white tablecloths, and café chairs. Look carefully, and you’ll see touches from their native countries of Tunisia and Peru.

We were offered two menus for dinner: the regular menu and a list of Weekly Specials. If you can’t decide, they make it easy. Simply choose one of the highlighted customer favorites.

For our appetizers, we ordered the lamb sausage “merguez,” several sausages nestled into a bed of navy beans with a tomato harissa sauce, highlighted with a red wine demi-glace. We used the freshly-baked barbari bread, a Persian flatbread made fresh daily next door, to scoop up every delicious drop.

We also enjoyed the fresh Prince Edward Island mussels served in a marinara with white wine, lemon juice, butter, capers and herbs, and the house-favorite shrimp ajo, sautéed jumbo shrimp in a grape tomato, lemon garlic sauce.

As the entrees were delivered, we paused to savor the mouthwatering aromas that enveloped our table. From the Weekly Specials menu, we ordered the lamb shank risotto, a red wine-braised lamb hind shank served over shitake mushrooms and lemon risotto, topped with a spring mix of lettuces, and complemented by a red wine lamb au jus sauce. The lamb shank was slow cooked throughout the day and so tender that it literally fell off the bone as we took our first bites. Of course we had to share!



Lemon-Pepper Tilapia

From the regular menu, the blackened scallops risotto caught my eye, and it was served with several of the largest and most tender diver scallops I have ever enjoyed, lightly blackened and sautéed and served over lemon risotto with shiitake mushrooms and spinach. For both dishes the risotto was cooked to a perfect tenderness with just the slightest hint of lemon.

The chef couldn't resist sending out a taste of his ceviche special, so we had to try that too—a corn tostada topped with tilapia, shrimp, cilantro, red onion, and fresh

lime juice and served with corn. Quite refreshing.

We were already so full from the generous portions that we almost didn't order dessert ... until we were tempted by the house-made dessert menu. OK, we had to. We ordered the light and heavenly tiramisu and the rich chocolate mousse cake.

Everything paired perfectly with the red wine Ben-Abdallah recommended: a Clos de Taman 2012 from the French wine region of Cotes du Rhône Villages Laudun, even our desserts.

Since the restaurant also has “wine bar” in its name, you can expect a wonderfully large wine list, with some wines offered by the glass.

“I personally taste every wine I bring in,” Ben-Abdallah said.

Visit on Sundays where most wines are featured at half price all day.

Idylwood Grill is open for lunch Monday through Friday 11:30 a.m. – 2 p.m.; dinner, Monday through Thursday from 5 – 9:30 p.m., Friday and Saturday from 5 – 10 p.m., and Sunday from 5 – 9 p.m.; and brunch on Sunday from 11:30 a.m. – 2:30 p.m. Dine between 5 and 6:00 p.m. Monday through Thursday for a 20 percent early-seating discount.

Friends that we now were, Hedi Ben-Abdallah revealed a little-known fact (that ought to be better known) while we were dining. He is the creator and star of “Uncorked with Hedi,” a creative and funny wine education video. You can see his pilot at www.idylwoodgrill.com.

Great food, great wine, great friends — we'll definitely return. We can't wait to see what new deliciousness Idylwood Grill has cooked up next. ♦

Idylwood Grill
2190 Pimmit Drive
Falls Church, VA 22043
703-992-0915

SPECIAL OFFERS

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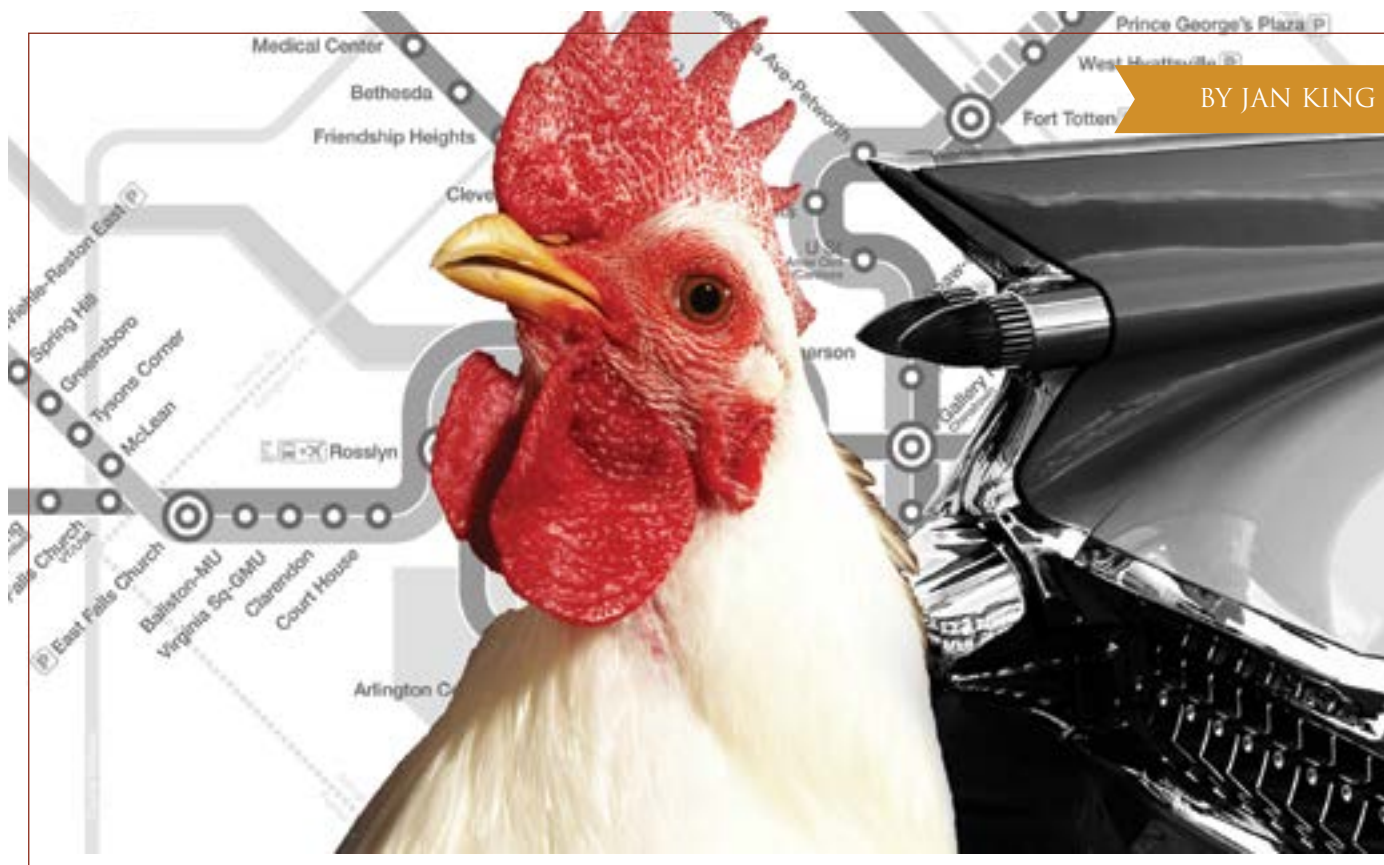
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www.fairfaxcounty.gov/dfs/OlderAdultServices





TYSONS *is not for* CHICKENS

Every time I drive down Route 123 or Route 7, I feel like I'm in the movie *Escape from New York*.

I expect to see Kurt Russell perched up on a Metro trestle, wielding an assault weapon. The view from where I sit is all steel girder and cement pillar erected amongst a plethora of detours, newly created exits and entrances, one-way streets, and divided highways. OMG – total chaos! By the looks of things, I can't imagine any of this being completed until Kurt bites the dust. However, the planners say that in ten years we'll be living happily ever after in a Metro-intensive, low-car density, pedestrian-friendly, urban neighborhood.

I'm really freaked out though, because the Metro is like a confusing jig-saw puzzle to me. I don't know about you, but after six years of living here, I still haven't figured out how to successfully add money to my fare card without asking for help – make that begging – even from a tech-savvy six-year-old zipping by on his Razor scooter. I can just see myself frantically trying to figure out how to get to a final destination by having to transfer between the red, orange, blue, and silver lines. Help! I could be wandering around for days, deep in the bowels of the Metro system, aimlessly transferring between lines from 8 am 'til 4 pm.

The other big issue that keeps me awake at night is how can I possibly go shopping without my car? If I stock up

at Wal-Mart, how on earth can I carry a 52" Vizio TV home on the Metro? Not to mention the bean bag chair and coffee table I just couldn't pass up.

I also understand that free parking will be as obsolete as Julio Iglesias. I guess my window shopping marathons at the Galleria where I have a helluva' entertaining day buying absolutely nothing are over.

But, as they say, you can't stop progress. So, before those shiny new Metro cars start sailing all around town, we all need to put in some serious gym time. We're going to need biceps like Kurt Russell's just to go shopping.

AUTHOR: Jan King is the author of 28 humor books. You can find two of her recent works on Amazon Kindle: *Chinese Laundry*, a chick-lit fiction novel, and *Happy Hour with My Dad*, a memoir.

A TRUE *American* DINER



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ARLINGTON, VA 22207
(703) 528-2464

METRO29DINER.COM



SATAY (Appetizer)

Skewered grilled chicken
served with peanut sauce

TOM KA GAI (Soup)

Slices of chicken breast
cooked in coconut milk,
lemon grass and Galangal

PAD PIK KING (Entree)

Beef, chicken, pork or shrimp
sauteed with curry paste
and string beans, sprinkled
with Kaffir lime leaves

YOUNG COCONUT CUSTARD PIE (Dessert)

Homemade Thai-Style
coconut pie



703.506.9788

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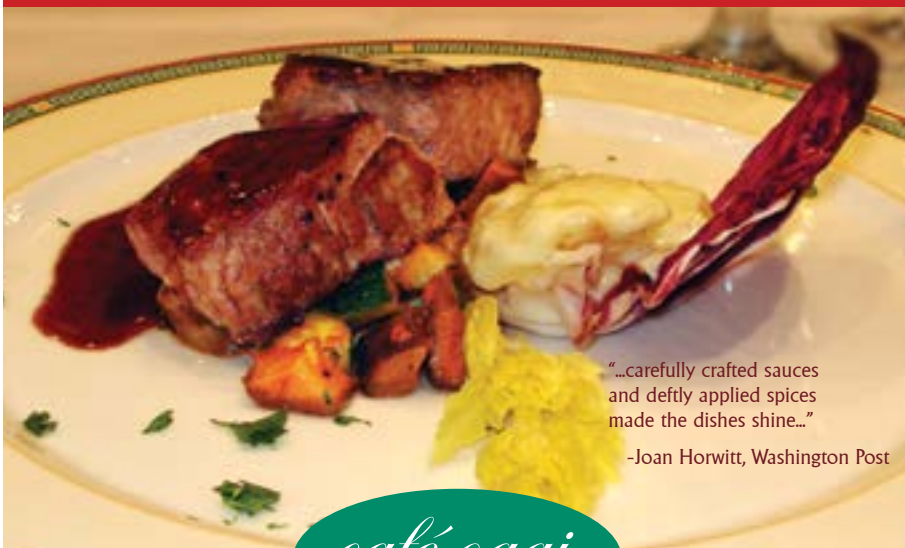
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¹ Learn more at washingtongasliving.com/federaltaxcredits.xml



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52 TO A NEW YOU

Mini-Resolutions for 2014

BY DEANNA REINA AND JULIE SNEE

After a month of attending parties and indulging on our favorite holiday fare, many of us end the year feeling mentally and physically spent. When the holiday fog lifts, we face a new year and resolve to better ourselves. But, all too often our New Year's Resolutions end up being too ambitious to maintain, and many of us throw our hands up in defeat.

This year, let's resolve to change in smaller, more manageable, but yet more meaningful ways. Step out of your comfort zone this year and test drive our 52 mini-resolutions, one for each week. Who knows? Maybe some of these will become permanent practices in your life.

Week 1: **Pay It Forward**

Bring some unexpected joy into someone's life. Pay for the person behind you in line at the coffee shop, or tuck a \$5 bill into a book at a bookstore for the next curious peruser. You may start a chain reaction, and a great start to your year!

Week 2: **Cook Dinner at Home**

Save some money (and calories) by cooking dinner at home. If you already cook at home every evening, try some new recipes. There are lots of simple ideas for the nouveau chef online!

Week 3: **Give Someone a Compliment**

If someone has on a nice outfit or a great new haircut, let them know! If a coworker has done well on a recent project, tell them.

Week 4: **Try Some Yoga**

Trying yoga is like trying pie; there are so many different flavors! A lot of studios offer one free class to new customers, so try seven different studios and see if there is a flavor for you.



Week 5

Quit Something

Do you smoke? Quit for a week. Been drinking too much lately? Hop on the wagon for a few days. Always late? Leave a little earlier to make it on time. Whatever your bad habit is, give it up for a week.

Week 6: **Volunteer**

Spend an hour each day this week volunteering somewhere. You can read to children at the public library, help out at a food pantry, or visit the elderly at a nearby senior center.

Week 7: **Spread the Good News**

Go out of your way to find something positive that has happened in the world each day of this week and share it with others.

Week 8: **Stop Swearing**

Instead of using your favorite four letter words this week, think of these words instead: patience, understanding, and respect – and let it go.

Week 9: **List Your Goals**

Think about something you would like to accomplish in your life and write it down. Put it on your refrigerator, so that it is a constant reminder. Having a written list of goals brings you one step closer to achieving them!

Week 10: **Get Your Affairs In Order**

Take this week to get your legal affairs in order in case the unexpected happens. Write a will, appoint beneficiaries, and complete your advance directives such as a power of attorney or medical proxy.

Week 11: **Donate a Dollar**

Any time you see an opportunity to donate a dollar to charity at a checkout register this week, do it.

Week 12

Eat More Fruit and Vegetables

Add some nutrition to your diet by snacking on fruit instead of chips or a granola bar. Also, be sure to eat a vegetable with dinner.



Week 13: **Spend Time with Family or Friends**

Set time aside to spend with your family. You can play games, watch a movie, work on a project, or whatever you want. Just do it together.

Week 14: **Save Some Money**

Take this week's pay and put it in a new savings account or CD, or pay off some of your debt.

Week 15: **Clean Out Your Closet**

Take ten minutes a day to go through your closet and set aside clothes, shoes, and accessories you no longer use. Donate items you don't wear anymore to charity.

Week 16

Get More Sleep

Sleep in for 15 or 20 minutes each morning. If sleeping in isn't feasible with your schedule, go to bed a little early instead.

Week 17: **Say Self-Affirmations**

Every morning when you wake up, look at yourself in the mirror and recognize a positive trait you have. Say it out loud, and believe it!

Week 18: **Replace Your Disposables**

Replace something disposable with something reusable. Swap your paper towels and napkins for cloth ones, or use a reusable water bottle in place of a plastic one.

Week 19

Try a Gym

Many gyms offer a one-week free trial, so check out one near you. If you already go to a gym, try a new class or workout each day.

Week 20: **Cross Something Off of Your Bucket List**

Take this week to accomplish one goal from your bucket list. Don't have a bucket list? Create one, and then try to complete one of your new life goals this week.

Week 21: **Plan a Vacation**

Plan a vacation this week. Even if you can't travel far, take a week off at some point this year and enjoy a "staycation".

Week 22: **Eat Healthier Meals**

Swap out one meal a day for something healthier. Order grilled chicken instead of fried or enjoy a steak salad instead of a steak dinner.

Week 23: **Don't Fight**

Everyone has that one person they always seem to argue with. Whoever it is for you, don't fight with them this week.

Week 24: **Look Your Best**

Wear your best outfits this week, and put some extra effort into how you look. When you look good, you feel good – confidence is couture!

Week 25: **Read a Book**

Just a chapter a day will do. Don't feel like you have to stop when the week is over; finish the book if you want!

Week 26: **If You Can't Say Something Nice...**

...then don't post it on Facebook. We all use Facebook and Twitter to vent every now and then, but this week don't post anything negative online.

Week 27: **Pat Yourself on the Back!**

Congratulations! You've made it halfway through a year of mini-resolutions! Take this week to reward yourself. Go to the spa, buy something nice, or treat yourself in some way!

Week 28

Give Gifts

We generally only give gifts on birthdays and holidays. Make a big impact with a small gift for seven important people in your life.



Week 29: **Let Others Go First**

Let someone go ahead of you in traffic or in line at the store. Wherever you are, let someone else go first.

Week 30: **Try Something New**

Get out of your home and try a new restaurant with some friends or attend a new social event. Need an idea? Go to www.meetup.com.

Week 31: **Take a Class**

Is there something you've always wanted to learn? Sign up for a class and learn it! Online resources like Fairfax County's Adult & Community Education (www.fcps.edu/aceclasses) will help you get started.

Week 32: **Turn the TV Off**

This may be challenging, but you can do it! For one whole week, don't watch TV. You'll be surprised at what you can accomplish with all that extra time!

Week 33: **Track Your Calories**

Track your calories this week, or at least keep a journal of what you eat. A stronger awareness of what you put into your body may help you make better choices.

Week 34: **Appreciate Art**

You don't have to go to a museum to enjoy artwork. There are plenty of galleries, studios, and even public art on display throughout our community. Enjoy the creativity!

Week 35: **Talk to Strangers**

Smile and say hello to a stranger. You might make some new friends this week!

Week 36: **Walk**


Talk a short walk each day, or find ways to include more walking in your usual activities. For example: park at the far end of the parking lot, or take the stairs instead of the elevator.

Week 37: **Drink More Water**

Drink an extra glass of water or two every day.

Week 38

Create Something



Try writing a poem, drawing, sewing, knitting, woodworking, baking, or anything else that lets you exercise the creative part of your brain. No one is judging you -- just have fun!

Week 39: **Go Outside**

Enjoy the sunshine, and breathe in the fresh air! Spend at least 15 minutes outside every day this week observing the nature around you.

Week 40: **Finish What You've Started**


Have some half-finished projects lying around the home or office? Dedicate this week to completing one.

Week 41: **Share Your Knowledge**

If you have skills or knowledge that can help others, share it with them.

Week 42

Manage Your Finances



Try to eliminate daily expenses. For example, make your morning coffee at home instead of buying it at a coffee shop. And, if you're feeling adventurous, try to create a new personal budget.

Week 43: **Reconnect with Family & Friends**

Each day this week, call a friend or family member you haven't talked to in a while. Take a half hour to catch up on each other's lives.

Week 44: **Keep It Clean**

Do your best to keep your surroundings clean. This may mean cleaning up after others and not just yourself. Tidy up around your home, or throw away litter you find on the sidewalk.

Week 45: **Leave Work On Time**

It's easy to get trapped at the office. This week, leave work on time every day.

Week 46: **Bring Your Lunch**

Bring your lunch to work this week. It's healthier and cheaper!

Week 47: **Be Grateful**

Be mindful of all of the details of each day this week, and write down three things you are grateful for each night.

Week 48: **Get a Check-Up**

Schedule a physical with your doctor this week. If you haven't been getting regular cleanings, make an appointment with your dentist, too.

Week 49: **Wear Their Shoes**


When someone makes you angry, take a moment to think about why they may be acting that way instead of getting upset.

Week 50: **Try New Cuisines**

With all the variety of dining and grocery choices in our area, this one should be easy. Try a new food each day this week. Be daring!

Week 51

Spread the Love



Tell the people you are closest to that you love them. Say it at least once each day.

Week 52: **Plan Your New Resolutions**

Congratulations on reaching the end of the year! It's time to plan your New Year's Resolutions again. This week, go back through this list of mini-resolutions and pick the ones that had the biggest impact on your life. Perhaps for next year you could focus on fine-tuning one of those. Good luck! ❖

· TYSONS ·

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MEDICAL
PROFESSIONALS*

Regardless where we stand with regard to the Affordable Care Act, its here and with it comes new opportunities for us to find professional care in our neighborhoods. Here are some Selection Top Professionals to consider for your care and well being.





Dr. Quan Le, DDS | LE SMILE AESTHETIC & COMPREHENSIVE DENTISTRY

DR. LE, DDS

After many years of practicing dentistry, Dr. Quan Le is more passionate about his profession and the advances in dentistry than ever before. With particular zeal and compassion for cosmetic procedures, he has undergone extensive training in cosmetic and restorative dentistry. Dr. Le completed advanced bone and soft tissue grafting at The Medical University of South Carolina and received training in implant placement at the prestigious Zimmer Institute. He was an adjunct clinical professor at the Medical College of Virginia, in Richmond, where he earned his Doctorate of Dental Surgery in 1993. Dr. Le was nominated for one of America's Top Dentist in 2008, 2011 and 2013 by Consumer's Research Council of America. He is a member of The Academy of General Dentistry and The American Academy of Cosmetic Dentistry. He is also a Fellow at The International Congress of Oral Implantologists.



Dr. Le does volunteer work with Operation Smile and Hope for Tomorrow, which offers compassion and dentistry to our local and international communities. Dr. Le is one of the four dentists in his family and has been practicing in Vienna, VA for more than nine years.

The office offers state-of-the-art equipment and he attends ongoing courses to keep current in all dental procedures. Dr. Le's emphasis is on aesthetic and comprehensive dentistry. He practices high quality dentistry and enjoys building relationships with his patients.

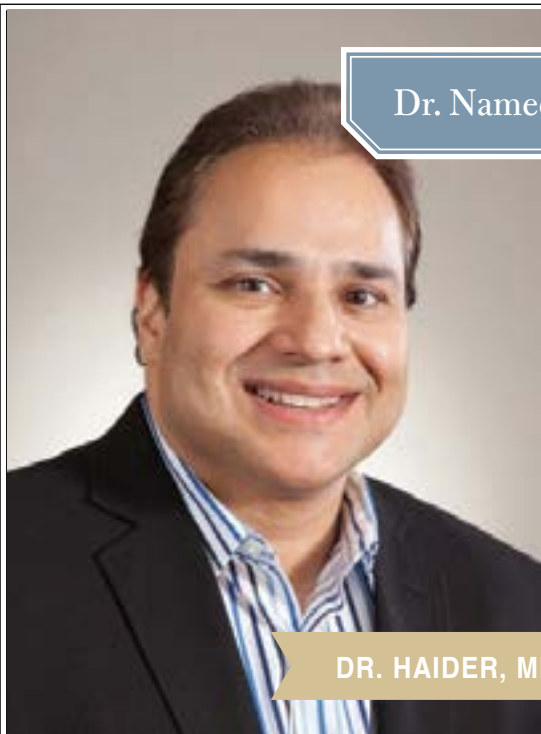


He has changed the life of many of his patients through his high standards of dentistry and by giving comfort with the use of IV and Oral Sedation. Dr. Le will meet all of your dental needs and you will not need to go to another specialist because of the many procedures offered at his practice.

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DR. HAIDER, MD

Dr. Haider has practiced Medicine since 1990. He is a graduate of King Edward Medical University. He completed a surgical internship at East Carolina University and served as chief resident at LIJ – North Shore University Medical system. He completed a fellowship in Pain Management at the Spinal & Skeletal Pain Institute in NY. He holds board certification in Physical Medicine and Rehabilitation, and two separate board certifications in Pain Medicine. He uses progressive technology to treat pain. Dr. Haider is a pioneer in applying new minimally invasive treatments, regularly lectures at international medical conferences. His research appears in leading medical journals. He developed the “Haider 360 Halo” procedure for migraine treatment.

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Dr. Austin Churchill, MD | THE MINIMALLY INVASIVE PAIN INSTITUTE

DR. CHURCHILL, MD

Dr. Churchill graduated from Cornell University Medical College in 2000 after completing her undergraduate degree in biological sciences at Cornell University in Ithaca, NY in 1996. She completed her internship at St. Vincent’s Medical Center in Bridgeport, CT, an affiliate hospital of Columbia-Presbyterian Medical Center. She is a Diplomate of the American Board of Physical Medicine and Rehabilitation, and was recognized as one of the top PM&R Doctors in Northern Virginia Magazine for 2011 and 2012. Dr. Churchill performs soft tissue and joint injections as well as nerve blocks, and is developing her skills in fluoroscopic guided and ultrasound guided injections to obtain improved outcomes. Dr. Churchill treats musculoskeletal pain, neuropathic pain, and pelvic pain.

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Dr. Neil Wills, MD, FACS | LASIKPLUS VISION CENTER

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Dr. Wills enjoys working with his LasikPlus® team in the Tysons Corner, Alexandria, and Richmond vision centers, saying, "No surgeon operates in a vacuum. The support staff and investment in their training, provided by LasikPlus, is every bit as essential as the investment in technology." During a free exam, the experienced doctors and technicians will determine your individual needs to provide you with the best possible outcome.

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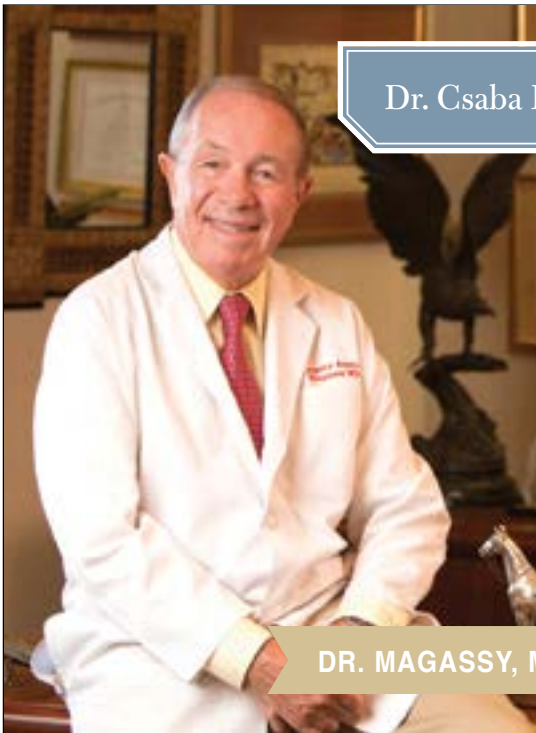
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DR. MAGASSY, MD

Dr. Csaba Magassy is one of the Washington area's best known and most highly regarded board certified plastic & general surgeons. With over three decades of experience, Dr. Magassy's practice has attracted patients from all over the world who are seeking uncompromising image, beauty and wellness. His reputation derives from an outstanding ability to combine the use of the most advanced laser technologies and surgical procedures with his extensive training, knowledge and vast experience.

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A pioneer of the endoscopic brow lift, Dr. Magassy specializes in facial rejuvenation offering face/neck lift, eyelid lifts, Rhinoplasty, laser resurfacing and injectables (Botox, Juvederm, Restylane, Radiesse, and Sculptra). For body contouring, SmartLipo, one of the most advanced and successful laser technologies, is a procedure used by Dr. Magassy to literally reshape and re-define the contour of the body including the stomach, thighs, arms and buttocks. SmartLipo not only removes unwanted fat but simultaneously shrinks the skin producing exceptional results with minimal recovery time and scarring. Dr. Magassy can also provide his vast expertise for patients interested in breast reshaping with augmentation, lifts or reductions.



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Drs. Shahla Shakeri & Bijan Ahmadi | TYSONS PHARMACY



DRS. SHAKERI & AHMADI

For over five years, Tysons Pharmacy of Falls Church has stood out as one of the few locally owned area drug stores. With a team of professional, experienced pharmacists, Dr. Shahla Shakeri, Dr. Bijan Ahmadi, and Fara Wallace, have created a pharmacy that addresses the problems inherent with larger drug retailers.

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Tysons Pharmacy's advantage is twofold. First, it is far more localized than most pharmacies. "Being local allows us to know our customers on a personal level" says Dr. Ahmadi. "When our clients come in, we know them, their families, and their medical needs. This means less errors with prescriptions and better health for our patients."

Secondly, being local allows Tysons Pharmacy to provide higher levels of customer service versus general retailers. Lines are shorter and service quicker. Tysons Pharmacy also provides a unique delivery option to nearby residences and offices within the same day. This fast, modern delivery system ultimately reduces travel time and costs for patients.

"The best thing about our store is the value that it holds for our customers," says pharmacist Fara Wallace. "We save costs towards our customers by using a variety of special promotions with the benefit of an individualized experience. This allows us to care more and do more."



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Dr. Michael Chung, DDS | SOFTOUCH DENTAL CARE

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Dr. Chung received his undergraduate degree at The Johns Hopkins University before attending the University of Maryland at Baltimore. Having completed the full mouth reconstruction course, Dr. Chung is also a graduate of the world renowned and prestigious Las Vegas Institute for Advanced Dental Studies (LVI), where he received intensive hands-on training that is not offered in regular undergraduate dental schools.

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DR. LAURENT, DDS

Dr. Barry D. Laurent, DDS

Barry D. Laurent, DDS, graduated with Highest Distinction from George Mason University and from Virginia Commonwealth University's Medical College of Virginia School of Dentistry, having earned the A.D. Williams award for academic excellence. In 1983, he opened his office as a general and cosmetic dentist in Tyson's Corner providing a broad range of dental services with a focus on implant rehabilitation, minimally invasive laser dentistry and disease prevention.

Dr. Laurent volunteers and helped establish the Northern Virginia Dental Clinic; a non-profit providing dental care to those less fortunate. He is an active member of the American Dental Society, the Academy of General Dentistry, and the Northern Virginia Dental Society.

DR. BARRY LAURENT, DDS

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Dr. Xiaochun Zhang, MD | ASTORIA LASER CLINIC AND MED SPA

DR. ZHANG, MD

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Dr. Jules Feledy, MD | ASTORIA LASER CLINIC AND MED SPA

DR. FELEDY, MD

Dr. Jules Feledy is a specialist in both Reconstructive Plastic Surgery and Aesthetic Plastic Surgery, particularly known for his reconstructive plastic surgery expertise in breast reconstruction, melanoma and skin cancer procedures. Specialties include VASER Liposuction with fat grafting, breast augmentation and abdominoplasty.

An award-winning, board-certified plastic surgeon, Dr. Jules Feledy is consistently list among the area's "Top Doctors." He now offers his services at Laser Clinic and Med Spa, where he brings world-class training top-notch results to his patients.

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Drs. Alan Hinkle, DDS & Andrew Hinkle, DDS



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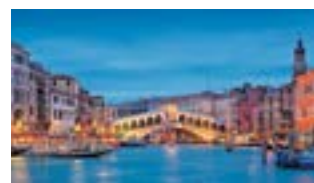
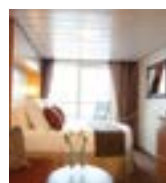
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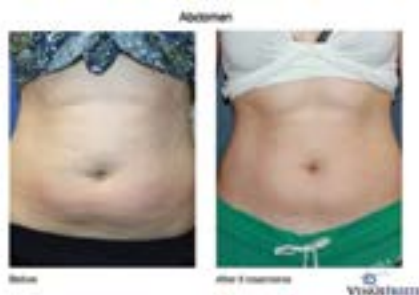
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Buzz Worthy IN MCLEAN

BY KEITH LORIA



If you're dining at härth (yes, lowercase), one of Tyson's hottest restaurants, you'll find a menu full of locally-sourced ingredients as executive chef Tom Elder is a big believer in the farm to table movement.

Elder keeps an on-premises organic garden, which features 10 of the world's hottest peppers, five types of mint to be used in a variety of mojitos, four types of tomatoes, as well as Stevia for härth's famous "Skinny Mojito" and other herbs including pineapple sage and lemon grass.

Located inside the McLean Hilton, härth also has a unique way of sourcing



its honey—Elder houses a beekeeping operation on the restaurant's roof, consisting of four hives with a summer high of 50,000 bees that produce nearly 600 pounds of honey a year.

"I am the beekeeper, so I take care of the bees," Elder said. "In a nutshell, I'm monitoring and taking care of the bees, keeping their hives clean and organized, watching the worker-bee production, and gathering the honey."

Bees are a \$20 billion industry as over one-third of food sources in the world

need to be pollinated. There have been many reports in the news this past year about how a bee shortage could wreak havoc on the farming industry, and that's one of the reasons Elder wanted to do something.

Elder has been around bees for most of his life. He was raised in the Midwest out in the country, and his dad was a veterinarian, so he basically grew up around animals and farms.

"Bees were a part of many of the farms, especially orchards and things

like that,” he said. “When I came out to Virginia, I started reading about the disappearing of the bees, and was talking to local people about how their gardens weren’t growing as well, which is a sign of not enough pollination. I decided it would be a good idea to keep bees.”

Not only keep them for the honey for the restaurant, but to release them out to help. Keeping bees isn’t cheap, but the restaurant has managed to return its cost on investment since most of the money involved comes from the startup equipment. The biggest expense is replacing the queen bees, as they need to be specially ordered.

Elder uses the honey he collects in the restaurant’s signature dish—the Applewood Smoked Bacon Jam, which is used for bread service—as well as in his charcuterie plate, and yogurt parfaits and as glaze for grilled shrimp and popovers.

The honey is also used to support local children with allergy conditions.

“We like to give it away and help relieve the allergy problems through the spring and fall seasons,” Elder said. “That pollen in the honey helps, almost like a flu shot, so it serves as an antibody and builds up the tolerance for allergies. Some children can get off medication and just be on honey.”

Of course, when there’s bees involved, you’re bound to be stung, and Elder estimated that he has been stung at least 100 times this year.

“You never get used to it; it’s just not pretty,” he said. “Each bee sting will affect you differently, and if they have a clear shot at you and they lay it in, it hurts.”

So, why does he do it?

“I think it’s all about the community. That’s why it’s important,” he said. “Community is the basis for our society. To help care for the things around you, that’s what excites me and is something I think we all need to do responsibly.” ❖

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2014 *Style*

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3

BY LAUREN SIMMONS

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2014 *Gadgets*

BY LAUREN SIMMONS



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BY LINDA BARRETT

The Gallery's services aren't just limited to furnishings. Their **full-service design team** headed by designer Rick Harvey helps with the entire design experience, from painting, lighting, wall and ceiling art, music, and whatever else is needed to create a stunning space. "Our designers have the capacity to work with any budget, from six-figures for a single room to a \$10,000 budget for four rooms," Khan says.

McLean Furniture Gallery takes their service yet a step further by offering a **refurbishing/remodeling** division.



Projects include completing unfinished basements, state-of-the-art kitchens remodels, and adding skylights, among others. They are proud of their work to refurbish and furnish ambassadorial residences in New York, Washington, D.C.,

MCLEAN FURNITURE GALLERY IS *All That and More*

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Since 1984, McLean Furniture Gallery has been a stalwart of our community, well known for providing top-quality furnishings. Yet they do so much more.

Obviously, they sell **furniture**. Their 25,000 square foot gallery at 8500 Lee Highway showcases fine furnishings from over 100 manufacturers, including top designers and well-known brands.

Clients are not only local, they are worldwide. "We are the provider for dignitaries, ambassador residences, 7-star boutique hotels, heads of state, military clubs and residences, private country clubs, Fortune 5 executives, and well-known international glitterati," says Tehmina Khan, owner and designer. Yet, they have furnished several schools for underprivileged children in Washington D.C.

The economy forced many area furniture stores to close, but not the McLean Furniture Gallery (MFG). As the only design-focused furniture showroom in our area, MFG sells so much furniture that, in fact, three major manufacturers paid them the biggest compliment possible in this industry: naming collections after them. For example, Kindel Furniture named a bedroom suite the *Tehmina Group*, and Harden Furniture honored them by dedicating a European-style wood-frame settee and sofa, the *Tehmina*.

Singapore, Dubai, Abu Dhabi, Beirut, Lahore and Bombay.

And as one more service, MFG offers a **furniture leasing** division. "We work with people in transition, as with the diplomatic corps, military and corporate accounts, bringing brand-new inventory to every job," Khan says.

The American Success Story

Tehmina Khan's personal story is the true American Success Story. "Growing up in Pakistan, girls didn't have the same educational opportunities as boys," Khan explains. So she started her own business providing an haute couture collection featuring precious and semi-precious

gemstones and hand embroidery stitched on gossamer silk clothing. She called it **Couture Tehmina** (now MFG's parent company).

She was based in London at the time, and honored when her collection made it to the personal wardrobes of the First Ladies of Europe and the Middle East. Then one day, then-U.S. Senator Hugh Scott (R) walked into her boutique and shopped not only for his wife, but for then-First Lady Nancy Reagan, who subsequently wore three of Tehmina's gowns during Inaugural Week events. The Senator invited Tehmina to bring her collection to the U.S., which she did in 1983, and moved into McLean.

How did she go from haute couture to fine furnishings? "That," she says, quoting Rudyard Kipling, "Is quite another story."

McLean Furniture Gallery is located in the Mosaic District of Merrifield, which is undergoing a transformation. "This inspires me to change my building too," Khan says, revealing that she would like to add three more floors to the building she owns. Visit their Gallery, or stop in their Clearance Center just a few blocks away for value-priced furnishings from name-brand companies.

"People specifically tell us that they like to buy here because they are supporting local business—the backbone of the American economy," Khan says. "And we're glad to be part of this community, for 30 years now and hopefully well into the future."

You don't have to be a movie star or dignitary to shop at McLean Furniture Gallery, but with their service, you'll feel like one. ♦



CONTACT:

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www.mcleanfurniture.com

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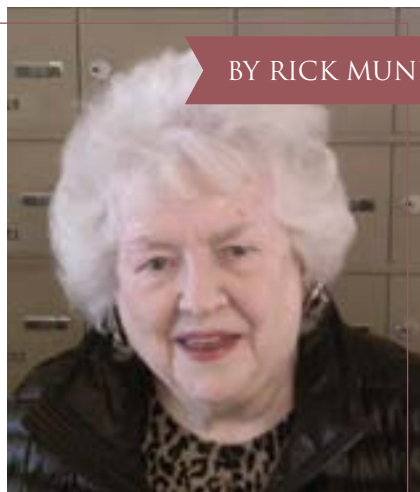


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BY RICK MUNDY

Julia Williams

CREATING “FLASHES OF LIGHT” AND LOVE IN OTHERS

Julia Williams was born in Gibson, Louisiana, a tiny town of 250, but has spent her life embracing the world.

“The world is my home,” Williams said, and her life bears out her statement.

As one of seven children to a Methodist preacher, Julia was raised with a strong faith and allegiance to something higher. She and her siblings were taught to think, maintain curiosity, and express themselves creatively. These traits would serve her well as an educator, missionary, mother, and writer.

As a young couple, Julia and her husband maintained a huge chicken farm, Feather Farm, for seven years. However, they didn't want to be tied down to one spot for their entire lives. As their four children were born, they determined that their children would become “world citizens.”

Leaving the chickens, they traveled to Costa Rica to study Spanish and studied further in Nashville to prepare for missionary work in Bolivia. An early assignment was to help the Aymara Indians increase their income through better farming techniques. Julia taught school, including her own children (which she admits was her hardest work). They built an agricultural center at Lake Titicaca so the farmers could

have greater yields and also built a building that served as both a school and hospital.

Julia's dedication to teaching began early, and she readily shares story upon story of her students. Her upcoming book will give a full account, but we can learn about lifetime of caring and serving others through a couple of examples.

Very early in her career, she had to discover a way to reach a young girl with hydrocephalous.

“I think of teachers as scientists,” said Williams. “We have to analyze a situation and then figure out what to do.”

Meeting with the silent girl three times a week, Julia designed a kind of stroller for the girl, and her legs began to straighten. One day, as she looked deeply into the girl's eyes, “I saw a sudden ‘flash of light,’ and I instantly knew that she could understand love the same way you and I do, and we began to make some progress.”

Discovering that flash of light became important for Julia as she started the first class for handicapped children in Parrish County, Louisiana. After her missionary work, she started a non-profit school in Raleigh, NC, called Learning Together, one of the first schools to integrate handicapped students with non-handicapped and gifted children.

“We had 18 kids from 15 countries, and I spoke in both Spanish and English each day.”

She recalls one challenging 6-year-old who arrived with a reported IQ of 40.

“He sat under the table and did nothing. One day, another boy spoke

to him, saying ‘John, I want to play with you.’ The flash of light. I instructed all the students that, from time to time, they should hold up items and say the word – cup, pencil, etc. One day, as we stood around a table, each student picked up a blackberry, said the word ‘blackberry,’ and ate it.

“When we got to John, he too said ‘blackberry.’ And then he took another and said, ‘blackberry,’ again and again, until he had finished the entire bowl. He progressed rapidly from that moment. John went on to high school, entered NC State, and today he is married with a child and has a job at UPS.”

These flashes of light and Julia's abilities to impact the lives of others are at the heart of her extraordinary life, which we have only touched on. Of course, there was more missionary work where she developed both medical and educational teams offering help in several countries. There is her upcoming book, *How Do You Spell JOY?*

There is also her full life at Chesterbrook Residences, where she is known as the Fudge Factory, creating excellent fudge for resident birthdays and other occasions, and where she has maintained the *Chesterbrook Chatter*, telling other residents' stories and keeping everyone informed and entertained. Perhaps her greatest joy, though, comes in speaking of her own four children, Carl, Jim, Christy, and Louis, who have truly become the world citizens she wanted.

“Money is tight, but I'm the richest person I know. You have to have a passion about what you do and an acute awareness about what's going on around you.”

And, thanks to Julia's own drive, there is always a *lot* going on around her. ❖

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THE *Flight House*

by Richard Gazala

CHAPTER 3 – ASYLUM

Before you spoke them, you heard them. They comforted you. Whether you tried to utter or understand them, words were alien things, at least until you evolved sufficiently to escape the cradle. Slowly you began to first grasp words' formation, then their meanings, then their nuances, and finally their formidable powers. Before that, your face nestled against your cooing mother's indulgent breast, words were no different to you than countless other strange and startling sounds darting into your newborn head, with one crucial exception—words were human things. You didn't understand what the words meant, but you knew their caress against your ears meant the secure clutch of human presence was but a sharp cry away.

The sounds of words meant someone was watching over you. Someone was shielding you from the authors of those other sounds, the noises that weren't words. Sheltering you from the invisible horrors exhaling sinister hisses and ruinous moans into your virgin ears. Though yet in your swaddling clothes, your primal survival instincts warned you no man made those other sounds. Those were sounds no genuine man would dare make, for merely to confess the potency to make them would rend the human mask painstakingly donned to shroud inhuman intentions.

Your crib confinement expired decades ago. Still the insistent echoes of those other sounds reverberate in your head. Sounds surely not words, but sounds just as surely comprising a language of their own, native to a hopeless world worthy only of evasion.

That language is fear's tongue. I heard it unmistakably, as I stood against a wall in the belly of the Bunny Man Bridge, one arm coiled protectively around the frail shoulders of Sarah Carson. The night remained soaked from the storm that drenched it earlier, when, at the party in Vienna, Kashmira Jones begged my attention to her ongoing uncanny difficulties at the Hight House. But the Clifton air wasn't nearly cold enough to explain how badly Sarah's thin shoulders shivered beneath the thick gray wool of her long shawl.

Sarah peered into the leaden mist coating the bridge. Though nowhere to be seen a bare moment ago, suddenly a thick haze undulated around us, a thing that felt alive and ravenous as it oozed down from the railroad tracks on the

bridge overhead, gnawing at our legs before slinking off to the gnarled trunks of the crooked trees whose denuded limbs hunched over the tracks.

From out of the dense brume fear spoke. Its voice was the sound of metal dragging slowly against metal, approaching us from somewhere in the trees. Aside from fear's raspy voice growing ever closer, and our own breathing growing increasingly rapid and ragged, the night had nothing else to say.

Sarah clutched me, letting her walking stick clatter to the wet asphalt under our shoes.

"It's him," she whispered. "It's him. I know that sound. That sound is the head of his axe, scraping against the train tracks."

She closed her eyes. Quivering leathery lips sucked air into her lungs, gulping anxiously, as if they realized their allotment of breaths was quickly expiring.

"What I told you before ... I was wrong. I'm still scared. I'm still afraid of the Bunny Man."

The sound stopped. Try as I might, I couldn't tell whether the scraping sound had originated in the depths of the woods, or came from the tracks just overhead. Somehow the noise sounded confused and disoriented, undecided whether it wanted to be close to us at the bridge, or if it preferred instead to keep its distance by lurking back in the trees. The night became silent again, huddling with us under the bridge, waiting.

"Are you sure it's him?" I asked.

Sarah shrugged. Brushing back her snowy hair, she picked up her stick and waved it unsteadily into the haze. Eddies of pearly mist swirled in its wake.

"Do you want me to take you home?"

Sarah shook her head.

"Afraid or not, I'm too old to hide from him now," she said. "Too damned old to run away." Her milky blue eyes brimmed with tears. "Poor Eddie ..." She leaned against me. Her entire body trembled.

"Tell me about that first kiss, with Eddie," I said.

"No. I don't want to talk about that. I kissed him to death."

In an effort to comfort, I hugged her. The old woman felt very small and tired in my embrace.

"Then tell me what else you remember about that night, Sarah."

Her voice was almost too quiet to hear.

"They said he escaped from an insane asylum in Clifton, when they were moving inmates to the Lorton Prison. That was in 1904. But that's not true."

"How do you know?"

"Because he murdered my sister, and her boyfriend, and my Eddie, and he hung them by their necks from right there."

Sarah pointed with her walking stick to the bride above our heads.

"And I got away, for some reason. I hid, but he could have caught me if he wanted to. I was just a girl. He let me go."

"Yes, but that doesn't mean the story's not true."

Sarah stared up at me while the fog squirmed between our faces.

"I've spent 65 years thinking about this. I wake up every morning remembering, and I go to bed every night praying to forget. No one grants my prayers, so I research. I study. I learn, so I can try to understand, because understanding is the only chance I have for any kind of peace."

I nodded.

"All right. If the Bunny Man didn't escape from the Clifton asylum in 1904, where did he come from, Sarah?"

We both heard it at the same time, the slow, scraping sound of metal grating against metal. I gently pushed Sarah from me, and ventured a couple of steps from beneath the bridge to squint into a clump of tangled trees crouched next to the bridge. The scraping sound came from there. Some short distance away between the trees, palpitating in the churning swells of murk, an indistinct ball of sickly yellow light hovered. It appeared to float about chest high from the ground, waxing and waning in time with the grating sound. The mist forbade me certainty, but it seemed the yellow orb was moving toward the bridge. Toward us.

I hastened back to Sarah and took her hand.

"You shouldn't be here. Come. I'll take you home now."

Sarah nodded, and squeezed my fingers.

Fear raised its voice, and spoke again. The scraping sound was nearer now, contorting itself into a mad metallic screech at the bridge's edge, mere yards from where we stood. A dull glow of grotesque yellow light seeped from the bridge into the rain puddles at our feet as we hurried in the direction of my car. Sarah's walking stick clicked fitfully on the wet road.

A sound I've never heard before, feral offspring of iniquitous union between brutish growl and unhinged laugh, spilled from the bridge.

Sarah glanced over her shoulder and shuddered.

"There was no insane asylum in Clifton in 1904," she panted.

"There's never been a public asylum in Fairfax County. That's not where he came from"

The shrieking laughter grew louder. I threw my eyes at the bridge behind me. The indistinct silhouette of a huge man stood atop it, blurry in the foggy froth. Back and forth high over his head like an infernal pendulum, he swung an axe.

Weak moonlight gleamed unevenly from the surface of my car, a hundred feet away. Waves of monstrous cachinnation followed our every harried step. As we got closer to the car, I saw it was covered with something.

No. Not something on my car. Some things...

Dozens of dead and mutilated rabbits were strewn across my car's hood, top and trunk, were jammed in the door handles and hubcaps. A solitary rabbit dangled from a haphazard noose tied to the antenna.

I ignored Sarah's screams and pushed her into the passenger seat. As I scrambled around the car and hurled myself behind the steering wheel, I slipped a last glance to the bridge.

The Bunny Man was gone.

And then he wasn't. Flooded by my car's high-beams, he stood in front of the car, covered with a tattered cloak roughly sewn from hundreds of rabbit skins. His eyes blazing yellow balls of manic ire, he heaved his axe over his massive shoulders. A shrill howl gushed from his throat and ravaged the night. He looked right at me as the car's engine rumbled to life and I slammed my fist on the horn and jammed my foot on the accelerator.

The Bunny Man was gone.

Sarah looked down at her clenched hands as I drove. Neither of us spoke, until she said, "You should help the Jones woman."

"How do you know about that?"

I felt Sarah's eyes on me.

"In 1904 there was no public asylum in Fairfax County," she said quietly. "But there was a small, privately operated one, for criminally insane inmates. Evil, violent men. But rich ones, from the best Virginia families. An inmate escaped in 1904. He was never found."

"The Bunny Man?"

"Yes."

"What happened to the asylum?"

"The scandal was too much, so it was closed. Nowadays, it's only known by its original name—the Hight House."

To be continued...

AUTHOR: Richard Gazala *"The Hight House: Chapter 3 – Asylum" is copyright 2013 by Richard Gazala, with all rights reserved. It appears here by permission of the author, and may not be reprinted or reproduced by any means in whole or part without the author's express written consent. This is an original work of "faction;" names, places and dates may have been altered to protect the faultless and the abominable alike, and any coincidences with objective reality are not guaranteed for precision or inaccuracy. Richard Gazala is the author of the award-winning thriller, Blood of the Moon, and his E-Book anthology of short scary stories, Trust and Other Nightmares, is available at E-Book sellers everywhere, including www.amazon.com. Find out more about Gazala and his work at www.richardgazala.com.*

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BY JOHN W. BYRD

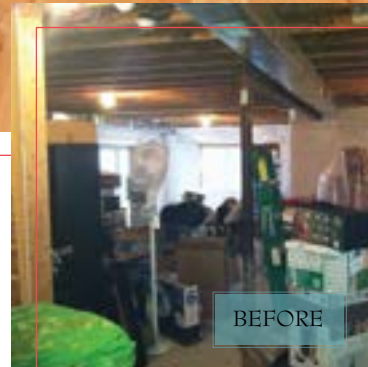


With its private entrance, fully operative kitchenette, and dining table for four, the new lower level allows Tina's mother, Kay, to host bridge parties for friends.

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BEFORE

Eric and Tina Park, both physicians, thought their lives were already busy ten years ago when they purchased a 3,400-square-foot two-level neo-Colonial in Falls Church.

Among other pressing responsibilities, Eric is medical director of a local hospital; Tina has a bustling private practice. Both were "on call" a lot of the time, and professional demands could sometimes stretch into the wee hours.

But blessed events have a way of changing basic assumptions for the better. In 2007, the couple's first daughter was born, and a second daughter followed four years later.

Suddenly, active lives became still more fulfilling ... and even busier.

"Our plan all along was to create a family home," Tina said. "We saw the lower level eventually playing a more prominent part in our daily lives, but it was basically just storage space for ten years. It wasn't until my mother [, Kay,] began helping us with the girls on a more frequent basis that we started looking at the house more closely."



Kay and her husband Kon, also a physician, still live in Anniston, Alabama. But in the past few years, the couple – now in their mid-60s – has been gradually looking at retirement options.

“Mom had been coming for extended visits after my second child was born in 2009,” Tina said. “She would stay in the guest room, but as she started staying longer, it made sense to create more privacy.”

Eric and Tina began considering converting the nearly 2,000-square-foot unfinished lower level into living space for their parents, making their family home larger and more accommodative. The space boasts a ground-level course of rear windows and a private entrance that exits to a backyard patio. Beyond the natural light source, though, it was unclear how to convert a completely unfinished basement into a mainstreamed suite of rooms.

“It’s nine feet below the first floor—largely below grade. We weren’t sure about air circulation, or possible problems from moisture build up,” Tina said. “Using the lower level for an occasional family gathering is an entirely different matter from setting up a master bedroom suite for your parents, so we were looking for experienced professionals to guide us through a long list of concerns.”

It’s at this point that Sun Design Remodeling enters the story.

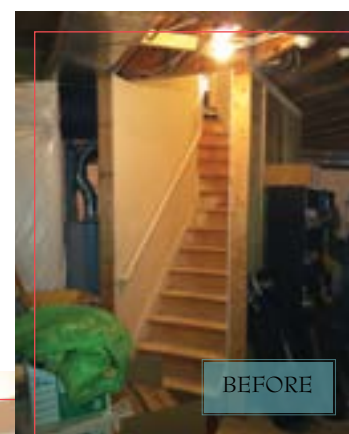
“We had visited one of their remodeled homes a few years ago, even attended a seminar,” Tina said. “The question for us was whether a room that is partly below-grade could be

made-over to our requirements.”

Adds Sun Design interior designer Liz Lee: “There are always infrastructure basics that have to be met before we can even recommend a build-out. Among other things, the space called for an appropriately-sized de-humidifier and a suitable location for a return air grill. Comfort, air quality, and energy efficiency are always critical.”

But with performance feasibilities resolved, the team turned their attention to configuring the space. For Kay, the top priority was a makeover with all the accoutrements of

For nearly a decade, the Park’s 2,000-square-foot basement had mainly served as the family’s storage. Tina described it as “dungeon-like,” a perception reinforced by the narrow L-shaped access stairway.



BEFORE



To create a more welcoming entrance, the design team widened the stairwell while preserving a critical I-beam structural support. The shelled-in aperture with handrail allows for more immediate natural light. New random width flooring, built-ins and other finishwork details invite the eye to explore.



The master bathroom is finished with espresso-colored maple wood cabinet facings, a floor-to-ceiling glass-enclosed shower, and a vanity with granite surface.



independent living, including:

- ◆ A comfortable master bedroom suite with large closets.
- ◆ A dedicated master bath with textured finishes and a spacious walk-in shower.
- ◆ A fully functional kitchenette with dining counter suitable for four.
- ◆ A private entrance.
- ◆ A dining alcove with a table for four that would also accommodate bridge with friends.

To advance family fitness, Eric and Tina envisioned a 195-square-foot gym with a treadmill behind a pair of frosted glass doors.

A general family gathering area at the foot of the stairs called for built-ins custom-designed for the children's favorite toys.

And then, of course, they wanted a family entertainment zone wired for surround sound, a flat screen TV, and a karaoke machine.

Each activity area would be zoned for privacy, yet never more

than a few strides from the centrally-located kitchenette.

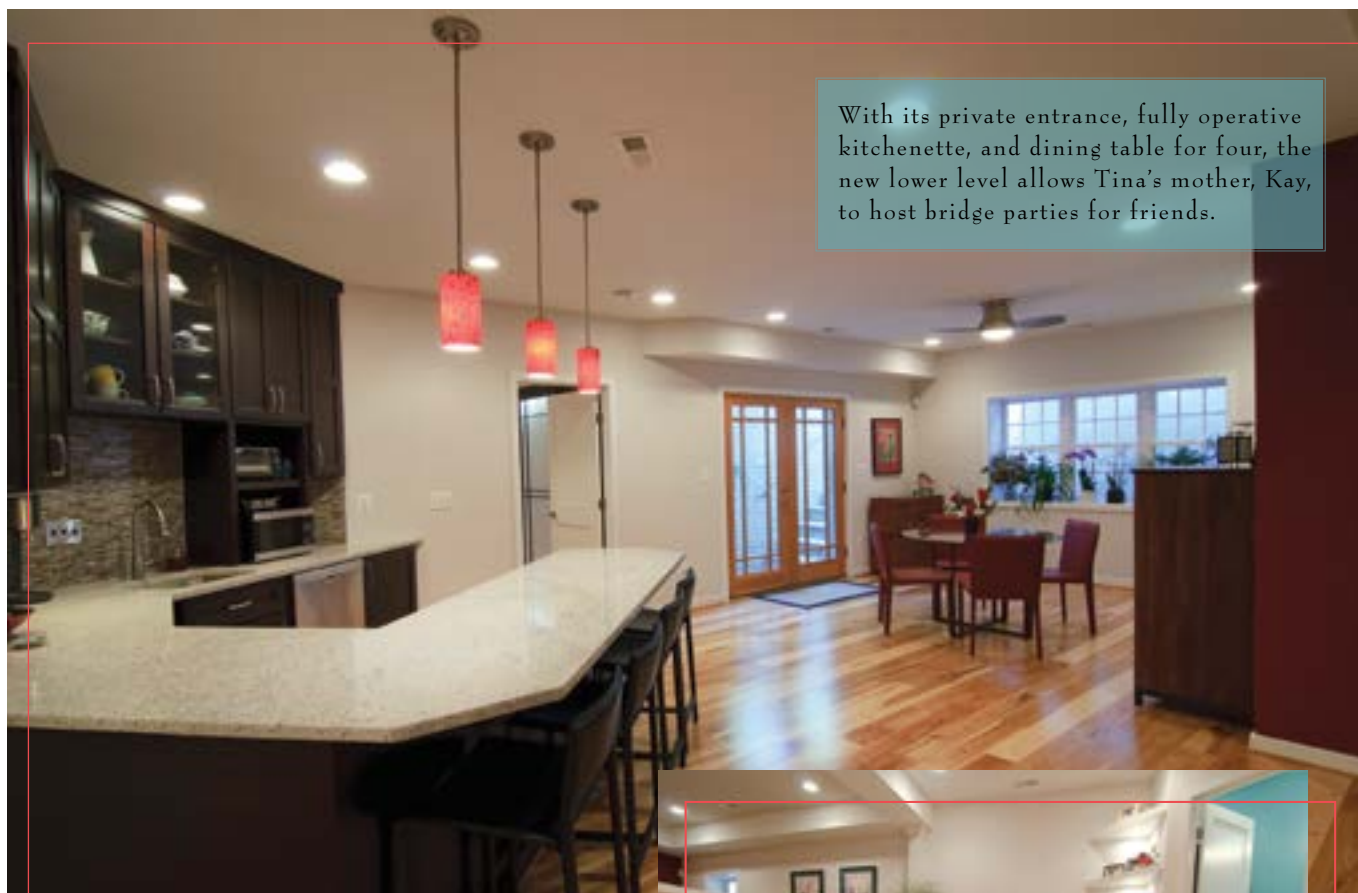
With all the floorplan components decided, a host of structural issues needed to be addressed. The shelled-in, L-shaped entrance stairway would be appreciably widened while preserving a necessary I-beam. Plumbing and HVAC ducting was re-routed. Other essential structural supports were re-positioned. The effect is wide-open space and sightlines that reach in all directions.

"We didn't want the new rooms to look or feel like a basement in any sense" Tina said. "Since it had been almost dungeon-like, we were looking for a significant transformation. Fortunately, Liz Lee really understood our vision."

Describing the desired décor as "modern Asian contemporary," Tina sought simple lines, soft tones, and visual continuum.



The lower level bedroom suite is spacious and comfortable. Sun Design Remodeling's Liz Lee worked closely with Kay in developing the Asian-styled interior design scheme. The Shoji screens conceal wardrobe closets.



"My mother had very specific ideas that even included elements of *Feng Shui*," Tina recalls, "She and Liz collaborated directly on most of the finish work details."

Along these lines, Kay's Korean-styled headboard faces southeast towards a set of sliding Shoji screens that conceal closet space and other personal effects. The master bathroom is finished in espresso-colored maple wood cabinet facings, a floor-to-ceiling glass-facings linen closet, and a vanity with granite surface.

While the 150-square-foot kitchenette and dining counter provides everything needed for food preparation and clean-up, the artful execution blends seamlessly with other elements in an open, yet cleverly-zoned great room. Walnut cabinet facings, marble surfaces, and a tile backsplash present a pleasing contrast to the eggshell white walls and random-width pine flooring.

Ceiling level bulkheads and tapered columns define key activity zones.

Recessed lights and three dangling pendant lamps provide illumination and aesthetic accents. To eliminate cooking aromas, the kitchenette is even equipped with concealed ventilation fans.

"It's really the nicest place in the house now," Tina said. "And it satisfies so many different needs, it's become our main gathering place."



Sun Design Remodeling frequently sponsors tours of recently remodeled homes as well as workshops on home remodeling topics. Headquartered in Burke, the firm recently opened a second office in McLean. For information: 703.425.5588 or www.SunDesignInc.com ❖

AUTHOR: John Byrd has been writing about residential architecture, building, and remodeling for 30 years. His work has appeared in *House Beautiful*, *Architectural Digest*, *Southern Living*, and many other national and regional publications. He has also written and produced segments for HGTV and other cable outlets. He can be reached byrdmatx@comcast.net.

"INFUSED WITH World Class Style"

BY HILLARY STAATS

People travel for a myriad of reasons – to expand their palette, to learn new languages, or to escape from the stress of their daily lives. As an interior designer, I travel because every journey provides incomparable treasures in the form of inspiration or objects, many of which I've infused into my own home. By doing so, I've created a style unique to my experiences, my memories, and me.

My clients often ask me how to instill this world-class style into their own homes. The key, I've learned, is to only bring home what you love, thus turning your home into a place where you can enjoy the beauty of the collection of your life's journeys.

From rural Virginia to Istanbul, Turkey, I appreciate that each locale offers the opportunity to gather fabulous, distinctive ideas and goods. Some of my recent favorites include:

Paris

The Louvre, Paris



During a trip to Paris, I couldn't help but be inspired by the beauty in contrast. Between the classic and the modern. . .

Paris Architectural Digest Showhouse, 2013



Between the organic and the angular

Within those designs, each individual element makes the other more visually striking and the design as a whole even more stunning.



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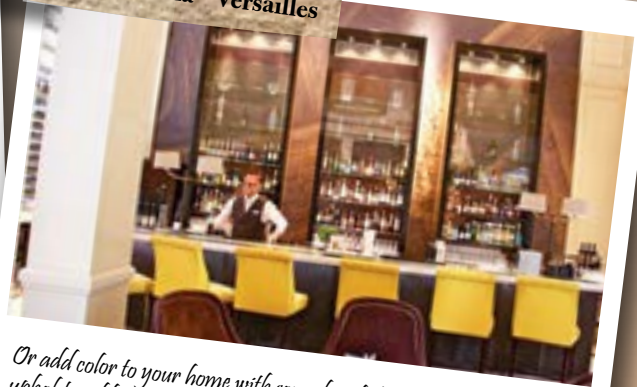


Paris



Bold color was around every corner on my last trip to Paris. To incorporate color into your space, paint your front door a dazzling blue like this door I came across on a random Paris street

Waldorf Astoria - Versailles



Or add color to your home with some brightly upholstered bar stools

Turkey

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China



Some wonderful ceiling patterns and colors in the Forbidden City

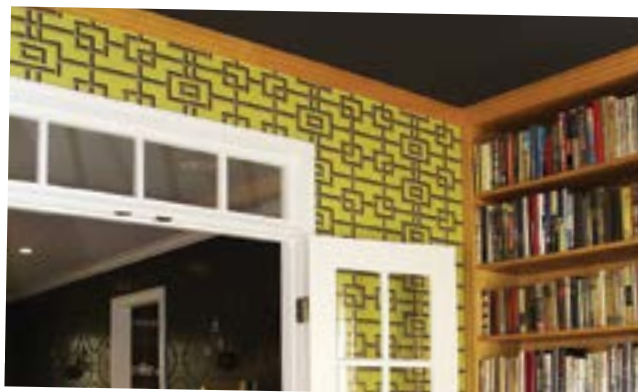
China



Colors in the Forbidden City



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The creative mélange that you collect during your travels will make your home richer, more interesting, more unique, and infused with world-class style. ♦

AUTHOR: Hillary Staats is an interior designer and owner of Sanctuary Interior Design Build. She loves to travel and find fabulous items for her self and her clients.

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The Road Ahead: FORSAKING FEAR

BY LEIGH MACDONALD

We've all pondered it at least once: "What would I do if I knew I could not fail? What would I do if I had no fear?" It's an age-old question with many quote-worthy answers.

So, as I considered the notion of starting 2014 without any fear of failing, I looked to friends and colleagues for their thoughts about fear. What I learned provided a world of perspective, and it also reminded me that my idea of fear — my everyday type of "Can I do this?" fear — is self-imposed and so very limiting.

Most of us deal with fear on the level that the age-old question is meant to address. And that's the kind of fear at which this article is directed. But for perspective, we should remember that people all around us face fear on a fundamental level. The single mother who repeatedly scrapes together rent and grocery money is truly afraid, as is the woman diagnosed with breast cancer and the father of a child with bone cancer. Those circumstances evoke true fear, and my fear — and perhaps your fear, too — pales. It's nevertheless real, but you can take steps to conquer it.

Being different is good. It's so easy to feel uncomfortable with being different. After all, we're programmed — from the outset, really — to conform. But the things that make you different also make you special, and respecting your differences will empower you to stick to the path that best suits you. Be true to yourself and the things that matter to you.

Familiar fails us sometimes. So many of us hold on to ugly moments from our past. Essentially, fear of the unknown causes us to focus on the familiar. The result of this misplaced focus — this unwillingness to step out of our comfort zone — is that we pass on opportunities. Force yourself to believe in that which is not familiar. After all, it's a sure bet that your best moments, those moments you're most proud of, happened when you stepped out of that comfortable place. Push yourself away from familiar. You'll be glad that you did.

You are worthy. Love yourself . . . for your accomplishments, for your kindnesses, and for your mistakes. Remember that mistakes are a sign that you're trying, and never question the fact that others assess your value based on the way you value yourself. If you question your character or what kind of person you are, there's no doubt that others will question you, too.

Choice vs. chance. This one is far easier to say than do, but it's critical to a fear-free life. You must believe in your ability to make and achieve goals. You wouldn't take a cross-country road trip without a map, and life deserves at least the same planning. Be willing to commit to your dreams and then chase them. Fearlessly. ❖

AUTHOR: Leigh Macdonald is a hockey mom, magazine columnist and a former NHL cheerleader. She's also a former law professor and the founder of NiceShoesNoDrama.com. She appears regularly on air as a style expert for all of Washington, D.C.'s major network news stations. Leigh is an active volunteer in her Northern Virginia community where she lives with her husband and two children. She has an affinity for beautiful shoes, white chocolate, authentic smiles and smart girlfriends.

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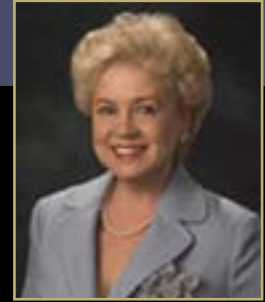
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HOMEOWNERS ARE INCREASINGLY MOVING INTO THE 'SELL' LANE

Rising home prices are bringing more sellers to the housing market. They are making decisions they have put off for years,

taking jobs in other locations and enjoying fast sales of their homes. It's good news for buyers who have more choices available to them. When fewer homes were available, some agents prefer to price a home high, hoping to draw higher initial offers. If the property is unique, and there are few comparable properties, this could conceivably bring a higher price at sale. On the other hand, Some agents price a property 10 percent lower, in hopes of attracting more available buyers and perhaps starting a bidding war. New research tackles the dilemma.

A study published in the Journal of Economic Behavior & Organization recently found those who set the initial asking price 10 percent to 20 percent lower saw a slight decrease in the selling price from what they asked. Those who priced a home 10 to 20 percent higher than homes in the neighborhood led to an impact of about \$500 more in the selling price. Real estate agents know that sellers want fast results, which is why they recommend selling at a price that's comparable with similar homes in the neighborhood. They're realistic and fear that pricing it much higher than comps will make it take a longer time to sell, if it sells at all. Still, many buyers may practice anchoring and convince themselves that the home is worth more because of its features. It's still a decision for sellers: price high, go low or price it comparably. ♦



Use Odd Chairs TO PERK UP A DINING ROOM

Decorators say most dining rooms are boring because all of the chairs match. Swapping out one or two with chairs of a similar design and contrasting colors will make the room more inviting. You want variety but compatibility. You wouldn't want to add a chair with metal legs to a set that's made of wood. Find styles that have a common element but are different. New York designer Benjamin Noriega-Ortiz, quoted in The Wall Street Journal recommends using one color or material or a single style with a different color for each chair. Keep the seat heights the same (about 18 inches) and make sure the back heights don't vary by more than two inches. ♦



HOW TO ENSURE A SMOOTH FINANCING PROCESS

When you Buy a Home

While each homebuyer wants something different when it comes to the home of their dreams, every buyer, real estate agent, and seller share one common goal: for the buyers' mortgage to go through smoothly and on time.

Most agents recommend a few lenders to their buyers who they know are reliable, will help their buyers find the right product at the right price, and will get the buyer to settlement on time.

Relationships between real estate agents and lenders are crucial for buyers and sellers because financing is the glue that holds together a deal. Mortgage financing, though, is not always a simple task and can become more challenging as new regulations go into effect. However, many real estate brokerages have a lender in their office, also known as an in-house lender, who can arrange financing for their buyers while they search for a home. These types of mortgage companies can provide one-stop shopping for homebuyers.

While there are benefits to working with in-house lenders, buyers always have the option of choosing their mortgage lender. In fact, buyers are encouraged to shop around. Federal law prohibits real estate agents from steering clients to a specific lender, and agents are not allowed to accept any payment for referrals. When buyers get a referral from a real estate agent to a lender, they can ask about the relationship between the agent and the lender to ensure they are comfortable with the arrangement. A good real estate professional should disclose this information without prompting.

Real estate agents and buyers typically want their mortgage lenders to provide excellent customer service in several ways: clear communication and coordination between all involved parties, sound financial guidance, competitive pricing, rates and fees, and, above all, an on-time and hassle-free settlement. They also want to ensure that any possible issues are prioritized correctly, everyone involved has the necessary paperwork at least 24 to 48 hours before closing, and the loan is prepared before settlement.

Communicate with your mortgage lender frequently for a speedy settlement.

While most mortgage lenders try to turn loans around within the buyers' desired timeframe, loan officers at in-house mortgage



BY JEFFREY S. DETWILER



WHAT DO BUYERS WANT FROM THEIR MORTGAGE LENDER?

1. Clear communication and coordination between their lender and their real estate agent, as well as their settlement and insurance companies
2. Solid financial guidance
3. Competitive pricing, rates and fees
4. Hassle-free & on-time settlement

companies work as a close coordinated team with their affiliated agents. They also have the advantage of daily contact with agents to customize loans to the buyers' needs and move loan applications forward, prioritizing those transactions. Loan officers who work closely with agents are more likely to communicate frequently with their underwriters and appraisers to ensure every step toward settlement is taken as quickly as possible.

Additionally, most in-house lenders have a formalized method of communication with buyers and their agent. The buyer's personal financial information is confidential between them and their mortgage consultant, but agents can be updated on the progress of their clients' loan application. In-house lenders, like all mortgage lenders, rely on underwriters to approve a loan; but, the additional level and frequency of communication between mortgage consultants, real estate agents, and buyers can prevent last-minute issues from delaying a settlement.

Get the information you need to make an educated decision about your home and mortgage.

Buyers often want their mortgage lender to function as a financial consultant. One benefit of an in-house lender is that a prospective buyer can meet with a real estate agent and a mortgage consultant in the same office on the same day. A mortgage consultant can educate buyers on the complexities of

home loan options and how to qualify for a loan. Buyers who face challenges when qualifying for a loan can get guidance on how to improve their credit or advice on how to gather funds for a down payment.

To be preapproved for a mortgage loan before they begin house-shopping, all buyers need to know is their price range and if they can finance a new property. Shopping for a home without a preapproval can result in would-be buyers falling in love with a home they cannot afford or having their offer rejected because of uncertainty of their ability to finalize the sale. Additionally, some sellers will not accept offers without a prequalification letter, so prospective buyers should come prepared with their mortgage preapproval amount and prequalification letter.

Additionally, buyers who work with in-house mortgage consultants will find someone who knows the local real estate market as well as loan products and programs that meet the buyers' needs. Some buyers find that, as they begin the house-hunting process, they want to increase their price range to find more available homes. A quick call to an in-house lender can provide an immediate answer to whether the buyers can comfortably qualify for a larger loan.

Do your research to make sure you receive the lowest rates and fees.

While the benefits of one-stop shopping and high levels of customer service are important reasons to choose

an in-house lender, buyers should always compare interest rates and fees. Many in-house lenders can reduce their fees because they employ more efficient methods of customer acquisition. Additionally, many offer more competitive rates thanks to the volume of loans they close. When working with an in-house lender, buyers can concurrently discuss their housing search with their real estate agent and their loan options to find the right loan and home for their needs.

Before you begin your home search or look for a mortgage lender, contact a Long & Foster sales associate and speak to a representative from Prosperity Home Mortgage, Long & Foster's in-house lender. Prosperity offers a wide range of mortgage products, including fixed and adjustable rate mortgages, jumbo loans, construction loans, renovation financing, and FHA programs. Long & Foster offices are located in across the Mid-Atlantic and Northeast, and the majority of these locations have an in-house mortgage consultant from Prosperity who can work with your agent for a streamlined real estate transaction.

One-stop shopping at Long & Foster includes more than working with an agent and a mortgage consultant. Long & Foster's multiple services also include homeowner's insurance, settlement services, property management, and corporate relocation services. Additionally, all Long & Foster agents have an array of local, trusted resources such as moving companies they can recommend to make every move as smooth as possible. No matter what you need, the Long & Foster team will go above and beyond to help you achieve your homeownership dreams.



AUTHOR: Jeffrey S. Detwiler is president and chief operating officer of The Long & Foster Companies, parent company to Long & Foster Real Estate, Inc., the largest independent real estate company in the United States, and Prosperity Home Mortgage, a full-service mortgage banker. From extensive, neighborhood-level market information to Long & Foster's core services companies—providing mortgage, settlement, insurance, and property management services in a streamlined manner—Long & Foster offers the services necessary to make today's real estate transactions manageable for owners and investors.

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Tysons East Street View



Tysons East Street View



Tysons Central 7 Street View

Fairfax County Approves Plans for “TYSONS CENTRAL”

COURTESY OF FAIRFAX COUNTY

The Tysons skyline at its core will take on its planned urban look following Fairfax County’s approval of a mixed use development at the area’s highest natural point.

From this spot, new high-rise buildings ranging up to 400 feet—or 36 stories—will be visible across the emerging urban center and beyond. Today, one and two-story shops, parking lots and Clyde’s restaurant populate the 5.7-acre site next to the Greensboro Metro station.

At its Nov. 19 meeting, the Fairfax County Board of Supervisors approved NV Commercial and Clyde’s Real Estate Group’s plan to build up to 2 million square feet. Called Tysons Central, the project offers two different development options for the site—one with more office space and another with more housing.

“The Tysons Central redevelopment project is an excellent model for what the board is trying to achieve in Tysons,” Fairfax County Board of Supervisors Chairman Sharon Bulova said. “I’m particularly excited about the potential for pop-up uses around the station, making Tysons a destination while development progresses. This development is a great example of the kind of mixed-use project that will move Tysons closer to becoming

the urban downtown the board envisioned when it created the Tysons Comprehensive Plan three years ago.” Whatever option is picked, the project will put up **six new buildings as market conditions allow**. The existing shops, parking lots and restaurant eventually will be razed to make way for the high rises. Until then, these businesses will remain, but NV and Clyde’s may convert some of the parking lots into commercial, off-street parking.

However, **the developers will install temporary, pop-up retail on the plaza next to the Metro station. This may**

include food trucks or retail operating out of recycled shipping containers. They also will install benches, bike racks and landscaping on this plaza. Because there is no sidewalk from the station to the existing offices to the north and west, the two companies will build a five-foot wide pedestrian path within the next six months.

Under **the first development option**, NV and Clyde’s could build up to 1.8 million square feet in total: **35 percent office, 47 percent residential**, 9 percent hotel and 9 percent retail. Under option two, the plans call for up to 2 million square feet: **15 percent office, 69 percent residential**, 8 percent hotel and 8 percent retail. The project also includes a small, 27,000-square foot grocery store, likely in the building next to the Metro.

The entire development will sit on top of a shared, conjoined, underground parking garage, although above ground parking will be integrated into some buildings.

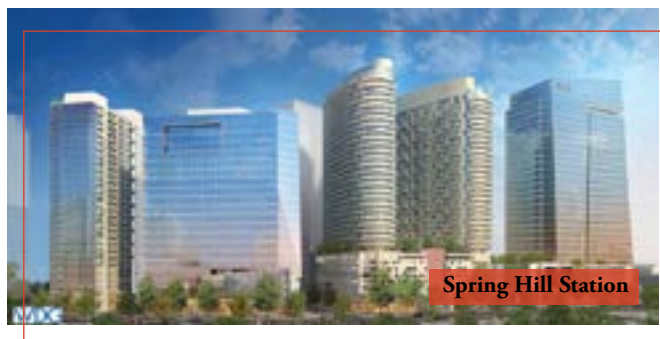
- ◆ Tysons Central will bring up to 2 million square feet in mixed use development to the heart of Tysons, next to the Silver Line’s Greensboro Metro Station.
- ◆ This project sits at the highest natural point in Tysons. Buildings ranging up to 400 feet will contribute to a varied, distinct urban skyline for Tysons, as called for by the county’s land use plan.
- ◆ The development will feature temporary pop-up retail on the plaza next to the station, which may include food trucks or retail kiosks operating from modified shipping containers.



Except for 10,000 square feet, the entire development sits within one-eighth of a mile from the Metro station. **The first building to be erected may be a 400-foot apartment with up to 414 units along Leesburg Pike**, near the interchange with Chain Bridge Road. Along with the overall project, the board approved a final development plan for this high rise. It includes up to 17,000 square feet in ground floor retail, and the developers will install a temporary park around the building.

As with previously approved, new developments for Tysons, Tysons Central incorporates features that will make the area a walkable, green, 24/7 urban center, including:

- ◆ **PARKS:** Six new parks or plazas will be built, totaling up to 2.9-acres. These open spaces include a plaza at the Metro station landing, an adjacent skypark two levels up, a corner park along Leesburg Pike, a central piazza, Clyde's Park and a pocket park. Recreation facilities are provided too, including two courts in the skypark and a playground, dog park, and five exercise fitness stations in Clyde's Park. The developers also will contribute \$2.38 per square foot in lieu of building an athletic field, an amount equal to previously approved, new developments for Tysons.



Spring Hill Station

- ◆ **PUBLIC FACILITIES:** Even though the county's land use plan doesn't require a public facility in this part of Tysons, NV and Clyde's will offer up to 14,500 square feet in one of its buildings for community use. This space could be spread over two floors, and they will provide 5,400 square feet on the ground floor at no cost, as well as cover operating costs for 10 years.
- ◆ **GREEN BUILDING:** Residential buildings will be LEED Certified and non-residential buildings will be LEED Silver certified. The project will retain or reuse the first inch of rainfall.
- ◆ **AFFORDABLE HOUSING:** Tysons Central includes

20 percent affordable housing, and these units may be consolidated into one or more buildings, which would increase the amount beyond 20 percent in some buildings.

Tysons Central creates a cohesive neighborhood on a steep site. The site's highest point—at 498 feet in elevation—sits near a U.S. Army telecommunications tower while the lowest point is at 465 feet at the Metro station. Because the highest, natural elevation in Tysons is in this area, the county's land use plan calls for the tallest buildings to be located here, and Tysons Central will offer a varied, distinctive skyline for the county's "downtown."

Under Fairfax's transformation plan, Tysons will become the county's "downtown." **By 2050, Tysons will be home to up to 100,000 residents and 200,000 jobs.** ♦



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TESTING, TESTING, TESTING SAFETY IS FIRST PRIORITY *of Silver Line*

Tysons Corner is ready for the Silver Line. Just ask residents, commuters, business owners, and employees of the many retailers and office centers. While many are disappointed that the first phase of the new line from East Falls Church to Reston has not opened, most voiced support for the on-going testing that is taking place.

Construction is more than 99 percent complete. The structures are done—including stations and entrance pavilions and tracks. Test trains are running. And rail grinding, or polishing, is taking place. But, there is still a lot of testing to be done by the project team, the contractor Dulles Transit Partners and the Washington Metropolitan Area Transit Authority (WMATA), according to project officials.

The Silver Line is being built by the Metropolitan Washington Airports Authority (MWAA) and will be turned over to Metro to operate as part of the existing regional Metro system. Project officials had anticipated hitting a significant milestone late last year called “substantial completion.” That was not the date for turnover to Metro, but is the time when the contractor will tell the Airports Authority that the project is substantially done.

However, the Airports Authority announced in early December that additional tests are needed on Phase 1 of the Silver Line, focusing on software updates related to the Automatic Train Control System, before the project can be

turned over to WMATA.

Recent testing in preparation for substantial completion had identified needed software modifications to the Automatic Train Control System. Dulles Transit Partners began making these changes to ensure the proper performance of the train control system. Once completed, Dulles Transit Partners will produce a summary of the changes made for review and approval by WMATA and the Airports Authority. This will be followed by re-testing to make sure the system is functioning properly and meets performance specifications.

“This is why we test,” said Pat Nowakowski, executive director of the Dulles Corridor Metrorail Project. “Our guiding principle throughout this process has been ‘safety first’ and we remain committed to that principal. We will not do anything that might compromise safety or create unsafe conditions for the traveling public.”

“We are doing everything in our power to provide a safe, reliable system that is an asset for this region,” Nowakowski said. The Airports Authority and the contractor are working with WMATA and other project partners to deliver the system as quickly as possible, he said, “But safety has been and always will be the top priority.”

The Silver Line, one of the largest public transportation construction projects underway in the country, is being built in partnership with Loudoun and Fairfax counties and the Commonwealth of Virginia. ♦



METRO UPDATES

on the Silver Line



WIEHLE – RESTON EAST STATION SOUTH PEDESTRIAN PAVILION:

Looking West: The sidewalk and curb & gutter construction are completed and the balance of the site work is nearing completion. Photo by Stephen Barna.



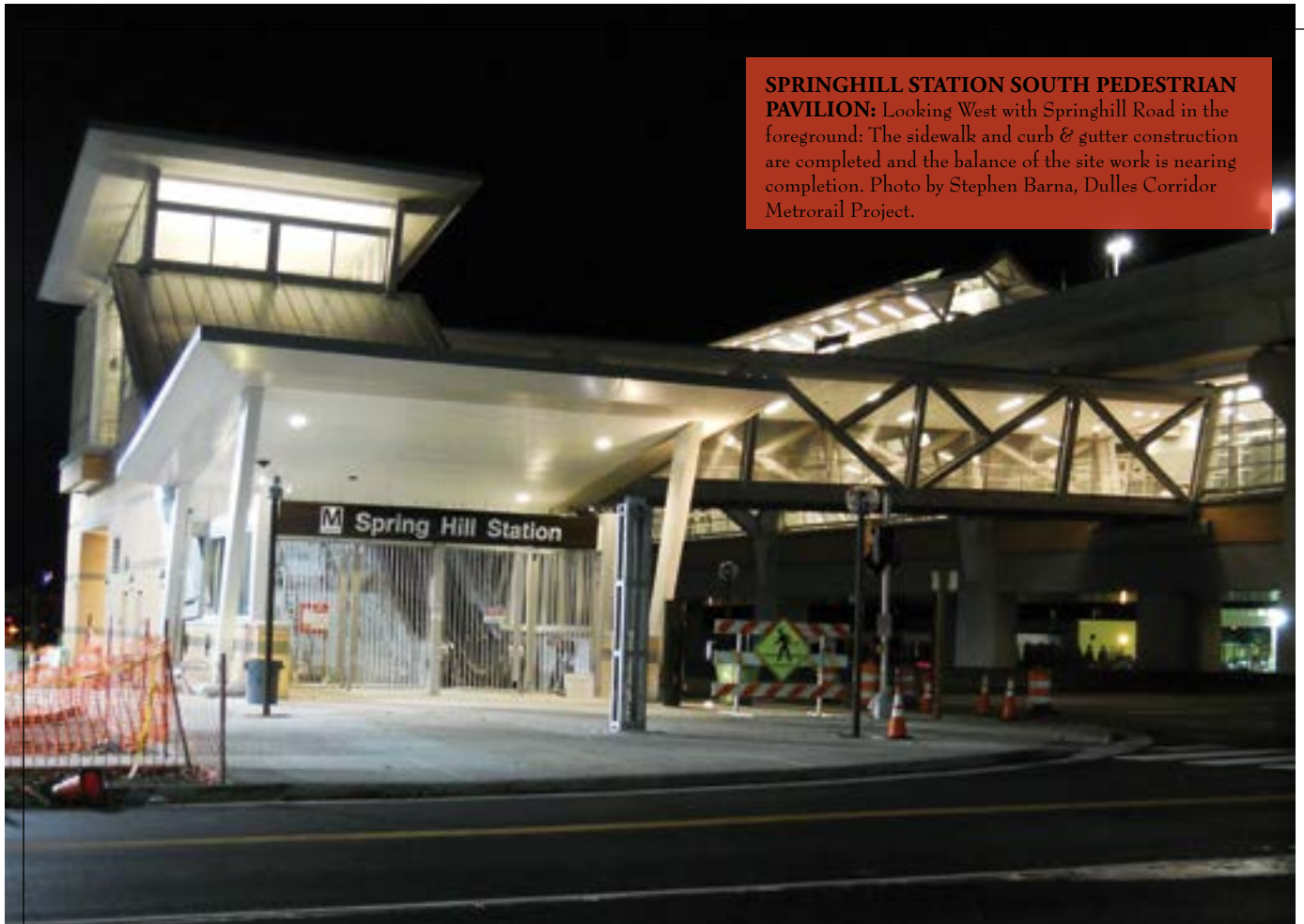
WIEHLE – RESTON EAST STATION PLATFORM LEVEL: Looking East: Station construction is nearing completion with mainly punchlist items remaining. Windscreens, map boards, Passenger Information Display System (PIDS), Lighting, etc. are operational and undergoing testing. Photo by Stephen Barna.



WIEHLE – RESTON EAST STATION MEZZANINE LEVEL: Looking East: Station construction is nearing completion with mainly punchlist items remaining. In the foreground preparations have been made for the installation of the WMATA Fare Card equipment. Photo by Stephen Barna.



WIEHLE – RESTON EAST STATION PLATFORM LEVEL: Looking West toward the end of the Platform: Station construction is nearing completion with mainly punchlist items remaining. Windscreens, map boards, Passenger Information Display System (PIDS), etc. are operational and undergoing testing. Photo by Stephen Barna.



SPRINGHILL STATION SOUTH PEDESTRIAN PAVILION: Looking West with Springhill Road in the foreground: The sidewalk and curb & gutter construction are completed and the balance of the site work is nearing completion. Photo by Stephen Barna, Dulles Corridor Metrorail Project.



STATION SIGNAGE HAS BEEN INSTALLED AT THE MCLEAN STATION. Photo by Chuck Samuelson, Dulles Corridor Metrorail Project.



FARE GATE INSTALLATION occurs at the McLean Station, the first stop on the Silver Line in Tysons Corner. Photo by Chuck Samuelson, Dulles Corridor Metrorail Project.



SPRINGHILL STATION PLATFORM: Looking Southwest: WMATA Test Train passing through the station on the Inbound Track during dynamic testing operations. Photo by Stephen Barna, Dulles Corridor Metrorail Project.



TYSONS CORNER STATION

TYSONS CORNER STATION



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At evening rush hours with its bright lights and pedestrian bridge across all lanes of Route 123 at Tysons Boulevard and

bumper-to-bumper traffic on the roadway below, the scene is futuristic, a city of the verge. That's what riders will see when they use the bridge to get to and from the station from the south side Route 123 when the Silver Line opens.





Nearby, an office building, a residential structure, and a Hyatt Hotel that will connect directly into Tysons Corner are well under way, adding to the vision of the future of all of Tysons Corner.

Meanwhile, the interior of this station is done, with only a few finishing touches remaining. Fare card machines and collection turnstiles are in place. Bus ramps are in place. Escalators and elevators have been tested. There is a public



restroom. The station manager's kiosk is operational, and even now you can hear the Metro's announcements of any trouble spots along the Metrorail system.

Recent visitors to the station commented on how much the station looks like the design drawings that the project team showed to local business owners, politicians and residents.

"Wow. We really built what we said we would," said one former project official who has retired, but was back for a visit. ♦

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'MADDEN NFL' MARKS *25th Anniversary*

With about 100 million Madden NFL video games sold since its debut in 1988, Super-Bowl winning coach John Madden is now better-known as a video game creator than as a coach. In 1986, Electronic Arts founder Trip Hawkins wanted to create a computer football simulation. At the same time, Madden imagined a computer football program he could use for teaching. There weren't any video games then. Today, Madden NFL is a star for the nation's No. 2 game publisher, Electronic Arts. Each year, a new edition with all-new rosters, new plays and

high-tech features, arrives in stores about a week before the regular NFL season. It costs \$60 for PlayStation 3 and Xbox 360. The game is successful because it appeals both to fans and real NFL players. It gives them a way to look at a team and see what opponents do. Quoted in USA Today, Madden says, "They love to keep their skills sharp in the game. Obviously, it's not like practicing and it's not like watching game film, but it is being involved in the game." This year's edition had to address the rise of the Pistol formation, run by quarterbacks like the San Francisco 49ers' Colin Kaepernick and the Washington Redskins' Robert Griffin III. Today Madden is larger than Zelda, Halo, and Pac-Man and some NFL players even train with the game. ❖

Joyful January... FRUSTRATED FEBRUARY... MEANINGFUL MARCH

BY JUDY CAPLAN

Don't you just love the New Year? Full of promise, new beginnings, and resolutions that will fix all that ails you. January usually starts out with the best of intentions:

1. Join a gym
2. Hire a trainer
3. Eat healthfully
4. Clean the closet
5. Set a budget
6. Walk the dog

...but sometime around February your best intentions start to wane, and frustration sets in. This year, instead of trying to make significant changes in one fell swoop and then being disappointed by your failure to achieve, begin by taking stock of where you are and what you want to accomplish in 2014.

Begin with **DESIRE**. Desire is the fuel that drives the motivation to get what you want. You have to really value whatever it is you desire. Desire ignites change. Desire is the driver of new habits. Desire is king.

Next, add **BELIEF**. When you believe that what you want has value, you are more likely to see it through. Do you really believe the new fitness program will help you drop weight, lower your cholesterol, fight depression, and get you through the winter blues? Or perhaps that, if you follow a stricter budget, your savings will grow and you will be able to afford a down payment on a house? If you truly believe that your actions will lead to the desired outcome (hence attainable), your chances of persistence and delaying gratification increase. You will stay committed because you believe the payoff down the road is worth the hard work now.

MOTIVATION is the ingredient that keeps you going. Never lose sight of your goal. Motivation must be accompanied by desire and belief. There will be many times you will not want to follow the plan you have laid out. You will find lots of excuses: too stressed, too tired, too hungry, too inebriated, and etc. Motivation is what you do to keep yourself engaged in the

process. Sometimes enlisting others helps keep motivation high. When motivation wanes, commitment comes to the rescue.

COMMITMENT is the glue that keeps desire, belief, and motivation in action. Once you commit, you need to stick with the plan regardless of what comes up or else the results

you desire will not be attainable. Don't stop. Once you stop, there is no chance of success. Keep going even if you do not give 100%.

Make a very specific **PLAN**. General, broad spectrum plans with no details of what specific actions you will take, rarely work. Instead of "I will work out more,"

commit to "I will go to cycling Monday and Wednesday at 7 a.m." Instead of "I will eat more healthfully," commit to "I will pack my lunch 3 days a week, and when eating out, I will order whole grain bread on sandwiches and ask for whole wheat pizza crust." Instead of just wanting to save more money,

commit to "I will put \$200 a month into my savings or stock accounts via automatic deposit." Plans need to be specific, otherwise you will not have a clear roadmap to where you are headed. You have to be on the road or you cannot get there.

TRANSFORMATION is the reward for all your hard work. After a while, drive, belief, motivation, commitment, and your plan magically merge. The actions that were so hard in the beginning become enjoyable. The process drives the success. Transformation is literally changing your form -- be it physical, mental, spiritual, or financial.

So this year, when the frustration sets in, return to your plan and begin again. By the time the crocus push their heads through the soil, you should be enjoying the success you outlined back in January. ♦

TRAIN
HIRE
EAT
HEALTHFULLY
JOIN A GYM
CLEAN THE CLOSET
WALK THE DOG
SET A
BUDGET



BY AMY SCHOEN, MBA, CPCC

ASK COACH

IMPROVE YOUR ONLINE DATING EXPERIENCE

Amy

Q DEAR COACH AMY,

I am a single, never married woman in my late 30s, and I really want to get married and have a family. I have tried online dating and am not meeting the right guys who want to settle down like I do. Should I continue to date online, or should I try other avenues? My work is very demanding, and I can't always get out for these singles events. And if I did, I don't know if I would meet any marriage-minded guys there anyway. What do you recommend?

Frustrated in Fairfax

and offline activities to meet seriously-minded singles, at this time of year many of my coaching conversations with my clients are about helping my clients to get back online for the online dating blitz in January. After New Year's, online dating sites' traffic jumps 25 percent. So, are you ready to take advantage of this opportunity?

The reports on online dating show that 20 to 30 percent of all marriages are couples who met through online dating. If you have been following me, you know I am bullish on online dating since two-thirds of my successfully coupled clients have met their partners by dating online. So, I highly recommend that you brush up your profile or try another online dating site this January with these 5 ways to improve your online dating experience:

1. TRY A NEW ONLINE DATING SITE. Ask your friends and colleagues

(especially those who have successfully met their partners online) which sites are getting good responses. There seems to be a herd mentality, and different sites are more active in different cities and locals. Also, try a niche site -- one that is congruent with your values and interests. For instance, if it is important for your partner to be spiritually-oriented, then try a site such as www.spiritsingles.com to meet someone who shares your values.

2. UPDATE YOUR PHOTOS TO PUT YOUR BEST HEADSHOT FORWARD.

Does your photo look like you? Would you be recognized? Does your photo look like it was taken after a nap? You want to have an engaging photo with a warm, friendly smile. As you know, the photo is the gateway for the rest of your profile. However, there is no need to make it a glamour shot because you want your date to see you as better looking in person! Get a professional to take it and not your best friend (unless he or she is a photographer).

3. REVISE YOUR ESSAYS AND PROFILE INFORMATION.

When I review a client's profile, it's usually a major overhaul. I move concepts around and add important information that will attract the right person to them. I recommend that you add in your life and relationship values, and talk about who you are first, and then what you do in terms of profession or outside activities second. Then, make the last paragraph about who you are looking for. You need to hook the right people with your story. Also, consider widening up your age range, the distance you are willing to date, and other limiting categories.

4. FILL IN THE BLANKS WHERE IT WILL SERVE YOU BEST.

What do you think of someone who has done the minimum and only answered enough questions to get the profile live? Exactly! They are not invested in the process or they really don't care. Show that you care and are invested in the process. Yes, certain areas are best left marked as "ask me later," such as income and other

A DEAR FRUSTRATED,

Although I do suggest to my clients that they have a balanced dating plan of online

very personal information. But, do give enough information to paint a picture about yourself without writing your life's memoir!

5. MAINTAIN A POSITIVE

ATTITUDE. I can't tell you how many times I need to take out negative wording and replace it with a positive spin. We don't need to share all our deep dark secrets! There is a point where you will get a good sense of someone, will meet them, and – after a rapport is established – you can share important, relevant information. Demonstrating a



After New Year's, online dating sites' traffic jumps 25 percent. So, are you ready to take advantage of this opportunity?



positive attitude about online dating is a very attractive and a “must” to entice someone into wanting to get to know you better.

Online dating can be fun and exciting if you follow these ways to improve your profile. My motto is: *nothing ventured, nothing gained!* So, get yourself back online for the January dating blitz to take advantage of meeting other singles actively searching for love online now. You can meet your true love in the New Year!

Intentionally yours,

Coach Amy ❖

AUTHOR: Amy Schoen is a certified professional life coach and dating/relationship expert based in the D.C. area and is the author of *Get It Right This Time-How to Find and Keep Your Ideal Romantic Relationship*. She helps marriage minded individuals to find and keep committed, loving relationships. www.MotivatedtoMarry.com.

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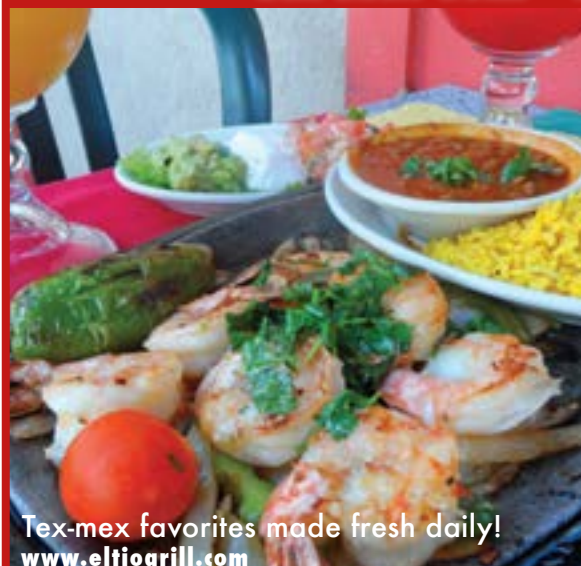
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The last 10 years of working and saving give you a chance to stash more money in a tax-advantaged retirement account. If you are over 50, you can put \$23,000 in a 401(k) and \$6,500 in an IRA or Roth IRA during 2013. Bulk up your emergency savings account. Unless you have six months of living expenses, you could end up draining retirement accounts. If you do that, you could be house rich and cash poor in retirement. Weigh the return versus the risk. At Kiplinger's Personal Finance, experts say if you're paying 4 percent interest on your mortgage and your nonretirement cash accounts are earning 1 percent, go ahead and pay off the mortgage.

To pay off your home faster, consider paying extra on the principle of your current mortgage. You could save a great deal of interest. And if your finances hit a rough patch, you can revert to the lower payment. ♦



BIG BOX STORES MIGHT BEGIN OFFERING *Financial Services*

Will you buy your next CD -- that would be a financial instrument not a musical one -- at Wal-Mart? Maybe. The three-year moratorium on banks affiliated with non-financial businesses has expired. Unless a new rule is made, stores like Wal-Mart and Home Depot could start offering services such as savings accounts, affordable credit and CDs to their customers. Wal-Mart has operated a full-service bank in Mexico for

some years and a bank that issues credit cards in Canada. Tesco, the British retail chain, created Tesco Finance in 2007. Currently, it holds billions of dollars worth of mortgages, personal loans and credit card debt for British citizens. Competition in banking services allows large firms in any industry to fail without disrupting the entire banking system. Advisors quoted in The Wall Street Journal say for safety, convenience and price, the United States needs to join the rest of the world and allow nonfinancial companies to own and operate banks. ♦



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Sunday, Jan. 12, 2 p.m.

\$15/\$10 MCC district residents

"The Rest is Silence: Silent Shakespeare"

Wednesday, Jan. 15, 7:30 p.m.

\$10/\$6 MCC district residents

Family Fun Bingo

Friday, Jan. 17, 7-8:30 p.m.

\$10/\$5 MCC district residents;
free for infants-36 mo.

MLK Day Celebration

Andrew Young

Friday, Jan. 17, 8 p.m.

\$20/\$10 MCC district residents

American Shakespeare Center

"The Merry Wives of Windsor"

Saturday, Jan. 25, 2 p.m.

\$30/\$20 MCC district residents

"Othello"

Saturday, Jan. 25, 8 p.m.

\$30/\$20 MCC district residents

McLean Jewelry Showcase

Saturday, Feb. 1, 11 a.m.-5 p.m.

Admission: \$3

Elska in

"Middle of Nowhere"

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SOME COMPANIES

Won't Hire Smokers



A growing number of organizations refuse to hire people who smoke. They say smokers raise health insurance costs and they miss work more often. The U.S. smoking rate is about 20 percent, except for those 65 and older, who are half as likely to smoke. People looking for a job would be wise to quit before filling out an application, according to the AARP Bulletin. ♦

SMOKING IN AMERICA

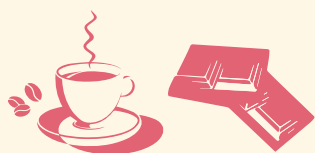
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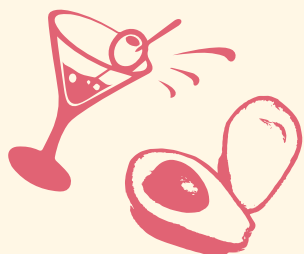


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BY DR. JACKIE JONES



Oral Care

IS VITAL TO YOUR PETS' LIVES

Oral disease is the most frequently diagnosed ailment in pets, with 85% of dogs and cats showing signs by age four. Untreated oral disease can lead to pain, tooth loss, organ damage, and even death.

Just like humans' teeth, dog and cat teeth are prone to plaque buildup, and when combined with saliva and food residue between the tooth and gum, plaque turns to tartar. Plaque and tartar buildup may lead to periodontal disease.

Veterinary dental technology has advanced to give pets the same level of care as you receive, including dental implants, braces (for a comfortable bite), root canals, and bonding.

Periodontal disease is a painful and progressive gum disease that causes inflammation, loss of gum and bone,

and, finally, tooth loss. The warning signs of periodontal disease include:

- * Bad breath
- * Loose teeth
- * Gingivitis (red, inflamed gums)
- * Pawing at the mouth
- * Chattering
- * Drooling
- * Lack of appetite or dropping food from mouth
- * Bleeding gums
- * Reluctance to groom

Owners often do not recognize the signs of periodontal disease, however, and some pets suffer until all their teeth

become affected. Animals cannot speak, so we must take responsibility for their care. If your pet has any of the signs above, have your veterinarian perform an oral exam.

For preventive care, puppies and kittens should have an oral exam as soon as you acquire the pet and at every vaccination appointment. Your veterinarian should evaluate the animal's bite and teething patterns. Orthodontics can correct some bite abnormalities at this age. Baby (deciduous) teeth that have not fallen out can be identified and monitored for possible need of extraction, too.

Pets one to seven years old have annual physicals that include a dental exam. Our pets age faster than we do, so pets over seven years of age should have a physical and oral exam every six months.

As dental disease progresses, treatment becomes more involved, meaning longer, more elaborate, and more costly procedures. The sooner you address your pet's dental disease with appropriate treatment, the better.

Your veterinarian may recommend a dental cleaning, also called a dental prophylaxis or a comprehensive oral health assessment and treatment (COHAT). It includes manual and ultrasonic removal of plaque above and below the gum line. Polishing and fluoride treatment usually follow.

Diet, chewing behavior, and home care are the biggest factors affecting the potential of your pet's dental health and how fast dental disease progresses. Dental disease can be genetic in some dog breeds, too, and even the best home care may not prevent your pet from needing regular dental prophylaxis. Some pets need their teeth cleaned every year.

Proper dental prophylaxis requires placing your pet under general anesthesia. "No-anesthesia dentals" are advertised, but don't fall for the claim. Periodontal disease is *under* the



gum, and pets do not open wide or hold still long enough for a veterinarian to remove the bacteria-containing plaque and tartar without anesthesia. Any required extractions definitely require anesthesia. Even routine dental cleaning is a wet procedure, and pets don't respond to a rinse-and-spit command.

The risks of dental procedures are usually minimal. Anesthesia is never completely without risk, but advances in protocols and monitoring greatly reduce it. A physical exam and blood tests prior to the procedure address any medical problems and reduce risk.

After your pet is under general anesthesia, your veterinarian examines the teeth, tongue, roof of mouth, and gums and proceeds with appropriate treatment. Your veterinarian removes tartar with a vibrating ultrasonic probe that reduces the chance of damage to tooth enamel. The veterinarian then polishes the teeth with special polish. Pets typically do not stay overnight after treatment.

Tooth extraction may be necessary for moderate to advanced periodontal disease, broken teeth, or resorptive lesions, but the veterinarian cannot make such a determination until the pet is under anesthesia and a complete oral exam is performed.

Resorptive lesions are similar to a cavity in the side of the tooth, although the cause is not due to bacterial activity. Cats have the highest frequency of feline odontoclastic resorptive lesions, or FORL, with studies showing 75% of cats with dental problems have FORLs. These lesions are progressive, destructive, and painful, and their cause is still unknown. The only successful treatment is to extract the affected tooth. Prevention centers on minimizing gingivitis, plaque, and tartar. Unfortunately, if a cat develops one lesion, it is likely to develop more.

Dental prophylaxis can alleviate your pet's discomfort. The care your pet will need

after a dental procedure depends on the treatment done. Anesthesia affects reflexes and balance, so keep your pet in a quiet environment away from hazards such as stairs for at least twelve hours. After tooth extractions, feed softer food, administer antibiotics and pain medicine, and perhaps use an oral rinse during healing.

Pets should have regular oral exams to diagnose and treat dental problems in the early stages; however, veterinary care alone will not prevent periodontal disease. Good home care is essential. You should brush your pet's teeth daily, or at least three times a week, to improve your pet's oral health.

The younger your pets are introduced to tooth brushing, the easier they will accept it. Begin brushing when your pet is eight to twelve weeks old using a brush designed specifically for dogs or cats and toothpaste that is safe for them to swallow. Have your veterinarian show you how to brush, or search the Internet for instructive videos. Like any good habit, though, it's never too late to start!

Tooth brushing should take no longer than 30 seconds each day. A reward such as a good ear scratch with praise will help your pet remember the attention more than the actual brushing.

In addition to teeth brushing—or instead of it, if the pet won't comply—other home care products include dental chews, dental diets, oral rinses and gels, and water additives. Ask your veterinarian for the best home-care oral health plan for your pet.

Keeping your pets' mouths healthy reduces pain, loss of teeth, and damage to major organs; and, it increases the length and quality of their lives. As a bonus, it keeps their breath sweet, so you can welcome their kisses! ❖

The younger your pets are introduced to tooth brushing, the easier they will accept it.



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SCHOOL

**CHALLENGING ACADEMICS
BUILDING CONFIDENCE
& LEADERSHIP**

WEDNESDAY TOURS @ 9:00 AM | OCT - APR | NO APPOINTMENT NEEDED
PRESCHOOL MONTESSORI | TRADITIONAL GRADES 1-8
VIENNA, VIRGINIA | 703.938.8323 | www.greenhedges.org



GREEN HEDGES School

Throughout the past summer, the campus of Green Hedges School looked more like a construction site than an educational institution.

The school, a steady fixture in the Vienna community since 1955, replaced one of its academic buildings with a new facility for its first, second, and third grade students; middle school math classes; and break-out learning spaces for small groups and projects.

“This building is a perfect example of the strength of our community,” said Bob Gregg, Head of School. “Once we announced the capital campaign, we had so many people – past and present families, alumni, and friends of the School – step forward not only with contributions, but with wonderful stories about the impact Green Hedges had on their lives. They were happy to help us transform our campus with this new building.”

Located in the heart of Vienna in the historic Windover Heights neighborhood, the new building was designed to blend with the surrounding residential community, as does the entire 4-acre Green Hedges campus. Parents cherish the quiet and serene setting, which enhances the challenging academic programs provided to their children. With just under 200 students spanning from Montessori preschool and traditional first through eighth grades, Green Hedges has an average student-teacher ratio of seven-to-one. The small class sizes enable direct teacher-student engagement at all levels with a high degree of personal attention paid to each student, while promoting important community relationships among the teachers and students.

The school motto, Challenging Academics Building Confidence & Leadership, speaks to the School’s distinguishing features: the development of young minds and leaders, a culture that celebrates the strength of diversity, and an academic environment rich with opportunities for inquiry. Today’s curriculum includes math, sciences, humanities, foreign languages, instrumental and vocal music, and the performing and studio arts, echoing the founders’ wish for exposing children to widespread paths of inquiry.

“We are constantly honing our comprehensive curriculum and adding the latest technology, which can be very impactful in its delivery,” said Deb Haag, Assistant Head of School. “Where appropriate, though, we still use tried-and-true approaches to get the concepts across and challenge each student.”

This is illustrated by a quick walk around classrooms on a sunny November morning.

First graders are hard at work understanding and memorizing the third stanza of a poem they will be presenting as a group at the next weekly school-wide assembly. A short distance away, the fifth grade is absorbed in a class discussion on the importance of the forum marketplace in daily Roman life while learning their weekly Latin vocabulary words. Meanwhile, a science teacher in the middle school wing uses an Apple app to walk her seventh grade students through a virtual dissection of a frog’s digestive system before having them begin the actual work in their biology class. It’s an amazingly varied set of offerings, but only part of what constitutes a typical day at Green Hedges School, according to Mr. Gregg.

“We stress things that go well beyond just our challenging academics,” Gregg said. “Our goal is to instill confidence in each of our children via an intentional program of increasing presentations, public speaking, and performances throughout their years at GHS. We also ingrain an expectation of increasing leadership from our middle schoolers, who set an example for the younger students. The end result is that our students emerge with poise, confidence, and readiness for the challenge of secondary school and beyond.” ♦



THE TALK *of* TYSONS



The Completion date on Silver Line has been pushed back, again. The Metropolitan Washington Airports Authority has pushed back the expected completion date for the new Silver line through Tysons. Look for a late March-early April opening. The airports authority wants to run more tests on its new automated train-control software.

Apparently, we have an Interesting story developing on Greensboro Drive at corner of Solutions Drive. Now owned by Meridian, a very cool mixed use project is being “conceived.” In the short-term, they will convert about “24” parking slots into a beautiful “Greensboro Green,” Tysons very first park. LandDesign is sketching the plans as we speak, and soft-target opening is April 5. We hear that the old SAIC building on the lot will be coming down before too long. Its roof is one of the highest spots in the County. How about a roof top party?

More dining choices! (It’s raining restaurants!) We have some new leases signed for 8461 Leesburg Pike in “Tysons.” Chic-Filet, Chipotle, and roti Mediterranean Grill... (This is next to Best Buy and Golfsmith).



VVA CHRISTMAS LUNCHEON

Jacqui Lafon and Kari Cannistraro man the wine booth at the VVA Christmas Luncheon

Under Armor has a new store location in Tysons Corner-Super selection and great apparel.



Cyclone Anaya’s is open in Merrifield, and the cuisine is marvelous. Lots of energy too.

Have you been there yet? New in “Tysons” BJ’s Brewhouse, Bennigan’s, Finnegan’s Irish Pride, Smashburger, Mint (near Wal-mart), Viet Amour in Vienna, VA, Kraze Burger in Galleria, and our very own Tim Ma and Joey Hernandez from Maple Ave Restaurant in Vienna has opened a new location in Arlington called Water & Wall. With cuisine dubbed “Creative American” we’re hearing great things. Go Tim and Joey!

So now we have a CVS, right in the heart of Tysons. 24 Hours too! 8117 Leesburg Pike, Vienna, VA (703) 703.761.3924

Kudos to our friends at Sun Design on their 25th year of Award Winning Designs. Hats off to Craig Durosko, Bob Gallagher, and our connection Beth Walters. Cheers!

Got a Hot Tip, A “Deserving Shout-Out” or Great Story? Tell Julie! Julie@vivatyson.com We’ll make sure you get a reward.



R.S.V.P.

THE MCLEAN *Chocolate Festival*

A CELEBRATION OF ALL THINGS CHOCOLATE

McLean Community Center | 11-5pm | Admission: \$2
1234 Ingleside Avenue, McLean, VA 22101
www.mcleanchocolatefestival.org

Join chocolate lovers young and old at The McLean Chocolate Festival, a community-wide celebration of all things chocolate. Back again for 2014, the 3rd Annual McLean Chocolate Festival is a fun-filled, chocolate-filled day for the whole family. Games and activities for kids of all ages. Bring the family and join your friends to experience a chocolate celebration as never before. Children 6 and under are free. Convenient, free parking. An event of The Rotary Club of McLean, the McLean Chocolate Festival proceeds are used to fund local charitable organizations. ❖



VERRONNEAU *Performs at ArtSpace*

Veronneau will be performing on January 18, 2014 at ArtSpace in Falls Church at 410 South Maple Ave from 7:30 PM - 9:30 PM.

Veronneau is an acoustic, Latin Jazz and Gypsy Swing group. The group is led by Quebecoise vocalist, Lynn Veronneau and accompanied by the twin acoustic guitars of Ken Avis (UK), David Rosenblatt (US/Brazil), and Pete Walby (US) on percussion.

Equally at home as in an intimate jazz club or performing at the WAMMIES or Jazz festivals, Veronneau is an audience favorite performing in English, French, Portuguese and Spanish. Lynn Veronneau lights up the stage, engaging the audience with her vocal interpretations. The acoustic guitars of Ken Avis and David Rosenblatt, and the percussion of Pete Walby provide the rhythm, harmony and energy to propel the music from Brazilian Bossa Nova and Samba, to French Chanson and standards of the American song book.

Canadian jazz critic Jordan Richardson described it as "a cultural compendium of musical styles surrounding an astonishing voice - an exciting offering for those thirsting for something unique and beautiful". The Veronneau Band performs regularly at festivals, clubs and other venues was recently nominated for a WAMMIE Award - Best Jazz Group.

Fees/Admission: Adults \$20; Students/Seniors \$18. Go to www.creativecauldron.org for more information or call 703-436-9948. ❖

The popular Paladar Latin Kitchen and Rum Bar are coming to Tysons. Opening in 2014 at 1934 Old Gallows Road, (near Nordstrom Rack)-Paladar Latin Kitchen and Rum Bar specializes in Central and South American Cuisine. Expect a variety of fare inspired by Central and South America, Cuban and Caribbean and an extensive list of cocktails (and a wide selection of Rums).



Traeger Grills is coming to Tysons Corner! Traeger Wood Pellet Grills have become the outdoor cooking choice of food enthusiasts. Apparently the unique flavors only the Traeger natural wood pellets have developed a demand for the item. Grill, bake, smoke slow cook, braise and BBQ.



We think we know the new tenant for the old Magruder's in Vienna....do you?

We have gift cards for the first three who give us the correct answer.
Julie@vivatyson.com



★★ Our Mission ★★

To create a legendary brand experience for every guest, every meal, every day and to be known for our remarkable people, chef-driven food, innovative drinks, and warm, friendly hospitality.

★ *Daily Happy Hours* ★ *Private Party*
 ★ *Grab & Go* ★ *Room & Catering*
 ★ *NFL Ticket* ★ *Enclosed Heated*
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Hours of Operation:

Mon-Thurs: 11am-1am

Fri-Sat: 11am-2am

Sun: 11am-12am

★★ 8201 Greensboro Dr • Tysons, VA 22102 • 703.288.3232 • www.bennigans.com ★★



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WWW.MAPLEWOODGRILL.COM

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Chef JP cooks up some every Sunday sure to please everyone on your Sunday Bunch



Menu includes: Steak and Eggs, Omelets du Jour, Brioche French Toast, Marcel's Breakfast Platter, their world famous Eggs Benedict and more!

Brunch is served every Sunday from 10:30am - 2:30pm

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Terry Lee Ryan
 New Orleans Very Own...
 Cajun...Blues...Jazz & Funk...Piano
 Thursday ... 8-11 pm

Louis Neeley
 R&B ... Blues ... Jazz
 The "Speakeasy" Set
 Tuesday is Lou's Day 8-10 pm

Karl Anthony
 Jazz Jam Monday 8-10:30



QUOTES

"SOME DEBTS ARE FUN WHEN YOU'RE ACQUIRING THEM, BUT NONE ARE FUN WHEN YOU'RE RETIRING THEM."
OGDEN NASH, AMERICAN POET

"SUCCESSFUL PEOPLE ARE ALWAYS LOOKING FOR OPPORTUNITIES TO HELP OTHERS. UNSUCCESSFUL PEOPLE ARE ALWAYS ASKING, 'WHAT'S IN IT FOR ME?'"
BRIAN TRACY, BUSINESS CONSULTANT AND AUTHOR.

"SOMEONE'S SITTING IN THE SHADE TODAY BECAUSE SOMEONE PLANTED A TREE A LONG TIME AGO."
WARREN BUFFETT, BUSINESS MAGNATE, INVESTOR AND PHILANTHROPIST

"THERE ARE NO TRAFFIC JAMS ALONG THE EXTRA MILE."
ROGER STAUBACH, FOOTBALL STAR AND BUSINESSMAN

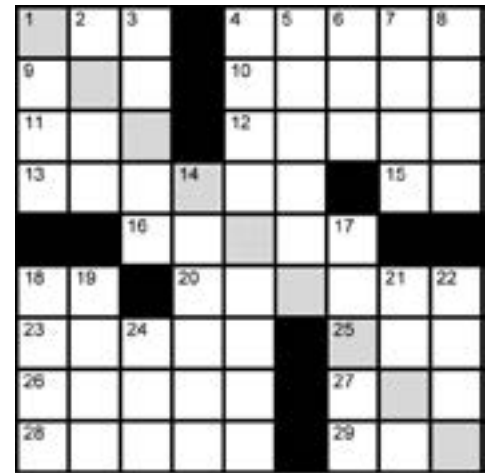
"NOTHING CAN STOP THE MAN WITH THE RIGHT MENTAL ATTITUDE FROM ACHIEVING HIS GOAL."
THOMAS JEFFERSON, PRINCIPAL AUTHOR OF THE DECLARATION OF INDEPENDENCE

G P S W W I N D O W S V L
O D O M E T E R H P A I I
M U F F L E R N H I A S G
H U B C A P S C R S H O H
W I P E R S T H A T O R T
N B N A V U I E D O O R S
G U X C L S H A I N D S I
A M H C H H I T O G Y Y I
S P E E D O M E T E R K M
T E A L S C R R K E C P I
A R D E X K B N T A P E R
N Z R R S S R T J W N D R
K I E A A L A R M I D A O
T H S T X B K U G V X L R
O I T O K L E N F U S E A
P P E R V C E K L O C K S

ACCELERATOR	FUSE
ALARM	GAS TANK
AXLE	GPS
BATTERY	HEADREST
BRAKE	HEATER
BUMPER	HOOD
CLUTCH	HORN
DOORS	HUB CAPS
ENGINE	JACK

ACROSS

1. Doo-___
4. About to explode
9. "Bingo!"
10. Allied (with)
11. "Rocky ___"
12. Leveled
13. From a spring
15. "___ Gal Sal"
16. Weight allowances, once
18. Idiot box
20. Warm welcomes
23. Language in Mumbai
25. Dos Passos trilogy
26. So far
27. Pig pen
28. Mother-of-pearl
29. Part of H.R.H.



DOWN

1. Homeless child
2. Its quarter says "Birthplace of Aviation Pioneers"
3. Do watercolors
4. Exodus participant
5. Venetian marketplace
6. Cutting tool
7. Abound
8. Small whirlpool
14. Wall Street figure
17. "Pipe down!"
18. Comparative word
19. MasterCard alternative
21. ___ Spumante
22. "___ who?"
24. Home to Columbia U.

EMAIL US *at* INFO@VIVATYSONS *to* SUBMIT YOUR JOKES.



"Have a seat and I'll see if he's in."



Madden Unplugged

KEYS	SHOCKS
LIGHTS	SPEEDOMETER
LOCKS	TIRES
MIRROR	TRUNK
MUFFLER	VISOR
ODOMETER	WINDOWS
PEDAL	WIPERS
PISTON	
RADIO	

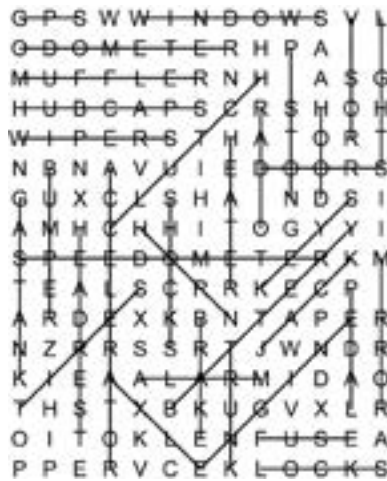
**FIND A JOB YOU LIKE
AND YOU ADD FIVE
DAYS TO EVERY WEEK.**

H. JACKSON BROWN, JR.



WHEN THE POWER OF LOVE OVERCOMES THE LOVE OF POWER THE WORLD WILL KNOW PEACE.

JIMI HENDRIX



WE'VE GOT JOKES

TWO PEANUTS WHERE WALKING DOWN THE ROAD AND ONE WAS A SALTED!

I was visiting my granddaughter last night when I asked if I could borrow a newspaper. "This is the 21st century," she said. "We don't buy newspapers. Here, use my iPad." I can tell you this. That fly never knew what hit him.

When the company president learned that his employees were tanking up on no-odor vodka during their lunch hours, he issued the following memo: To all employees: If you must drink during you lunch hours, please drink whiskey. It's better for our customers to know you're drunk than to think you're stupid.

When NASA first started sending up astronauts, they quickly discovered that ball-point pens would not work in zero gravity. To combat this problem, NASA scientists spent a decade and \$12 billion developing a pen that writes in zero gravity, upside down, underwater, on almost any surface including glass and at temperatures ranging from below freezing to over 300° C.

The Russians use a pencil.



"How long have we been dating? Let's see,
we met when our phones were 2G..."

LATE NIGHT *Breakfasts*

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HOURS

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Fri & Sat: 6:30am - 3am

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2310 Columbia Pike, Arlington

HOURS

Mon-Sun: 6:00am-6:00am

www.bobandediths.com

METRO 29 DINER

4711 Lee Highway, Arlington

HOURS

Sun-Thu: 6:00am - 1:00am

Fri & Sat: 6:00am - 3:00am

www.metro29diner.com

AMPHORA RESTAURANT

377 Maple Ave W, Vienna

HOURS

Mon-Sun: 24 hours

www.amphoragroup.com

DENNY'S

10473 Lee Hwy, Fairfax

HOURS

Mon-Sun: 24 hours

www.dennys.com

IHOP

FALLS CHURCH

6655 Arlington Blvd, Falls Church

HOURS

Mon-Thu: 6:30am - 11:00pm

Fri-Sat: 24 Hours

Sun 6:30am - 11:00pm

www.ihop.com

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Arlington, VA

HOURS

Mon-Sun: 24 hours

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Fri-Sat: 8am - 11pm

Sun: 8am - 10pm

www.lunagrillanddiner.com



HOROSCOPES

January 2014

ARIES: *Your creativity may push you in one direction while your common sense pushes you elsewhere. Options surround you and choices need to be made, so be careful.*

TAURUS: When you seem to be out of sorts with your co-workers, remember that they could be backing off instead of discussing matters with you. Shape up.

GEMINI: Avoid focusing on strange news. Trying to get to the bottom of the misrepresentation is a waste of your time. Soon the right news, if there is any, will be told.

CANCER: The stars predict that you will have a lucky year. That could be true, but you know where good luck actually comes from. It's the byproduct of hard work.

LEO: Get your goals and thoughts organized for 2014. What you do now can affect your future. The connections you make can also influence life-changing decisions.

VIRGO: In 2014, life will proceed as you had imagined, but it may take longer than you expected. Be patient, honest and keep yourself at the highest level of integrity.

LIBRA: Romance could be at the forefront of your personal interests in 2014. You could bring it home to your loved one. No loved one? A new contact will soon appear.

SCORPIO: The New Year is a good time to take stock of your health and what steps you can take to preserve it or improve it. Don't be too busy to save your own life.

SAGITTARIUS: Yes! There's travel in your future. Could be in state, across the country or around the world, but it's time to create your plan or revisit one you already have.

CAPRICORN: The year begins at a hectic pace, but you'll find new energy to deal with it. Changes at work can turn things around, giving you the motivation to move ahead.

AQUARIUS: There's a sparkling sheen over your world with blue skies and all. You're also in a forgiving mood, or maybe it's just that you refuse to be bothered.

PISCES: Even though you're busy at work, part of you is sailing a sea. If you let your mind visit there every so often, you're sure to make your deadline.

February 2014

ARIES: *There is a opening for you in the workplace this month. Impress your boss by being the one who smooths out a difficult situation.*

TAURUS: Watch for inspiration this month. You may find yourself going about your business as always, when, suddenly, an idea of kindness will come to you. You might be tempted to dismiss it as too difficult, but give it a day or two to simmer.

GEMINI: You'd like to help people, or at least give them some advice. But if your experience with some people shows they won't appreciate it, stand back and look away.

CANCER: Successful time management allows you to take on the world. Work during optimal times in order to mesh your talents with the task at hand. Give yourself blocks of one hour to accomplish tasks that you don't relish.

LEO: If the very person who needs to be in tune with you is acting like a jerk, stop and consider for a moment if you are part of the problem. Be honest with yourself and, if it is partly your problem, change. You can only control yourself.

VIRGO: When two major projects need to be completed at the same time, look for help. The stars say a Gemini will help you achieve results very soon. It could be so.

LIBRA: It's easier to glimpse your dreams and goals in the early morning. Remember that less ego involvement makes it easier to see what you really want.

SCORPIO: If you're on a quest for better finances, study the advice of experts. Don't let social media stampede you into competing with the neighbors for better cars and fancy vacations. Stick to your plan.

SAGITTARIUS: When you look at a situation, remember that everyone has his or her own agenda. You do too. Consider what's really being said under the rhetoric.

CAPRICORN: There's no doubt about it: fitness is sexy. Do something about a lingering unhealthy habit. You can't be your best or do your best if our body isn't strong.

AQUARIUS: Emotional flexibility is your special talent. You have a different face for every mood and every occasion. But remember where reality fits in.

PISCES: Perplexing passions pull you to something or someone new, but this can be a sign of personal growth. Your interests are different from last year. Guard your money.

Do you suffer from headaches?

NEUROMUSCULAR & TMJ DENTISTRY



***“Thanks a million Dr. Chung for
a great smile and freeing me from
life-long neck pain and headaches”
– Nazli***

Before I came to your office, I knew I needed a variety of work on my teeth. My teeth were uneven and had discolored. I also had a lot of crown work in the past which was not so great. For years, I was looking for a dentist who I could trust. After the first exam in your office and discussing what I needed, I knew that day, that I made the right choice.

I never knew that I had a bite issue. No dentist ever pointed this out to me. I never knew that this bite issue was causing my life-long neck pain and headaches. So, after my neuromuscular tests and from the second day of wearing my mouth piece, amazingly my neck pain and headaches were gone! I no longer suffer from this type of pain.

I completed full-mouth rejuvenation. I had all-porcelain crowns placed on all my teeth and they were positioned to put me in the proper bite. Because of this, I am more comfortable and I love my new smile. So many people do not realize what I have done. They say, “you’ve changed, you look fresh and younger”. What have you done? I feel much more confident now.

BEFORE



AFTER



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- Diplomate, American Board of Orthodontics (Board Certified)
- Premier Invisalign Provider
2012, 2013
- Attending Faculty-Orthodontic
Department Children's Hospital/
Washington Hospital

"BEST ORTHODONTIST"

Washingtonian Magazine

Families Magazine

"TOP ORTHODONTISTS"

Northern Virginia Magazine

Dr Garai and Staff are pleased to announce the addition of the latest laser scanning technology ITERO from Invisalign in our office. Our practice will be the first to offer this state of the art technology in Vienna. ITERO digital scanner eliminates the need for messy, uncomfortable impressions of the teeth for Invisalign treatment.

Dr. Garai is a Board Certified Orthodontist with more than 17 years of experience creating beautiful smiles for families in Vienna and the surrounding area.

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